



HAWTHORN
UNIVERSITY OF THE THIRD AGE

CURRICULUM

2021



January 2021

Note: This booklet was released in January 2021. Additional courses will be advertised on the U3A Hawthorn website, in the Quarterly Newsletter and in the Gateway eNewsletter throughout 2021. This booklet will not be updated during the year.

Please go to the membership website (www.u3ahawthorn.org.au/members) to see the most up-to-date listing of courses.

Reception Hours:

Thurs 7 & Fri 8 January	10am - 12 noon
Wed 13 & 20 January	10am - 12 noon
Mon 1 - Fri 5 February	10am - 1.00pm
From Monday 8 February	9.30am - 4.00pm Monday to Friday

Patron: Professor Pascale Quester, Vice Chancellor, Swinburne University

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WELCOME TO U3A HAWTHORN

The University of the Third Age (U3A) exists for retired and semi-retired people. U3A is a world-wide non-profit organisation which began in France in 1968 and spread rapidly through Europe and across the Atlantic to America. The word “university” is used in its earliest sense: a community of scholars who get together to help each other in an educational and social environment. The principles of self-help and mutual support are the cornerstone of U3A.

U3As are voluntary, non-profit membership organisations that aim to give older people low-cost educational opportunities that operate in a pleasant, supportive social setting. There are over 100 U3As in Victoria. Each operates independently. U3A Hawthorn, established in 1984, was one of the first in Victoria. Tutors/convenors, external presenters, office bearers and volunteers all provide their services free - no-one in U3A Hawthorn is paid.

Currently there are over 1,500 members. Year-long and short courses are offered from February to November, as well as occasional lectures, excursions and activities. A Summer School for members operates in January when the on-going programs have their annual break. A range of speakers and activities are advertised and members must register to attend in the same way as for the courses and activities throughout the year.

Members must enrol and be accepted for the courses of their choice. Members may not attend a class without being enrolled, or if they are waitlisted.

COVID permitting, a Book Exchange operates in the third week of each month, enabling free exchange of books, DVDs etc between members.

Dates for 2021:

Thursday 7 January	Enrolments commence 10am
Fri 8 - Fri 22 January	Summer School
Tuesday 26 January	Australia Day – public holiday – Campus closed
Monday 1 February	Office re-opens
Monday 8 February	Courses commence
Saturday 13 February	Welcome Back Celebration, 10am - 1pm
Monday 8 March	Labour Day – public holiday – Campus closed
Fri 2 – Sun 18 April	State School holidays
Fri 2 – Mon 5 April	Easter - public holidays – Campus closed
Sunday 25 April	Anzac Day
Wednesday 19 May	Annual General Meeting, 10am
Monday 14 June	Queen’s Birthday - public holiday – Campus closed
Sat 26 June – Sun 11 July	State School holidays
Sat 18 Sept – Sun 3 Oct	State School holidays
Friday 24 September	Possible AFL public holiday – Campus closed
Tuesday 2 November	Cup Day – Campus closed,
Friday 26 November	Last day of classes for 2021

2021 - THE COVID-NORMAL YEAR

2021 will be unlike previous years until the COVID--19 pandemic is under control. We will do all we can to provide a safe environment for our members, but members must also play their part and commit to the operational procedures which are part of U3A Hawthorn's COVID-Safe plan.

It is up to the individual member to decide on his/her level of risk.

All members participating in face-to-face courses and activities are required to read, sign and return the COVID Commitment form (the wording of the form is below). These forms will be provided for you to sign at the commencement of the year.

COVID Commitment declaration:

In voluntarily participating in this activity I am aware that my participation may expose me to some residual risk from the current COVID-19 virus.

To minimize risk, I commit to following the requirements of the U3A Hawthorn COVID-19 Safety Plan, including:

- NOT coming to class if I am unwell, especially if the symptoms include cough, high temperature, breathing difficulties or other respiratory conditions.
- Only attending face-to-face classes I am formally enrolled in
- Adhering to the social distancing requirement of 1.5 metres between members.
- Committing to following stipulated hygiene practices, including using hand sanitizer and wipes and participating in any other hygiene activities as required
- Bringing my own bottled drink to class if desired.
- Providing my own exercise equipment (e.g yoga mat) and removing it on completion of the class.
- Leaving campus as soon as my class has concluded.
- Immediately notifying U3A Hawthorn if I test positive to COVID-19.
- Wearing an appropriate face mask in accordance with regulations.

I accept that if I do not strictly comply with the Plan, I will be asked to immediately leave the class and the campus, and I hereby acknowledge that I will immediately leave.

I also accept that should I not be able to comply with the Plan, I will not attend classes, and/or may be asked to leave the campus.

I accept that in signing this form I will take full responsibility for my own actions to comply with the Plan and minimize the risk of the COVID-19 virus to myself and other members of U3A Hawthorn.

Likely changes in 2021 due to COVID-19:

The U3A Hawthorn COVID-19 requirements are based on the Victorian government requirements and the conditions of venue use specified by the City of Boroondara. These conditions are likely to change throughout the year and therefore we may need to change our management procedures.

- All members must make their own decisions about their exposure to risk.
- Social distancing and COVID awareness and hygiene will be paramount.
- Mask wearing may remain mandatory and if so must be obeyed.
- Tutors have been offered the choice of face-to-face courses or Zoom. That is their decision. Members must make up their own mind about their participation.
- If there are problems courses may revert to Zoom for a period.
- Some courses may not start from the beginning of the year – but may commence later in the year subject to assessment of risk, such as face-to-face Bridge, Orchestra and Gateway Singers.
- Each room will have a maximum COVID capacity which may vary over time. Therefore:
 - o some courses will have a reduced maximum number of students
 - o classes may be split to allow members to attend on a fortnightly basis
 - o courses will not necessarily be held in the same rooms as 2020
 - o some new venues will be used
 - o social distancing in seating will be required and new rules about doors for entry and exit to reduce crowding.
- In the initial period kitchen facilities will not be available, people will be asked to bring their own water bottle.
- Some courses with larger numbers may be able to operate on a hybrid basis with a mix of Zoom and face-to-face. People would enrol in either the Zoom or face-to-face course. This will not be available for all courses and will depend on the tutor or another member of the course managing the technical requirements.
- The timetable may be reorganised during the year as restrictions change.

OPERATING PRINCIPLES

To become a member:

To join U3A Hawthorn you can join and pay your membership online at u3ahawthorn.org.au/members or come to Reception to complete membership enrolment and pay the annual individual membership fee.

Member entitlements:

The annual membership fee enables you to apply to join as many courses and activities as you wish, subject to the class size limits which will vary depending on venue and the nature of the course.

Member responsibilities:

All members are required to abide by the Code of Conduct (see page 7), also available online at www.u3ahawthorn.org.au/forms or as a paper copy from Reception. In 2021 face-to-face course participants are required to sign a COVID Commitment form.

To enrol in a course:

Members can enrol for courses, lectures, excursions and events online. There are no pre-requisites for entry into most courses. However some courses require tutor/convenor approval prior to acceptance, such as languages, orchestra and choir, where some prior knowledge or skill level is required.

Assisted Enrolment:

If you do not have a computer, or are not confident to enrol online, you can come to the U3A Reception and will be assisted to complete your enrolment.

Courses of the same type:

In order to enable as many people as possible to access the very popular courses where there are waitlists, we reserve the right to limit enrolment to only one course of that type, eg only one French course in the initial enrolment period.

Notification of acceptance:

After enrolling you receive an email to advise that you are accepted or waitlisted. You can also check the status of your enrolments on-line (enrolled or waitlisted). You may not attend a course until you receive acceptance notification for that course. Trial attendance at courses is not permitted.

Start and finish dates for classes:

Tutors decide on the start and finish dates of courses and whether classes will take place over the State School holidays. Courses that are not held over State School holidays are marked NCSSH. Classes are not held on public holidays. Please look carefully at individual course dates.

Class attendance:

Whilst it is understood that members may not be able to attend all classes in a course due to other commitments and travel, absence without apology to the tutor/convenor (or advising Reception) for two or more consecutive absences may result in the cancellation of your place in that course, especially where there is a waitlist. When you enrol in a short course every effort should be made to attend all sessions.

Withdrawal from a course:

If you decide not to continue with a course, please notify Reception as soon as possible so that the place can be offered to others on the waitlist. Withdrawals cannot be done online by the individual member as we need to manage the waitlists. You can email courses@u3ahawthorn.org.au or visit or telephone Reception to advise of your withdrawal.

Individual responsibility:

The courses offered depend on the availability and interests of volunteer tutors/convenors. The material presented in courses is at the discretion of the tutor or convenor and does not necessarily reflect the views of the management. Course summaries in this booklet or online on the membership system, indicate the content to be covered. Members are responsible for their own level of participation in any exercise or activity. Some activities require completion of an Acknowledgement of Risk form prior to commencing the course.

Additional Courses and Activities in 2021:

Additional lectures, activities, courses and excursions will be offered during the year. These are advertised in the U3A Hawthorn Newsletter published in March, June and September (sent out by email or available for collection at Reception) and also in the Gateway - an eNewsletter sent out on an irregular basis. Please ensure that your email address is on our Membership System so that you receive timely information and notifications.

Pets on campus:

With the exception of guide dogs, pets are not permitted within the buildings of U3A Hawthorn or its other leased venues.

Privacy Policy:

U3A Hawthorn collects personal information from members to enable efficient delivery of its service to members. The information is managed solely by U3A Hawthorn and will only be used for organisational, communication, emergency, insurance and submission-funding purposes. Members have the option not to provide full details. However, incomplete disclosure of requested details may prevent U3A Hawthorn from full delivery of its services.

Volunteering:

U3A Hawthorn relies on volunteers to undertake the many roles which keep the organisation going. In addition to the vital roles of tutor and convenor, individuals can help in many ways (class facilitator, assisting with room setup and pack up, catering, reception, curriculum planning, AV assistance, campus management, gardening and many other activities). Please be mindful of how you can contribute in small or large ways.

Newsletter postage fee:

Our quarterly newsletters are now delivered on-line due to the high cost of printing and posting. Members who would like the four quarterly newsletters to be posted to them must pay an additional annual fee of \$10. Please call at Reception to organise this.

CODE OF CONDUCT

U3A Hawthorn exists for its members to participate in a broad range of educational opportunities in a positive and supportive learning environment. This environment is created largely through the communication and cooperation we have with each other and with visitors to our organisation, such as guest speakers and others who interact with U3A Hawthorn. Therefore we expect that we treat each other with respect and courtesy at all times.

It is a condition of membership of U3A Hawthorn that members agree to abide by this code of conduct. Members will:

- participate in classes and activities in a friendly and positive manner at all times,
- be punctual in attending classes or activities,
- not promote or advertise a personal business,
- communicate with other U3A members, guest speakers and visitors in a respectful manner which is free from personal abuse, raised voices, rudeness or insults,
- deal with others in an honest and respectful manner,
- avoid all forms of discriminatory behaviour or vilification of others based on race, gender, religion, sexuality, culture, age, disability or political belief,
- not engage in disruptive or intimidating behaviour,
- respect the privacy of others, and not share private information that you have access to, such as email addresses or phone numbers, without members' consent,
- never offer financial or other inducements to tutors/convenors/presenters or volunteers. Tutors/convenors/presenters/volunteers must not accept any financial or other inducements,
- contribute to the smooth operation of the organisation, either by taking up specified volunteer roles or by assisting with occasional tasks, such as setting up of rooms, provision of refreshments, cleaning up, or office tasks, when requested,
- promote U3A Hawthorn in a positive manner, and not harm its reputation by actions or words.

COURSE CATEGORIES

Courses, excursion, lectures and events are grouped into categories to assist you in finding U3A Hawthorn activities which are of interest.

In the first 2 weeks of enrolments there are **restrictions on the number of courses** within some categories that members may enrol in. This is to enable as many members as possible to get into at least 1 course of their choice. After the initial period these restrictions may be lifted.

Category	Types of courses	Restriction
ARTS	Art appreciation & practice	
BRIDGE	Bridge	1
CURRENT	Discussions and presentations on current issues	1
DUTCH	Dutch	
EXCURS	Excursions	
EXERCISE	Indoor exercise: tai-chi, dance, feldenkrais, stretching	
FITNESS	Indoor fitness: yoga, pilates, strength training	1
FRENCH	French	1
GAMES	Indoor games: chess, cryptic crosswords, badminton, solo	
GERMAN	German	1
HEALTH	Health & well-being, medical science, Alexander technique	
HUM	Humanities: history, law, sociology, economics, environment	
ITALIAN	Italian	
IT	Computers, IT, multimedia, photo/video editing	
JAPANESE	Japanese	1
LATIN	Latin	1
LECTURES	Lectures: Readman and other single session presentations	
LITERARY	Literature: book groups, poetry, writing, drama	
MAHJONG	Mahjong – Eastern and Western styles	1
MANDARIN	Mandarin Chinese	1
MUSIC	Music: orchestra, choir, recorder, music appreciation	
OUTDOOR	Outdoor: walking, cycling, bird watching, gardening, lawn bowls	
PHILOS	Philosophy	
RUSSIAN	Russian	
SCIENCE	Science, Mathematics & Psychology	
SPANISH	Spanish	1
TRAVEL	Travel	

NCSSH Tutors set the dates of their classes and some specify no classes in State School holidays (**NCSSH**). Tutors may also cancel classes during the year for personal reasons. No classes are held on Public Holidays.

Some courses have priority enrolments for people in the course in 2020. To take advantage of priority enrolment you must pay your Membership Subscription and enrol in the course between 10am Thursday 7 and 4pm Friday 15 January 2021. You will be waitlisted and entered into the course manually on Friday 15 January. After that date no priority is given to 2020 members of the course.

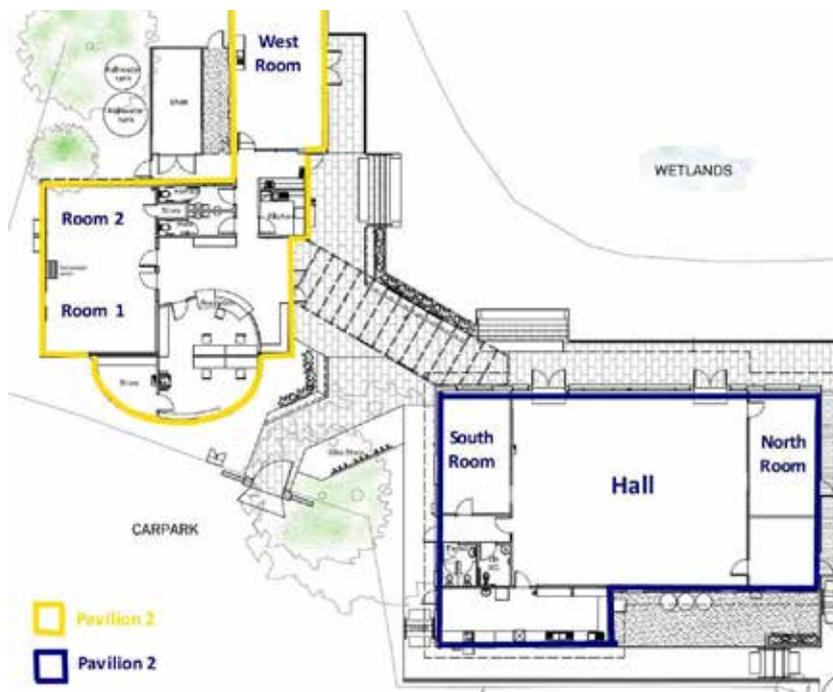
COURSE VENUES

The Sinclair Avenue Campus has four classrooms, one small lecture theatre and a large hall. Most of the courses are held on this campus. Free 3 hour parking is available and the campus is close to train and tram services. However some courses are held in other venues because they require specialist facilities, or the spaces have been generously provided for us, or hired, to meet our timetable needs. Details and maps for each venue are provided on the U3A Hawthorn website. Some courses may be held in private homes (these addresses will only be advised to those enrolled in the course).

Other venues used by U3A Hawthorn:

- Parkview Room, Camberwell Library (Tues & Thurs - NCSSH)
- TD304 Swinburne TAFE, off Park Street, Hawthorn
- Eric Raven Pavilion, Estella Street, Glen Iris
- Community Room, Tooronga Village Shopping Centre
- Balwyn Library Meeting Room 2 (NCSSH)
- Auburn Bowls Club - 2b Munro St, Hawthorn East
- Frog Hollow Pavilion - Fordham Avenue, Camberwell - NCSSH

Details of all venues are available on the website: www.u3ahawthorn.org.au/location.



ARTS APPRECIATION & PRACTICE

21ARTS01: Talking Films

Convenor: Colleen Cliff

Dates: 17/02/2021 - 17/11/2021 Frequency: 1st & 3rd weeks
Wednesday 11:30 - 13:00 Location: West Room SAC

A participatory course where students can enjoy a fortnightly film discussion. Normally three films will be selected for viewing in theatres throughout Melbourne. Individual film attendance is required, but discussion will be held fortnightly at the Sinclair Avenue Campus. An enjoyment of film and willingness to view diverse films is required. This is a Priority Enrolment course - max 9 participants.

21ARTS02: Let's Catch a Movie (Zoom)

Convenor: Sharron Bedford

Dates: 11/02/2021 - 25/11/2021 Frequency: Weekly
Thursday 14:00 - 15:30 Location: Zoom

Have you ever watched a movie and wanted to critique it - or at the very least mull it over with another movie tragic? Join a class where two movies are selected for each session, available on SBS, Kanopy or Beamafilm to be streamed online at home for discussion. A cinema release could be included subject to restrictions and release dates.

21ARTS03: Films and film-makers

Tutor: Adrian Guest

Dates: 9/02/2021 - 13/04/2021 Frequency: weekly (10 weeks)
Tuesday 13:30 - 15:00 Location: Room 2 SAC

Each week we will discuss highlighted films or filmmakers from the previous session. All films to study are available free online (e.g. YouTube, SBS On Demand, other free streaming sites). Supporting clips may be shown each session. Participants require home internet. No films need to be watched for the first session. Details of each session are available on the membership website.

21ARTS10: Let's go to a Gallery

Convenors: Sue Whitehead & Judith Merrett

Dates: 5/03/2021 - 5/11/2021 Frequency: Monthly 1st week
Friday 13:30 - 15:30 Location: Different galleries - meet at gallery

This group will meet monthly to go to a gallery (art, craft, design) to view an exhibition. It may be a small local gallery or a visit to an exhibition at the NGV. After the visit there will be discussion of the exhibition over refreshments at a nearby café (own cost). Members of the group will take it in turns to organise a gallery visit. Participants will be notified of details of each visit by email. Dates: 5 Mar, 9 April (2nd Apr Good Friday), 7 May, 4 June, 2 July, 6 Aug, 3 Sept, 1 Oct, 5 Nov.

Student pre-requisites: Members need to make their own way to and from the gallery. Participants pay own entry fee and refreshments.

21ARTS20: Armchair Chats on Art - 1st & 3rd

Tutor: Helen Long

Dates: 16/02/2021 - 16/11/2021 Frequency: 1st & 3rd weeks
Tuesday 13:30 - 15:00 Location: West Room SAC

In this course we will explore how we look at and analyse art works. This will be an opportunity to study and discuss various styles of art, the lives of artists and the environments they work in. We will also look at the role that galleries play in promoting modern day artists. Helen has been a long serving volunteer guide at the National Gallery Canberra and is keen to promote informal discussion and exchange about art and artists.

OR

21ARTS21: Armchair Chats on Art - 2nd & 4th**Tutor: Helen Long**

Dates: 9/02/2021 - 23/11/2021

Frequency: 2nd & 4th weeks

Tuesday 13:30 - 15:00

Location: West Room SAC

As for 21ARTS20 above.

21ARTS30: Painting & Drawing for all levels**Tutor: Gary Faul**

Dates: 11/02/2021 - 25/11/2021

Frequency: Weekly

Thursday 9:45 - 11:15

Location: West Room SAC

We concentrate more on the drawing side, but use some colour as well, eg watercolours, acrylic and coloured pencils.

Student pre-requisites: paper, graphite pencils and eraser.

This is a Priority Enrolment course - max 16 participants.

21ARTS31: Visual Arts Collaborative Group (Zoom) Convenor: Jenny Neale

Dates: 8/02/2021 - 22/11/2021

Frequency: 2nd & 4th weeks

Monday 14:00 - 15:30

Location: Zoom

This is a course for active amateur artists interested in producing and sharing their work and interacting with like-minded people to try new things, share ideas and provide support and encouragement. A theme or task may be set on a fortnightly basis to provide a common challenge and a discussion point for sharing techniques and ideas.

This is not a course for beginners, participants are expected to be able to work on their own projects. It is a collaborative group to mutually inspire and support in times of COVID restrictions.

21ARTS40: Knitting Group**Convenor: Meredith Vincent**

Dates: 10/10/2021 - 24/11/2021

Frequency: Weekly

Wednesday 9:45 - 11:15

Location: Room 2 SAC

Knitting for rugs and other items to be sent to aid agencies for distribution to victims of trauma and need all over the world.

Student pre-requisites: Ability to either knit or crochet; provide own wool and needles.

21ARTS41: Patchwork & Quilting**Tutor: Pam Crack**

Dates: 19/02/2021 - 19/11/2021

Frequency: 1st & 3rd Friday NCSH

Friday 13:30 - 15:30

Location: Frog Hollow Pavilion

For people who have always wanted to try patchwork, not knowing where to start! You will learn about basic equipment and fabric selection and then be guided to start a simple project. There is a choice of hand or machine sewing. Continue to work at home at your own pace. The group welcomes beginners and those with experience to share the passion of this craft which has a strong tradition of recycling and sharing.

Student pre-requisites: Students provide own materials.

This is a Priority Enrolment course - max 12 participants.

21ARTS42: Threads and Needles**Convenor: Ruth Muir**

Dates: 15/02/2021 - 15/11/2021

Frequency: 1st & 3rd weeks

Monday 14:00 - 16:00

Location: Private Home Hawthorn

An informal stitching group for embroiderers or knitters. Opportunity to browse through books and patterns, exchange ideas, experiment and enjoy the creative process. Bring your own work and necessary materials.

This is a Priority Enrolment course - max 4 participants.

21ARTS50: Digital Photography - Monday

Convenors: Michael Gordon & Noel Speering

Dates: 8/02/2021 - 21/11/2021 Frequency: Weekly
Monday 11:30 - 13:00 Location: Hall SAC

How to get the WOW in your photographs - landscapes and people. This course concentrates on the art of photography. There is limited camera technological education. Alternate days on location, then viewing the images at the Tooronga Village Community Room. Two optional photography weekends are organised each year. The first session is in the Hall (Sinclair Avenue Campus). A schedule of dates and venues will be sent to you by the tutor. Meeting times for the days on location may vary.
Student pre-requisites: digital camera and computer.

OR

21ARTS051: Digital Photography - Wednesday (Zoom)

Convenor: Anne Griffin & Karin Watts

Dates: 3/02/2021 - 24/11/2021 Frequency: Weekly
Wednesday 11:00 - 13:00 Location: Zoom

How to get the WOW in your photographs! This course concentrates on the art of photography so there is limited camera technological education. Alternate days are on location, then we share our images via Zoom on the following Wednesday. When we are at venues, we also enjoy some social time at a local cafe for lunch. Two optional photography weekends may be organised, but it will be depending on the current government Covid regulations.

The first session will be an outing with the schedule of dates and venues, sent in early 2021. Meeting times for the days on location may vary but it's usually around 11.00am.
Student prerequisites: digital camera or smartphone, plus a computer/iPad for extra editing and zooming.

21ARTS52: Photography - f stops and stuff

Tutor: Grant Fry

Dates: 11/02/2021 - 25/11/2021 Frequency: Weekly NCSSE
Thursday 11:30 - 13:00 Location: Hall SAC

How to get the most out of your digital and SLR cameras. Topics which will be covered: what the controls of your camera do and where to find them; exposure and auto focusing; settings S, A, M, Auto and more, and when to use them; f stops; shutter speeds; combining f stops and shutter speeds; ASA or sensitivity setting + filters; lenses; flash guns; and show and tell. Please bring along your camera and manual to each class. Even though there are many different makes they all use the same principles.

BRIDGE (MAX 1 COURSE)

Due to COVID risks, face-to-face Bridge courses will not start at the beginning of the year. We will monitor the situation and inform enrolled members when face-to-face Bridge courses can commence.

21BRI002: Intermediate Bridge - Monday (Zoom)

Tutor: Linda Baynham

Dates: 8/02/2021 - 22/11/2021 Frequency: Weekly
Monday 13:00 - 15:30 Location: Zoom

This course provides a relaxed environment for those wishing to improve their bridge skills with supervised card play each week, along with some ongoing instruction. This course uses the Standard American Five Card Major bidding system.

Please note – this class is for those who have been playing for at least two years and are keen to develop their skills in the game further. It may be suitable also for those who have played bridge at a more advanced level in the past and would like to take it up again. If you were not part of the group in 2020, please contact the tutor to discuss whether or not you are at a sufficient level for the class.

21BRI003: Intermediate Bridge - Tuesday **Tutor: Nafty Vanderhoek**

Dates: Unknown - 23/11/2021 Frequency: Weekly - when possible

Tuesday 9:30 - 11:15 Location: Frog Hollow Pavilion

For players with knowledge and experience of bridge fundamentals. Explores bidding and defence techniques in addition to declarer play.

Student pre-requisites: Basic bridge knowledge and experience.

21BRI004: Duplicate Bridge - Wednesday **Tutor: Gerry O'Reilly**

Dates: Unknown - 25/11/2021 Frequency: Weekly - when possible

Wednesday 13:30 - 16:30 Location: To be decided

Student pre-requisites: At least 12 months experience of playing duplicate bridge at a normal pace.

21BRI005: Duplicate Bridge - Monday **Tutor: Claus Gyrn**

Dates: Unknown - 22/11/2021 Frequency: Weekly - when possible

Monday 9:15 - 12:00 Location: To be decided

Duplicate bridge for experienced players. Please note - players need to have a partner organised, partners cannot be provided for anyone who comes alone.

CURRENT ISSUES (MAX 1 COURSE)

21CUR01: Politics and Current Affairs **Convenors: Elizabeth Jeffrey,
Pennie Kendall & David Spivakovsky**

This course will explore a mixture of political, social and current issues, alternating between first class guest speakers and discussion groups.

At the commencement of the year this course will operate as two courses (hybrid) - a face-to-face course and a zoom course. You must enrol either as a face-to-face or as a Zoom participant. Arrangements may change during the year.

21CUR01H: Politics and Current Affairs (Face-to-face)

Dates: 10/02/2021 - 24/11/2021 Frequency: Weekly

Wednesday 9:30- 11:15 Location: Hall SAC

OR

21CUR01Z: Politics and Current Affairs (Zoom)

Dates: 10/02/2021 - 24/11/2021 Frequency: Weekly

Wednesday 9:30 - 11:15 Location: Zoom

21CUR002: Current Affairs - Monday (Zoom) **Convenor: Peter Eisler**

Dates: 8/02/2021 - 22/11/2021 Frequency: Weekly

Monday 15:30 - 17:00 Location: Zoom

Issues of social, economic and the broad political sphere are examined on the basis of information available in the print media. The class selects the topics weekly. Party political matters are generally excluded.

21CUR003: Current Affairs - Behind the News (Zoom) Tutor: David Spivakovsky

Dates: 12/02/2021 - 26/11/2021 Frequency: Weekly NCSSH
 Friday 9:45 - 11:15 Location: Zoom

The course examines current issues in depth by encouraging inquiry, research and presentation. Topics are chosen by both the group and convenor, and cover issues not necessarily in the public eye, but broader issues which are local, national or global. Participation is expected.

21CUR004: Current Affairs Discussion Group (Zoom) Convenor: Nathan Feld

Dates: 9/02/2021 - 23/11/2021 Frequency: Weekly NCSSH
 Tuesday 13:30 - 15:00 Location: Zoom

Discussing domestic and overseas issues.

Student pre-requisites: A willingness to present 1 or 2 short talks (15min) over the year on topics agreed by the class.

21CUR005: Round Table Discussion Group (Zoom) Convenor: Edgar Loutit

Dates: 8/02/2021 - 22/11/2021 Frequency: Weekly NCSSH
 Monday 11:30 - 13:00 Location: Zoom

Come and join in a lively discussion of a broad range of issues in today's changing world. Participants are encouraged to bring topics for the group to discuss. Final confirmation that this course will proceed will come in late January.

21CUR006: Issues in the Media (Zoom) Convenor: Peter Boxhall

Dates: 18/02/2021 - 18/11/2021 Frequency: 1st & 3rd weeks
 Thursday 11:30 - 13:00 Location: Zoom

This is a current affairs discussion group. For each of 3 to 4 current issues, a short background introduction is followed by a general class discussion. Participants are encouraged to bring to class interesting news articles, editorials or opinion pieces drawn from either print or electronic media (including social media).

21HUM015: Society and Culture (Zoom) Convenor: Rob Kennedy

Dates: 10/02/2021 - 24/11/2021 Frequency: 2nd & 4th weeks
 Wednesday 11:30 - 13:00 Location: Zoom

"We don't see things as they are, we see them as we are" – Anais Nin

This sociology discussion group explores current social issues as well as social and cultural matters more broadly. We seek to understand what drives human behaviour, and consider the many factors that influence how a society functions. We also examine the ideas of key thinkers (past and present) who have helped shape our social world. Each session covers a single topic. Where possible, introductory videos and notes are provided to give background information and to help stimulate discussion. Class members are welcome to suggest topics for discussion and to present their ideas to the group.

DUTCH**21DUT001: Introduction to Dutch language and culture Tutor: Johanna Kol**

Dates: 8/02/2021 - 23/11/2021 Frequency: 2nd & 4th Monday NCSSH
 Monday 14:00 - 16:00 Location: South Room SAC

An introduction to the Dutch language and some insights into Dutch culture.

Textbook: Bruce Donaldson, Dutch: The Complete Course for Beginners - available at the Language International Bookshop in Kew East. A Dutch Dictionary would also be useful.

EXCURSIONS

21EXC001: Excursion - Burnley Gardens

Date: 10/03/2021

Frequency: Single

Wednesday 10:00 - 12:00

Location: Burnley Gardens Cost: \$8pp

Burnley Gardens is a botanical garden and one of the gems of this part of Melbourne. Surprisingly, few people who live in this area seem to know of its existence and, of course, have not visited. The gardens have been in existence since 1861 when land was set aside for the Horticultural Society of Victoria to establish experimental gardens. One condition of the land grant was that the area be open to the general public and that condition remains. Today the gardens contain a great variety of clearly labelled trees, native and exotic plants as well as beautiful lawns, ornamental lakes with water lilies and much more.

The Friends of Burnley Gardens will provide an experienced guide/s to take us through the Gardens.

21EXC002: Excursion - Food & Cultural Tour Sydney Road Brunswick

Date: 28/04/2021

Frequency: Single

Wednesday meet 10:00am

Location: 446 Sydney Road, Brunswick

Led by food enthusiast, Margaret Paeker, we will be immersed in the Middle Eastern and Italian world of this northern suburb. Be tempted by exotic foods, visit the market, the Halaal butcher, the delicious cakes sold by weight, the package free store, and the local clothing boutiques and knitwear stores. Conclude at the A1 Bakery for an inexpensive lunch (own expense). Remember to wear walking shoes and bring a trolley or bags to carry purchases.

21EXC003: Excursion - Tour of the Shrine

Date: 20/05/2021

Frequency: Single

Thursday 12:00 - 13.30

Location: Birdwood Avenue

There's much to learn about our Shrine, which has a special place in our hearts. A guide shall explain the features and symbolism of this beautiful building. Discover the visual records of our troops at war in the superbly presented exhibition beneath the Shrine and lastly take in the view of Melbourne from the upper balcony (no lift).

INDOOR EXERCISE: TAI-CHI, DANCE, FELDENKRAIS

21EXE001: Dancing the Years Away

Tutor: Norm Ellis

Dates: 10/02/2021 - 24/11/2021

Frequency: Weekly NCSSH

Wednesday 13:00 - 15:00

Location: Eric Raven Pavilion

Folk dancing for older folk! – the social dances of yesteryear – fun dancing in sets (not couples as for ballroom dancing). Folk dancing from Britain to the 'Bush' dances of Australia. New members welcome.

Please Note: Dances will be modified as necessary to conform with the "new Covid Normal" rules in place at the time.

Student pre-requisites: Sprightly walking pace agility and co-operative participation to Dance the Years Away!

21EXE002: Creative Movement and Dance (Zoom) Tutor: Naomi Aitchison

Dates: 9/02/2021 - 23/11/2021 Frequency: Weekly NCSSH
Tuesday 9:30 - 11:00 Location: Zoom

Explore your creativity through moving and dancing. A multitude of themes, music and props will help you discover yourself in new ways through movement. Suitable for any level of fitness. Sessions will end with relaxation.

Student Pre-requisites: Students require comfortable clothes, mat or rug, and pillow for relaxation. No previous dance experience is necessary.

21EXE010: Tai Chi & Qi Gong Tutor: Martha Hui

Dates: 23/02/2021 - 23/11/2021 Frequency: Weekly
Tuesday 10:15 - 11:15 Location: Eric Raven Pavilion

This is a course on Qigong (pronounced chi-koong). This utilises the same principles as Tai Chi but the martial arts intent has been removed. Instead, the movements have been designed to focus on the meridians used in Traditional Chinese Medicine. The class starts with a warm-up routine followed by 40 mins of Qigong practice. Qigong sets such as Lotus, Shi Ba Shi (18-form), Ba Duan Jin (8 piece Brocade) will be practised. Qigong is promoted as a gentle exercise for focussing the mind, regulating breathing, promoting blood circulation, improving muscle tone, balance and general well-being. Enjoy a fresh start to the day with this gentle exercise.

Student pre-requisites: Must be able to stand alternately on either leg. Loose fitting tops, long pants and flat-soled runners are recommended. Bring along your water bottle for hydration during the class. We may practise outdoor in front of the pavilion whenever the weather is good. The tutor may need to take some weeks off during the year and there will be no classes in those weeks.

21EXE011: Qi Gong & Yang Style Tai Chi Level 2 Tutor: Charles Leong

Dates: 11/02/2021 - 25/11/2021 Frequency: Weekly NCSSH
Thursday 9:30 - 10:45 Location: Parkview Room

This is a continuing course of Qigong and Traditional Yang Style Tai Chi. Primary focus on Qi Gong and its physiological benefits, with some simple Tai Chi. Qi Gong is generally less physically demanding than Tai Chi.

Student pre-requisites: Pupils must be able to stand alternately on either foot. Loose fitting tops, long pants and flat-soled runners.

OR

21EXE012: Yang Style Tai Chi & Qi Gong Level 3 Tutor: Charles Leong

Dates: 11/02/2021 - 25/11/2021 Frequency: Weekly NCSSH
Thursday 11:00 - 12:15 Location: Parkview Room

This course is suitable for seasoned practitioners who have learnt the Traditional Yang Style Tai Chi 85 Form. Primary focus on Tai Chi (also therapeutic), especially Yang Style 85 Form, with some supplementary Qi Gong.

Student pre-requisites: Pupils must be able to stand alternately on either foot. Loose fitting tops, long pants and flat-soled runners.

21EXE013: Tai Chi and Qi Gong - Advanced Tutor: Linda Kost

Dates: 9/02/2021 - 23/11/2021 Frequency: Weekly
Tuesday 11.30 - 13.00 Location: Eric Raven Pavilion

This is an advanced Tai Chi and Qigong exercise class. The class is only open for students

who have completed the Level 3 course and are familiar with the 85 Form.

Student pre-requisites: Participants need to have completed at least 2 years of Taichi and Qigong. Loose fitting tops, long pants and flat-soled runners.

21EXE020: Stretching for Health

Tutor: Andrew Weatherhead

Dates: 10/02/2021 - 17/03/2021 Frequency: Weekly (6 sessions)

Wednesday 13:30 - 15:00 Location: Hall SAC

This course will look at different stretches for muscles, joints & nerves and many considerations for stretching. Wear stretchy clothing.

21EXE030: Feldenkrais - Tuesday (Zoom)

Tutor: Lachlan Fleming

Dates: 9/02/2021 - 23/11/2021 Frequency: Weekly

Tuesday 12.00 - 13.00 Location: Zoom

Feldenkrais Awareness Through Movement is a form of movement education which utilises the neuromuscular system to improve at any age. Using awareness and focused attention on small movements, these lessons can lead to a greater improvement in function than the use of force or effort. Many of the lessons are done lying on the floor. Regular attendance is required.

Student prerequisites: Have a yoga mat or thick blanket (or both) to lie on. Ability to get on to the floor and to get up is essential.

21EXE031: Feldenkrais - Tuesday Face-to-Face)

Tutor: Louise Rothols

Dates: 9/02/2021 - 30/3/2021 Frequency: Weekly (8 sessions)

Tuesday 15:00 - 16:00 Location: Hall SAC

Feldenkrais Awareness Through Movement uses awareness and focused attention on small movements. Many of the lessons are done lying on the floor. Regular attendance is required.

Student prerequisites: Have a yoga mat or thick blanket (or both) to lie on. Ability to get on to the floor and to get up is essential.

FITNESS (MAX 1 COURSE)

21FIT001: Pilates

Tutor: Kathy Manderson

Dates: 9/02/2021 - 23/11/2021 Frequency: Weekly

Tuesday 9.00 - 10.00 Location: Eric Raven Pavilion

The Pilates course is an ongoing course, incorporating basic Pilates floor exercises and including an emphasis on balance and leg strengthening. Pilates is very concerned with posture and correct movement. The course will be suitable for all people capable of getting up and down off the floor.

Student pre-requisites: bring an exercise mat for the floor and an old bath towel. Members of the class are expected to commit to regular attendance.

21FIT010: Go4Life

Tutor: Graham Elliss

Dates: 11/02/2021 - 25/11/2021 Frequency: Weekly NCSH

Thursday 14:00 - 14:45 Location: Parkview Room

This is a small group exercise course which aims at all round benefits for older adults. The program focuses on strength, cardio, coordination, balance, stretch, and a little bit of fun. Participants are asked to commit to attend 80% of the classes.

Student pre-requisites: bring your own dumbbells & exercise/yoga mat to class.

21FIT020: Yoga - Thursday**Tutor: Ray Clarke**

Dates: 11/02/2021 - 25/11/2021 Frequency: Weekly NCSSH
 Thursday 12:30 - 13:45 Location: Parkview Room

Yoga makes you feel more alive and energised and has many benefits for health and well-being. This weekly course includes warm up exercises, breathing exercises, spinal movement, physical postures, cooling down and relaxation. Ray is an accredited Yoga Australia level 2 teacher.

Student pre-requisites: Wear loose clothing and bring a yoga mat and a thick blanket. All classes are conducted in bare feet: no shoes or socks.

21FIT021: Stretch and Flex Yoga**Tutor: Mahes Karrupiah**

Dates: 9/02/2021 - 23/11/2021 Frequency: Weekly NCSSH
 Tuesday 14:15 - 15:30 Location: Parkview Room

Gentle, graceful, simple but profound movements for greater physical independence, mental dexterity and conscious awareness in our daily living - maximum return for minimum effort. The routine offered is a seventy five minutes well thought out physical and mental workout to flex, stretch, relax, release and reinforce mind and body for the above 50's. It is a synthesis of distilled yoga wisdom teachings of the East with the modern sports sciences of the West designed for people of all fitness and skill levels to achieve an effective and safe holistic workout regime. It would be a joyous journey with me of self-discovery, self-realisation and personal responsibility for the health of the mind body spirit.

Student pre-requisites: Wear loose clothing and bring a yoga mat and a thick blanket (for cooler weather). You may also like to bring a small cushion. All classes are conducted in bare feet, no shoes or socks.

FRENCH (MAX 1 COURSE)**21FRE002: French Year 2****Tutor: Gracia Baylor**

Dates: 9/02/2021 - 23/11/2021 Frequency: Weekly NCSSH
 Tuesday 11:30 - 13:00 Location: West Room SAC

This course aims to provide you with the skills and knowledge to speak, read and write in French. We will continue studying the Units in our textbook "Colloquial French - The Complete Course for Beginners" by Valérie Demouy and Alan Moys ISBN no 9978-0-415-34013-7. As well as learning language, grammar and listening we will continue to discuss the traditions and culture of France in order to gain a deeper understanding of the way the French see the world.

Student pre-requisites: a notebook and a French dictionary in class.

21FRE003: French 3**Tutor: Carolyn Macafee**

Dates: 18/02/2021 - 18/11/2021 Frequency: Weekly
 Thursday 15:00 - 16:30 Location: West Room SAC

This course is designed for students with at least one year's recent study of the French language. The course is grammar based but also has a social/historical component. Priority is given to students who were in the French 2 course in 2020.

Student pre-requisites: Schaum's French Grammar, 6th edition.

21FRE005: French 5**Tutor: Carolyn Macafee**

Dates: 15/02/2021 - 15/11/2021 Frequency: Weekly
 Monday 13:15 - 14:45 Location: West Room SAC

This class is for students with some knowledge of French grammar. The course is grammar based, having also a social/historical component. Priority is given to students who were in the French 4 in 2020.

Required text: Schaum's French Grammar, 6th edition.

21FRE006: Intermediate French 1

Tutor: Barbara Shepherd

Dates: 24/02/2021 - 24/11/2021 Frequency: Weekly
Wednesday 13:15 - 14:45 Location: Room 2 SAC

Continuing course. Knowledge of French verb tenses required: present, passe compose, imperfect and future tense. Willingness to participate in discussion necessary. Homework to be completed.

21FRE007: Intermediate French 2

Tutor: Barbara Shepherd

Dates: 25/02/2021 - 25/11/2021 Frequency: Weekly
Thursday 13:15 - 14:45 Location: Room 2 SAC

Continuing course for people with knowledge of main tenses of verbs necessary, present, future and past (passe compose, imparfait, pluperfect and conditional). Participation in discussion and completion of homework required.

Textbook: Edito Workbook and Textbook, Niveau B2 3rd edition, Elodie Heu, Jean Jaques Mabilat Didier.

21FRE011: French 11

Tutor: Carolyn Macafee

Dates: 18/02/2021 - 18/11/2021 Frequency: Weekly
Thursday 13:15 - 14:45 Location: West Room SAC

This is a continuing course for students with 10 years of French. This course has no vacancies – only members of the French 10 course in 2020 will be accepted.

21FRE012: Advanced French

Tutor: Barbara Shepherd

Dates: 25/02/2021 - 25/11/2021 Frequency: Weekly
Thursday 11:30 - 13:00 Location: Room 2 SAC

Continuing course for people who have good knowledge of main verb tenses including pluperfect and conditional. Some idea of active/passive voice and present and past subjunctive. Willingness to participate in discussion on a variety of topics and completion of homework required.

20FRE015: French - Conversation

Tutor: Beth Cameron

Dates: 8/02/2021 - 22/11/2021 Frequency: Weekly
Monday 11:30 - 13:00 Location: Room 2 SAC

Every student will prepare a presentation to make to the class. It can be spontaneous or read. The lesson is conducted only in French. Participants must have knowledge of French at conversational level.

21FRE016: French Conversation - Advanced

Convenor: Dennis Vaughan

Dates: 10/02/2021 - 24/11/2021 Frequency: Weekly NCSSH
Wednesday 13:15 - 14:45 Location: Room 1 SAC

On a rotation system, participants are expected to choose and present a topic for class discussion. Only French is used during the class. New applicants will be considered, subject to tutor acceptance.

Student pre-requisites: A good knowledge of French at conversational level and good comprehension are essential.

GAMES (INDOOR) : CHESS, CRYPTIC CROSSWORDS

21GAM001: Cryptic Crosswords for Crazy Cruciverbalists Tutor: Peter Gillett

Dates: 11/02/2021 - 25/11/2021 Frequency: Weekly
Thursday 9:30 - 10:30 Location: Room 1 SAC

Are you keen to polish your cryptic crossword skills or learn how they work?

All levels welcome - our aim is:

1. To solve crosswords at your level with like -minded folk
2. To use the experience of others to establish or extend your solving abilities
3. To come together to enjoy words, word play and solving the mysteries of Cryptic Crosswords.

21GAM010: Chess

Convenor: Claus Gyrn

Dates: 10/02/2021 - 24/11/2021 Frequency: Weekly
Wednesday: 13:15 - 15:45 Location: Frog Hollow Pavilion

This is a self-help group with some experienced players. New members and beginner players would be most welcome.

Student pre-requisites: Basic understanding, some playing experience. Members must provide their own chess boards and pieces.

GERMAN (MAX 1 COURSE)

21GER002: German - Beginners Plus

Tutor: Beth Cameron

Dates: 8/02/2021 - 22/11/2021 Frequency: Weekly
Monday 9:45 - 11:15 Location: Room 2 SAC

This course is designed for people with very limited knowledge of German. It aims to develop simple oral communication in the language. The emphasis will be on speaking, but some grammar will be taught as the need arises.

Textbook: Talk German 2 (Book & CD) by Susanne Winchester.

21GER003: German - Continuing (Zoom)

Tutor: Terry Hastings

Dates: 9/02/2021- 23/11/2021 Frequency: Weekly NCSSH
Tuesday: 11:30 - 1:00 Location: Zoom

Students need to have completed the equivalent of two years study of German. The course will consolidate skills of listening, speaking, reading and writing. The course also teaches pronunciation and simple conversation useful for travellers, as well as looking at some of the history and culture of German speaking countries. Participation in oral work and completion of homework are required. A German dictionary is essential.

21GER004: German - Advanced (Zoom)

Tutor: Astrid Marguerita Adam

Dates: 9/02/2021 - 23/11/2021 Frequency: Weekly NCSSH
Tuesday: 9:45 - 11:15 Location: Zoom

Students need to be at a level where they can contribute to conversation and discussions in German. Each student is expected to prepare and present material for one full session per term. Short podcasts from Deutsche Welle or similar will be watched and articles read on a variety of themes. One novel or play or short story book will be read each year and some poetry.

Student pre-requisites: Students must be at an advanced level.

HEALTH AND WELL-BEING

21HEA001 : What is the Alexander technique?

Tutor: Jack Mintz

Dates: 8/02/2021 - 26/4/2021 Frequency: Weekly (10 sessions)

Monday 13.30 - 14.45 Location: Hall SAC

In this course of 10 experiential workshop sessions, you will learn how to acquire skills that you can use in your everyday lives to ensure a minimum of effort and strain in accomplishing your tasks.

Student pre-requisites: bring along a yoga mat & 3 soft cover novels (books).

21HEA002: Pandemic Stress

Presenter: Dr James Khong

Date: 18/02/2021 Frequency Single

Thursday, 13:30 - 15:00 Location: Hall SAC

Dr James Khong shares his experiences of years in medicine, his life and observations and his suggestions for maintaining good health through any stressful challenge. He will talk about physiology, symptoms and solutions for stress and provide a practical demonstration of stress relief. His book *Pandemic Stress* was published in July 2020.

21HEA010: Health Series: Rehabilitation

Presenter: Epworth Camberwell

Date: 11/03/2020 Frequency: Single

Thursday 13:30 - 15:00 Location: Hall SAC

A speaker from Epworth Camberwell Rehabilitation and Mental Health Department will discuss issues around rehabilitation.

21HEA011: Health Series: Macular Degeneration

Presenter: Sabine Ostrowski

Date: 13/05/2020 Frequency: Single

Thursday 13:30 - 15:00 Location: Hall SAC

This talk outlines what age-related macular degeneration is, who is at risk and what you can do to reduce your risk factors and improve outcomes. It also looks at research in this field and the support available for people.

HUMANITIES & GENERAL

21HUM001: Scuttlebutt - Treasures of Maritime History

Tutor: Bruce Gooley

Dates: 9/02/2021 - 27/04/2021 Frequency: Weekly (12 sessions)

Tuesday 9:45 - 11:15 Location: Hall SAC

A miscellany of illustrated Maritime History talks, covering both local and international areas.

Topics include: Midget Submarines in WWII, Venice a Maritime Republic, Melbourne's Lime Ships, Ships in the Crimean War, The Polynesians, A Brief History of Sydney Ferries, Ships with Plague and other illnesses, Ships that made Phosphate Super, Matthew Fontaine Maury USN., The Royal Navy, 1806-1918, Australia's Antarctic Ships and Class Contributions.

Participants will be encouraged, and if requested will be supported, to deliver a brief presentation to the class on an area of maritime history that is of special interest to themselves, during the last session.

All class members will have free access to illustrated class notes via the internet. New Class members are most welcome. The only pre-requisite is an interest in history.

21HUM002: First Peoples of Australia (Zoom) Tutor: Anne McQueen-Thomson

Dates: 10/02/2021 - 24/11/2021 Frequency: Weekly
Wednesday 9:30 - 11:00 Location: Zoom

Member participation is encouraged in this interactive group. Learn about Australia's First Peoples before and after European settlement. Learn about identity, culture and world-view, as well as current topics. There is much to gain from studying the history and ancient culture of the First Peoples and the struggles for their rights. This may help to repair the relationships between them and settler peoples, and restore their rightful place in the nation.

Textbook: Larissa Behrendt, *Indigenous Australia for Dummies* (2011), available from Readings and other bookshops.

21HUM003: A Journey through the Jewish Year Tutor: Zvi Civins

Dates: 8/02/2021 - 22/03/2021 Frequency: Weekly (6 sessions)
Monday 9:45 - 11:15 Location: Hall, SAC

Over the course of a year there are many Jewish holy days, each with its own rituals, symbols, meaning and more. Take a journey through an entire year of holy days and festivals to discover the origins of these days; the similarities to other religions and cultures; how different Jewish communities observe them through foods, feasts, myths and prayer; modern additions to the traditional calendar and much more.

21HUM004: Australia's post-WW2 political, economic and cultural development: the real story Tutor: Bob Stewart

Dates: 12/03/2021 - 4/06/2021 Frequency: Weekly (12 sessions)
Friday: 11:30 - 13:00 Location: Hall SAC

Australia has a fascinating history. Despite the many traumas and disruptions that followed the establishment of a 1,000-strong British penal colony in Sydney Cove in 1788, it had - 232 years later - become a wealthy nation of 25 million people, including 850,000 citizens of aboriginal ancestry. Australia's post-WW2 'progress' was especially significant, but it begs many questions, some of which anticipate cause for celebration, and others which invite us to think more critically about the nation's recent development. For instance, why did Australia become such an attractive destination for many non-white, non-English speaking migrant migrants despite its racist history? And, why does Australia now contain so many of the world's most 'liveable' cities, even though media commentators bitterly complain about the dullness of suburban life and the massive deficiencies in our urban infrastructure? Moreover, how do we reconcile the view that the 'land down under' - by being so cohesive and egalitarian - offers something for everybody, with the critique that Australia has become increasingly divided - especially along gender, religious, race, and ethnicity lines - with disadvantage and social fragmentation everywhere? So, what is the truth of the matter? Are there, in fact, multiple truths? Through the interrogation of critical incidents and participant's experiences, this interactive, 12-week class will 'reveal all' about the last 80 years of Australia's political, economic, and cultural development.

21HUM005: Fragrance of Vietnam Tutor: Dang Ho

Dates: 31/03/2021- 14/04/2021 Frequency: Weekly (3 sessions)
Wednesday 11:30 - 13:00 Location: Hall SAC

This course seeks to provide insights into Vietnamese history and culture. Vietnam has 4,000 years of civilisation which has provided a great richness to its culture. The course will look at Vietnamese culture as portrayed by languages and art

21HUM006: The Celtic World**Tutor: Vin Underwood**

Dates: 11/05/2021 - 27/07/2021 Frequency: Weekly (12 sessions)
 Tuesday 9:45 - 11:15 Location: Hall SAC

This course uses the Great Courses DVDs, The Celtic World, as a basis for studying two different images of the word Celtic. One is of ancient warriors who rampaged across Europe and terrified Greeks and Romans; the other is of the welcoming nations on the fringes of Europe known for their music, arts, poetry, and spirituality. Are these really the same people, and if so, how did one evolve into the other? The material from the DVDs will be supplemented by tutor presentations and class discussions.

21HUM007: Interpreting the Bible today**Tutor: Rose Marie Prosser**

Dates: 3/05/2021 - 24/05/2021 Frequency: Weekly (4 sessions)
 Monday 13:30 - 15:30 Location: Room 2 SAC

Scripture scholars from most Christian denominations now interpret ancient texts by studying the world behind the text and the world within the text to try to understand the meaning of the text for the audience for whom the material was written. Ancient literature uses various literary genres, including myth, to tell stories that help the readers make sense of their lives and their relationship to the mystery referred to as God.

21HUM: Investing Philosophies & Strategies**Tutor: Shaun Lee**

There will be four sessions- see dates below. You need to enrol in each one separately. Every session starts with a look at where the share market is, from a cycles point of view. Each session will explore one or two philosophies and/or strategies, drawing from the wisdom of the great investors of the past and present. This will be followed by open discussion. The objective is to make all attendees (beginner or experienced) better investors.

21HUM008 Date: Monday 22 March, 11:30 - 13:00 Location: Hall SAC

21HUM009 Date: Monday 24 May, 11:30 - 13:00 Location: Hall SAC

21HUM010 Date: Monday 23 August, 11:30 - 13:00 Location: Hall SAC

21HUM011 Date: Monday 22 November, 11:30 - 13:00 Location: Hall SAC

21HUM012: China Today Term 1 (Zoom)**Tutor: Albert Ip**

Dates: 1/03/2021 - 15/03/2021 Frequency: Weekly (3 sessions)
 Monday 13:30 - 15:00 Location: Zoom

1. China's fourteenth Five-year plan and 2035 Long Term vision
2. Review of China's poverty alleviation effort - what the world can learn from China.
3. The enhanced high speed rail in the 14th five-year plan.

This course, hosted by Albert Ip, is offered to several U3As.

21HUM013: Cradle to the Grave - General principles of Investment**Presenter: Neville Houghton**

Date: 11/02/2021 Frequency: Single session
 Thursday 13.30 - 15.00 Location: Hall SAC

Content of the presentation:

- Interest, Property, Shares - Comments regarding the types of people who should and who should not invest in the share market.
- Advice Regarding Investing For Grandchildren - AGE 1 – 14.5 years, AGE 14.5 years +
- Issues for the Elderly - Council help, Commonwealth Home Support Scheme, Home Care Package, Aged Care Facilities (Nursing homes), Age Pension.

21HUM014: Send Lawyers, Guns and MoneyIssues in the Law in 2021

Tutor: Irving Miller

Dates: 16/02/2021 - 25/5/2021 Frequency: Fortnightly (8 sessions)

Tuesday 13:15 - 14.45 Location: Hall SAC

Law & Politics: including Separation of Power, Rule of Law, how laws are enacted, Parliament v the Courts, Judges who are black letter lawyers v social progressives/activists. Is the law "set in stone"? Is the law "fair", or "just", or just an ass?

Australian Court hierarchy: including Federal & State Courts, Tribunals, Royal Commissions, IBAC, appointment of Judges, the Legal Profession and its Regulation, Gobbo the double crosser, "guns for hire".

Civil Law: what it means and what it covers; including negligence, statutory compensation schemes, Family law, and disputing a will = "show me the money".

Criminal Law: including trial by jury, evidence, admissions, reasonable doubt, plea bargaining, Terrorism cases and special legislation, and will the most expensive QC get you off? Or will a legal aide lawyer get you an extra 5 years?

Do the crime, do the time? Rumpole or Rake or Richter? Does crime pay? Just ask them!

Crime and Punishment: including Sentencing options, prison system as part of justice, cost of justice, Parole and Post Sentence detention; with emphasis on legislation, statistics and case studies. You be the Judge.

Teaching approach will be by lecture, but with emphasis on class members being involved in a conversation where they ask questions and express their opinions on topics.

ITALIAN (MAX 1 COURSE EXC ITALIAN LITERATURE)

21ITA001: Italian - Beginners

Tutor: June Sbarrato

Dates: 8/02/2021 - 22/11/2021 Frequency: Weekly

Monday 11:30 - 13:00 Location: West Room SAC

This course is for people with very basic or no prior knowledge of Italian.

Textbook: Arrivederci 1

21ITA002: Italian - Year 2

Tutor: Wilma Buccella

Dates: 11/03/2021 - 25/11/2021 Frequency: Weekly NCSSH

Thursday 9:45 - 11:15 Location: Room 2 SAC

This course is designed for students with at least a first year study of the Italian language. The course is highly interactive and there must be a willingness to participate in discussion and oral activities. There is a focus on grammar, conversation and culture. Completion of homework is required.

21ITA003: Italian - Year 3

Tutor: Wilma Buccella

Dates: 10/02/2021 - 24/11/2021 Frequency: Weekly NCSSH

Wednesday 9:45 - 11:15 Location: West Room SAC

This course is for people who have completed 2 years of Italian. The main focus is on developing conversational skills.

21ITA010: Intermediate Italian Conversation

Tutor: Ces Volpato

Dates: 12/02/2021 - 26/11/2021 Frequency: Weekly

Friday 9:45 - 11:15 Location: West Room SAC

For students wishing to acquire competence and confidence in spoken Italian language.

Emphasis will be on language structures and phrases used in conversation.
Student pre-requisites: Reasonable fluency in spoken Italian is required.

21ITA020: Italian Literature

Tutor: Christine Watters

Dates: 9/02/2021 - 23/11/2021 Frequency: Weekly
Tuesday 11:30 - 13:00 Location: Room 2 SAC

We read and translate Italian novels, plays and poetry. This is an opportunity to enjoy Italian literature without a focus on grammar.

Student pre-requisites: Students require a good knowledge of Italian.

IT AND COMPUTER COURSES

21IT0001: Photoshop Elements Workshop for Beginners Tutor: Barbara Gibson

Dates: 9/02/2021 - 23/11/2021 Frequency: Weekly NCSSH
Tuesday 11:30 - 13:00 Location: Room 1 SAC

Participants work cooperatively, learning how to restore old photos, enhance favourite shots, add features or remove unwanted item using Photoshop Elements (PE). This course will provide basic skills needed to achieve this and much more. Students will work on their laptop (or use a memory stick to work on their home computer).

21IT0002: Photoshop Elements Workshop

Tutor: Barbara Gibson

Dates: 10/02/2021 - 24/11/2021 Frequency: Weekly NCSSH
Wednesday 11:30 - 13:00 Location: Room 1 SAC

Participants work cooperatively to develop projects that include enhancing their photos, adding features or creating new images, restoring old photos and adding Text. Using PE as a creative medium will also be explored. The tutor assists by giving advice and introducing new tools and features.

It is expected that students will have some previous experience with Photoshop Elements.

21IT0003 Getting the most out of Gmail

Tutor: Mike Bilsborough

Dates: 11/02/2021 - 11/03/2021 Frequency: Weekly (5 sessions)
Thursday 11:30 - 13:00 Location: West Room SAC

This course is suitable for those starting to use Google's Gmail for email, as well as those that have been using it for some time but want to get more out of it. Please bring along your (fully charged) laptop/notebook computer if possible, as you can benefit from some on-the-spot hands-on learning during the classes. If you use only a tablet or smartphone, it's best to bring it in on the last day of the course.

21IT0004: Getting to know Siri (Zoom)

Tutor: Pam Welsford

Date: 26/02/2021 Frequency: Single session
Friday 11:00 - 12:30 Location: Zoom

Getting to Know Siri, taking her from annoying child to faithful friend.

This session aims to improve your understanding of how Siri works and to practice using Siri. You need to have a device to zoom on (e.g. computer or tablet) and an separate Apple device for Siri (iPad or iPhone).

21IT0005: Making the most of your iPad

Tutor: Pam Welsford

Dates: 5/03/2021 - 26/03/2021 Frequency: Weekly (4 sessions)
Friday 11:30 - 13:00 Location: West Room SAC

The new IOS operating system means that there are many new iPad features.

Week 1: exploring settings and features on the Home screen, organising apps, using the keyboard.

Week 2: using the apps that come with an iPad especially sharing apps and Safari. Web Safety is also discussed.

Week 3: exploring apps that come with your iPad e.g. Calendar, Siri and especially the Photos app

Week 4: Discovering and downloading third-party apps e.g. travel, utility, productivity and lifestyle apps,

Student pre-requisite: You need to have an Apple iPad.

21IT0006: Understanding and Using the Internet **Tutor: Mike Bilsborough**

Date: 25/03/2021

Frequency: Single

Thursday 11:30 - 13:00

Location: West Room SAC

The internet is now a necessary part of life. Most of us use the internet to keep in touch with friends and relatives through emails and social networks, for banking related activities, to buy goods and services 'on-line', to get instant access to local and world events and to look for information on just about any topic. These are only a few examples of how we use the internet.

This course will help you understand what the internet is, how best to access the internet using a browser and how applications on the internet like the World Wide Web (WWW) help us. We will also spend some time on Google Chrome - one of the most popular free web browsers, and discuss techniques for 'playing it safe' when browsing.

21IT0007: Android Phones and Tablets **Tutor: Mike Bilsborough**

Dates: 8/04/2021- 29/04/2021

Frequency: Weekly (4 sessions)

Thursday 11:30 - 13:00

Location: West Room SAC

Android phones and tablets are a cost effective option to stay connected in today's communications environment. Android devices come in all shapes and sizes with prices ranging from less than \$100 to \$1000 and beyond. This course will take you through the basics of the mobile phone and standard Android user interface, then delve deeper into the more commonly used apps such as contacts, calendar, music, photos, maps, email and internet. We will also cover security and backup issues as well as how to connect to your home Wi-Fi network and 'Bluetooth' devices.

21IT0008: Getting started on photobooks **Tutor: Carol Lancashire**

Date: 16/04/2021

Frequency: Single session

Friday 11:30 - 13:00

Location: West Room SAC

A practical workshop for people interested in learning how to create a photobook. Participants will be required to download the free software from photobookshop.com.au and will use their own photos to commence work on a photobook using their own laptop or one of the U3A laptops. This course is not suitable for tablets (screen too small).

Student requirements: familiarity with using a laptop computer.

21IT0009: Making better use of your iPhone camera & iPhotos **Tutor: Pam Welsford**

Date: 23/04/2021 - 7/05/2021

Frequency: Weekly (3 sessions)

Friday 11:30 - 13:00

Location: West Room SAC

Updates of the Apple Photos app incorporates new features and the camera on your Apple phone no longer just takes photos; there are lots of additional functions.

Week 1: Exploring the features of the iPhone camera such as Live Photos and types of images e.g. portrait, video, selfies

Week 2: Using the Apple Photos app to edit, share photos and create GIFs.

Week 3: Organising photos in the Photos app. This session aims to assist you to locate images by searching using places and people, tagging, creating memories, albums and folders. Photomyme, an app that enables you to turn your hard copy photos into digital images will also be explained.

Please bring an Apple phone or iPad.

21IT0010: Windows 10

Tutor: Mike Bilsborough

Dates: 13/05/2021 - 10/06/2021 Frequency: Weekly (5 sessions)

Thursday 11:30 - 13:00 Location: West Room SAC

The Windows operating system has evolved over many years. It provides a cost effective platform for home computing via 'PC' (Personal Computer) hardware available from a variety of suppliers at price points to suit most budgets. Since its launch in 2015, new features are continually being added to Windows 10. Once you understand the basics of Windows 10 and how to navigate your way around it, using existing features and getting up to speed on new ones will become easier.

We will be covering many aspects relating to day-to-day operation of your computer as well as managing your computer to help you work more efficiently.

Student pre-requisite: bring along your (fully charged) laptop/notebook computer if possible, as you can benefit from some on the spot hands-on learning during the classes.

21IT0011: Using multimedia to tell your story

Tutor: Richard Balsillie

Dates: 3/05/2021 - 31/05/2021 Frequency: Weekly (5 sessions)

Monday 13:30 - 15:00 Location: Hall SAC

Your multi-media story can be a simple slide-show or a full blown movie, or (more likely) something in between. We will cover scripting and gathering visual elements and music as well as titling. From this we will help you to compile a stunning multi-media presentation. If you are game, we will also cover adding a narration, and animating still images.

20IT0012: Cybersecurity

Tutor: Pam Welsford

Date: 11/06/2021 Frequency: Single session

Friday 11:30 - 13:00 Location: West Room SAC

This session will discuss ways to protect yourself online so that others cannot access information about yourself. Topics include: How to identify common scams, tricks to being safer across the web eg 2 factor identification, phishing and ways to lessen the data you give away

21IT0013: Improving your Powerpoint skills

Tutor: Pam Welsford

Dates: 18/06/2021 - 25/06/2021 Frequency: Weekly (2 sessions)

Friday 11:30 - 13:00 Location: West Room SAC

Improving Your PowerPoint Skills. PowerPoint is designed to make presentations more interesting. It is easy to integrate images, audio and video to give a great visual impact. This two-week program will explore why we use PowerPoint and features that can be readily accessed.

Student pre-requisite: It is recommended that you bring a device with PowerPoint installed (Keynote is also a possibility) and ideally a project you might like to work on.

JAPANESE

21JAP001: Japanese - Beginners

Tutor: Marjorie Millingen

Dates: 8/02/2021 - 22/11/2021 Frequency: Weekly NCSSH

Monday 9:30 - 12:00 Location: Private Home Kew

Simple Japanese grammar. Hiragana, Katakana, Kanji. Reading and writing simple texts.
Simple Japanese conversation. Homework is required.

Materials required: coloured pencils, Japanese/English dictionary; Kanji dictionary.

21JAP002: Japanese - Post Beginners (Zoom)

Tutor: Bev Fagan

Dates: 8/02/2021 - 22/11/2021 Frequency: Weekly NCSSH

Monday 9:30 - 12:00 Location: Zoom

Translation of text from Japanese to English; exercises in grammar; encouragement of spoken Japanese; learning of Japanese culture through audio-visual media after mid-session coffee break.

Materials required: Japanese/English Dictionary; Kanji dictionary.

LATIN (MAX 1 COURSE)

21LAT001: Introduction to Latin

Tutor: Francis Vergona

Dates: 8/02/2021 - 22/11/2021 Frequency: Weekly NCSSH

Monday 11:30 - 13:00 Location: Room 1 SAC

This is a very special opportunity for beginners to study Latin. Latin is the basis of all modern Romance languages, including English. You cannot read Latin without a knowledge of English grammar. Come along and learn the rudiments of English grammar, leading into Latin.

Textbook: Latin One for Common Entrance by NRR Oulton.

21LAT002: Latin - Continuing

Tutor: Francis Vergona

Dates: 8/02/2021 - 22/11/2021 Frequency: Weekly NCSSH

Monday 14:00 - 15:30 Location: Room 1 SAC

This is the second year of this Latin course. Latin is the basis of all the Romance languages, including English. This is a wonderful way to learn more about language and keep your brain active. New members are welcome if they have already studied some Latin.

Textbook: Latin One for Common Entrance by NRR Oulton. and then Latin Two for Common Entrance by NRR Oulton.

21LAT009: Latin - Year XX

Tutor: Alby Twigg

Dates: 10/02/2021 - 24/11/2021 Frequency: Weekly

Wednesday 9:45 - 11:15 Location: Room 1 SAC

We will continue to translate Ovid Metamorphoses Book 3. At the start of 2021 we should have roughly the last 300 lines left to complete our translation. We have not chosen the next text but it is likely to be Virgil's Aeneid Book 3 or Book 5 or another book of Ovid's Metamorphoses.

Student pre-requisites: Students should have completed either the Oxford or Cambridge Latin Course and feel confident about reading Virgil or Cicero or Caesar. A good Latin dictionary is essential.

LITERATURE: BOOK GROUPS, POETRY, DRAMA

21LIT001: Literature Group

Convenors: Lois Leach & Jean Giese

Dates: 9/02/2021- 23/11/2021

Frequency: Weekly NCSSH

Tuesday 9:45 - 11:15

Location: West Room SAC

The course comprises mainly fiction, but may include some non-fiction. It includes a poetry session and a play reading. Individual members select a book on which they volunteer to lead the discussion over 2 weeks. We aim to read 16 books over the year. The first book is *Cousin Bette*, Honore de Balzac

21LIT002: Book Group - 2nd Wednesday

Convenor: Bev Fagan

Dates: 10/02/2021 - 10/11/2021

Frequency: Monthly 2nd week

Wednesday 11:30 - 13:00

Location: West Room SAC

Informal discussion of a range of books, looking at merits of plot, character development, themes, and literary styles. Books will be suggested by students and tutor. The first book for 2021 will be *Dicken's Boy* by Tom Keneally.

21LIT003: Book Group - 3rd Tuesday

Convenor: Meg Paul

Dates: 16/02/2021 - 16/11/2021

Frequency: Monthly 3rd week

Tuesday 9:45 - 11:15

Location: Room 2 SAC

We select a range of books, literary fiction and non-fiction for discussion led by group members.

21LIT004: Book Group - 4th Wednesday

Convenor: Elaine Cockburn

Dates: 24/02/2021 - 24/11/2021

Frequency: Monthly 4th week

Wednesday 11:30 - 13:00

Location: West Room SAC

A monthly reading and discussion of classical and contemporary fiction and non-fiction.

21LIT005: Fourth Tuesday Book Club (Zoom)

Convenor: Ian McKenzie/Julianne Lewis

Dates: 23/02/2021 - 23/11/2021

Frequency: Monthly 4th week

Tuesday 14:00 - 15:30

Location: Room Zoom

We will generally read current novels of literary value as well as occasional non-fiction, short stories or classical works; August is usually reserved for poetry. A book list will be generated by the group and distributed at the beginning of the year. The first book for 2021 will be *Bruny* by Heather Rose.

21LIT006: Men's Book Club

Convenor: Tony Roberts

Dates: 17/02/2021 - 17/11/2021

Frequency: Monthly 3rd week

Wednesday 15:30 - 17:00

Location: Different locations

Our members meet on the 3rd Wednesday of each month at members' homes to discuss a selected book. Titles vary from fiction, biography, history and topical subject. All members have input to the selection of titles.

21LIT007: Crime Fiction

Convenor: Elizabeth Board

Dates: 15/2/2021 - 15/11/2021

Frequency: Monthly 3rd week NCSSH

Monday 13.30 - 15.00

Location: Frog Hollow Pavilion

This discussion group explores crime fiction from around the world and its various genres. Participants are expected to take turns to lead discussion during the year.

21LIT008: Books for Life **Convenors: Lois Leach & Bernadette Reeders**

Dates: 10/02/2021 - 24/11/2021 Frequency: Weekly NCSSH
Wednesday 13:15 - 14:45 Location: West Room SAC

Classics, recent novels, plays, short stories and poetry are read aloud in class and discussed.

Student Prerequisites: Two or three books at reasonable prices.

21LIT009: Historical Fiction **Convenor: Carol Lancashire**

Dates: 22/2/2021 - 22/11/2021 Frequency: Monthly 4th week NCSSH
Monday 13.30 - 15.00 Location: Frog Hollow Pavilion

This discussion group explores crime fiction from around the world. Participants are expected to take turns to lead discussion during the year. The first book for discussion is *Pompeii* by Robert Harris.

21LIT010: Reading Shakespeare & other classics (Zoom)

Convenor: Kathleen Nelson

Dates: 10/02/2021 - 24/11/2021 Frequency: Weekly NCSSH
Wednesday 10:00 - 12:00 Location: Balwyn Library

In this class we read aloud and discuss the plays of Shakespeare. At the end of each play we watch and discuss a DVD performance of the work. We also venture into poetry, the works of other playwrights such as Chekov and Ibsen and sometimes more contemporary writers. Students new to reading Shakespeare aloud sometimes have difficulty with Elizabethan English. Be assured that the ear and eye adjust, and it becomes easier in time. Members of the class offer to organise readings, visiting speakers and audio-visual support.

Student Pre-requisites: Copies of the plays we are reading.

21LIT011: America through the eyes of its novelists **Tutor: Barbara Fary**

Dates: 04/03/2021 - 04/11/2021 Frequency: Monthly 1st week
Thursday 13.30 - 15.00 Location: Room 1 SAC

Each month the participants will purchase or borrow the chosen book and read it in preparation for the discussion which will be opened by a facilitator from the group giving a brief introduction about the author and the setting of the novel. The facilitator will lead the discussion.

The first books for discussion are: Ernest Hemingway *Farewell to Arms* (1939); Kent Haruf, *Plainsong* (1999); John Steinbeck *Of Mice and Men* (1937); Willa Cather *Death Comes to the Archbishop* (1927 (reprinted 1990); Edith Wharton *The House of Mirth* (1920).

21LIT012: Sharing Poetry (Zoom) **Convenors: Lena Frankel & Angela Wallace**

Dates: 11/02/2021 - 25/11/2021 Frequency: Weekly
Thursday 13:30 - 15:00 Location: Zoom

Poetry from all times and cultures is studied and enjoyed. No prior knowledge is required.

Student Pre-requisites: A respect for words used well and an interest in contributing to content and discussion.

21LIT013: Heroines of Children's Literature (Zoom) **Tutor: Laura DeBernardi**

Dates: 8/02/2021 - 29/03/2021 Frequency: Weekly (7 sessions)
Monday 11:00 - 12:30 Location: Zoom

Enjoy the magic that is children's literature through the eyes of its many heroines. This is a chance to cast a fresh eye on old favourites and meet new characters along the way.

21LIT020 Ancient Greece: The Literature**Tutor: George Theodoridis**

Dates 12/2/2021 – 26/3/2021

Frequency: Weekly (7 sessions)

Friday 11:30 - 13:00

Location: Room 2 SAC

Session 1: Mythology: the Cradle of Literature. Literature: the cradle of civilization

Session 2: The Gods

Session 3: The Stage and the Playwrights

Session 4: Aeschylus' The Oresteia

Session 5: Sophocles' Philoctetes

Session 6: Euripides' Trojan Women

Session 7: Aristophanes' Lysistrata and Frogs

21LIT021: Ancient Greece: The Power**Tutor: George Theodoridis**

Dates 23/4/2021 – 28/5/2021

Frequency: Weekly (6sessions)

Friday 11:30 - 13:00

Location: Room 2 SAC

Session 1: Perseus and Pegasus

Session 2: Heracles "The Power of Brawn"

Session 3: Jason "The Power of the Golden Fleece"

Session 4: Daedalus and his son "The Power of Science"

Session 5: Helen, Queen of Sparta, "The Power of Beauty"

Session 6: Klytaimestra The Power of hatred

21LIT022: The Epic - Readings from Homer**Tutor: George Theodoridis**

Dates 16/7/2021 – 3/9/2021

Frequency: Weekly (8 sessions)

Friday 11:30 - 13:00

Location: Room 2 SAC

Session 1: Homer, the Greek bard and Virgil, his Roman apprentice.

Session 2: The Wedding and the Beauty Contest

Session 3: The Abduction

Session 4: The Sacrifice of a Virgin

Session 5: The Rage in the Iliad

Session 6: The Man in the Odyssey

Session 7: The Return to Penelope

Session 8: The Return to Klytaemestra

21LIT023: Ancient Greece: Philosophy**Tutor: George Theodoridis**

Dates 8/10/2021 – 29/10/2021

Frequency: Weekly (4 sessions)

Friday 11:30 - 13:00

Location: Room 2 SAC

Session 1: Philosophy: The cradle of virtue

Session 2: Plato, his forms, his caves and his Justice

Session 3: Socrates and his Apology

Session 4: Aristotle and Sophocles

MAHJONG (MAX 1 COURSE)**21MAH001: Western Mahjong - Beginners****Tutor: Barbara Lynch**

Dates: 8/02/2021 - 22/11/2021

Frequency: Weekly NCSSH

Monday 9:45 - 11:15

Location: Frog Hollow Pavilion

This is a Beginners course of Western Mahjong. Participants will learn the basics of the game in the first part of the year. It is important to attend these early sessions. Those who could not complete the Western Mahjong Beginners course in 2020 will be accommodated if numbers permit. Textbook required: You will be advised of this.

21MAH002: Eastern Mahjong**Convenor: Ellen Bowman**

Dates: 10/02/2021 - 24/11/2021

Frequency: Weekly NCSSH

Wednesday 10.00 - 11.30

Location: Frog Hollow Pavilion

Join our weekly group to play the ancient game of Mahjong (eastern style). This is a mutual support group.

21MAH003: Western Mahjong Ongoing**Tutors: Janina Noga & Lyn Parer**

Dates: 12/02/2021- 26/11/2021

Frequency: Weekly NCSSH

Friday 10:00 - 12:00

Location: Frog Hollow Pavilion

Join our weekly group playing the ancient game of Mahjong (western style-UK rules).

Experienced players are invited to participate.

Student pre-requisites: Willing to learn and mix with others and attend on a regular basis.

As numbers will be reduced this year we will not be taking beginners.

MANDARIN CHINESE (MAX 1 COURSE)**21MAN001: Basic Mandarin - Monday****Tutor: Zaiming Pan**

Dates: 8/02/2021 - 22/11/2021

Frequency: Weekly NCSSH

Monday 9:45 - 11:15

Location: Room 1 SAC

This is a basic course of Mandarin Chinese using Chinese Pinyin. It is a speaking and listening course for travel, making friends and cultural knowledge. Beginners and those with some Mandarin are welcome. New members of the course may be assessed by the tutor as this is a continuing course from 2020.

21MAN002: Basic Mandarin - Friday**Tutor: Yi Yang**

Dates: 12/02/2021 - 26/11/2021

Frequency: Weekly NCSSH

Friday 11:30 - 13:00

Location: Room 1 SAC

This is a basic course in Mandarin Chinese using Chinese Pinyin. It is a speaking and listening course for travel, making friends and cultural knowledge. New members of the course may be assessed by the tutor as this is a continuing course from 2020.

Textbook: New Practical Chinese Reader 3rd Edition.

MUSIC: ORCHESTRA, CHOIR, RECORDER, MUSIC APPRECIATION**21MUS001: Orchestra of U3A Hawthorn****Manager: Ken Jamieson**

Dates: To be decided

Frequency: Dates to be specified

Thursday 10:00 - 12:30

Location: Frog Hollow Pavilion

A full symphony orchestra which performs at least 3 concerts a year, as well a visit to a local primary school. Repertoire mainly from 19th and 20th centuries, with soloists, often young aspiring students or graduates. Rehearsal and performance schedules will be sent out and placed on Orchestra website as COVID restrictions allow.

Student pre-requisites: Sight reading capability, some knowledge of orchestral practice, reasonable playing standard.

21MUS002: The Gateway Singers**Director: Julie Lancashire**

Dates: 9/02/2021 - 23/11/2021

Frequency: Weekly NCSSH

Tuesday 10:00 - 11:45

Location: Parkview Room Camberwell Library

The choir consists of approximately fifty members of varying experience and ability.

Anyone with a love of singing, particularly in a group, is welcome to join. Some experience

of choral singing is an advantage but not absolutely necessary. The Choral Director contacts all new members as a courtesy and to ascertain which section new members will join. Our repertoire ranges from Verdi to John Denver so there is something for everyone. Members are divided into the standard soprano, alto, tenor and bass sections but we sing four-part, three-part and two-part pieces.

A mid-rehearsal morning tea break enables members to socialise and get to know each other. We ask for regular attendance which is important in building individual improvement and developing the group's overall musicianship. We ask that notice of absences be given. The Gateway Singers give two major performances during the year as well as occasional smaller presentations. A standard dress is expected for these. Although it is preferable that all members are involved in performing, it is not obligatory.

21MUS003: Recorder Group

Tutor: Jeanette McArthur

Dates: 10/02/2021- 24/11/2021

Frequency: Weekly NCSSH

Wednesday 11.30 - 13.00

Location: Frog Hollow Pavilion

Small recorder group, playing music from baroque to modern. Different levels of competence within Group. Instruments range from descant to bass. NB not for beginners

Student pre-requisites: Ability to play recorder and read music. If you are interested in joining this course please email Carol Lancashire Course Co-ordinator courses@u3ahawthorn.org.au. She will arrange for the tutor to contact you prior to your enrolment.

21MUS010: The Magic of Opera (Zoom)

Tutor: Sam Alfreds

Dates: 12/03/2021 - 26/11/2021

Frequency: Weekly

Friday 13:30 - 15:30

Location: Zoom

Learning to differentiate and therefore enjoy opera styles of different periods of opera and their composers.

21MUS011: Jazz for Enjoyment

Tutor: Layton Moss

Dates: 12/02/2021 - 26/11/2021

Frequency: Weekly

Friday 13:30 - 15:00

Location: Hall SAC

Jazz appreciation from Ragtime to Big Band; from traditional to modern.

21MUS012: The Sacred Cantatas of JS Bach

Tutor: Roger Creed

Dates: 17/02/2021 - 24/03/2021

Weekly (6 sessions)

Wednesday 11:30 - 13:00

Location: Hall SAC

"I heard a voice from heaven; the sacred cantatas of J. S. Bach". Guided listening and personal and historical contexts. A little singing and some basic score reading. Why is J.S Bach considered by many to be the greatest composer of all time?

21MUS013: Mozart goes to the Opera

Tutor: Roger Creed

Dates: 21/04/2021 - 2/06/2021

Weekly (6 sessions)

Wednesday 11:30 - 13:00

Location: Hall SAC

"Mozart goes to the Opera; a guided survey of his mature Operas, with audio visual material, and a look at operas written by his contemporaries. Is Mozart the greatest composer/dramatist who ever lived?"

21MUS014: The Twilight of the Gods: Wagner

Tutor: Roger Creed

Dates: 14/07/2021 - 18/08/2021

Weekly (6 sessions)

Wednesday 11:30 - 13:00

Location: Hall SAC

"The Twilight of the Gods; Wagner's music-dramas" A survey/guided listening course

with plenty of audio/visual material. Why has Wagner (man and Musician) provoked such passion? I share this passion!!

OUTDOOR: CYCLING, WALKING, BIRD WATCHING, GARDENING

21OUT001: Shorter Walks on 2nd Wednesday Convenor: Marg Deighton

Dates: 10/03/2021 - 10/11/2021 Frequency: Monthly 2nd week

Wednesday 10:30 start Location: Different locations

Meet at 10:15 at the starting point. Easy walks of 6-8km, conducted at a pace suited to our age group. Details of the walks will be available on the U3A Hawthorn website www.u3ahawthorn.org.au/walking.html

Student pre-requisites: Good walking shoes, day-pack and water-bottle are required; students bring own packed lunch. You will also be required to sign an Acknowledgement of Risks form on your first walk.

21OUT002: Metro Walks: Short Walks on Wednesday Convenor: Lorraine Doyle

Dates: 17/03/2021 - 17/11/2021 Frequency: Monthly 3rd week,

Wednesday 10:00 - 12:30 Location: Different locations

Easy walks of 6-8km in the Melbourne area. Where possible walks will be close to public transport and will usually start and finish at the same spot. There will be a morning tea break at a café (own cost). The walks will usually be from 10am until 12.30pm. Details of the walks are available on the website u3ahawthorn.org.au/walking.

Student prerequisites: Good walking shoes and water-bottle are required. You will also be required to sign Acknowledgement of Risks before your first walk.

21OUT003: Wednesday Weekly Walk and Talk

Convenors: Elisa Lando & Janet Gromer

Dates: 11/02/2021 - 24/11/2021 Frequency: Weekly

Wednesday 10:00 - 12:00 Location: Different locations

Weekly walks of approximately 6-10 km including time for a chat at a local cafe. Walks typically start from Hartwell Sports Ground (located on Bath Rd Glen Iris, car park entrance from Beryl St, Glen Iris).

Walks through the lovely streets of Glen Iris, Camberwell and Canterbury; including: Gardiners Creek Trail, Ferndale Trail, Anniversary Outer Circle Trail, Glenburn Bend Park, Frog Hollow Reserve, Riversdale Park, Maling Road and Canterbury Gardens. Walks in Hawthorn, Wattle Park, Port Melbourne, St Kilda, Williamstown plus other destinations reachable by public transport may also be organised during the year.

Student prerequisites: Energetic walkers with reasonable level of fitness and capable of walking the distance over varied terrain. Participants need to complete Acknowledgement of Risks prior to the first walk.

21OUT004: Moderate Walking Group (10-14km)

Convenors: George Giummarra & Franz Hanke

Dates: 25/03/2021 - 25/11/2021 Frequency: Monthly 4th week

Thursday 10:30 start Location: Different locations

This group is a co-operative, self-help walking group, with members teaming up with other like-minded members to lead a walk of their choice – usually about 10–14 kms on un-paved pathways outside the Metropolitan area. Details of the walks will be provided on the U3A Hawthorn website <https://u3ahawthorn.org.au/walking.html>. Participants need to

complete an Acknowledgement of Risks form on the first walk.

There is an initial meeting Thursday 4 March 10.45am at Sinclair Avenue Room 1.

Cycling Courses Pre-Requisites - applies to all cycling groups

Members must:

- Have good cycling skills
- Have the experience to cope with occasionally crowded cycle tracks
- Be prepared for and able to negotiate road traffic (although we try to minimise this)
- Have a suitable well-maintained road/hybrid bicycle.
- Participate in at least 70% of the scheduled rides except where an extended leave of absence is agreed due to prolonged ill health, overseas travel or other reasons at the discretion of the convenor.
- Signed Acknowledgement of Risks and COVID Commitment forms are required from each member at the first ride.

Note: this is not an occasional recreational ride facility. Numbers are limited and members who do not participate on a reasonably regular basis may be excluded to make room for new applicants or existing applicants on the waiting list.

21OUT010: Munari Riders - Cycling

Convenor: Trevor White

Dates: 12/02/2021 - 26/11/2021

Frequency: Weekly

Friday 9:30 start

Location: Different locations

- Weekly rides usually around 65 kms, predominately on Melbourne bike paths.
- Rides usually start from the car park in Sinclair Avenue U3A at 9:30.
- Rides include morning tea and lunch breaks.
- There are also 1 or 2 weekend riding trips out of Melbourne during the year.
- Ebikes and folding bikes are not suitable.

Members must:

- Be able to ride 65 kms at an average speed of 18 kms per hour
- Be prepared to lead or jointly lead at least one Friday ride during the year.

21OUT012: Tuesday Cycling Group

Convenor: Carol Lancashire

Start Date: 9/02/2021

Frequency: Weekly, all year

Tuesday 9:30 start

Location: Different locations

- This group rides weekly all year, 30-50 km mainly on bike paths.
- Two overnight country rides are usually arranged each year.
- The rides usually depart from the Sinclair Avenue carpark.

Members must:

- Be able to ride 40km at an average speed of 16km/h.

21OUT014: Wednesday Cycling Group

Convenor: Rob Alexander

Dates: 10/02/2021 - 24/11/2021

Frequency: Weekly

Wednesday 9:00 - 12:30

Location: Different locations

- Rides are weekly on Wednesday mornings starting at 9.00am unless otherwise notified. Rides generally end around 12.30pm.
- There are also 1 or 2 weekend riding trips out of Melbourne during the year.
- Ebikes and folding bikes are not suitable.

Members must:

- Be able to ride up to 60km at an average speed of 18km/h.
- Be prepared to lead or jointly lead at least one ride during the year

21OUT020: Bird Watching Walks

Tutor: Pat Bingham

Dates: 19/02/2021 - 19/11/2021 Frequency: Monthly 3rd week (except June & October)
Friday 9:30 - 11:30 Location: Different locations

Gentle 2 hour walks in a variety of suburban parks to identify and learn about local birds, their behaviour and interaction with their environment. The first walk will be at Sinclair Avenue wetlands, subsequent venues in eastern suburban Melbourne will be decided and sent out to participants.

Student pre-requisites: Ability to walk (slowly) for 2 hours and to look up! Own binoculars to be used. You will be required to sign an Acknowledgement of Risks form at the first walk.

Marvellous Melbourne Walks Series - Introduction

Welcome to the twelfth year of discovery walks looking at some of Melbourne's rich heritage in the city and its near suburbs. This year there is a concentration of walks in the local area which are readily accessible and do not depend on public transport. Some of the walks are repeats of walks done during the past eleven years with variations. To avoid the really hot weather, the walks begin in March and continue into May. Walks are for around one and a half to two hours with frequent stops for descriptions and history. Generally speaking, walks are held regardless of the weather. Come prepared. For each walk the starting point is close to a coffee shop and you may wish to come early for refreshments. At the end of the walk an inexpensive lunch place will be nominated for those wishing to stay. This is, of course, optional.

21OUT030: Marvellous Melbourne Walk 1

Tutor: Norm Fary

Date: 3/03/2021 Frequency: Single session
Wednesday 9.50 for 10:00 - 12.00 Location: Camberwell

Boom Period Architecture of the 1880s and 1890s

Meet at the SE corner of Burke Road and Victoria Street (Mel 45 J11) Street parking is available in this area, usually 2 hours. Coffee shops in Burke Road.

21OUT031: Marvellous Melbourne Walk 2

Tutor: Norm Fary

Date: 14/04/2021 Frequency: Single session
Wednesday 9.50 for 10:00 - 12.00 Location: Malvern

Boom Period Subdivisions and Post-Boom Building

Meet at the SE corner of Wattletree Road and Kingston Street (one block from Burke Road) (Mel 59 G10). Street parking is available in this area, usually 2 hours. Coffee shops in Burke Road.

21OUT032: Marvellous Melbourne Walk 3

Tutor: Norm Fary

Date: 21/04/2021 Frequency: Single session
Wednesday 9.50 for 10:00 - 12.00 Location: Hawthorn

The Boom Period Mansions by the Yarra

Meet on the SW corner of Burwood Road and Coppin Street (Mel 44 K10) While there is some parking in this area, it may be easier to park in Creswick Street off the north side of Burwood Road. Best entered by Denham Street. Coffee at Amora Hotel across the Yarra.

21OUT033: Marvellous Melbourne Walk 4

Tutor: Norm Fary

Date: 12/05/2021 Frequency: Single session
Wednesday 9.50 for 10:00 - 12.00 Location: Auburn

The Auburn Road 1880s Boom Period Shopping Street and Boom Period Homes in nearby Harcourt Street.

Meet at the southern exit from Auburn Railway Station on Auburn Road (Mel 45 F10)
There is car parking available in the area. Coffee in Auburn Village.

21OUT040: Gardening Group

Convenor: Clare Carlson

Dates: 8/02/2021 - 8/11/2021

Frequency: Monthly 2nd week,

Monday 9:30 - 11:30

Location: U3A Hawthorn Campus

This group meets monthly on the 2nd Monday of the month to work on the Sinclair Avenue Campus gardens. This may involve planting, weeding, pruning, watering etc. The Council maintains and mows the lawn area. A flexible watering roster over the summer months may be necessary.

21OUT050: On a roll - Lawn Bowls for Beginners Tutor: Auburn Bowling Club

Dates: 11/02/2021 - 11/03/2021

Frequency: Weekly (5 sessions)

Thursday 10:30 - 12:00

Location: Auburn Bowls Club

Experienced players at Auburn Bowls Club will tutor a 5 week lawn bowls for beginners course at 2B Munro Street Hawthorn East - There is a small charge of \$5 per person per session to cover venue and equipment hire and morning tea break - paid directly by each person to the club.

21OUT060: Social Golf Group

Convenor: Christine Paine

First dates:

Sunday 21st February 10.30 AM Freeway Golf Course, Balwyn North

Sunday 21st March 10.30 AM Yarra Bend Golf Course, Fairfield

This group aims to bring together male and female golfers of all abilities for social team events. Members will not be expected to play in all the events – they can pick and choose when they would like to play.

We will play Ambrose at various public and semi-private courses throughout Melbourne, each 4 to 6 weeks, mid- morning on Sundays. At the after-game get-together prizes will be awarded to winning and runners-up team members as well as two NTPs, NTP in 2 shots, and Longest Drive. Players are asked to contribute \$4 each to cover the cost of prizes. Experienced players will have a chance to play at different venues and enjoy the social and team aspects of Ambrose. Less talented players are able to participate because, after hitting off from the tee, all team members play each time from where the best ball has landed, until the ball is holed. The standard Ambrose handicapping system will be used to make the competition relatively even.

During winter, we will play at Sandbelt courses such as Rossdale, Brighton, Cheltenham and Sandringham. In the warmer months, depending on group preference, courses could include Yarra Valley Country Club, Whittlesea, Ivanhoe, Dorset, Waterford Valley, Morack, Growling Frog, Yarrambat, Yan Yean, Berwick Montuna, etc. The group may be interested in Stableford/Ambrose golfing weekends which could include courses such as Marysville, Shepparton/Mooroopna, Benalla/Wangaratta, Bendigo, Yarram, Mansfield, etc. There will be an initial meeting at Sinclair Avenue late January/early February - advised by email.

PHILOSOPHY

21PHI001: Philosophy Unlimited

Tutors: Philosophy Committee

Dates: 12/02/2020 - 26/11/2020 Frequency: Weekly
Friday 9:45 - 11:15 Location: Hall SAC

An interactive examination of philosophers both old and new - their ideas and relevance to the modern world. This course is run by a committee - Nobby Ward, Jane Bentley, Daryl Wayland, David Sheppard, Vin Underwood.

21PHI002: Philosophy Discussion (Zoom)

Tutor: Anne McQueen-Thomson

Dates: 16/02/2021- 16/11/2021 Frequency: 1st & 3rd weeks
Tuesday 14:30 - 16:00 Location: Zoom

This year the class will explore solutions that accord with the philosophical discipline of ethics to current social and global problems. The problems to be addressed will be decided at the first meeting. Each member will be expected to contribute information to a session of their choosing.

21PHI003: A Bit of Philosophy

Tutor: Laurance Splitter

Dates: 2/03/2021 - 20/04/2021 Frequency: Weekly (8 sessions)
Tuesday 11:30 - 13:00 Location: Hall SAC

An exploration (i.e. presentation and discussion) of some familiar but puzzling philosophical questions. Drawing on ideas through the history of philosophy and focussing on contemporary world issues, participants will be invited to reflect on topics in ethics, metaphysics, epistemology (theory of knowledge), philosophy of mind and philosophy of science, logic, and political and social philosophy. Questions to be examined could include: How do we judge what is the right thing to do? What does "right" mean anyway? (Contemporary examples: climate change, abortion, same sex relationships, assisted dying, freedom of religion....) Do we humans have minds as well as bodies? What are minds? Could robots and computers have (self) consciousness? Can reason alone yield knowledge of the world or of ourselves? What makes a reason/reasoning good or bad? What counts as knowledge and how does it differ from mere opinion? Is genuine knowledge even possible? Is there even such a thing as truth in a world full of "fake news"?

SCIENCE & MATHEMATICS

21SCI001: Why is it so?

Tutors: Norm Ellis & Brian Amey

Dates: 11/02/2021 - 25/11/2021 Frequency: Weekly
Thursday 9:45 - 11:15 Location: Hall SAC

A Science behind the News look at earth and space science topics, issues and developments. Join us for a potpourri of video presentations and class discussions prompted by events in the news, as we painlessly enhance our understanding of the underlying science. NB. A scientific background is not necessary.

21SCI002: Everyday Science Series (Zoom)

Tutor: Linda Baynham

Dates: 08/02/2021 - 8/11/2021 Frequency: Monthly 2nd week
Monday 11:00 - 12:30 Location: Zoom

This is science for non-scientists. Science does not need to be scary. See how it is an integral part of our daily lives and gain insight into its importance and relevance by looking

at a range of topics eg climate change, driverless cars, 3D printing etc. Each month we will focus on a major topic, do a general science quiz and investigate some scientific news items and curiosities.

Student Prerequisites: To have an open mind and an interest in the world at large.

21SCI020: Maths for Everyday Life

Tutors: David Bennett & Sue Brink

Dates: 15/02/2020 - 15/11/2020

Frequency: Monthly 3rd

Monday 11:30 - 1:00

Location: Hall SAC

We all use maths every day and in these sessions, we will look at some of the many interesting, practical and useful aspects of maths as applied to all our lives. Maths does not have to be difficult or mysterious! Topics to be covered include measurement (eg calculating areas and volumes for various applications), probability, financial maths, the secrets of mental arithmetic, maths in traffic behaviour and some gentle calculus. Participants will be invited to suggest areas of interest in their first class and bringing a smart phone or tablet for use as a calculator is recommended.

SPANISH (MAX 1 COURSE)

21SPA001: Spanish for Aspiring Travellers

Tutor: Laurie David

Dates: 8/02/2021 - 29/03/2021

Frequency: Weekly (7 sessions)

Monday 13:30 - 15:00

Location: Room 2 SAC

If Spain or South America is on your (eventual) bucket list you'll enjoy more with some basics in Spanish. This course is for beginners to help you with essentials like ordering meals or asking directions. We will cover essential pronunciation, useful travel phrases and basic grammar. And while we dream about travelling, we will also learn about the history and cultures of some Spanish-speaking countries, particularly Ecuador and Peru, where the tutor lived and travelled.

21SPA002: Starting out in Spanish (Zoom)

Tutor: Carlos Serrano

Dates: 8/02/2021 - 22/11/2021

Frequency: Weekly NCSSH

Monday 11:30 - 13:00

Location: Zoom

The students will be able to construct basic simple phrases, mainly using verbs in the infinitive form. The phrases will enable the students to acquire and use on a daily basis some Spanish vocabulary. The students will get acquainted with some cultural information from Spain and South America: music, literature, general commentaries, etc.

This course is for people with very basic or no prior knowledge of Spanish.

21SPA003: Advanced Spanish Conversation

Tutor: Rosella Flavell

Dates: 8/02/2021 - 22/11/2021

Frequency: Weekly

Monday 9:45 - 11:15

Location: West Room SAC

Students will be encouraged to talk about subjects of their interest and/or experience. Students also take it in turns to share articles and/or short stories sourced from books, magazines, newspapers and the internet which can be read aloud and discussed by the class.

Student pre-requisites: knowledge of Spanish at conversational level.

TRAVEL

The Armchair Travel Series is held monthly, usually on the last Thursday of each month
Convenors: Geoff & Judy McPherson. Details of further sessions will be posted on the
Membership website.

21TRA001: Armchair Travel - Highlands of Ecuador **Presenter: Frank Devlin**

Date: 25/02/2021 Frequency: single session
Thursday 13:30 - 15:00 Location: Hall SAC

21TRA002: Armchair Travel - Journey to Cape York

Presenters: Eric & Elizabeth McKay

Date: 25/03/2021 Frequency: single session
Thursday 13:30 - 15:00 Location: Hall SAC

21TRA003: Armchair Travel - Tibet & Bhutan **Presenter: Judy McPherson**

Date: 22/04/2021 Frequency: single session
Thursday 13:30 - 15:00 Location: Hall SAC

21TRA004: Armchair Travel - The Galapagos **Presenter: Linde Brush**

Date: 27/05/2021 Frequency: single session
Thursday 13:30 - 15:00 Location: Hall SAC

21TRA005: Armchair Travel - Three weeks in Peru **Presenter: Sue Waller**

Date: 24/06/2021 Frequency: single session
Thursday 13:30 - 15:00 Location: Hall SAC

This presentation will cover our 3-week small group tour in 2019 from Lima to Lima.
Highlights of the tour were a flight over the Nazca lines, a four-day hike on the Inca trail
and a brief stay in the Amazon jungle. The presentation will include a brief comparison of
the different Meso-American cultures and the place of the Incas in a timeline of culture and
archeology of the region.

NOTE: This session is a partial repeat of the Zoom presentation in September 2019 on
"Mexico and Peru". Time constraints meant the section on Peru, including the Inca trail,
was skipped over quite quickly, and technical issues meant questions were not possible at
the end of the session.

21TRA012: Be your own travel agent - take control **Tutor Adrian Guest**

Dates: 20/04/2021 - 27/04/2021 Frequency: Weekly (2 sessions)
Tuesday 13:30 - 15:00 Location: Room 2 SAC

Session 1: DIY booking a holiday

Travelling in the COVID-19 era; Advantages of independent planning; Flights;
Accommodation; Ground transport (particularly trains); Useful websites and apps;
Travel tips; Loyalty schemes; Insurance, travel cancellation waivers, refunds; Other
considerations (e.g. visas, seats, senior travel)

Session 2: General discussion and questions; Using your skills to book a (hypothetical)
Australian or overseas holiday.; Plan your own itinerary.; Who can get the best bargain?

Requirements: Please bring your own device (phone, tablet, laptop) for sessions
(particularly Session 2).