



2025 Courses

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Courses Calendar from 03/02/2025 to 28/11/2025

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1.Exercise

251EXE01: Exercise Class

Type: 2 Semesters

Dates: 03/02/2025 - 24/11/2025

Frequency: Weekly Course, Mon 9:15 - 10:00

Location: Paddy O'Donoghue Center 18 Buckley St Noble Park

Tutor/Coordinator: Lolita Briones

This class is for Seniors and beginners who want regular activity for good health, especially important as we get older. We want to imply the message “ Use it or Lose it” among members. Some of our objectives are: to build strength, stamina and energy levels, to stay mobile and independent, reduce the risk of having injury from falls. Joining the class will help us to stay connected with others and to be part of the community. Many experience joint stiffness and struggle with our balance, and not being active is a big health risk. The class starts with warm-up exercises to stimulate the body circulation. Mainly we do standing and seated exercises with the use of weights, resistance bands and balls. There are exercises challenging to some and to those who are capable and really want to sweat this is not a problem. We would like to comply with everyone’s needs so we have demo pictures pinned on the walls that is manageable for members to follow. Reminding everyone to listen to what your bodies can do. The class ends up with cooling off stretching and balancing and if times allow we include a short version of yoga to immerse with the energy we have just accomplished. This class no matter what age, weight, health problems and abilities, we encourage you to move more and sit less.

Please wear loose fitting comfortable clothing and sneakers, bring a full water bottle and it is recommended to also bring a small sweat towel.

251EXE02: Tai-Chi/ Qigong

Type: 2 Semesters

Dates: 03/02/2025 - 24/11/2025

Frequency: Weekly Course, Mon 10:30 - 11:30

Location: Paddy O'Donoghue Center 18 Buckley St Noble Park

Tutor/Coordinator: Lolita Briones

Due to this class being fully subscribed it is closed to further enrolments The public awareness of many positive health benefits of Tai-Chi/ Qigong is rising so that even some health professionals recognise and recommend its unique benefits to improve both physical and mental health. It is in line with the Chinese principle of Yin and Yang. It is suitable for all age groups, very convenient, you can practice indoors or outdoors, with or without equipment, alone or in groups. Our class starts with Chinese warm up exercises we love doing the Shibashi movements to loosen our joints and muscles and to reduce the risks of strains or injuries. Mainly, we focus on doing 8 and 12 forms based on Yang style Tai-Chi which is popular with beginners. We move towards getting familiar with 24 form by the end of second semester. We spend sometime doing Qigong which is slightly different from Tai-Chi. Some they call it the mother of Tai-Chi and it focus a lot in reviving your bio personal energy or Qi(Chi). We do not use the martial aspect of Tai-Chi but a gentle slow graceful pace. There is no use of aids or tools - that is more for further Tai-Chi study. Instead we have beautiful music to inspire us. We practice a lot of breathing, stretching and balancing since most Tai-Chi movements involves all of the above. It is often described as a moving meditation and you get better and better with practice. By the end of the class we should all feel relaxed and calm.

Please wear loose fitting comfortable clothing and sneakers, bring a full water bottle and it is recommended to also bring a small sweat towel.

252EXE03: Hiking

Type: Year long

Dates: 04/02/2025 - 04/11/2025

Frequency: Monthly, Tue 9:30 - 14:00

Location: Various locations group notified by Tutor

Tutor/Coordinator: Jeanette Keane

Tutor/Coordinator2: Dorothea Kassell

The group meets at pre-determined locations not too far afield from Dandenong mainly in bushlands, parks and reserves, on the 1st Tuesday of each month to give us the opportunity to hike in our great outdoors. Usually commence at 9.30am or 10 and take a morning tea break around 11am then lunch at about 12:30pm. All food and drinks are BYO. All up we hike about 8-12 kms each time. It's surprising the number of options available to us. Along the way we will discuss the different roles and responsibilities of running a hike, and offer the opportunity to the group to take a turn at planning and running a hike. Details of hikes will be emailed one or two weeks prior, with all arrangement. A coffee shop is often sought at the end of the hike.

Moderate level of fitness required All food and drinks are BYO. please wear appropriate clothing and footwear for hiking, bring a full water bottle. Please comply with details emailed prior to each Hike.

253EXE04: Easy Rider Cycling

Type: Year long

Dates: 08/01/2025 - 17/12/2025

Frequency: Weekly Course, Wed 8:30 - 12:00

Location: Various locations group notified by Tutor

Tutor/Coordinator: Marge Angelucci

Usually meet Blue Bridge (Red Gum Rest, near Webster St) Dandenong Creek Bike Path The group meets Wednesday at pre-determined locations around Dandenong to give us the opportunity to cycle along the many paths following the Dandenong Creek and paths that link to it. The paths are mostly flat, sealed and off road (some paths may be gravel and quiet side streets are often used). We usually commence at 8am in Summer, 8.30am in Spring and Autumn and 9am in Winter (start time changes are agreed to within the group) and take a coffee break mid ride before returning to our start point via a different route. Distance covered is approximately 30 kms. During school holidays we have "special rides". These rides take us on trails further away and we utilise the quieter times on trains. We cycle all year round, the exceptions being hot or rainy days. Assistance given with bicycle problems.

As a guide - Need to be able to ride an average 15kph over a 30k ride. Note eBike riders welcome. Please make sure your bicycle is well maintained and is suitable for riding on bike paths, some of which may be gravel, and on roads. Please make sure you have a spare tube, Pump and some tools with you in case you get a puncture or have an issue with your bicycle. Please wear Highly visible clothing. Note Notifications on start locations and times are sent out via emails several days before the ride.

253EXE05: Walking

Type: Year long

Dates: 05/02/2025 - 26/11/2025

Frequency: Weekly Course, Wed 8:30 - 9:30

Location: Ross Reserve Memorial Drive Noble Park

Tutor/Coordinator: David Pateman

A casual group of walkers who stroll around the Ross Reserve in Noble Park having a chat as they go. Often followed by a coffee at the RSL. Suitable for different levels of walkers who are unable to participate in bushwalking or hiking but still wish to stay active and challenged.

Please wear comfortable clothing and walking shoes, bring a full water bottle.

253EXE06: Line Dancing

Type: 2 Semesters

Dates: 05/02/2025 - 26/11/2025

Frequency: Weekly Course, Wed 10:00 - 12:00

Location: Paddy O'Donoghue Center 18 Buckley St Noble Park

Tutor/Coordinator: Lorraine Bishop

Paddy O'Donoghue Centre - Main Hall NOTE - Every Wednesday EXCEPT 2nd Wednesday each month. NOTE - Entry to the main hall is from the side door in the laneway that runs between Buckley St and the car park on Frank Street Why Line dance? - Because you move your body, improve your balance build confidence and challenge your mind to remember the choreography. PLUS it releases the 'feelgood' hormones. Teaching is from 10am for 1/2 to 3/4 hour, then we have a break for about 15 mins (for a drink from your water bottle) Beginners learn basic steps such as vine and shuffle. We have 25 dances in our repertoire in the easy to intermediate category. Steps are only as wide as your shoulders so its easy to do. Improve your confidence even if you feel you have two left feet. It offers a sense of pride and accomplishment and improves your coordination. Lorraine is very patient and doesn't mind going over and over it until you get it. Try it for a whole semester, so don't give up on the first session.

Bring a full water bottle and wear your U3A Dandenong name badge. No need to dress in black cowboy gear or wear special boots. Please wear loose fitting comfortable clothing. Slacks or dresses are the norm but shoes need to allow you to twist on the balls of your feet and not grip. Lorraine wears sockettes over the top of her shoes.

253EXE09: Hiking Wed

Type: Year long

Dates: 19/02/2025 - 19/11/2025

Frequency: Monthly, Wed 9:30 - 14:00

Location: Various locations group notified by Tutor

Tutor/Coordinator: Roslyn Steel

The group meets at pre-determined locations in the vicinity of Dandenong and surrounds on the 3rd Wednesday of each month at 9.30am. Bushwalks are from 8 - 10km, usually on formed walking tracks (a reasonable level of fitness is required); stops are made for morning tea and lunch. All food and drinks are BYO. A list of necessary and suggested items to include in a daypack (including the Medical Emergency Form) will be circulated prior to the first hike. Details of the meeting place and hikes will be emailed a week prior to the activity, members of the group are encouraged to indicate their attendance by the Tuesday prior to the event. Usually, we will complete the hike about 2pm and have coffee at a nearby coffee shop before returning home. A discussion of the different roles and responsibilities of conducting bushwalking trips, and possible walking venues will be discussed with the group. There will be the opportunity for members of the group to become involved in planning and running a hike.

A moderate level of fitness is required. All food and drinks are BYO. It is important to always wear appropriate clothing and footwear for hiking, a list of necessary and suggested items to include in a daypack will be circulated prior to the first hike. Participants are asked to always carry their U3A Membership Badge and their Medical Emergency Form.

254EXE07: Exercise Class

Type: 2 Semesters

Dates: 06/02/2025 - 27/11/2025

Frequency: Weekly Course, Thu 9:30 - 10:15

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89K7) Dandenong

Tutor/Coordinator: Rikki Davies

GPNS - Netball Courts. The class involves exercises designed for over 55. Our aim is to develop physical activity and exercises habits at the same time doing it safely in a fun environment. Tools like weights, balls, resistant bands etc. and include some boxing exercises are used. The class will end with a short period of stretching, yoga or meditation, keeping older members of the community active, mobile and independent as long as possible.

Please wear loose fitting comfortable clothing and sneakers, bring a full water bottle and it is recommended to also bring a small sweat towel

255EXE08: Cycling

Type: Year long

Dates: 03/01/2025 - 19/12/2025

Frequency: Weekly Course, Fri 8:30 - 12:00

Location: Various locations group notified by Tutor

Tutor/Coordinator: Craig Gliddon

Usually start at Tirhatuan Park Kriegal Way Dandenong North. Our tracks cover a lot of ground and the distances can vary from 30 kms to over 50. We have a coffee stop halfway along the track (usually at 10am) So you will learn where you can find some of the best coffee in our local suburbs The coffee shops provide an opportunity for a coffee, and spirited conversation. We mainly use bike paths that may be sealed or gravel and quiet side streets. Sometimes we include a train ride to extend our range of coffee shops. Our rides do depend on the weather - We don't ride if the temperature is going to reach over 30 degrees and also try to avoid riding in the rain. This group is small in numbers and we would welcome other riders who would be interested in joining us, you would be most welcome. Note start times are 8am in Summer, 8.30 in Spring and Autumn and 9 am in Winter (change in start time is agreed to by group). Start times and locations are emailed out several days before the ride. Cancellations due to weather are sent to members by text message on the morning of the ride.

Please make sure your bicycle is well maintained and is suitable for riding on bike paths, some of which may be gravel, and on roads. Please make sure you have a spare tube, Pump and some tools with you in case you get a puncture or have an issue with your bicycle. Please wear Highly visible clothing. Note Notifications on start locations and times are sent out via emails several days before the ride. As a guide - Need to be able to ride an average 17kph over a 40k ride otherwise will have difficulties keeping up with the group. eBike riders welcomed.

255EXE10: Walk Our Local Parks

Type: 2 Semesters

Dates: 14/02/2025 - 14/11/2025

Frequency: Monthly, Fri 10:30 - 12:00

Location: Various locations group notified by Tutor

Tutor/Coordinator: Raelene Curtis

Come along and explore our local parks on the First Friday of the month. We will meet at a start point at 10am that will be emailed to members approximately week before the walk. These walks are usually flat and very easy, and we aim for approximately 5km. The walk start points will usually be accessible by public transport. Please wear comfortable shoes suitable for walking distance and wear appropriate clothing for walking and for the weather. Please BYO all food and drinks We can do an occasional walk with hills if members request a bit more of a challenge.

Please wear comfortable shoes suitable for walking distance and wear appropriate clothing for walking and for the weather. Please BYO all food and drinks

2. Games

252GMS01: Mahjong

Type: 2 Semesters

Dates: 04/02/2025 - 25/11/2025

Frequency: Weekly Course, Tue 11:30 - 14:00

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89K7) Dandenong

Tutor/Coordinator: Jan Ferguson

GPNS - Meeting Room Mahjong is an ancient Chinese game played with numbered tiles, winds and dragons. We play western style Mahjong. Players and newcomers are very welcome. We have the playing sets. Just come along to learn/play. You will be welcome.

252GMS02: Scrabble **Type: 2 Semesters**
Dates: 04/02/2025 - 25/11/2025 **Frequency: Weekly Course, Tue 14:00 - 16:00**
Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89K7) Dandenong
Tutor/Coordinator: Els Harris

GPNS - Meeting Room Scrabble – a fun, social board game of words and tactics. Each week we attempt to complete two games of approximately one hour each, against a different opponent each time. Games are supplied, and a few dictionaries are available for use.

254GMS03: Rummi Kub **Type: 2 Semesters**
Dates: 06/02/2025 - 27/11/2025 **Frequency: Weekly Course, Thu 13:00 - 15:00**
Location: Paddy O'Donoghue Center 18 Buckley St Noble Park
Tutor/Coordinator: Gill Sladen

Room 4 Rummy Cub – a social, fun game of skill for 2-4 players with numbered and coloured tiles. The game is based on the card game 'Gin Rummy', collecting sequences of numbers or colour sets. You don't need to have your own game set.

3. History

251HIS03: Australian History **Type: 2 Semesters**
Dates: 03/02/2025 - 24/11/2025 **Frequency: Weekly Course, Mon 14:15 - 16:15**
Location: Latham Crescent Center Latham Crescent Dandenong
Tutor/Coordinator: Jeff Woods

Come and explore what Australia's history means for you – how it has shaped the character of the nation. Bring your perceptions and ideas to discuss or influence the friendly debates and conversations we have in our classes. There are possibly about 40 different major historical events in Australia's colonial and post-Federation history. The settlement of modern Australia from 1788 brought with it a tranche of industrialisation and societal progress that was taking place in Great Britain and the rest of the world. For the next 2 centuries, Australia was able to amalgamate, consolidate and adapt the progress being made in western countries to the dry continent and put in place a Westminster style of Parliament and democracy. The changes introduced and/or developed, catapulted the country from its nationhood in 1901 to its current first world status. This astronomical development could not have been achieved without the resilience and hard work of Australia's citizens. There is something and some more, for you, to delve into the intrigue, mystery and impact of Australian history on all of us, no matter where you come from or where you want to go.

251HIS04: History of the Ancient Worlds **Type: 2 Semesters**
Dates: 03/02/2025 - 24/11/2025 **Frequency: Weekly Course, Mon 12:15 - 14:00**
Location: Latham Crescent Center Latham Crescent Dandenong
Tutor/Coordinator: Richard Ryan

Ancient history course is initially based around what was called Mesopotamia which now is Iran and Iraq. Egyptian and Greek, and Roman history is also included

254HIS01: Genealogy

Type: 2 Semesters

Dates: 06/02/2025 - 27/11/2025

Frequency: Weekly Course, Thu 13:00 - 15:00

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89K7) Dandenong

Tutor/Coordinator: Gladys Williams

GPNS - Dream Room Genealogy, or the study of your own family ancestors, is very interesting. We look at starting beginners on their journey by giving information about where to search. For those who have started their journey, we look at how we can overcome blocks in finding information such as lack of documents and illegitimacy. We also look at interesting Webcasts regarding such matters as shipping records and the importance of DNA in finding ancestors. We are a friendly group and always ready to help with any difficulty.

4. Hobbies

251HOB04: Book Club

Type: Year long

Dates: 17/02/2025 - 17/11/2025

Frequency: Monthly, Mon 13:00 - 15:00

Location: Endeavour Hills Library 10 Raymond McMahon Blvd Endeavour Hills

Tutor/Coordinator: Alan Beale

We meet the third Monday of the month at 1pm. U3A Dandenong is a member of the Endeavour Hills library's book club program. The program arranges for the supply of a set of up to 10 copies of various popular books. The library has an extensive list of "book club" books featuring both fiction and non-fiction from Australian and International authors. Our book group meets once a month at the library to drop off and discuss the previous book and pick up the next book. At the end of the year the members are invited to vote on the candidate books we will read the following year. The discussions are often in-depth and quite wide ranging. As a group, we work together to develop a better understanding of the intention of the author, or at least what we think it is! We share a common love of reading and a willingness to express our opinions on the books and their authors. We aim to expand our literary horizons by reading a variety of genres.

You need to become a library member so you can borrow the books we are reading each month.

253HOB01: Drawing/ Painting

Type: 2 Semesters

Dates: 05/02/2025 - 26/11/2025

Frequency: Weekly Course, Wed 10:00 - 11:55

Location: Latham Crescent Center Latham Crescent Dandenong

Tutor/Coordinator: Lorice Lellyett

Tutor/Coordinator2: Raelene Curtis

Drawing and painting class is a group of friendly people who encourage each other, inspire them to achieve high standards and who surprise themselves with their talents. This is a friendly self-help group which requires no previous expertise. Beginners are welcome and can receive guidance and handy hints from other class members, so don't be nervous! Members of this group use a variety of media - graphite pencils, coloured pencils of various kinds, ink, paints including Oil, Acrylic and Water Colours, pastels etc., or even relax with a colouring book. Bring along some pencils/paints and a drawing pad or canvas and you're welcome to join us.

Members must supply their own consumables - paper and/or canvases, paints, pencils etc

254HOB02: Gardening

Type: 2 Semesters

Dates: 06/02/2025 - 27/11/2025

Frequency: Weekly Course, Thu 9:30 - 11:30

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89K7) Dandenong

Tutor/Coordinator: Erika Belmar

Tutor/Coordinator2: Ivo Gnocato

Gloria Pyke netball complex - Meeting Room We are a friendly forum to share gardening experiences and exchange cuttings and plant knowledge. These cuttings are propagated for our own and family gardens as well as providing established plants for our plant sale. We tend to be a self help group, helping and learning from one another. We attempt to have at least one outing to a nursery or garden, and one presentation from someone from another gardening program each semester.

Please notify Tutor/coordinator if you are going to be absent.

254HOB03: Photography / Photoshop

Type: 2 Semesters

Dates: 06/02/2025 - 27/11/2025

Frequency: Weekly Course, Thu 10:00 - 12:00

Location: Paddy O'Donoghue Center 18 Buckley St Noble Park

Tutor/Coordinator: Tim Keane

POD room 4. We welcome a diverse group of members ranging from beginners to advanced. Topics discussed include the basics of capturing images (cameras, composition and techniques) and using Photoshop Elements (or similar software) for editing and improving images on your computer. Photos can be projected onto screen for positive feedback to members. Members are encouraged to bring their cameras to all sessions and laptops during Photoshop sessions as 'see one, do one, learn one' helps in learning the Photoshop-like software. Field trips to nearby photogenic locations such as buildings, gardens and parks are planned.

To gain the most from your course it is recommended that you bring along your camera and laptop with photoshop or similar software. Assistance/advice on set up of laptop with photoshop may be provided if required. Note you need to have basic computer skills including being able to transfer photos from your camera to your laptop. If you don't have a camera you can use your phone until you decide you want to continue further with your photography

254HOB05: Knitting & Crochet

Type: 2 Semesters

Dates: 06/02/2025 - 27/11/2025

Frequency: Weekly Course, Thu 12:30 - 14:30

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89K7) Dandenong

Tutor/Coordinator: Lorraine Bishop

Tutor/Coordinator2: Margaret Sheffield

GPNS - Meeting Room and has access from the from the ramp that leads directly to the room or from the GPNC front door. This class is for those who want to learn AND those who already can. Margaret and Lorraine are patient tutors. Bring your own project and be inspired by others who share their knowledge. Expect to join a friendly chatty group but we do not gossip. If you want to learn to knit, bring one ball of light coloured plain 8 ply (sportsweight) yarn and 4mm needles. If you want to learn to crochet, bring two different light coloured plain balls of yarn in 8 ply (sportsweight) suitable to make a scarf, one 4mm hook (the type with a flattened grip area) and a folder in which to put the supplied notes. Teaching is one on one but you may not be the only person needing help so bring something else to go on with whilst waiting. There is no 'tea break' so bring your own water if needed and always wear you U3A Dandenong name badge

To participate in this course please bring your own knitting needles, crochet hooks and wool.

255HOB06: Paper Craft / Parchment

Type: 2 Semesters

Dates: 07/02/2025 - 28/11/2025

Frequency: Weekly Course, Fri 14:00 - 16:00

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89K7) Dandenong

Tutor/Coordinator: June Gaulbert

GPNS - Dream Room Paper Craft such as Iris Folding and Embroidered Cards. We can make pretty cards, Xmas decorations, boxes of various shapes and sizes. Very decorative items can be painted or coloured with colouring pencils, Texta pens or water colours. Parchment Work is done on Plain Vellum, with various tools and many different patterns. It is very pretty work - time consuming.

Participants will be required to provide their own parchment, card stock, pens, pencils etc and embroidery threads for their cards. All details will be given in the first class attended. Note - for new participants who want to do parchment craft and don't have their own tools, we are unable to source tools for them until a new supplier is identified

5. Language

251LAN01: Italian Conversation

Type: 2 Semesters

Dates: 03/02/2025 - 24/11/2025

Frequency: Weekly Course, Mon 12:00 - 14:00

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89K7) Dandenong

Tutor/Coordinator: Lilia Mulazzani

Dream room. This course is for those who have some knowledge of the Italian language but are still beginners. We will learn to say simple sentences to start having conversations in Italian. For the topics discussed, I will be guided by class members. Topics may include Getting directions – eg where is the train station? Ordering a meal at a restaurant Purchasing items – eg how much is it?

252LAN03: Spanish Language - Advanced

Type: 2 Semesters

Dates: 04/02/2025 - 25/11/2025

Frequency: Weekly Course, Tue 10:00 - 11:45

Location: Latham Crescent Center Latham Crescent Dandenong

Tutor/Coordinator: Gloria Skalicka

This class is a continuation of what was learnt in 2024 and will be conducted in Spanish Language. Because of this you will automatically be put on a waiting list and acceptance into this course is based on the tutors assessment of your Spanish language knowledge to make sure you have sufficient knowledge to enjoy participating in this course. If you are a beginner you will find the beginners course on Fridays more suitable. We will continue to learn new vocabulary, as well as further develop reading, comprehension, pronunciation and conversational skills. And we will continue learning Spanish Grammar, according to this level. We will concentrate on studying the geography, history, customs, tradition, as well current affairs in Spanish speaking countries. I will continue to focus on music, art, literature and historical figures throughout history. This will be achieved through discussions, role playing, reading comprehension, oral and written exercises. The objective is to build confidence in speaking the language in a supportive environment, where classes are enjoyed with the active participation and cooperation of all members. Our social activities will also continue be an important part of our class. Students are expected to do some homework to prepare for the next lesson. Class Materials: We will continue with our Spanish Book "Easy Everyday Spanish, Step by Step" Barbara Bregstein, retained from 2023 and I will continue providing resources by e-mail from "Advanced Spanish" Step by Step, Barbara Bregstein and using a selection of contemporary reading articles.

Prerequisites: Anyone who has a advanced level of Spanish grammar, speaking and comprehension skills. This is necessary to be able to communicate and participate with the students in this class.

253LAN07: French Conversation

Type: 1 Semester

Dates: 05/02/2025 - 26/11/2025

Frequency: Weekly Course, Wed 12:00 - 13:25

Location: Latham Crescent Center Latham Crescent Dandenong

Tutor/Coordinator: Zena Bachar

This course is for those who have no or have some knowledge of the French language. We will learn to say simple sentences to start having conversations in French. For the topics discussed, I will be guided by class members. Topics may be simple learning of numbers and other basics or including Getting directions – eg where is the train station? Ordering a meal at a restaurant Purchasing items – eg how much is it?

255LAN06: Spanish - Easy Conversation

Type: 2 Semesters

Dates: 07/02/2025 - 28/11/2025

Frequency: Weekly Course, Fri 10:00 - 12:00

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89K7) Dandenong

Tutor/Coordinator: Claudia Cespedes

This course is for those who have some knowledge of the Spanish language but are still beginners. We will learn to say simple sentences to start having conversations in Spanish. For the topics discussed, I will be guided by class members. Topics may include Getting directions – eg where is the train station? Ordering a meal at a restaurant Purchasing items – eg how much is it?

6. Life Style

251LFS01: Current Affairs

Type: 2 Semesters

Dates: 04/02/2025 - 25/11/2025

Frequency: Weekly Course, Tue 9:30 - 11:30

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89K7) Dandenong

Tutor/Coordinator: Richard Ryan

Tutor/Coordinator2: Rikki Davies

This class will also be conducted on zoom (and has a different course code) for those who cannot attend at GPNS. This is a very vocal class. The subjects discussed, deal with items of daily news, either from the media or television, like 'Four Corners' and Q and A. The class occasionally has interesting speakers, either from the political world or from individuals like 'Justice of the Peace' or retired tradesmen who are eager to share their experiences. The role of the meeting chairperson is shared amongst class members (volunteers only), so that all members have an opportunity to lead the discussion on current affairs topics of their choice. There is a morning tea break part way through the class

First Aider: Rikki Davies

252LFS02: Current Affairs - Zoom

Type: 2 Semesters

Dates: 04/02/2025 - 25/11/2025

Frequency: Weekly Course, Tue 9:30 - 11:30

Location: On Line using Zoom, Email, or Access details provided by Tutor

Tutor/Coordinator: Rikki Davies

Tutor/Coordinator2: Richard Ryan

Select this course if you want to join the current affairs course using zoom. This is a very vocal class. The subjects discussed, deal with items of daily news, either from the media or television, like 'Four Corners' and Q and A. The class occasionally has interesting speakers, either from the political world or from individuals like 'Justice of the Peace' or retired tradesmen who are eager to share their experiences. The role of the meeting chairperson is shared amongst class members (volunteers only), so that all members have an opportunity to lead the discussion on current affairs topics of their choice. Zoom participants are monitored by Rikki who makes sure they have equal opportunity to participate. There is a morning tea break part way through the class.

251LFS07: Meditation and Positive Thinking

Type: 2 Semesters

Dates: 03/02/2025 - 24/11/2025

Frequency: Weekly Course, Mon 12:00 - 13:00

**Location: Paddy O'Donoghue Center 18 Buckley St Noble Park
Padmanabhan**

Tutor/Coordinator: Bhavani

POD Room 6 Learn how to make your mind your best friend through open-eyed meditation. This is an easy form of meditation designed to be practiced anywhere. This course covers various aspects of understanding the self, the power and effect of thoughts, and how meditation can help one overcome stress, worry and challenges in daily life while maintaining a positive and loving mindset. This is open to everyone irrespective of race, religion, culture, gender, orientation, etc. Just bring along a pen and notebook for notes and reflection exercises. Facilitator: Bhavani Padmanabhan represents The Brahma Kumaris Australia and has been a meditation practitioner and teacher for over 35 years. She has a background in law and academia, and has presented positive thinking seminars and spiritual foundation courses in higher education institutes and workplaces.

252LFS03: Sharing Memorabilia **Type: 2 Semesters**
Dates: 04/02/2025 - 26/11/2025 **Frequency: Weekly Course, Tue 13:00 - 15:00**
Location: Latham Crescent Center Latham Crescent Dandenong
Tutor/Coordinator: Nellie Roberts

By sharing your memorabilia this group provides an opportunity for each person to speak, to be heard and to be known in a different way. Sharing promotes a sense of pride, which is valuable to all human beings at all ages.

253LFS04: Effective Communication - Advanced **Type: 2 Semesters**
Dates: 05/02/2025 - 26/11/2025 **Frequency: Weekly Course, Wed 13:30 - 15:30**
Location: Latham Crescent Center Latham Crescent Dandenong
Tutor/Coordinator: Judith Talanoa

The Effective Communications course is designed to assist in developing skills in all aspects of communication: General conversation, how to present impromptu & prepared speeches in front of an audience, debating, writing & reading poetry & short stories, acting in humorous skits. All these help us gain self-confidence & ensure we improve our listening, thinking & speaking skills whilst having fun.

Previous experience in these types of activities is preferred.

254LFS05: Philosophy **Type: 2 Semesters**
Dates: 06/02/2025 - 27/11/2025 **Frequency: Weekly Course, Thu 9:30 - 11:30**
Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89K7) Dandenong
Tutor/Coordinator: David Pateman

GPNS - Meeting Room (Love and Wisdom) This is a non-confronting, non-judgmental discussion group, that try to seek to understand fundamental truths of topical subjects of ethics, thought, existence, meaning, time and values with deeper understanding. Topics vary from week to week. 4r's of Philosophy – responsiveness, reflection, reason, re-evaluation.

255LFS08: zoom chat group **Type: 2 Semesters**
Dates: 07/02/2025 - 28/11/2025 **Frequency: Weekly Course, Fri 14:00 - 15:30**
Location: On Line using Zoom, Email, or Access details provided by Tutor
Tutor/Coordinator: Clive Gould

Informal Chat session using zoom The topics could be any stories you may like to tell – eg places you have been, activities you have participated in, books you have read etc, it's up to the group what topics you want to discuss. zoom link will be provided by request after enrolling in this course

7. Music

255MUS01: Singing Group **Type: 2 Semesters**
Dates: 07/02/2025 - 28/11/2025 **Frequency: Weekly Course, Fri 10:00 - 12:00**
Location: Paddy O'Donoghue Center 18 Buckley St Noble Park
Tutor/Coordinator: Els Harris

POD - Rm 6 We have a happy singing group on Friday mornings. The format is laptop with TV . This works well with everyone having an input on the songs we choose, so quite a variety of artists. The group is welcoming and happy to have new members, with singing we feel 'The more the merrier' goes. Come and check it out any Friday.
