



HAWTHORN
UNIVERSITY OF THE THIRD AGE

HANDBOOK 2024

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Patron: Professor Pascale Quester,
Vice Chancellor, Swinburne University

CONTACT US

Reception

26 Sinclair Avenue, Glen Iris
9.30am - 4pm Monday to Friday February to November.
Closed on Public Holidays
In December and January Reception hours may differ.

Telephone Reception:

9821 0282

General enquiries: mail@u3ahawthorn.org.au

Course enquiries: courses@u3ahawthorn.org.au

Membership enquiries: membership@u3ahawthorn.org.au

President: president@u3ahawthorn.org.au

Secretary: secretary@u3ahawthorn.org.au

Treasurer: treasurer@u3ahawthorn.org.au

The University of the Third Age (U3A) exists for retired and semi-retired people. U3A is a worldwide 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 single presentations, 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.

Dates for 2024:

Monday 8 January	Office re-opens, 10am - 2.00pm
Mon 8 – Fri 19 January	Summer School
Mon 22 – Fri 26 January	Campus and Office closed
Monday 29 January	Office opens, 9.30am - 4.00pm
Thursday 1 Feb	New members' Morning Tea
Monday 5 February	Courses commence
Monday 11 March	Labour Day – public holiday – Campus closed
Fri 29 Mar – Sun 14 April	State School holidays
Fri 29 Mar – Mon 1 April	Easter - public holidays – Campus closed
Thursday 25 April	Anzac Day – public holiday – Campus closed
Tuesday 14 May	Annual General Meeting, 3pm
Monday 10 June	King's Birthday – public holiday – Campus closed
Sat 29 June – Sun 14 July	State School holidays
Sat 21 Sept – Sun 6 Oct	State School holidays
Friday 27 September	Possible AFL public holiday – Campus closed
Tuesday 5 November	Cup Day – Campus closed
Friday 29 November	Last day of classes for 2024

To become a member:

- Membership is open to people who are retired or semi-retired, usually at least 55 years of age.
- To join U3A Hawthorn you can join and pay your membership on-line at u3ahawthorn.org.au/members or come to Reception to complete membership enrolment and pay the annual individual membership fee.
- Associate membership is not available.

Member entitlements and responsibilities:

- Only members may attend U3A Hawthorn courses and activities (unless otherwise specified).
- The annual membership fee entitles you to apply to enrol in as many courses and activities as you wish, subject to the course size limits stated in the course description, which vary depending on venue, the nature of the course and the preference of the tutor.
- All members must abide by the Code of Conduct (see page 8).
- Members are asked to not attend face-to-face classes and activities if they have COVID-19 or any cold or flu-like symptoms.
- Please wear your membership badge to classes and events.

Course enrolments:

- Members can enrol for courses, presentations, excursions and events on-line. There are no pre-requisites for entry or cost for most courses. However, some courses require tutor/convenor approval prior to final acceptance into the course, such as on-going languages, orchestra and choir, where some prior knowledge or skill level is required.
- Textbooks are required for some courses.
- Some courses may impose a levy to provide refreshments or material for the class or to purchase small gifts for external presenters.
- In order to enable as many people as possible to access the very popular courses where there is strong demand, we reserve the right to limit enrolment to only one or two courses of that type in the initial enrolment period.
- After enrolling you will 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).
- Waitlists are monitored and if a position becomes available the next person on the waitlist will be offered a place.
- You may not attend a course until you receive enrolment notification for that course.

- Trial attendance at courses is not permitted.
- 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 management.

Start and finish dates for courses:

- The year program commences in early February and runs to the end of November. The Summer School program operates for a designated period in January.
- Tutors decide on the start and finish dates of courses and whether classes will take place over the State School holidays. Tutors may opt to take time off at other times of the year. The class may be cancelled for that period or operate as a self-help group.
- Courses which are not held over State School holidays are marked NCSSH (no classes in State School holidays).
- Classes are not held on public holidays as we do not have the use of premises on public holidays.

Attendance and absence:

- 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 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 course every effort should be made to attend all sessions.
- If you know you are unable to attend more than 60% of the classes, please reconsider your enrolment in that course.
- You can register an apology for a session/s in a course on the online membership system, or by contacting Reception, or directly with the tutor/convenor.
- The tutor/convenor maintains an attendance roll for the course – please make sure you register your attendance or absence.

Withdrawal from a course:

- If you decide not to continue with a course, please login to u3ahawthorn.org.au/members, go to My Enrolments and Request Withdrawal for that course. You can also visit or ring Reception to request withdrawal from a course.

Acknowledgement of Risks

Some courses pose higher risks of injury. Members are asked to carefully consider whether a course is suited to their abilities. Tutors and convenors may also counsel members enrolling in the course if they feel that an individual does not meet the standard required for the activity. For these courses, members are required to acknowledge that, by enrolling in the course, they have read and understood that the course poses a risk.

The wording below is included in the course description on the Membership website u3ahawthorn.org.au/courses.

“ In voluntarily participating in this course/ activity, I am aware that my participation may expose me to risk that could lead to injury or loss or damage to property.

To minimise risk, I will endeavour to ensure that:

- This activity is within my capabilities.
- I will carry food, water and equipment appropriate to the activity.
- I will advise the Tutor/Convenor if I am taking medication or have any physical or other limitation that might affect my participation in the activity.
- I will make every effort to remain with the rest of the party during the activity and will accept instructions from the Tutor/ Convenor.

I have read and understood these requirements. I have considered the risks before choosing to enrol in this course.”

Categories of courses requiring this acknowledgement are Outdoor, (including walking and cycling groups as well as other outdoor activities), Exercise, Fitness/Strength, Fitness/Yoga, Excursions, Photography groups. The Acknowledgement of Risk for cycling groups is more detailed and is included in each course description on the Membership system.

Communication with members:

- U3A Hawthorn website u3ahawthorn.org.au
- On-line Membership System which allows you to manage your membership and enrol in courses and activities u3ahawthorn.org.au/members
- A Quarterly Newsletter is emailed to Members – end Feb, May, August, November
- Regular *Gateway* emails with news, new courses and activities offered during the year.
- Newsletters and Gateways can be viewed on the website at any time u3ahawthorn.org.au/category/latest-news.
- Communications are now delivered on-line. Members who would like the four quarterly newsletters to be posted to them can pay an additional annual fee of \$10.
- Reception is open 9.30am to 4pm each weekday. Shorter Reception hours apply in January.

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.

- U3A Hawthorn may collect images (photo or video) which may be displayed for U3A purposes. U3A Hawthorn publishes photographs of U3A activities in newsletters and on the website. If a member does not want their image published the member must advise the photographer within a reasonable time.

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 (tutor support, 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.

Insurance Cover:

- U3A Hawthorn has insurance for Public Liability and, for Tutors and Officebearers, insurance against injury due to accident occurring while engaged in voluntary work and/or authorised activities on our behalf.
- Individual members are not covered, but may make a claim under our Public Liability insurance where they believe a negligent act or omission by U3A Hawthorn, or its volunteers, has led to loss, injury or damage during our organisation's authorised activities.

Book Exchange:

- A Book Exchange operates in the foyer area at Sinclair Avenue Campus in the third week of each month, enabling free exchange of books, DVDs etc between members.

Parking:

- Three hour parking is available in the public carpark adjacent to the Sinclair Avenue Campus. Please be aware that parking inspectors do monitor the car park and issue fines. The marked Office Volunteer carparks should not be used by general members as Receptionists and some tutors require to be on site for more than three hours.

Introduction:

U3A Hawthorn is an inclusive apolitical organisation that 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 and others with respect and courtesy at all times.

At U3A Hawthorn every member has the right to:

- feel safe and respected,
- experience a supportive and positive learning environment, and
- participate in learning, social and recreational opportunities.

This policy exists for the benefit and protection of the organisation and for the rights of its members, and a breach of this policy may result in disciplinary action.

Purpose and scope:

This policy and associated procedures apply to all members, including volunteers, tutors inclusive of external tutors and convenors under the control of U3A Hawthorn. It sets out the expected standards of behaviour and applies to all forms of communication – oral, written and email.

The code of conduct:

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

- Follow all U3A Hawthorn policies and directives of the Committee of Management.
- Keep up to date with these policies and directives by familiarising themselves with these documents on the U3A Hawthorn website, and reading all communications including the Newsletter and Gateways.
- Recognise that U3A Hawthorn is an apolitical organisation that does not promote or endorse any specific ideology or political party.
- Participate in classes and activities in a friendly and positive manner at all times, including being punctual in attendance.
- Develop and maintain positive relations with other U3A members, guest speakers and visitors by:
 - engaging in a respectful manner which is free from personal abuse, raised voices, rudeness or insults,
 - not engaging in disruptive or intimidating behaviour,
 - avoiding all forms of discriminatory behaviour or vilification of others based on

race, gender, religion, sexuality, culture, age, disability or political belief.

- 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; and tutors/convenors/presenters/volunteers must not accept any financial or other inducements.
- Not promote or advertise any business, including a personal business.
- 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.
- Care for the property and possessions of U3A Hawthorn.
- Wear a name badge to assist in governance of the organisation, and aid identification of and communication with other members.

Procedures: Members

- Joining U3A Hawthorn:

All prospective members will be provided with the Code of Conduct.

New members can be accepted only after they agree to abide by the Code of Conduct.

- Enrolment:

All existing members will be required to abide by the Code of Conduct when they enrol for courses each year; by enrolling they agree that they are bound by this Code of Conduct.

Procedures: Tutors and Convenors

- Tutors are required to reinforce the code principles at the beginning of their course and throughout its duration where necessary.
- Tutors will deal with breaches of the Code of Conduct informally in the first instance, by:
 - Asking the member to withdraw a comment in class, or
 - Reminding the member of the specific requirement of the code in the class.

Should a class member further breach the Code of Conduct the tutor/convenor may take further action including:

- asking the member to leave the class, or
- meeting with that class member together with a designated member of the Committee of Management and issue a written warning, restating the expectations of behaviour,
 - The tutor/convenor and member of the Committee of Management will both sign

the warning, provide it to the Honorary Secretary of U3A Hawthorn for filing and a copy to the member, if they request one, or

- asking the class member not to attend the class for rest of the year, or for the period of time that the class is scheduled to run.

Further breaches, or breaches by the same member over different classes, constitute a potential disciplinary matter in accordance with the disciplinary processes outlined in the U3A Hawthorn Rules of Association. Where breaches come to the notice of other U3A personnel, such as to the Course Coordinator, the Honorary Secretary or other members of the Committee of Management, such breaches should be referred to the tutor/convenor in the first instance for them to follow the process detailed above.

Reception:

Any breaches of the Code of Conduct by members, in relation to Receptionists or Office volunteers, should be managed by the office manager or a member of the Committee of Management in their absence, using the same process as for tutors/convenors.

Responsibilities: Committee of Management

It is the responsibility of the Committee of Management to ensure that:

- members are aware of this policy,
- tutors and convenors are aware of and agree to their role in relation to actively promoting this policy and to following procedures in relation to breaches of the Code of Conduct,
- the policy is published on the website within 4 weeks of the date of this authorisation.

Responsibilities: Members

Every member has the responsibility to enact the behaviours detailed in this policy.

COURSE CATEGORIES

Courses, excursions, lectures and events are grouped into categories to assist you in finding U3A Hawthorn activities which are of interest. From Monday 4 December 2023 to Monday 8 January 2024 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 one course of their choice. After 8 January these restrictions may be lifted for some categories.

Code	Course Categories	Restriction
ART PRAC	Art Practice	1
ARTS APP	Craft and Art Appreciation, Women and Creativity series	
BRIDGE	Bridge	2
COMPUTER	Computers, IT, multimedia, photo/video editing	
CURRENT	Discussions and presentations on current issues	1
DUTCH	Dutch	
EXCURS	Excursions	
EXERCISE	Indoor exercise: tai-chi, dance, table tennis	
FIT/STR	Indoor fitness: pilates, strength training, stretching	1
FIT/YOGA	Indoor: yoga	2
FOOD	Food related courses and activities	
FRENCH	French	
GAMES	Indoor games: cryptic crosswords	
GERMAN	German	
HEALTH	Health & well-being, Health series	
HUM	Humanities: history, law, economics, religion, general	
ITALIAN	Italian	
JAPANESE	Japanese	
LATIN	Latin	
LITERARY	Literature: book groups, poetry, writing, drama	
MAHJONG	Mahjong – Eastern and Western styles	1
MANDARIN	Mandarin Chinese	
MARVMELB	Marvellous Melbourne Walks	3
MATINEES	Saturday Matinee program	
MUSIC	Music: orchestra, choir, recorder, guitar, music appreciation	
OUTDOOR	Outdoor: walking, cycling, gardening, lawn bowls, tennis	
PHILOS	Philosophy	
READMAN	Derek Readman Lecture Series	
SCIENCE	Science, Mathematics, Engineering, Environment	
SPANISH	Spanish	
TRAVEL	Travel and Armchair Travel Series	
XSUMMER	January Summer School Program	

COURSE VENUES

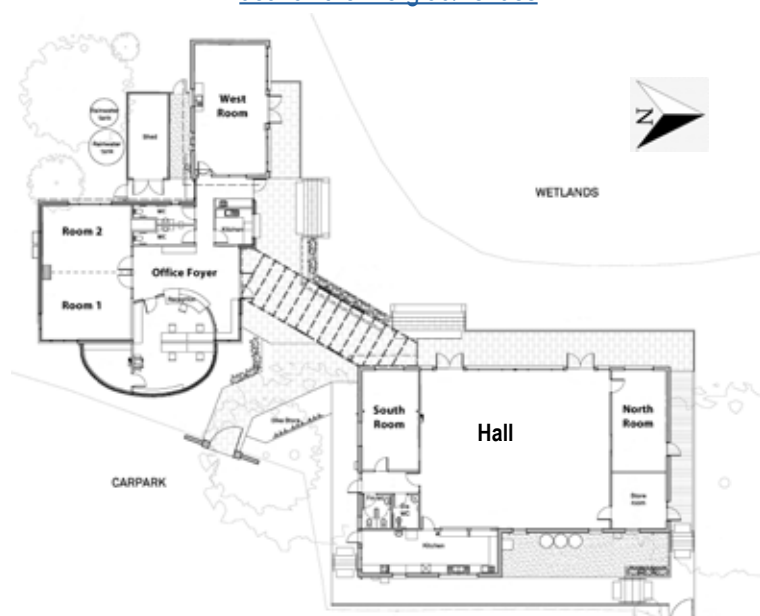
The Sinclair Avenue Campus (SAC) has five classrooms and a large hall. Most of the courses are held on this campus. Free 3 hour parking is available and the campus is close to train and tram services. However, some courses are held in other venues because they require specialist facilities, or the spaces have been generously provided for us, or hired, to meet our timetable needs. 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 Complex (Tues & Thurs - NCSSH)
- Robinson Road Pavilion (Mon to Friday 9am - 3.45pm)
- Community Room, Tooronga Village Shopping Centre
- Balwyn Library Meeting Room 2 (NCSSH)
- Auburn Bowls Club - 2b Munro St, Hawthorn East
- Hawthorn Bowling Club - 1 Wood Street, Hawthorn
- Lewin Reserve Pavilion - MacDonald Street, Glen Iris (Mon to Fri)
- St Pauls Church Hall, Canterbury
- St Mark's Church Hall, Camberwell (Orchestra)
- Victoria Park Tennis Club, Adeney Avenue, Kew

Details and maps of all venues are available on our website:

u3ahawthorn.org.au/venues



SOCIAL ACTIVITY PROGRAM

New initiatives for 2024



We are keen to provide more opportunities for members to get together to talk and develop friendships. Whilst some courses provide these opportunities, we feel that many people would welcome opportunities to socialise informally. Therefore this year in Term 1 we are offering the following new initiatives:



Monthly, 3rd Saturday Drop in Cafe

Dates: 17 February, 16 March, 20 April

West Room 10am - 12 noon

Convenor Julie Houghton

Just come along, and feel free to bring a friend, neighbour (no need for them to belong to U3A). There will be a warm welcome awaiting you over our morning coffee!" – no enrolment required.

Coffee, Tea and Talk

Coffee, Tea and Talk: informal discussion sessions to promote social interaction; to provide the opportunity to make new friends; to learn about our fellow U3A members in a friendly, welcoming space.

24FOOD01 Tuesday 13 February, 11.30am - 12.30pm, Hall Facilitator: Zvi Civins
24FOOD02 Tuesday 27 February, 11.30am - 12.30pm, Hall Facilitator: Fay Maglen

It would be helpful if you did enrol so that we have some idea of numbers, but you are welcome to just turn up on the day.

Other opportunities

Saturday Matinees - usually the 4th Saturday each month – see under MUSIC
We ask members to enrol, but feel free to bring friends or family along.

End of Summer School BBQ 24XSUM20
Friday 19 January, 12 noon, Sinclair Avenue Campus
Please enrol in this to assist with catering.

EXCURSIONS AUTUMN 2024

24EXC001: Tram boat cruise to historic Williamstown with fish & chip lunch

Date: Thursday 21 March Cost: \$55 per person – payable on enrolment
Meet: The Pier, Harbour Esplanade, Docklands Terminal
Time: 10:15am - for 10:30am cast-off! Return to Docklands by 2:00pm
Transport: City circle tram No. 35 or trams number 70 or 75. Alight at tram stop No. D3 Stadium Precinct

Take a relaxing Tram Boat cruise from Docklands to historic Williamstown and return. Tea or coffee and slices will be served onboard, while owners Lisa and Anthony provide an interesting commentary. The tram boat is fully enclosed and has an open upper deck and includes a fully licensed bar. Alight at Williamstown to spend an hour strolling the historic township. Back on board, you will be served a fish and chip lunch pack.

24EXC002: Historic Beleura House and Garden Tour Mornington

Date: Wednesday 17 April
Cost: \$35 per person – payable on enrolment. Includes entry, coach and minibus transfers, morning tea on arrival, tour of the house and garden and delicious sandwich lunch. Boroondara Council has kindly partly subsidised this tour.
Meet: U3A Hawthorn at 8:15am for departure at 8:30 sharp.

Coach departs for Mornington Golf Club where participants transfer to a minibus to travel to Beleura House and return to the golf course by 2:30pm to board the coach back to U3A. Beleura, a stylish Italianate garden villa, built in 1863 has been described as a wonderful time capsule, yet it appears that life in the house goes on. Complete with beautiful garden, the property was owned by John Tallis, Chairman of Directors of JC Williamson Ltd. for many years and was later bequeathed by him, along with its beautiful contents, to the people of Victoria.

24EXC003: Visit the Australian Tapestry Workshop

Date: Tuesday 14 May Cost: \$10 per person – payable on enrolment
Meet: 11.00am, 262-266 Park Street, South Melbourne

Unique to Australia, the Australian Tapestry Workshop has built a worldwide reputation for the creation of contemporary tapestries. Over 47 years the workshop has woven over 500 tapestries which hang in private and public collections both nationally and internationally. Known for their vibrancy and technical accomplishments, the weavers and dyers thrive on working with contemporary artists, designers and architects. For afters: Suggested café nearby 'Café Linn' 206 Bank St, South Melbourne.

CANCELLATION POLICY

For cancellations made 14 days or less prior to the scheduled departure, no refund will be made. Excursions are for members only.

The following applies to all participants in Art Practice:

- *From 4 Dec 2023 to 8 Jan 2024 you can only select ONE course in this category.*

24ART001: Painting and Drawing for all levels

Tutor: Gary Faul

Dates: 8/02/2024 - 28/11/2024

Weekly, Thursday 9:45am - 11:15am

Location: West Room, Sinclair Avenue Campus

We concentrate more on the drawing side, but use some colour as well, e.g. watercolours, acrylic and coloured pencils. Student pre-requisites: paper, graphite pencils and eraser.

24ART002: Self Help Arts - all mediums

Tutors: Tova & Stephen Seelig

Dates: 07/02/2024 - 27/11/2024

Weekly, Wednesday 11:30am - 1:00pm

Location: West Room, Sinclair Avenue Campus (NCSSH)

Join this course to extend your skills and work with like-minded people. All forms of art expression are welcome. Experienced artists also very welcome. Participants bring their own materials.

24ART003: Visual Arts Group

Convenor: Jenny Neale

Monday 1:30pm - 3:30pm commencing 12 February

Location: Lewin Reserve Pavilion

Dates: 12 & 26 Feb, 4 & 18 March, 8 & 22 April, 6 & 20 May, 3 & 17 June, 1 & 15 & 29 July, 12 & 26 August, 9 & 23 Sept, 14 & 28 Oct, 11 & 25 Nov.

This is a course for active amateur artists interested in producing their own work and interacting with like-minded people in their creative process, sharing ideas and techniques, and providing mutual support and encouragement. It is not a course for beginners: participants are expected to be able to work on their own projects. A non-compulsory theme or task may be set to provide a common challenge, a learning opportunity, and a discussion point.

24ART004: Find your creative self

Tutor: Petre Santry

Dates: 08/02/2024 - 28/11/2024

2nd & 4th Thursday, 11:30am - 1:00pm

Location: West Room, Sinclair Avenue Campus

This course will explore aspects of art to get a broader understanding of what is involved in the creative process. It is an opportunity for people to find their own unique, hidden talents. Participants bring their own materials – initially pencils, eraser, sketchbook.

24ART005: Exploring Watercolour

Tutor: Ann Knowles

Dates: 28/02/2024 - 20/03/2024 (4 sessions)

Weekly Wednesday 1.30 - 3.30pm

Location: Lewin Reserve Pavilion

Techniques, ideas and a contemporary approach using watercolour. Please bring along: A4 300gsm watercolour paper, pad or block, watercolour paints (pans or tubes), brushes (synthetic is fine), and a palette for mixing, pencils for drawing, corflute or plywood board, masking tape, kneadable eraser. Also bring an old towel to put under your work.

CRAFT & ART APPRECIATION

24ARTS01: Talking Films

Convenor: Colleen Cliff

Dates: 07/02/2024 - 20/11/2024

1st & 3rd Wednesday 11:30am - 1:00pm

Location: Room 1, Sinclair Avenue Campus

A participatory course where students can enjoy a fortnightly film discussion. Normally the group selects three films for viewing: two films available in theatres throughout Melbourne and one film available on either SBS on Demand or ABC iView. 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.

24ARTS02: Let's Catch a Movie

Convenor: Sharron Bedford

Dates: 8 Feb, 14 Mar, 11 Apr, 9 May, 13 June, 11 July, 8 Aug, 12 Sept, 10 Oct, 14 Nov

2nd Thursday 2.30pm - 4:00pm

Location: Room 1, Sinclair Avenue Campus

In this class participants analyse films regarding their production values, screenplay, direction and acting. Movies are chosen to challenge and entertain and are selected from a range of genres and countries, including international film festivals and short films. Prior to each class, participants are given an element of movie making to present to the class, followed by a general discussion. Class members will get to comment on all elements over the duration of the course. Two movies are selected from cinema releases and/or free to air streaming. Bring along your enjoyment of film and a willingness to broaden your viewing experience.

24ARTS03: Films and Film-makers (Term 1)

Tutor: Adrian Guest

Dates: 06/02/2024 - 19/03/2024 (4 sessions)

1st & 3rd Tuesday 1:30pm - 3:00pm

Location: Room 2, Sinclair Avenue Campus

Feb 6, Feb 20: Defining moments in world cinema 1895-1945.

March 5: The films of Ernst Lubitsch

March 19: Cary Grant

At the end of each session, 1, 2 or 3 films will be up for discussion (held at the start of the following session). The presenter will email links to watch films using free streaming sites on the members' laptops/devices. PowerPoint notes from each session will be emailed to participants after each session.

24ARTS08: Let's go to the movies

Convenor: Jennie Raymond

4th Tuesday 10:30am - 1:30pm

Location: usually Palace Cinema, Balwyn

Dates: 26 Mar, 23 Apr, 28 May, 25 June, 23 July, 27 Aug, none in Sept, 22 Oct, 26 Nov

- We usually attend the 10.30 or 11am session – a number of films are available and people can choose which to attend
- Participants buy and pay for their own tickets either online or at the cinema on the day. (There is a booking fee if buying online)
- If you become a member (which is free to join) at Balwyn Cinema a Seniors ticket is \$10 plus the booking fee currently \$1.70 per ticket if buying online.

- An email will be sent out the week before with the films – please respond to the convenor if you are planning to attend.
- After the film we go to a nearby café for coffee or lunch and a discussion of the film/s so an RSVP is helpful so the cafe knows how many people to expect.

OR

24ARTS09: Monday Movie Club

Convenor: Julie Houghton

3rd Monday 10.30am - 1.30pm

Location: Palace Balwyn Cinemas

Dates: 19 Feb, 18 Mar, 22 Apr, 20 May, 17 June, 15 July, 19 Aug, 16 Sept, 21 Oct, 18 Nov

If you love movies and a chance to chat about them over a nice lunch, then the monthly Monday Movie Club is for you! You will be emailed the choice of movies at Balwyn Cinema that will end in time for lunch across the road at the lovely East and Co Café. The focus is on getting together with like minded people and making some new friends!

24ARTS10: Let's go to a Gallery - Tues Convenors: Sue Whitehead & Judith Merrett

Dates: 20 Feb, 19 Mar, 16 Apr, 21 May, 18 June, 16 July, 20 Aug, 17 Sept, 15 Oct, 19 Nov

Monthly 3rd Tuesday 10:30am - 12:00 noon. Participants emailed prior to each session.

This group meets 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. At the beginning of the year, members will be asked to volunteer to organise the outings. Student prerequisites: Enrolled members must commit to attending 50% of the sessions. Members need to make their own way to and from the gallery. Participants pay own entry fee and refreshments.

OR

24ARTS11: Let's go to a Gallery - Fri

Convenors: Jo Leyman & Noela Miller

Dates: 16 Feb, 15 Mar, 19 Apr, 17 May, 21 June, 19 July, 16 Aug, 20 Sept, 18 Oct, 15 Nov

Monthly 3rd Friday 1.30 - 3.30pm. Participants will be emailed prior to each session.

This group meets 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. At the beginning of the year, members will be asked to volunteer to organise the outings. Members need to make their own way to and from the gallery. Participants pay own entry fee and refreshments.

24ARTS20: Armchair Chats on Art - 1&3

Tutor: Helen Long

Dates: 06/02/2024 - 19/11/2024

1st & 3rd Tue, Tuesday 1:30pm - 3:00pm

Location: West Room, Sinclair Avenue Campus

OR

24ARTS21: Armchair Chats on Art - 2&4

Tutor: Helen Long

Dates: 13/02/2024 - 26/11/2024

2nd & 4th Tue, Tuesday 1:30pm - 3:00pm

Location: West Room, Sinclair Avenue Campus

In these courses 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.

24ARTS22: Sharing Thoughts & Ideas about an Artwork in a Thoughtful Manner

Tutor: Bev Steer

Dates: 21/02/2024 - 20/11/2024

Monthly 3rd Wednesday 10.00 - 11.15am

Location: Room 2, Sinclair Avenue Campus

Well-chosen artworks provide an opportunity to engage in dialogue. Exploration of the artist's meaning and message to the viewer can be explored. Working in a Community of Enquiry is a shared journey with many perceptions being shared. The message to each viewer can vary depending on experiences and personal knowledge. Skills of questioning, reflection and critical thinking are highlighted. Understanding others' points of view is a celebration of ideas. A different artwork is chosen each time for contemplation.

24ARTS30: Patchwork and Quilting

Tutor: Pam Crack

Usually 1st & 3rd Friday 1:30- 3:30pm

Location: Room 1, Sinclair Avenue Campus

Dates for 2024: 16 Feb, 1 & 15 Mar, 19 Apr, 3 & 17 May, 7 & 21 June, 19 July, 2 & 16 Aug, 6 & 20 Sept, 18 Oct, 1 & 15 Nov (NCSSH)

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. Students provide own materials.

24ARTS31: Mend Sew Chat

Convenors: Kerin Tulloch & Michele Rattle

Dates: 06/03/2024 - 20/11/2024

1st & 3rd Wednesday 1.00 - 3.00pm

Location: North Room, Sinclair Avenue Campus

Bring along your mending, unfinished or new projects, craft work and your sewing kit and do it in the company of like minded people.

24ARTS40: Digital Photography - Monday

Convenors: Di Wentworth & Gail Long

Dates: 05/02/2024 - 25/11/2024

Weekly, Monday 10:00am - 1:00pm

Location: Community Room, Tooronga Village

How to get the WOW in your photographs – landscapes and people. Alternate days on location, then viewing the images at the Tooronga Village Community Room. Two overnight field trips are organised each year. A schedule of dates and venues will be sent by the Convenors prior to the commencement of the course. The first session will be held at Tooronga Village Community Room. Student prerequisites: digital camera and computer. By enrolling in this course you agree that you have read and accepted the Acknowledgement of Risks requirements as detailed on Page 5.

OR

24ARTS41: Photography - Wednesday (Zoom) Convenors: Karin Watts & Alan Scott

Dates: 07/02/2024 - 4/12/2024

Weekly, Wednesday 10:30am - 1:00pm

This course concentrates on the art of digital photography with a camera or phone.

Alternate days are on location, then we share our images via Zoom at 10:30 am on the following Wednesday. Some camera tuition will be presented during the Zoom session. Zoom training will be available for those new to the program. When we are at venues, we also enjoy some social time at a local cafe for lunch. Two optional photography weekends may also be organised. The first session will be a local “get to know you” outing on 7th February 2024. The schedule of dates and locations will be sent in early 2024. Meeting times for the days on location may vary but it’s usually around 11.00 am. By enrolling in this course you agree that you have read and accepted the Acknowledgement of Risks requirements as detailed on Page 5.

24ARTS42: Photography: f stops and stuff

Tutor: Grant Fry

Dates: 05/02/2024 - 25/11/2024

Weekly, Monday 11.30am - 1.00pm

Location: South Room, Sinclair Avenue Campus (NCSSH)

This course aims to give everyone a basic understanding of how modern cameras work, both DSLR and Mirrorless. With this knowledge you will have the information to read your camera’s instruction book, not an easy task. The first 3 weeks are important as we will look into the exposure triangle and from there the various programs in both Manual and Automatic settings, followed by composition and techniques to improve your photography.

Women and Creativity Monthly Series

Convenor: Ruth Scharley

This is a series of presentations and workshops by women talking about their creative endeavours. Achievements of women are often under recognised, so this series will showcase local women working in the arts and other creative fields. Details of each session are provided on the Membership website.

24ARTS50: Celebrating International Women’s Day - “Women across Australia’s history: resistance, struggle, agency and achievement” Presenter: Mary Crooks AO

Single session, Thursday 7 March, 1.30pm

Location: Hall, Sinclair Avenue Campus

Mary Crooks is the Executive Director, Victorian Women’s Trust.

24ARTS51: The story of the inspiring women who helped preserve Blackburn Lake Sanctuary

Presenter: Anne Payne OAM

Single session, Thursday 4 April, 2pm

Location: Hall, Sinclair Avenue Campus

24ARTS53: Recognising women through Australian Honours and achieving change through a social movement

Presenter: Dr Elizabeth Hartnell-Young

Single session, Thursday 2 May, 2pm

Location: Hall, Sinclair Avenue Campus

24ARTS54: Commemorative Justice: Making women visible in public places

Presenter: Kerry Wilson

Single session, Thursday 6 June, 2pm

Location: Hall, Sinclair Avenue Campus

24ARTS55: Life as the Yarra Riverkeeper	Presenter: Charlotte Sterrett
Single session, Thursday 4 July 2pm	Location: Hall, Sinclair Avenue Campus
24ARTS56: Being creative in art and science	Presenter: Angeline Bartholomeusz
Single session, Thursday 1 August, 2pm	Location: Hall, Sinclair Avenue Campus
24ARTS57: My work as an artist and print maker	Presenter: Susan Lowe
Single session, Thursday 5 September, 2pm	Location: Hall, Sinclair Avenue Campus
24ARTS58: Why women need to write their life stories	Presenter: Sarah Craze
Single session, Thursday 3 October, 2pm	Location: Hall, Sinclair Avenue Campus
24ARTS59: Creative Workshop	Presenter: Noela Miller
Single session, Thursday 7 November, 2pm	Location: Hall, Sinclair Avenue Campus

Bridge

The following applies to all participants in Bridge:

- From 4 Dec 2023 to 8 Jan 2024 you can only select TWO courses in this category.

24BRI001: Bridge for Beginners **Tutor: Clem Gruen**

Dates: 05/02/2024 - 25/11/2024 Weekly, Monday 11.30am - 1.00pm

Location: Lewin Reserve Pavilion (NCSSH)

This course is for beginners who have little or no previous bridge-playing experience. It is not necessary to have a playing partner, however a partner would be welcome. Bring \$20 cash on the first day to cover \$15 for the textbook and \$5 consumables fee per head paid by all Bridge classes. The tutor will purchase the books as they are not available retail.

24BRI002: Bridge - Post Beginners **Tutor: Mary McCarthy**

Dates: 06/02/2024 - 26/11/2024 Weekly, Tuesday 11.30am - 1.30pm

Location: Lewin Reserve Pavilion

This course is a continuation of the Bridge for Beginners held in 2023. It is not for absolute beginners but for those with some basic knowledge who wish to learn more (a brief lesson will be given each week) and then play the game, with mentors.

24BRI003: Intermediate Bridge **Tutor: Nafty Vanderhoek**

Dates: 06/02/2024 - 26/11/2024 Weekly, Tuesday 9:30 - 11:15am

Location: Lewin Reserve Pavilion (NCSSH)

For players with knowledge and experience with bridge fundamentals. Explores bidding and defence techniques in addition to declarer play. Student prerequisite: Basic bridge knowledge and experience.

24BRI004: Social Bridge **Convenor: Rob Staszewski & Gamini Kodikara**

Dates: 08/02/2024 - 28/11/2024 Weekly, Thursday 11:15am - 1:30pm

Location: Lewin Reserve Pavilion

This course is not for beginners and is a self-help group. There is no formal instruction or scoring. It is social bridge. Partners not required.

24BRI005: Duplicate Bridge - Monday

Dates: 05/02/2024 - 25/11/2024

Location: Hall, Sinclair Avenue Campus

Duplicate bridge for experienced players. Please note: you will need to have a partner to play in this course. Partners will not be provided for anyone who comes alone.

Convenor: Claus Gyrn

Weekly, Monday 1:30 - 4:00pm

24BRI006: Duplicate Bridge - Wednesday

Dates: 07/02/2024 - 27/11/2024

Location: Hall, Sinclair Avenue Campus

Participants must have at least 12 months' experience of playing duplicate bridge at a normal pace. Must have completed a recognised course on Bridge and be familiar with the Standard American (5 Card Major) bidding system.. Participants are required to organise their own partner.

Convenor: Gerry O'Reilly

Weekly, Wednesday 1:30 - 4:30pm

Computers & IT

24COM001: Making the most of your iPad or iPhone

Dates: 28/02/2024 -27/03/2024 (5 sessions)

Location: West Room, Sinclair Avenue Campus

The course aims to improve your understanding of how your iPad works. Have you explored what is in the Settings app? If not, come along.

28 Feb: Exploring features on the Home screen, organising apps, using the keyboard and dictation in the Notes app.

6 Mar: What really is in Settings? Exploring the features that come with an iPad or iPhone. What do they do? What can I change so the feature works how I would like it? e.g. display, notifications, ID, passcode, privacy and security.

13 Mar: What is in Settings continued and exploring the apps that come with an iPad or iPhone e.g. calendar, notes, maps, siri. What do they do? What can I change?

20 Mar: Exploring apps that come with your iPad or iPhone in more detail especially Safari and iPhotos.

27 Mar: Discover & download third-party apps eg travel, utility, productivity & lifestyle. You will need to have an Apple iPad or iPhone, but not necessarily the latest.

Tutor: Pam Welsford

Weekly, Wednesday, 9.45 - 11.15am

24COM002: Creating, Recording & Sharing your Story with Powerpoint

Dates: 07/02/2024 - 27/03/2024

Location: South Room, Sinclair Avenue Campus

Do you have a story to share? It might be about a person or persons, a place you know or have visited, a hobby, or maybe a "How-to". With personal guidance and mutual support, this series of workshops will help you to create, record and share your story using Powerpoint. You will need a laptop with Powerpoint loaded, a draft script and a set of images (photos, drawings, maps and/or video). You can keep it simple and informative or add enhancements to give it a professional polish.

Tutor: Richard Balsillie

Weekly, Wednesday 9.45 - 11.15am

24COM003: Getting to know the Apple Files app

Tutor: Pam Welsford

Single session, Friday 1 March, 11.30am - 1.00pm

Location: West Room, SAC

All Apple users have a Files app. You can save any type of files there including photos, scanned documents, pdf files, word-processed files. This session will explore how to create each of these files and save them in an organised manner in the Files app. Searching for a file is also very achievable. Please bring a device with the Files app installed.

24COM004: Managing Passwords on Apple Devices

Tutor: Pam Welsford

Single session, Friday 15 March, 11.30am - 1.00pm

Location: West Room, SAC

This session is a chance to explore how we can create strong passwords, securely save them and make it easier to autofill passwords when online using an Apple device. The session will also investigate security recommendations and signing in using Apple on a website. Bring your Apple devices to ensure that they are synced.

24COM005: What's new for Apple's Operating System, IOS17? Tutor: Pam Welsford

Single session, Friday 22 March, 11.30am - 1.00pm

Location: West Room, SAC

Every new operating system seems to bring an abundance of new features. Some feature upgrades are more obvious than others. The session will explore the experience that IOS 17 brings to our devices such as more interactive widgets, standby mode, enhancements to Messages and Safari, improved autocorrect and Siri activation without saying 'Hey'. Please bring an iPad &/or iPhone with IOS17 installed.

24COM006: Getting started on Photobooks

Tutor: Carol Lancashire

Single session, Monday 8 April, 1.30 - 3.00pm

Location: Room 1, SAC

An introduction to using the application Photobookshop.com.au to create your own photobook. Bring along your own laptop. You must download and install the program prior to the session. Tablets are not suitable. You must be familiar with using your laptop.

24COM007: Using the Apple Camera and the iPhotos app

Tutor: Pam Welsford

Dates: 17/04/2024 - 01/05/2024 (3 sessions)

Weekly, Wednesday, 9.45 - 11.15am

Location: West Room, Sinclair Avenue Campus

We take photos every day for an enormous variety of reasons. This three-week course will explore strategies to take the best photo in a variety of environments and show how to edit and organise images. Each session is stand alone.

- 17 April: Apple camera features e.g. focus, image types, ratio, Live Photos.
- 24 April: Editing images using the iPhotos app e.g. cropping, straightening, adjusting exposure, contrast and tone.
- 1 May: Organising photos in the iPhotos app and understanding the information attached to a photo.

Please bring a device where you can access the Apple camera and the iPhotos app i.e. Apple phone and/or iPad.

24COM008: Download & organise recipes on Apple devices Tutor: Pam Welsford
Single session Wednesday 8 May, 9.45 - 11.15am Location: West Room SAC
Finding new recipes on the web can be rewarding but how can you organise them so that you can find them again? This session will look at how you can download recipes from the web, convert them into a pdf, group them into recipe type and file them so you can locate them again.

24COM009: Searching on Apple Devices. Tutor: Pam Welsford
Single session Friday 31 May, 11.30am - 1.00pm Location: West Room SAC
When using app-based devices it can be difficult to locate what we are looking for. Search and filter functions on our Apple devices have come a long way so that it is now much easier to locate information. This session will explore the search functions including on the Home screen, in the Settings app, Photos app, App Store and Files folder. Please bring either an iPhone or iPad to this session.

24COM010: Security and Privacy On-Line Tutor: Pam Welsford
Single session Wednesday 5 June, 9.45 - 11.15am Location: West Room SAC
Understanding how scams occur and ways to minimise them helps to make for a more positive phone and online experience. What actions can you take to increase your online security? Scams are common. How do you know that a message you have received is not a scam? How can you decrease the chances of being hacked in Facebook? Can you be more anonymous across the web so that you receive fewer advertisements?

24COM011: Be a more efficient online searcher with Google Tutor: Pam Welsford
Single session Friday 7 June, 11.30am - 1.00pm Location: West Room SAC
We spend a lot of time on the internet searching. This session will give you a few tricks to be more efficient while using the Google web browser and Google Lens.

24COM013: Using voice to get what we want from Apple device Tutor: Pam Welsford
Single session Wednesday 12 June, 9.45 - 11.15am Location: West Room SAC
Voice recognition has come a long way and is now an efficient way to write a message, undertake a search and get into the world of IoT (Internet of Things). This session will give you strategies for Siri to understand your voice commands. Time will also be spent using the microphone on the Apple keyboard and any app that enables you to use the built-in microphone e.g. finding a location on Google maps. Please bring either an iPhone or iPad to this session.

24COM014: Introduction to Spreadsheets Tutor: Pam Welsford
Single session, Friday 14 June, 11.30am - 1.00pm Location: West Room, SAC
Many of us have a version of Microsoft's Excel, Google's Sheets or Apple's Numbers but never use them. When should we use spreadsheets? What are the benefits of using spreadsheets? This introductory session will look at setting up and importing tables, editing tables, sorting and undertaking basic calculations. Bring a device with a spreadsheet loaded.

Current issues - discussions & presentations

The following applies to all participants in Current Issues:

- *From 4 Dec 2023 to 8 Jan 2024 you can only select ONE course in this category.*

24CUR001: Politics and Current Affairs

**Convenors: Pennie Kendall
& Martha Vanderhoek**

Dates: 7/02/2024 - 27/11/2024

Weekly, Wednesday 9:30 - 11:15am

Location: Hall, Sinclair Avenue Campus

This course will explore a mixture of political issues and social and current issues. We will alternate between well-known and well-regarded guest speakers and discussion groups. Participation is very much encouraged; we are a friendly group!

24CUR002: Issues in the Media

Convenor: Peter Boxhall

Dates: 15/02/2024 - 21/11/2024

1st & 3rd Thursday 11:30am - 1:00pm

Location: West Room, Sinclair Avenue Campus

This is a current affairs discussion group. The convenor and a small panel of other class members take turns to select and introduce about 5 current issues for discussion in each class. Topics are typically chosen from interesting news articles, editorials or opinion pieces from either print or electronic media (including social media).

24CUR003: Current Affairs - Behind the News

Tutor: David Spivakovsky

Dates: 09/02/2024 - 29/11/2024

Weekly, Friday 9:45 - 11:15am

Location: West Room, Sinclair Avenue Campus (NCSSH)

This 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 and global.

24CUR004: Current Affairs Discussion

Convenor: Nathan Feld

Monthly 1st Tuesday 1:30 - 3:00pm (NCSSH)

Location: Hall, Sinclair Avenue Campus

Dates for 2024: 6 Feb, 5 Mar, 7 May, 4 June, 6 Aug, 3 Sept, 12 Nov

Discussing domestic and overseas issues. Class convenors appreciate that you cannot always be in class, but as we go to a great deal of effort to either invite and secure speakers or prepare the class, your attendance is expected at every class. The reason for doing this is that attendances seem to drop off and only a hard core are there every week which is embarrassing when you invite speakers or put in the effort to run a class.

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

24CUR005: Current Affairs - Monday (Zoom)

Convenor: Peter Eisler

Dates: 05/02/2024 - 25/11/2024

Weekly, Monday 3:30 - 5:00pm

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. This is a long established small discussion group.

Dutch

24DUT001: Dutch Continuing (Zoom)

Tutor: Johanna Kol

Dates: 12/02/2024 - 25/11/2024

2nd & 4th & 5th Monday 2:00 - 3:30pm

Dutch grammar and conversation as well as some insights into Dutch culture.

Textbook: *Colloquial Dutch* by Bruce Donaldson (Routledge). A Dutch Dictionary.

Excursions

24EXC001: Tram boat cruise to historic Williamstown with fish & chip lunch

Date: Thursday 21 March

Cost: \$55 per person – payable on enrolment

24EXC002: Historic Beleura House and Garden Tour Mornington

Date: Wednesday 17 April

Cost: \$35 per person - payable on enrolment

24EXC003: Visit the Australian Tapestry Workshop

Date: Tuesday 14 May

Cost: \$10 per person - payable on enrolment

Exercise (Indoor)

The following applies to all participants in Exercise (Indoor):

By enrolling in any of these courses you agree that you have read and accepted the Acknowledgement of Risks requirements as detailed on Page 5.

24EXE001: Dancing the Years Away - Continuing

Tutor: Norm Ellis

Dates: 07/02/2024 - 27/11/2024

Weekly, Wednesday 1:00 - 3:00pm

Location: Glen Iris Scout Hall (NCSSH)

Folk dancing for older folk! The social dances of yesteryear – fun dancing in sets (not couples as for ballroom dancing). Folk dances drawn from Jane Austen's Britain, to the 'Bush' dances of Australia. New members will only be admitted after a discussion with the tutor. Please note: The tutor has the right to inform a participant that the program is not suitable for them. Student pre-requisites: Willingness to participate. Reasonable agility.

24EXE002: Creative Movement and Dance

Tutor: Naomi Aitchison

Dates: 06/02/2024 - 26/11/2024

Weekly, Tuesday 10:00 - 11:30am

Location: St Paul's Anglican Church Hall (NCSSH)

Explore your creativity through moving and dancing. There will also be a focus on mindfulness. 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. Students require comfortable clothes, mat or rug, and pillow for relaxation. No previous dance experience is necessary.

24EXE010: Tai Chi Level 1

Tutors: Monika McCallum & Jacqui Lau

Dates: 08/02/2024 - 28/11/2024

Weekly, Thursday 2.00 - 3.00pm

Location: Parkview Room (NCSSH)

The gentle movements of regular Tai Chi practice can improve your strength, flexibility, and range of motion, as well as decrease the effects of common degenerative diseases

such as arthritis. The mental discipline required to practice Tai Chi properly also decreases stress and can improve cognitive function. It also helps to improve balance. The sessions will include warm up, Qi gong and Tai Chi Foundation 8. No experience necessary. Requirements: Stable shoes and loose clothing.

24EXE011: Qi Gong & Yang Style Tai Chi Level 1.5

Tutor: Charles Leong

Dates: 08/02/2024 - 28/11/2024

Weekly, Thursday 9:30 - 10:45am

Location: Parkview Room (NCSSH)

This is a continuing course of Qi Gong 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.

24EXE012: Yang Style Tai Chi & Qi Gong Level 3

Tutor: Charles Leong

Dates: 08/02/2024 - 28/11/2024

Weekly, Thursday 11:00am - 12:15pm

Location: Parkview Room (NCSSH)

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.

24EXE013: Tai Chi Practice

Tutor: Jacqui Lau

Dates: 09/02/2024 - 28/06/2024

Weekly, Friday, 10.30am - 12 noon

Location: Robinson Road Pavilion (NCSSH)

This is a class for people who are learning Tai Chi and want to practice what they have learnt in other classes. We will run through Qi Gong forms, Tai Chi Foundation 8, 30 & 85.

24EXE014: Tai Chi & Qi Gong - Advanced Convenors: Fei-Wan Chong & Jenny Walsh

Dates: 06/02/2024 - 26/11/2024

Weekly, Tuesday 9:15 - 10.30am

Location: Robinson Road Pavilion

This is an advanced Yang Style Tai Chi and Qi Gong exercise class. It is only open to students who have completed the Level 3 course (Thursdays with Charles Leong) and are looking for further exercise in the forms that he has taught. Applicants are expected to have a level of competence in performing the 85 Form. Student prerequisites: Loose-fitting tops, full length pants with elastic waist, flat-soled runners.

24EXE020: Social Table Tennis - Monday

Convenor: Harvey Sowerby

Dates: 05/02/2024 - 25/11/2024

Weekly, Monday 2:00 - 4:00pm

Location: Robinson Road Pavilion

For the Social Table Tennis courses beginners and experienced players are welcome. Provide your own table tennis bat and balls.

OR

24EXE021: Social Table Tennis - Friday

Dates: 09/02/2024 - 29/11/2024

Location: Robinson Road Pavilion (NCSSH)

For the Social Table Tennis courses beginners and experienced players are welcome.

Provide your own table tennis bat and balls.

Convenor: Annie Coleman

Weekly, Friday 1.00 - 3.00pm

24EXE22: Advanced Table Tennis Coaching

Dates: 13/02/2024 - 26/11/2024

Location: Robinson Road Pavilion

This course is for players with advanced table tennis skills to further improve their playing.

This is not a session for beginners or those without good mobility skills.

Tutor: Mark Ahn

2nd & 4th Tuesday 1.30 - 3.30pm

Fitness & strength

The following applies to all participants in Fitness and Strength:

- *From 4 Dec 2023 to 8 Jan 2024 you can only select ONE course in this category.*
- *By enrolling in any of these courses you agree that you have read and accepted the Acknowledgement of Risks requirements as detailed on Page 5.*

24FIT001: Pilates - Tuesday

Dates: 06/02/2024 - 26/11/2024

Location: Parkview Room (NCSSH)

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. For the class, you will need to bring an exercise mat for the floor and an old bath towel. Members of the class are expected to commit to regular attendance.

Tutor: Kathy Manderson

Weekly, Tuesday 9:30 - 10:30am

24FIT002: Pilates - Friday

Dates: 09/02/2024 - 29/11/2024

Location: Hawthorn Bowling Club

The pilates workouts consist of mobility, core strengthening, stretching & Myo fascia release. The main focus of the Pilates core strengthening is to improve pelvic & spinal stability in order to increase mobility of the upper & lower body. The workouts are conducted on a mat. The workouts are moderately paced leaving you feeling revived & restored. Please bring your own mat, water bottle & towel.

Tutor: Rob Morris

Weekly, Friday 10:00 - 11:00am

24FIT003: Exercise and Stretch

Dates: 06/02/2024 - 26/11/2024

Location: Parkview Room (NCSSH)

This exercise class has an emphasis on stretching and with some work on strength, balance and other aspects relating to exercise. There is also an emphasis on safety and enjoyment. Wear stretchy clothing. Chairs are provided. Sometimes you'll need a yoga mat (or a folded blanket). Other items will be discussed in class.

Tutor: Andrew Weatherhead

Weekly, Tuesday, 11.00am - 12 noon

24FIT004: Go4Life

Dates: 08/02/2024 - 28/11/2024

Location: Glen Iris Scout Hall (NCSSH)

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. Please bring your own dumbbells & exercise/yoga mat to class.

Tutor: Graham Elliss

Weekly, Thursday 2:30 - 3.15pm

Fitness - Yoga

The following applies to all participants in Fitness - Yoga:

- *From 4 Dec 2023 to 8 Jan 2024 you can only select TWO courses in this category.*
- *By enrolling in any of these courses you agree that you have read and accepted the Acknowledgement of Risks requirements as detailed on Page 5.*

24FIT010: Yoga - Thursday

Dates: 08/02/2024 - 28/11/2024

Location: Parkview Room (NCSSH)

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. Student pre-requisites: Wear loose clothing and bring a yoga mat and a thick blanket.

Tutors: Ray Clarke & Judith Merrett

Weekly, Thursday 12:30 - 1:45pm

24FIT012: Flex and Stretch Yoga (Zoom)

Dates: 06/02/2024 - 26/11/2023

Location: Zoom (NCSSH)

Flex & Stretch Yoga provides gentle, graceful, simple but profound movements for greater physical independence, mental dexterity and conscious awareness in our daily living – maximum return for minimum effort. Further details on the membership website. Student pre-requisites: Wear loose clothing and have a yoga mat and a thick blanket (for cooler weather). All classes are conducted in bare feet, no shoes or socks.

Tutor: Mahes Karuppiah

Weekly, Tuesday 3:00 - 4.00pm

24FIT014: Monday Yoga - Gita-style Hatha Yoga

Dates: 05/02/2024 - 25/11/2024

Location: Robinson Road Pavilion

This is a gentle yoga class with a focus on carefully moving the body and learning to breathe deeply. We will practise relaxation skills and learn a group of ancient yoga asanas to develop healthier bodies. Equipment: Bring your own yoga mat and water bottle. Some people might also like to bring a cushion to sit on.

Tutor: Tim Race

Weekly, Monday 10:00 - 11:00am

24FIT015: Wednesday Yoga - Gita-style Hatha Yoga

Dates: 07/02/2024- 27/11/2024

Location: Robinson Road Pavilion

This is a gentle yoga class with a focus on carefully moving the body and learning to

Tutor: Tim Race

Weekly, Wednesday 10:00 - 11:00am

breathe deeply. We will practise relaxation skills and learn a group of ancient yoga asanas to develop healthier bodies. Equipment: Bring your own yoga mat and water bottle. Some people might also like to bring a cushion to sit on.

24FIT016: Friday Yoga

Dates: 09/02/2024 - 29/11/2024

Tutor: Jacky Song

Weekly, Friday 9.00 - 10.00am

Location: Robinson Road Pavilion (NCSSH)

You are invited to join a practice of gentle and intentional movement to explore a deeper connection to breath, body and spirit. In this Yin Yang style class, we will flow through a variety of postures both active and passive. All levels are welcome with modifications provided. Come for inner connection, stay for community connection! Bring a yoga mat and a cushion or blanket to fold (to pad the knees and sit on) and blocks if you have them already.

French

24FRE001: French - Beginners

Dates: 06/02/2024 - 26/11/2024

Tutor: Vivien Metzger

Weekly, Tuesday, 1.30 - 3.30pm

Location: Room 2, Sinclair Avenue Campus

This course is designed for those with no, or very little, French. It is a practical program developing basic but essential skills for successful learning and enjoyable use of a LOTE (language other than English) in everyday situations. These skills are:

- Listening and understanding, speaking with correct pronunciation, reading with understanding and writing with correct spelling and accent markers.
- Grammar: the basics of French to allow for simple communication, both oral and written, on everyday topics.
- Culture: an introduction to French history, geography.
- Engagement: it is anticipated that students will be willing to complete an hour of 'homework' each week in order to consolidate and practise what was presented in the lesson. During the course of the year members of the class will be encouraged to participate in 'student centred' learning.
- Activities: it is hoped that over the year we can plan a range of activities.

Textbook: *Bonjour et bienvenue A1.1* (Eng Ed) Bring an exercise book, or similar, and a display folder.

24FRE002 French 2

Dates: 12/02/2024 - 18/11/2024

Tutor: Carolyn Macafee

Weekly, Monday 3:00 - 4:30pm

Location: West Room, Sinclair Avenue Campus

This course is designed for those who have completed one year of French. Whilst the course is grammar-based we will look at some of the historical, social, political and cultural influences that affect France today. Required text: *Schaum - French Grammar* Ed 7.

24FRE003: French 3

Dates: 23/02/2024 - 08/11/2024

Location: Room 1, Sinclair Avenue Campus (NCSSH)

Continuing course. Knowledge of French verb tenses required – present, passé composé, imperfect. Willingness to participate in discussion necessary. Homework to be completed.

Tutor: Barbara Shepherd

Weekly, Friday, 9.45 - 11.15am

24FRE006: French 6

Dates: 15/02/2024 - 21/11/2024

Location: West Room, Sinclair Avenue Campus

This course is designed for students with at least five years' recent study of the French language. The course is grammar based but also has a social/historical component.

Student Prerequisites: Purchase *Schaum's French Grammar*, 6th edition.

Tutor: Carolyn Macafee

Weekly, Thursday 3:00 - 4:30pm

24FRE007: Intermediate French

Dates: 28/03/2024 - 28/11/2024

Location: Room 2, Sinclair Avenue Campus (NCSSH)

Continuing course for people with knowledge of main tenses of verbs – present, future and past. Participation in discussion and completion of homework required.

Text: *Edito Textbook and Workbook, Niveau B1* 2nd edition.

Tutor: Barbara Shepherd

Weekly, Thursday 1:15 - 2:45pm

24FRE008: French 8

Dates: 12/02/2024 - 18/11/2024

Location: West Room, Sinclair Avenue Campus

This class is for students with a good basic knowledge of French grammar. The course is grammar based, having also a social/historical component. Students new to this class will be contacted by the tutor in late January to see if this is an appropriate level.

Required text: *Schaum's French Grammar* 6th Edition.

Tutor: Carolyn Macafee

Weekly, Monday 1:15 - 2:45pm

24FRE010: Advanced French

Dates: 29/02/2024 - 28/11/2024

Location: Room 2, Sinclair Avenue Campus (NCSSH)

This course is conducted in French with a mix of conversation and reading comprehension exercises. Good knowledge of French is required. Willingness to participate in discussion on a variety of topics and completion of homework required.

Tutor: Barbara Shepherd

Weekly, Thursday 11:30am - 1:00pm

24FRE014: French 14

Dates: 15/02/2024 - 21/11/2024

Location: West Room, Sinclair Avenue Campus

This class has no vacancies – only members of French 13 in 2023 will be accepted.

Tutor: Carolyn Macafee

Weekly, Thursday 1:15 - 2:45pm

24FRE015: French - Conversation

Dates: 05/02/2024 - 25/11/2024

Location: Room 2, Sinclair Avenue Campus

Every student will prepare a presentation to make to the class. It can be spontaneous or

Tutor: Beth Cameron

Weekly, Monday 11:30am - 1:00pm

read. The lesson is conducted mostly in French but necessary grammatical explanations may be made in English. Participants must have knowledge of French at conversational level.

24FRE016: French Conversation Advanced

Convenor: Dennis Vaughan

Dates: 07/02/2024 - 27/11/2024

Weekly, Wednesday 1:15 - 2:45pm

Location: South Room, Sinclair Avenue Campus (NCSSH)

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, following telephone contact to assess suitability. Good knowledge of French at conversational level and good comprehension are essential.

24FRE017 French Conversation and afternoon tea

Single session, Tuesday 19 March, 2.30pm, Hall, Sinclair Avenue Campus

This is a new initiative offering an opportunity for all students of French and other French speakers to come along and enjoy French conversation in a social setting. All levels are welcome.

Games

24GAM001: Cryptic Crosswords for Cruciverbalists

Convenors: Mike Rozen & Penny Baker

Dates: 08/02/2024 - 28/11/2024

Weekly, Thursday 9:30 - 11:00am

Location: Lewin Reserve Pavilion (NCSSH)

Are you keen to polish your cryptic crossword skills or learn how they work? All levels welcome - our aim is:

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

German

24GER002: Conversational German 2

Tutor: Beth Cameron

Dates: 05/02/2024 - 25/11/2024

Weekly, Monday 9:45 - 11:15am

Location: Room 2, Sinclair Avenue Campus

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. New applicants will need to be approved by the tutor as this is not a beginners' course.

24GER003: German Continuing

Tutor: Terry Hastings

Dates: 06/02/2024 - 26/11/2024 (NCSSH)

Weekly, Tuesday 11:30am - 1:00pm

Location: Room 1, Sinclair Avenue Campus

Students need to have completed the equivalent of four years' study of German.

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. Class members are expected to make an active contribution to the preparation and delivery of sessions throughout the year. Student Prerequisites: participation in oral work. Homework to be completed. German Dictionary and Schaum's *Outline of German Grammar* (also available free online.) Students new to this class will be contacted by the tutor in late January to see if this is an appropriate level.

Health and Well-being

24HEA001: Inner Self Meditation 1

Tutor: Kirti Baxi

Dates: 08/02/2024 - 28/03/2024 (8 sessions) Weekly, Thursday 11:30am - 1.00pm
Location: South Room, Sinclair Avenue Campus

24HEA002: Inner Self Meditation 2

Tutor: Kirti Baxi

Dates: 18/04/2024 - 27/06/2024 (10 sessions) Weekly, Thursday 11:30am - 1.00pm
Location: South Room, Sinclair Avenue Campus

24HEA003: Inner Self Meditation 3

Tutor: Kirti Baxi

Dates: 18/07/2024 - 19/09/2024 (10 sessions) Weekly, Thursday 11:30am - 1.00pm
Location: South Room, Sinclair Avenue Campus

These meditation courses seek to investigate questions pertaining to life and identity by stopping, observing and steering us towards a positive attitude, harnessing the power of mind. This is a workshop and discussion group to help understand oneself and cultivate willpower. Each term is a separate course.

Health and Well-being Monthly Series

Convenors: Helen Pickering & Lily Lau

This is a series of presentations held on the 2nd Thursday afternoon each month, bringing a range of current practitioners and experts in their field to talk on a range of health and well-being issues. Details of each presentation can be found on the Membership website.

24HEA010: Injections you need travelling overseas & why **Presenter: Dr Sonny Lau**

Single session Thursday 8 February, 2pm, Hall, Sinclair Avenue Campus

24HEA011: Save your brain **Presenter: Assoc Prof Yen Ying Lim, Monash University**

Single session, Thursday 14 March, 2pm, Hall, Sinclair Avenue Campus

24HEA012: Chinese herbal medicine and acupuncture **Presenter: Dr Eliza Chan**

Single session, Thursday 11 April, 2pm, Hall, Sinclair Avenue Campus

24HUM001: Crossing the Line – An Illustrated Maritime History Tutor: Bruce Gooley

Dates: 06/02/2024 - 23/04/2024 (11 sessions) Weekly, Tuesday 9:45 - 11:15am

Location: Hall, Sinclair Avenue Campus

In 2024 this 11 week course plans to cover: Port Phillip Sea Pilots and Navigation Lights, The Royal Navy in WW1, The Three Moresbys, Aircraft Carriers, Shipping Containers, Flying Boats and Sea Planes, R.A.N Destroyers – The Scrap Iron Flotilla, Five Great Liners, German WW1 Merchant Raiders and Melbourne’s Maritime Infrastructure. Class members will be given free access to illustrated PDF format course notes and will be encouraged, and offered assistance, to research and briefly present an area of maritime history that is of special interest to themselves during the last session.

New class members are most welcome. Pre-requisites – an interest in History.

24HUM002: China under Mao Zedong and Deng Xiaoping Tutor: Jenny McArthur

Dates: 08/02/2024 - 21/03/2024 & 18/04/2024 - 23/05/2024 (12 sessions) (NCSSH)

Weekly, Thursday 11.30am - 1.00pm Location: Hall, Sinclair Avenue Campus

This course starts with China after the civil war victory of Mao Zedong and the Communists in 1949. It will look at the founding of the People’s Republic of China and the ways in which Mao Zedong attempted to put his Maoist Communist principles into practice. Despite Mao Zedong having unified China, this was a period of great upheaval for the people of China. Campaigns and events such as the 1st Five Year Plan, 100 Flowers, the Great Leap Forward and the Cultural Revolution will be examined. The cult of Mao became a huge phenomenon. When Mao died in 1976 there was a brief period of rule by Hua Guofeng followed by a power struggle from which Deng Xiaoping emerged as China’s paramount leader. Deng reformed the economy of China but not the political system and calls for democracy led to the Tiananmen Square demonstrations in 1989 and the brutal quashing of dissent and the significance of this period will also be discussed.

24HUM003: Indigenous Australia: a continuum

Tutor: Claude Baxter

Dates: 06/02/2024 - 25/06/2023 (16 sessions)

Weekly, Tuesday 11.30am - 1.00pm

Location: West Room, Sinclair Avenue Campus

This course digs into the evidence of over 65,000 years of Indigenous occupation of Australia; its history, nature and achievements. Where did Australia and its people come from? What did Australia look like in 1778, its landscape and ecology? What was the nature of Indigenous economy and society? We review evidence of technology, beliefs and land management. Then we look at the nature of colonialism and the forces behind it. We consider the impact of white ‘settlement’ on the people and the landscape. What really happened – facts versus myth. Why did the colonists record two different versions of what Australia looked like? We will look at what has changed and why, and through this we can understand some of the residual issues through to the present day.

24HUM004: Reframing Your Retirement

Convenor: Victor Caune

Dates: 06/02/2024 - 27/02/2024 (4 sessions)

Weekly, Tuesday 9.30 - 12.30am

Location: Tooronga Community Room

Too many people see retirement as the end of the road. It's wiser to view it as the opening of a new chapter. People can and should look for ways to keep their minds moving and have fun! They should seek out ways to explore, learn, and grow. The aim of this discussion group is to regularly come together to share challenges, experiences and inspiration to help you revitalise your purpose and enjoy meaningful connections with others. The format will be a friendly and open discussion group – no lectures! For more detail go to the membership website course description.

24HUM005: England, the 1960s, & the Triumph of the Beatles **Tutor: Nathan Feld**

Dates: 30/04/2024 - 04/06/2024 (6 sessions)

Weekly, Tuesday 9.30 - 11.15am

Location: Hall, Sinclair Avenue Campus (NCSSH)

The 1960s was a decade of shifting cultural norms, of challenged conventions, of political upheaval and social rebellion. It was also the decade that brought us a band and music that would change England and the world forever. These lectures do, of course, enhance your understanding of the Beatles' music. But more importantly, they allow Beatlemaniacs and new listeners alike the chance to appreciate how England helped create this miracle band, and how the band, in turn, influenced both England and so much of the rest of the world.

24HUM006: First Peoples of Australia

Convenor: Anne McQueen-Thomson

Dates: 14/02/2024 - 27/11/2024

2nd & 4th Wednesday 9.45 - 11.15am

Location: Room 2, Sinclair Avenue Campus

In this discussion class we explore the place of Aboriginal and Torres Strait Islander peoples in contemporary Australia. There is much to gain from studying the history and ancient culture of the First Peoples and the struggles for their rights. This will help to repair the relationships between them and settler peoples, and restore their rightful place in the nation.

24HUM007: The Middle East in the 20th Century

Tutor: Nathan Feld

Dates: 06/08/2024 - 12/11/2024 (12 sessions)

Weekly, Tuesday 9.30 - 11.15am

Location: Hall, Sinclair Avenue Campus (NCSSH)

It is impossible to understand our world today without understanding the last 100 years of Middle Eastern history. Shifting borders, governmental overthrows, ethnic and nationalist tensions, and political and economic forces on the world stage all had a hand in shaping the course of Middle Eastern history. Ultimately, the story of this region, and its impact on the world, is one of people searching for self-determination, from the stumbling alliances after the fall of the Ottoman Empire to the Arab Spring uprisings.

24HUM008: China Today Term 1 (Zoom)

Tutor: Albert Ip

Dates: 12/02/2024 - 26/02/2024 (3 sessions)

Weekly, Monday 1:30 - 3:00pm

Trade War, Technology War, Cold War? Since US President Trump started the trade war with China, President Biden followed by technology war. How does China cope? What is the implication? Will there be Cold War in the near future?

24HUM009: How roads and traffic really work

Tutor: David Bennett

Dates: 16/07/2024 - 17/09/2024

Weekly, Tuesday 9.45 - 11.15am

Location: West Room, Sinclair Avenue Campus

The roads on which we travel are very diverse, ranging from minor streets and roads to major motorways and highways, in both urban and rural contexts, and catering for traffic including pedestrians, bicycles, motorcycles, cars and a variety of trucks and other heavy vehicles. This course examines how road and traffic engineers address the planning and the geometric and structural design of roads, and the monitoring and control of traffic flows, in seeking to maximise safety and efficiency of operations across this diverse system. It will answer questions such as “How do we decide the best location for a rural road?”, “How do we design a road strong enough to carry its projected traffic?”, “What are the different types of road intersections and where is each appropriate?”, “How is urban motorway traffic monitored and managed?”, as well as seeking to answer road and/or traffic related questions that class members may raise.

24HUM010: Retirement village agreements and how to navigate them

Presenters: Kate Smith, Madeline Carroll, Burke Lawyers

Single session, Tuesday 20 February, 1.30pm, Hall, Sinclair Avenue Campus

Legal and Financial Advice | Legal Overview | Disclosure Statements and Information Sheets | Types of Ownership Structures | Entry Fees | During Residency Fees | Exit Fees | Rules and Regulations | Aged Care Rule | Termination Clauses | Practical Considerations.

24HUM011: Superannuation and your Will

Presenter: Susan Bonnici

Single session, Tuesday 27 February, 1.30pm, Hall, Sinclair Avenue Campus

Why isn't superannuation covered by your Will? Who is eligible to receive death benefits? Tax considerations | Commons issues with superannuation and death benefits nominations | Superannuation & Estate Administration | Death Benefit nominations – 3 case studies

24HUM012: I'm a Lawyer, would I Lie to You?

Tutor: Irving Miller

Dates: 26/09/2024 - 28/11/2024

2nd, 4th & 5th Thursday 11.30am - 1.00pm

Location: Hall, Sinclair Avenue Campus

Law & Politics: including Separation of Powers, Rule of Law, How laws are enacted, Parliament v the Courts, Judges, the black letter lawyers v social progressives/activists. Is the law “set in stone”? Is the law “fair”, or “just”, or just an ass? Does the community get “justice”? Or is the system “just a joke”? Australian Court hierarchy: including Federal & State Courts, Tribunals, Royal Commissions, IBAC, and the National Anti-Corruption Commission [NACC], the appointment of Judges, the nature of the Legal Profession and its Regulation, Gobbo the double crosser and “guns for hire”. Will the most expensive KC get you off? Or will a legal aid lawyer get you an extra 5 years in gaol?

Do the crime, do the time!!! Does crime pay?? Ask Rumpole, Rake or Richter??.

Criminal Law including: presumption of innocence, right to bail [or not], trial by jury, right to silence, evidence, admissions, reasonable doubt, plea bargaining, Terrorism cases and Special legislation. Detention without trial, can it happen in Australia? Crime and Punishment: the Sentencing options, prison system as part of justice, cost of justice, Parole and Post Sentence detention; with emphasis on legislation, statistics and case studies.

24HUM013: How difficult is the journey to Net Zero by 2050?

Presenter: Dr Jeremy Harris

Single session, Tuesday 13 February, 1.30pm, Hall, Sinclair Avenue Campus

Australia's preference is to export most of its natural energy. Can we replace our heavy dependence on fossil fuels in our day to day lives? Wind and solar will play a role – batteries too. Is this the way? Hydrogen is being talked about and what about Nuclear? Dr Jeremy Harris will outline the size of the transition Australia faces, how the transition will evolve and small things that each of us can do to help.

24HUM014: What it is to be an Australian

Tutor: Bob Stewart

Dates:12/03/2024 -14/05/2024 (10 sessions)

Weekly Tuesday, 11.30am - 1.00pm

Location: Hall, Sinclair Avenue Campus

This interactive course revolves around the following questions: First, what is it to be an Australian? It has become a significant public issue in recent times as citizens have grappled with the history of the place they call home, thought about the ways in which 235 years of non-aboriginal migration has shaped the nation's collective identity, and reflected on how this ancient land and its 60,000-year civilisation may have set the cultural tone since 1788. This begs the second question: In a globalised world where news travels faster than any human can, and multiculturalism is taken for granted, has the idea of an Australian national identity become redundant? This leads to a third question: If indeed, there is no longer any agreement as to who we are, as Australians, then does it present a problem for our social cohesion and cultural unity going forward? These three questions will be the catalyst for digging deep into the sources and evolution of not only how we see ourselves (our identity), but also how Australia (and Australians) has been seen by 'others'.

24HUM015: Egypt under the Pharaohs

Tutor: Dr Sharyn Volk

Dates:21/05/2024 - 25/06/2024

Weekly Tuesday, 11.30am - 1.00pm

Location: Hall, Sinclair Avenue Campus

The material remains of the ancient Egyptian civilisation ruled by a succession of pharaohs for over 2,500 years are astounding and many are now dispersed all over the world. In preparation for the NGV Winter masterpieces exhibition 'Pharaoh' join Dr Sharyn Volk as she guides you through this extraordinary time in history. Sharyn is an Egyptologist and object-inspired learning and teaching specialist who will share with you her collection of replica artefacts which you will be given the opportunity to handle during her presentations.

Thursday Speaker Series

Convenor: Carol Lancashire

This is series of presentations by members or external speakers, usually held on the 3rd Thursday afternoon each month, 2pm in the Hall. Details of each presentation can be found on the Membership website.

24HUM022: Drug Addiction: Who, Why, What can We Do! Presenter: John Sherman

Single session, Thursday 29 February, 2pm, Hall, Sinclair Avenue Campus.

Who make up my 700 patients on treatment for Heroin Addiction ? How did they get there? What are we doing about it ? What can we learn from overseas to improve strategies?

24HUM023: The Etruscans: their origins and influence Presenter: Saul Bastomsky

Single session, Thursday 21 March, 2pm, Hall, Sinclair Avenue Campus

The greatest influences on the ancient Romans were the Greeks and the Etruscans.

The former are familiar to us, the latter much less so. heir language and their origin are still matters of debate. The talk will give an overview of these and will deal with their contribution to Roman civilisation.

24HUM026: Discovering Umayyad Architecture

Presenter: Frank Devlin

Single session, Thursday 18 July, 2pm, Hall, Sinclair Avenue Campus

This was prompted by a visit to Jordan some years ago and the recent trip to Andalucia. It includes the Dome of the Rock in Jerusalem, the Great Mosque of Damascus, plus other sites in Syria and Palestine as well as the Mezquita in Cordoba.

24HUM027: The Sculptures of Nimrud and Nineveh in Northern Iraq – My Journey into the Forgotten Empire of Assyria 883-616 BCE. Presenter: Frank Devlin

Single session, Thursday 15 August, 2pm, Hall, Sinclair Avenue Campus

I spent a long time last October photographing the exhibits in the British Museum and The Met in New York and I had some from the Pergamon in Berlin. I'm impressed by the sculptures and, put in chronological order, they tell a vivid story of the world's first empire.

Italian

24ITA001: Italian - Beginners

Tutor: June Sbarrato

Dates: 06/02/2024- 26/11/2024

Weekly, Tuesday 10.00 - 11.15am

Location: Room 2, Sinclair Avenue Campus (NCSSH)

This course is for people with very basic or no prior knowledge of Italian. Textbook: *Talk Italian 1* 3rd edition. Author: Alwena Lamping. Publisher: Pearson Education UK (BBC).

24ITA002: Italian - Post Beginners

Tutor: June Sbarrato

Dates: 07/02/2024 - 27/11/2024

Weekly, Wednesday 1.15 - 2.45pm

Location: Room 2, Sinclair Avenue Campus (NCSSH)

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. Textbook: *Talk Italian 1* 3rd edition. Author: Alwena Lamping. Publisher: Pearson Education UK (BBC).

24ITA003: Italian - Lower Intermediate

Tutor: Wilma Buccella

Dates: 14/02/2024 - 27/11/2024

Weekly, Wednesday 1.15 - 2.45pm

Location: Room 1, Sinclair Avenue Campus (NCSSH)

This is a continuing class for those enrolled in this class in 2023. Some places may be available for new participants. Knowledge of basic grammar and verb tenses is required. The focus of the class is learning to speak Italian and participation is expected. There will be weekly homework set. Text: *Arrivederci 2* by Federica Colomba, Cinzia Faraci, Pierpaolo De Luca.

24ITA004: Italian - Intermediate

Tutor: Wilma Buccella

Dates: 14/02/2024 - 27/11/2024

Weekly, Wednesday 9.45 - 11.15am

Location: Room 1, Sinclair Avenue Campus (NCSSH)

This is a continuing course for those enrolled in this class in 2023. Some places may be available for new participants. Knowledge of basic grammar and use of verb tenses is required. It is a highly interactive class with a focus on speaking Italian. Completion of homework is expected.

24ITA011: Intermediate Italian Conversation

Tutor: Ces Volpato

Dates: 09/02/2024 - 29/11/2024

Weekly, Friday 9:45 - 11:15am

Location: Room 2, Sinclair Avenue Campus (NCSSH)

For students wishing to acquire competence and confidence in spoken Italian language. Emphasis will be on language structures and phrases used in conversation, especially when travelling. Student pre-requisites: conversational Italian is required.

24ITA012: Conversational Italian

Tutor: Lucy Empson

Dates: 06/02/2024 - 26/11/2024 (NCSSH)

Weekly, Tuesday 1.30 - 3.00pm

Location: Various locations - cafes etc

Conversational Italian is a small group of Italian speakers of an intermediate level of fluency. Classes are informal, meeting for coffee / lunch with an occasional class on campus. Prior to enrolment, a short conversation will confirm suitability.

24ITA020: Italian Literature

Tutor: Christine Watters

Dates: 06/02/2024 - 26/11/2024

Weekly, Tuesday 11:30am - 1:00pm

Location: Room 2, Sinclair Avenue Campus

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

24JAP001: Japanese - Beginners

Tutor: Marjorie Millingen

Dates: 05/02/2024 - 25/11/2024

Weekly, Monday 9:30am - 12:00noon

Location: Private Home, Kew (NCSSH)

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.

24JAP002: Japanese - Post Beginners

Tutor: Lillian Gu

Dates: 06/02/2024 - 26/11/2024 (NCSSH)

Weekly, Tuesday, 9.45 - 11.15am

Location: Room 1, Sinclair Avenue Campus

For people who have completed at least 1 year of Japanese study and have learned the 50-tone diagram. The course includes conversation, grammar and the culture and customs of Japan. Textbook to be decided.

24JAP003: Japanese - Intermediate

Tutors: Nobuko Sayer

Dates: 05/02/2024 - 25/11/2024

Weekly, Monday, 9.45am - 12 noon

Location: West Room, Sinclair Avenue (NCSSH)

This is a continuing course, no beginners. Basic grammar and reading (hiragana and katakana) skills are required. Translation of text from Japanese to English; exercises in grammar; encouragement of spoken Japanese; learning of Japanese culture through Zoom sessions with friends in Kobe Japan, after mid-session coffee break. Materials required: Japanese/English Dictionary; Kanji dictionary. Textbook: *Wagasa Book 1 Japanese for VCE Students*

Latin

24LAT001: Latin - Beginners

Tutor: Frank Vergona

Dates: 08/02/2024 - 28/11/2024

Weekly, Thursday, 9.45 - 11.15am

Location: Room 1, Sinclair Avenue Campus (NCSSH)

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. Text: *Latin One* and *Latin Two for Common Entrance*, by NRR Oulton.

24LAT002: Latin 2

Tutor: Frank Vergona

Dates: 05/02/2024 - 25/11/2024

Weekly, Monday, 11.30am - 1.00pm

Location: Room 1, Sinclair Avenue Campus (NCSSH)

This is a continuing course for people with at least one year of study of Latin. 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 will be subject to Tutor assessment that they are of a suitable standard. Textbook: *Latin One* and *Latin Two for Common Entrance* by NRR Oulton.

23LAT003: Latin 3

Dates: 05/02/2024 - 25/11/2024

Location: Room 1, Sinclair Avenue Campus (NCSSH)

This is a continuing course for people with at least three years of study of Latin. Latin is the basis of all the Romance languages, including English. This is wonderful way to learn more about language and keep your brain active. New members will be subject to Tutor assessment that they are of a suitable standard. Textbook: *Latin Three for Common Entrance* by NRR Oulton.

Tutor: Frank Vergona

Weekly, Monday 2:00 - 3:30pm

24LAT010: The Poems and Personality of Catullus

Dates: 16 Feb, 1 & 15 Mar, 19 April, 3 May (5 sessions)

Location: South Room, Sinclair Avenue Campus

A short course for those who have a reasonable knowledge of Latin grammar and who, with the aid of a dictionary, confidently can read Latin prose and verse works. The class will read a selection of the poems of Catullus (1st Century BCE). His times and what the poems reveal about him will be discussed. A good Latin dictionary is essential. The tutor will give each class member a copy of the poems to be read.

Tutor: Saul Bastomsky

Friday 11.30am - 1.00pm

Literature

24LIT001: Literature Group

Dates: 06/02/2024 - 26/11/2024

Location: West Room, Sinclair Avenue Campus (NCSSH)

The course comprises mainly fiction, but may include some non-fiction and includes novels, poetry and plays. Members take it in turns to select a book for which they lead the discussion over two weeks. We aim to read 16 books over the year. The first book for 2024 will be *Ransom* by David Malouf. Books are sourced from libraries or electronically.

Convenors: Lois Leach & David Macintosh

Weekly, Tuesday 9:45 - 11:15am

24LIT002: Books for Life

Dates: 07/02/2024 - 27/11/2024

Location: West Room, Sinclair Avenue Campus (NCSSH)

We meet weekly to read aloud and discuss a variety of books in a congenial atmosphere. We buy or borrow, and usually read about four or five a year. Our first book for 2024 will be *The Year of Wonders* by Geraldine Brooks. Student Prerequisites: students will purchase approximately four books per year at reasonable prices.

Convenors: Lois Leach & Bernadette Reeders

Weekly, Wednesday 1:15 - 2:45pm

24LIT003: Book Group - 3rd Tuesday

Dates: 20/02/2024 - 19/11/2024

Location: North Room, Sinclair Avenue Campus

We select a range of books, literary fiction and non-fiction for discussion led by group members. Most of the books for 2024 have been chosen by members in 2023, and will be borrowed as book kits from the Boroondara Library. The current year members can be involved in choosing the books for the rest of 2024. The first book for 2024 will be advised.

Convenors: Meg Paul & Lesley Tan

Monthly 3rd Tuesday 9:45 - 11:15am

24LIT004: Fourth Tuesday Book Club **Convenors: Ian McKenzie & Julianne Lewis**

Dates: 27/02/2024 - 26/11/2024

Monthly 4th Tuesday 2:00 - 3:30pm

Location: Room 1, Sinclair Avenue Campus

We will generally read contemporary novels of literary value and occasional non-fiction, or classical works. A book list will be generated by the group and distributed at the beginning of the year. Members are invited, but not obliged, to select one title at the beginning of the year. Selections can be either from the Boroondara Library Kit List, or an independent selection. If not enough titles are selected, the convenors will select from the Library list. The first book for 2024 will be *Pachinko* by Min Jin Lee.

24LIT005: Book Group - 2nd Wednesday **Convenor: Jean Aitken**

Dates: 14/02/2024 - 13/11/2024

Monthly 2nd Wednesday 11:30am - 1:00pm

Location: Room 1, Sinclair Avenue Campus

Informal discussion of a range of books including at least one classic and one nonfiction book, biography or autobiography. The group looks at the merits of plot, character development, themes, and literary styles. Books are suggested by students and tutor. The first book for 2024 will be *The Bookbinder of Jericho*, by Pip Williams.

24LIT006: Book Group - 4th Wednesday **Convenor: Sue Harvey**

Dates: 28/02/2024 - 27/11/2024

Monthly 4th Wednesday 11:30am - 1:00pm

Location: Room 1, Sinclair Avenue Campus (NCSSH)

A monthly discussion of classical and contemporary fiction including literature from across the globe as well as some non-fiction. The convenor chooses the books for the year in close consultation with group members. Books are sourced from libraries, online and some members choose to purchase their own copies as well. The first book for 2024 will be *All That's Left Unsaid* by Tracey Lien. Student Prerequisites: Interest, enthusiasm, willingness to contribute to discussion.

24LIT007: Men's Book Club **Convenor: David Knipe**

Dates: 21/02/2024 - 20/11/2024

Monthly 3rd Wednesday 3:30 - 5:00pm

Location: Different locations - Private homes, apartment lounges, wine bars

Some of the books reviewed in 2023 were *Shackleton* by Ranulph Fiennes, *Cairo* by Chris Womersley and *The Missing Crypto Queen* by Jamie Bartlett. The first books for 2024 will be *Klara and the Sun* by Kazuo Ishiguro and *Limberlost* by Robbie Arnot.

24LIT008: Classic Books Group **Convenor: Michael Doyle**

Dates: 01/03/2024 - 01/11/2024

Monthly 1st Friday, 11.30am - 1.00pm

Location: North Room, Sinclair Avenue Campus

The course comprises mainly fiction but may include biographies and non-fiction. The main conditions are that the book can be considered as being a 'classic' in the sense that it has stood the test of time and that most people would regard it as being both enjoyable and of high quality. The other proviso is that it was first published no later than 1980. Individual

students select a book on which they volunteer to lead the discussion. Ideally, books will be readily available from public libraries. The first book will be *Lucky Jim* by Kingsley Amis.

24LIT009: Crime Fiction

Convenor: Elizabeth Board

Dates: 19/02/2024 - 18/11/2024

Monthly 3rd Monday 1:30 - 3:00pm

Location: Room 2, Sinclair Avenue Campus

This discussion group explores crime fiction genres from around the world. Participants are invited to take turns to lead discussion during the year and to fill in if a class member is absent. Books for the first discussion will be *The Honjin Murders* by Sieshi Yokomizo and *The Resemblance* by Lauren Nossett.

24LIT010: America through the eyes of its novelists

Tutor: Barbara Fary

Dates: 07/03/2024- 07/11/2024

Monthly 1st Thursday 1:30 - 3:00pm

Location: Room 1, Sinclair Avenue Campus

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

The first four books, chosen largely from the Pulitzer Prize List for Novelists of recent years, will be *Horse* by Geraldine Brooks (2022), *Bewilderment*, by Richard Powers (2022), *Tom Lake* by Ann Patchett (2023) and *The Nickel Boys* by Colson Whitehead (2019).

24LIT011: Australian Biography

Tutor: Norm Fary

Dates: 06/02/2024 - 08/10/2024

Monthly 1st Tuesday 9:45 - 11:15am

Location: North Room, Sinclair Avenue Campus

We will consider a member selection of biographies of Australian writers, artists, scientists, politicians, architects, musicians, industrialists, explorers and others. A list of biographies will be available. The discussions will be led by a class member who will introduce the author and briefly outline the setting for the biography. Class members will source their own books. In the first class on 6 February there will be an introductory discussion about "biography" and a consideration of Kate Grenville's *Restless Dolly Maunder*.

24LIT012: Books on Zoom (Zoom)

Convenor: Derrick Brown

Dates: 14/02/2024 - 27/11/2024

2nd & 4th Wednesday 2.00 - 3.30pm

A book group for those who are hard of hearing and /or those who find it hard to travel.

Using headphones and Zoom is the way to go! We will meet 2nd & 4th Wednesday to discuss a book that we have previously chosen. No subject is off limits and we'll take turns to choose and lead the group discussions. The first book will be *Act of Oblivion* by Robert Harris and Derrick will be first off the rank to lead the discussion. U3A will send out the Zoom link for the year, prior to the first session.

24LIT013: Reading Shakespeare & other classic plays

Convenors: Kate Nelson & Bernadette Reeders

Dates: 07/02/2024 - 27/11/2024

Weekly, Wednesday 10:00am - 12:00noon

Location: Balwyn Library Meeting Room (NCSSH)

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 Chekhov 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 Prerequisites: Copies of the plays we are reading.

24LIT014: Sharing Poetry (Zoom)

Convenors: Angela Wallace & Barbara Boxhall

Dates: 08/02/2024 - 14/11/2024

Weekly, Thursday 1:30 - 3:00pm

Sharing Poetry is an opportunity to develop and communicate the joy of poetry. During our weekly meetings on Zoom we read aloud and discuss poetry from many different times and places. Our choices are eclectic and build on the interests of members of the group who put together sets of poems which are distributed in advance by email. No prior knowledge is expected, just a willingness to contribute both to the selection of poems and to the discussion. This is not a poetry writing group.

24LIT020: Virginia Woolf, Bloomsbury and Beyond

Tutor: Janice Warren

Dates: 18/07/2024 - 19/09/2024

Weekly Thursday 11.30am - 1.00pm

Location: Hall, Sinclair Avenue Campus

This course is mostly biographical as it covers the lives of the original members of the Bloomsbury Group. It aims to show the influences that shaped their lives, achievements and friendship. It will be presented in a pictorial powerpoint form, leaving time for questions and discussion after the presentation.

Mahjong

The following applies to all participants in Mahjong:

- From 4 Dec 2023 to 8 Jan 2024 you can only select ONE course in this category.

24MAH001: Eastern Mahjong

Convenors: Ellen Bowman & Karlene Tomlin

Dates: 07/02/2024 - 27/11/2024

Weekly, Wednesday 9:30 - 11:15am

Location: Lewin Reserve Pavilion

We meet weekly to play Eastern Mahjong. Beginners are warmly welcomed. In 2024 we will continue to explore aspects of Eastern Mahjong including further aspects of play with jokers, Charleston manoeuvres, some aspects of special hands and their scoring. The course booklet (*Mahjong East and West*, compiled for U3A Hawthorn by Ellen Bowman and Barbara Lynch, April 2022 edition, 41 pages) is available from Reception, cost \$5.

24MAH002: Beginners and Ongoing Western Mahjong

Tutor: Sim Birrell

Dates: 09/02/2024 - 29/11/2024

Weekly, Friday 1.30 - 4.00pm

Location: Lewin Reserve Pavilion

An ongoing weekly Western Mahjong group. Beginners are welcome.

24MAH003: Western Mahjong - Monday

Tutor: Barbara Lynch

Dates: 05/02/2024 - 25/11/2024

Weekly, Monday 9:45 - 11:15am

Location: Lewin Reserve Pavilion (NCSSH)

An ongoing weekly Western Mahjong group. Beginners are welcome.

24MAH004: Western Mahjong - Friday

Tutor: Janina Noga

Dates: 16/02/2024 - 29/11/2024

Weekly, Friday 10:00am - 12:00noon

Location: Lewin Reserve Pavilion (NCSSH)

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

Experienced players and beginners are invited to participate. The standard text for this

group is the *Mahjong Players Companion* by Patricia Thompson & Betty Maloney.

Mandarin Chinese

24MAN001: Mandarin for Beginners

Tutor: Henry Shuwin

Dates: 08/02/2024 - 28/11/2024

Weekly, Thursday 11.30am - 1.00pm

Location: Room 1, Sinclair Avenue Campus(NCSSH)

This is a course for beginners. Learn some of the basics of Mandarin and about Chinese history and culture.

23MAN002: Intermediate Mandarin

Tutor: Yi Yang

Dates: 09/02/2024 - 29/11/2024

Weekly, Friday 11:30am - 1:00pm

Location: Room 1, Sinclair Avenue Campus (NCSSH)

This is an intermediate 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.

Textbook: *New Practical Chinese Reader* 3rd Edition.

Marvellous Melbourne Walks

Marvellous Melbourne Walks

Convenor: Norm Fary

This will be the 15th year of this series of walks. The walks are held regardless of the weather, unless there are exceptional circumstances. Come prepared with a hat, water, UV cream, umbrella, and a name tag. For most walks there is a coffee shop nearby. For those who wish to stay on for an inexpensive lunch, a local spot will be found. The U3A Office will endeavour to notify all enrolled if a session needs to be cancelled. If you have booked a place and cannot attend a walk, please notify the U3A Office asap so that your place may be offered to someone else. It is unfair to all to enrol and not attend or not to advise the U3A Office.

The following applies to all participants in Marvellous Melbourne walks:

- *From 4 Dec 2023 to 8 Jan 2024 you can only select THREE walks in this category.*
- *By enrolling in these courses you agree that you have read and accepted the Acknowledgement of Risks requirements as detailed on Page 5.*

24MELB01: Marv Melb Walk 1 - St Kilda Botanical Gardens Tutor: Allan Walker

Thursday 14 March, 9.50am for 10.00am to 12 noon St Kilda Botanical Gardens

Location: Meet at the entrance to the Gardens cnr Herbert & Blessington Streets, St Kilda.

24MELB02: Marvellous Melb Walk 2 - Collins Street East Tutor: Moira Brown

Wednesday 20 March, 9.50am for 10am to 12noon

Location: Meet in front of the Old Treasury Building in Spring Street at Collins Street.

Walking Spring Street to Swanston Street.

24MELB03: Marv Melb Walk 3 - Tara Estate, Camberwell Tutor: Carol Lancashire

Thursday 21 March, 1.20pm for 1.30 to 3pm

Location: Meet at the corner of Victoria Road and Burke Road, Camberwell on the service station corner.

24MELB04: Marvellous Melb Walk 4 - Collins Street West Tutor: Norm Fary

Tuesday 26 March, 9.50am for 10am to 12noon

Location: Meet in the portico of Melbourne Town Hall, Swanston Street. Walking from the Town Hall to Spencer Street.

24MELB05: Marvellous Melb Walk 5 - Riversdale Road Tutor: George Fernando

Thursday 4 April, 9.50am for 10am to 12noon

Location: Meet at the railway crossing gates, Riversdale Road, Camberwell.

24MELB06: Marvellous Melb Walk 6 - Central Park Malvern Tutor: Judy Hamann

Wednesday 17 April, 9.50am for 10am to 12noon

Location Meet on the corner of Burke and Wattleree Roads, East Malvern.

24MELB07: Marv Melb Walk 7 - Melbourne's Lanes & Arcades Tutor: Norm Fary

Thursday 18 April, 9.50am for 10am to 12noon

Location Meet on the north-east corner of Flinders and Russell streets.

24MELB08: Marv Melb Walk 8 - Elster Creek, Elsternwick Tutor: Carol Lancashire

Thursday 9 May, 1.20pm for 1.30 to 3.30pm

Location Meet corner of Bent Avenue and St Kilda Street, Elsternwick.

24MELB09: Marv Melb Walk 9 - Melbourne's Chinatown, City Tutor: Norm Fary

T Wednesday 15 May, 9.50 for 10am to 12noon

Location: Meet at the corner of Swanston and Little Bourke Street.

Saturday Matinees

Saturday Matinee program

Convenor: Ruth Muir

A Saturday afternoon program of music is organised throughout the year and listed under MUSIC. These are usually held on the 4th Saturday of each month. Details will appear on the membership website as they are organised.

Music

24MUS001: Orchestra of U3A Hawthorn

Convenor: Orchestra Committee

Dates: schedule to be circulated at beginning of year

Thursday 10.00am - 12.30pm

Location: St Mark's Church Hall

A full symphony orchestra which usually performs 3 concerts a year. 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. Student pre-requisites: Sight reading capability, some knowledge of orchestral practice, reasonable playing standard.

24MUS002: The Gateway Singers

Choir Director: Julie Lancashire

Dates: 06/02/2024 - 26/11/2024

Weekly, Tuesday 1.00 - 2.30pm

Location: Parkview Room (NCSSH)

The Gateway Singers 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 to ascertain which section they will join and their previous singing experience. Male voices are particularly welcome.

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. The Gateway Singers give two major performances during the year. Those who enrol are asked to commit to participation at the first concert (15 June) and at least a 70% attendance at the weekly rehearsals as it is important in building individual improvement and developing the group's overall musicianship.

24MUS003: Recorder Group

Convenor: Jim Bland

Dates: 07/02/2024 - 27/11/2024

Weekly, Wednesday 11:30am - 1:00pm

Location: Lewin Reserve Pavilion (NCSSH)

Small recorder group, playing music from baroque to modern. Different levels of competence within the group. Instruments range from descant to bass. NB not for beginners. Student Prerequisites: Ability to play recorder and read music.

24MUS004: Acoustic Guitar Group

Tutor: Peter Rogers

Dates: 08/02/2024 - 28/11/2024

Weekly, Thursday 2.00 - 4.00pm

Location: Lewin Reserve Pavilion (NCSSH)

This course gives people with some guitar experience an opportunity to share and build their skills in a relaxed and supportive environment. Classic, soft rock, blues and folk acoustic pieces will be played. Provide your own guitar, music stand, iPad/tablet/printed song sheets. The internet is used for communications and access to the song database. Basic skills with guitar chords and following lyric chord charts.

24MUS005: Theory of Music Grade 1

Tutor: Jenny Hall

Dates: 05/02/2024 - 25/11/2024

Weekly, Monday 10.00 - 11.15am

Location: Hall, Sinclair Avenue Campus (NCSSH)

In the Grade 1 Theory Course we will be learning the basics of reading and writing music in both the Treble and Bass Clefs. We will also cover Pitch and Tonality, Keys and Scales, Intervals, Chords, Time and Rhythm, Transposition and Terminology. Student requirements: HB pencil, eraser and *Master Your Theory Grade 1* by Dulcie Holland (yellow cover).

24MUS006: Theory of Music Grade 2

Tutor: Jenny Hall

Dates: 05/02/2024 - 25/11/2024

Weekly, Monday 11.30am - 12.45pm

Location: Hall, Sinclair Avenue Campus (NCSSH)

In the Grade 2 Theory Course we will be building on skills learnt in the Grade 1 course. This will include learning new Major & Minor scales, Intervals (both quality & number) Transposition, Compound Time, Signs & Terms, Binary & Ternary Form & Accents in Verse.

24MUS010: The Magic of Opera (face-to-face and Zoom)

Tutor: Sam Alfreds

Dates: 01/03/2024 - 22/03/2024

Weekly, Friday 1:30 - 3:30pm

Location: West Room, Sinclair Avenue Campus and on Zoom

"Do you know what, when, where, and by whom the first British opera was composed (and no, it's not Purcell's *Dido and Aeneas*)? Find out as The Magic of Opera 2024 explores British opera from its early days in mid-17C Europe, through 18C (if you search hard you'll find one or two), the 19C (maybe three or four!) until 20C when Benjamin Britten explodes on the opera scene and the British opera flag flies again!

24MUS011: Jazz for Enjoyment

Tutor: Layton Moss

Dates: 9/02/2024 - 29/11/2024

Weekly, Friday 1:30 - 3:00pm

Location: Hall, Sinclair Avenue Campus

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

24MUS015: Late Romantics: Wagner, Bruckner, Mahler, Brahms Tutor: Roger Creed

Dates: 14/02/2024 - 20/03/2024 (6 sessions) Weekly, Wednesday 11:30am - 1:00pm

Location: Hall, Sinclair Avenue Campus

The Late Romantics, Brahms, Bruckner, Mahler and Wagner and others; symphonic and vocal music. With their love of nature, interest in the spiritual world and passion for extreme human emotion this music still speaks powerfully to us today. Plenty of audio/visual examples, historical and biographical background and some theoretical and formal underpinning will be provided.

24MUS016: Late 19th and early 20th century Verismo opera. Puccini & others. Can opera portray real life or is it just a fabulous confection? Tutor: Roger Creed

Dates: 08/05/2024 - 12/06/2024 (6 sessions) Weekly, Wednesday 11:30am - 1:00pm

Location: Hall, Sinclair Avenue Campus

Can opera illuminate real people and their lives or is it just a fabulous confection?

Composers including Puccini turned away from gods and goddesses to focus on the lives of artists, musicians, society ladies and even street-walkers believing they could show how we really live. Audio visual examples, background information and some analytical material will be provided.

24MUS017: Great rock and pop music videos Tutor: John Wallace

Dates: 11/06/2024 - 30/07/2024 (8 sessions) Weekly, Tuesday 1:30 - 3:00pm

Location: Hall, Sinclair Avenue Campus

Following a well-received 2023 season, "Great Rock & Pop Music Videos," our course for all those with a love of the music of our age, will return over eight themed weeks in 2024.

So, if you enjoy listening to great music taken from the years of our youth through to carefully selected more contemporary sounds, AND you enjoy watching quality videos showcasing such music, do come along & share the pleasure with our happy, friendly group of music lovers. By attending, you will revisit old favourite songs and clips, while also experiencing music videos that you might have previously enjoyed but forgotten, and music that you will not be familiar with. But you should go home each week with a spring in your step and a tune in your head!

Participants will again be encouraged to suggest individual favourite music videos and/or to present a selection of videos based around a theme of your choice.

24MUS018: J.S.Bach Great choral works, including the B.minor Mass, both Passions and the oratorios. Tutor: Roger Creed

Dates: 24/07/2024 - 28/08/2024 (6 sessions) Weekly, Wednesday 11:30am - 1:00pm

Location: Hall, Sinclair Avenue Campus.

Many believe J.S.Bach to be the greatest composer ever. Certainly his technical mastery and ability to portray human emotion make him one of the greats. We will examine the Mass in B minor, both the John and Matthew Passions and other large scale vocal works. Audio/visual examples, background information and analytical material will be provided.

24MUS019: Opera in the 18th century; impossible extravagance! Tutor: Roger Creed

Dates: 16/10/2024 - 20/11/2024 (6 sessions) Weekly, Wednesday 11:30am - 1:00pm

Location: Hall, Sinclair Avenue Campus.

Opera in 18th century with a focus on London. Courtesans, Countesses, Castrati, Pimps and Prima Donnas, Lords and Lotharios, back-stage rivalry. We will focus on operatic works by Handel (as fresh today as then!) and music by his competitors. Enter the passion and intrigue of this 'exotic and irrational entertainment' (Burney). Audio/visual examples, background information and analytical material will be provided.

Outdoor activities - Walks

The following applies to all participants in walking groups.

By enrolling in any of these courses you agree that you have read and accepted the Acknowledgement of Risks requirements as detailed on Page 5.

24OUT001: Shorter Walks on 2nd Wednesday

Convenor: Marg Deighton

Dates: 13 March, 10 April, 8 May, 12 June, 10 July, 14 August, 11 Sept, 9 Oct, 13 Nov

Monthly 2nd Wednesday 10:15am at starting point - 2:00pm

Location and Details: see U3A Hawthorn website u3ahawthorn.org.au/walking-groups/

Easy walks of 6-8 km, conducted at a pace suited to our age group. Student pre-requisites: good walking shoes, day-pack, water-bottle and hand sanitiser. Students bring their own packed lunch. You will also be required to sign an Emergency Contacts form on or before your first outdoor activity. The Emergency Contacts form, along with a list of medications is kept in your pack and only viewed in case of serious injury (luckily never needed in the past). Walks are led by different members each month. Please contact the leader a few days before each walk to indicate your intention to join the walk. It is not necessary to contact the leader if unable to attend a walk.

24OUT002: Metro Walks - Short Walks on 3rd Tuesday

Convenor: Lorraine Doyle

Dates: 19 Mar, 16 Apr, 21 May, 18 June, 16 July, 20 Aug, 17 Sept, 15 Oct, 19 November

Monthly 3rd Tuesday 9.50am at starting point - 12:30pm

Location and Details : see U3A Hawthorn website u3ahawthorn.org.au/walking-groups/

Easy walks of 6 - 8km in the Melbourne area. Where possible walks will be close to public transport and will start and finish at the same spot. There will be a morning tea break at a cafe (own cost). Student prerequisites: Good walking shoes, day-pack and water-bottle.

24OUT003: Wednesday Weekly Walk & Talk Convenors: Elisa Lando & Janet Gromer

Dates: 07/02/2024 - 27/11/2024

Weekly, Wednesday 9.30am - 12:00noon

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.

24OUT004: Moderate Walking Group (10-14km)

Convenors: Franz & Inge Hanke

Dates: 21 Mar, 18 April, 23 May, 27 June, 25 July, 22 Aug, 26 Sept, 24 Oct, 28 Nov

Monthly 4th Thursday 10:30am - 3pm (note 3rd Thurs in March and April)

Location and Details: see U3A Hawthorn website: u3ahawthorn.org.au/walking-groups/

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 unpaved pathways outside the Metropolitan area. There will be a preliminary meeting on Thursday 29 February, 10.15am, Robinson Road Pavilion. All those enrolled are asked to attend.

Outdoor activities - Cycling

The following applies to all participants of cycling groups. Members must:

- *Agree that by enrolling in these courses, you agree that you have read and accepted the Acknowledgement of Risks requirements as detailed on each cycling course description on the membership website.*
- *Have good cycling skills - there are no beginner groups*
- *Be prepared to ride as a group*
- *Be experienced to cope with occasionally crowded cycle tracks*
- *Be prepared for and able to negotiate road traffic (although we try to minimise this)*
- *It is recommended that you join Bicycle Victoria to avail yourself of their insurance coverage.*

Note that these courses are not an occasional recreational ride facility. Numbers are limited and members who do not participate on a regular basis may be unenrolled in accordance with U3A's conditions for ongoing course participation and to make room for new applicants.

24OUT010: Munari Riders - Cycling

Convenors: Vin Lucas

Dates: 9/02/2024 - all year

Weekly, Friday 9:00am - 2:00pm

Starting location: Sinclair Avenue Campus unless otherwise notified.

- Rides usually 45-60km, mainly on Melbourne bike paths. Rides generally end by 2pm.
- Rides include a mid-morning coffee and lunch at the discretion of the lead rider.
- Metro Trains may be used from time to time to expand ride options and provide flexibility to riders.
- Weekend riding trips out of Melbourne during the year may be included depending on group interest.
- We value the safety of each rider and that of others using bike paths and our roads.
- A mix of male/female riders is encouraged as is the preparedness for riders to lead 2 rides each year.

24OUT011: Moderate Cycling - Friday

Convenor: Michael Read

Dates: 9/02/2024 - all year

Weekly, Friday 9:30am - 1.30pm

Location: Usually depart from Sinclair Avenue Campus

This activity is to provide group riding for social enjoyment and moderate exercise. It is intended for riders of conventional-type bikes (not e-bikes, recumbent or folding).

Rides will generally start from the Sinclair Ave campus (on rare occasions, from elsewhere). Rides include a coffee break and, on occasion, lunch. Routes will generally

use sealed bike paths (occasionally gravel paths) and may include some local streets. We seek to avoid arterial roads. Riders may be encouraged, when more experienced with routes, to lead an occasional ride. As a guide, riders should have good riding skills, be comfortable riding continuously at a speed of 18-20 km/hr on flat, sealed pathways and be able to climb moderate hills. Riders should be able to deal with crowded bike/pedestrian paths and negotiate road traffic. The intention is to ride as a group.

24OUT012: Friday Cafe Cyclers

Convenor: Kathy Manderson

Dates: 9/02/2024 - all year

Weekly, Friday 8.45am - 3.00pm

Location: Usually depart from Sinclair Avenue Campus

This group will undertake rides that are easier than the Munari rides and longer than the Moderate Cycling - Friday rides. The weekly rides will be around 50 kms, predominately on Melbourne bike paths and at an average speed of 16km/ph. Rides will usually start from the car park in Sinclair Avenue U3A at 9.15am, stopping for coffee and later for lunch.

24OUT013: Wednesday Cycling Group

Convenor: Vin Lucas & Peter Slane

Dates: 07/02/2024 - 27/11/2024

Weekly, Wednesday 9:00am - 12:30pm

Location: Usually depart from Sinclair Avenue Campus

- There may be rides where we use public transport to broaden our experience and ride options. We may organise a weekend ride/ trip out of Melbourne during the year depending on group interest.
- We value the safety of each rider and that of others using bike paths and our roads.
- A mix of male/female riders is encouraged as is the preparedness for riders to lead 2 rides each year.

24OUT014: eBike Group - Thursday

Convenor: David Brown

Dates: 08/02/2024 - all year

2nd & 4th Thursday 9:30am - 1:00pm

These rides are usually around 65 kms, predominately on Melbourne bike paths. Rides usually start from the car park in Sinclair Avenue U3A at 9.30am, stopping for coffee. This group rides all year.

24OUT015: Tuesday Cycling Group

Convenor: Carol Lancashire

Dates: 06/02/2024 - all year

Weekly, Tuesday 9:30am - 1:30pm

Location: Usually depart from Sinclair Avenue Campus

- This group rides weekly all year, 30-50 km mainly on bike paths.
- Two overnight country rides are arranged each year.
- This group is not suitable for recumbent bikes and new applicants with ebikes will not be accepted.

Outdoor activities - Other

24OUT020: On a Roll - Lawn Bowls for Beginners

Tutor: Auburn Bowls Club

Dates: 07/03/2024 - 11/04/2024 (6 sessions)

Weekly Thursday 10.00 - 11.30am

Location: Auburn Bowls Club, 2B Munro St, Hawthorn East,

Experienced players at Auburn Bowls Club will tutor a 6 week beginners' course in lawn bowls 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 in cash directly by each person to the club at the first session i.e. total \$30.

24OUT023: Gardening Group

Convenor: Judy McPherson

Dates: 12/02/2024 - 11/11/2024

Monthly 2nd Monday 9:30 - 11:30am

Location: Sinclair Avenue Campus

The gardening group meets monthly (2nd Mondays) from 9.30-11.00 am to help maintain the pleasant garden environment around the Sinclair Avenue Campus. The garden team works on tasks such as new planting, pruning shrubs and roses, tidying the garden and tending the raised herb planter. The Council is responsible for mowing all lawn areas.

Philosophy

24PHI001: Philosophy Unlimited

Convenors: Daryl Wayland, David Sheppard & Phil Rosengarten

Dates: 9/02/2024 - 29/11/2024

Weekly, Friday 9:45 - 11:15am

Location: Hall, Sinclair Avenue Campus

An interactive examination of philosophers both old and new – their ideas and relevance to the modern world.

24PHI002: Philosophy Discussion Group

Convenor: Anne McQueen-Thomson

Dates: 06/02/2024 - 19/11/2024

1st & 3rd Tuesday 1.30 - 3.00pm

Location: South Room, Sinclair Avenue Campus

We will read about and discuss philosophies and philosophers that are of interest to the members. Everyone is encouraged to bring texts that engage them so they can be copied for the group to discuss. Members will need to read a small amount of material before each class; it will be sent to you.

24PHI010: From Mythology to Philosophy – A journey over the plush landscape of the ancient Greek mind. Term 1

Tutor: George Theodoridis

Dates: 09/02/2024 - 22/03/2024

Weekly, Friday 11.30am - 1.00pm

Location: Room 2, Sinclair Avenue Campus

Term 1: The Beginning

Session 1: The Cosmos is born.

Session 2: The Great Cosmic War.

Session 3: Hera: The mother of the ugliest ever baby.

Session 4: The making of Man.

Session 5: The making of Woman.

Session 6: The Goddess of beauty.

Session 7: Man's place in the Cosmos is made.

24PHI011: From Mythology to Philosophy - Term 2

Tutor: George Theodoridis

Dates: 03/05/2024 - 28/06/2024

Weekly, Friday 11.30am - 1.00pm

Location: Room 2, Sinclair Avenue Campus

Term 2: The First heroes.

Session 1: The Minotaur, The Labyrinth, Daedalus, Ikarus and Theseus.

Session 2: Perseus, Medusa, Andromeda and the horse that could fly.

Session 3: Jason, the Argonauts, the Golden Fleece and Medea.

Session 4: Aphrodite, her son, Eros, Psyche and a whole lot of bacon.

Session 5: What is Narcissism really?

Session 6: Tantalus and Sisyphus.

Session 7. Bellerophon.

Session 8: The earliest examples of fatal love: Orpheus and Eurydice; Hero and Leander.

Session 9: The Wonders of the Underworld.

24PHI012: From Mythology to Philosophy - Term 3

Tutor: George Theodoridis

Dates: 19/07/2024 - 20/09/2024

Weekly, Friday 11.30am - 1.00pm

Location: Room 2, Sinclair Avenue Campus

Term 3 - The First Stage - Readings from Homer. Details on the Membership website

24PHI013: From Mythology to Philosophy - Term 4

Tutor: George Theodoridis

Dates: 11/10/2024 - 22/11/2024

Weekly, Friday 11.30am - 1.00pm

Location: Room 2, Sinclair Avenue Campus

Term 4 - Philosophy the cradle of virtue (arete). Details on the Membership website.

Derek Readman Lectures

The Derek Readman Lectures cover a wide range of topics and subjects delivered by experts in their field. Normally there will be 3-4 lectures per year. The lectures are open to all members, subject to hall capacity, and conclude with refreshments. The series is named after Derek Readman, who made a great contribution to U3A Hawthorn over many years, and was instrumental in sourcing speakers for many U3A Hawthorn events and lecture series.

Convenor: Judy Hamann

24READ01: Sam Lipski AO: "The Changing Media"

Single session: Thursday 18 April 2024, 2pm, Hall, Sinclair Avenue Campus

24READ02: Associate Professor Pedro Machado: "Sport, Race and Politics: France and Algerian Decolonization".

Single session: Thursday 20 June 2024, 2pm, Hall, Sinclair Avenue Campus

Details on the membership website.

24READ03: 3. Professor Samantha Richardson: "Artificial Intelligence and Machine Learning: the good, the bad and the ugly"

Single session, Thursday 31 October 2024, 2pm, Hall, Sinclair Avenue Campus

Science

24SCI001: Why is it so?

Dates: 08/02/2024 - 28/11/2024

Location: Hall, Sinclair Avenue Campus

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.

Tutors: Norm Ellis & Brian Amey

Weekly, Thursday 9:45 - 11:15am

23SCI002: Everyday Science

Dates: 01/03/2024 - 01/11/2024

Location: Hall, Sinclair Avenue Campus

This course encompasses a wide range of scientific ideas, issues, and generally amazing things. Each month, a topic of particular interest will be presented, along with other little scientific gems that are perhaps connected to current news items, have been suggested by class members or which just happened to appeal to the tutor. No prior knowledge of science is required.

Tutor: Linda Baynam

Monthly, 1st Friday 11.30am - 1.00pm

Spanish

24SPA001: Spanish for Beginners

Dates: 07/02/2024 - 27/11/2024

Location: Room 2, Sinclair Avenue Campus

The Spanish for Beginners class is for those with no previous Spanish language knowledge. This class is designed for people who would like to have some Spanish language knowledge before their overseas trip. A simple Spanish dictionary is recommended, but not essential, as printouts will be provided. Liliana is from Buenos Aires, Argentina. She is passionate about teaching Spanish language and culture.

Tutor: Liliana Casley

Weekly, Wednesday 11.30am - 1.00pm

24SPA002: Continuing Spanish (Zoom)

Dates: 05/02/2024 - 25/11/2024 (NCSSH)

We have chosen a basic Spanish book to follow in class: *Easy Spanish, Step by Step*, by Barbara Bregstein, McGraw-Hill. Besides the teachings of this book, the students will be able to construct basic simple phrases, mainly using verbs in the infinitive form and in conjugations in present tense. The phrases will enable the students to acquire and use on a daily basis some Spanish vocabulary. The students will also get acquainted with some cultural information from Spain and South America: music, literature, general commentaries, etc. This course is for people with very basic knowledge of Spanish.

Tutor Carlos Serrano

Weekly, Monday 11:30am - 1:00pm

24SPA003: Advanced Spanish Conversation

Dates: 05/02/2024 - 25/11/2024

Location: Room 1, Sinclair Avenue Campus

Convenors: Rosella Flavell & Laurie David

Weekly, Monday 9:45 - 11:15am

This is a self-managed class. Students are 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 Prerequisites: knowledge of Spanish at conversational level.

Travel

Armchair Travel Series

Convenors: Geoff & Judy McPherson

The Armchair Travel Series is held at 2pm in the Hall at Sinclair Avenue Campus on the 4th Thursday of each month. Further details about each presentation can be found on the Membership website.

24TRA001: The Lure of Lisbon

Presenter: Terry Hastings

Single session, Thursday 22 February, 2pm, Hall, Sinclair Avenue Campus

24TRA002: Andalucia

Presenter: Frank Devlin

Single session, Thursday 28 March, 2pm, Hall, Sinclair Avenue Campus

Summer School

The Summer School program operates from Monday 8 January to Friday 19 January. Copies of the program can be collected from Reception or viewed on the Membership system. Enrolment in Summer School is done online on the Membership system under the category XSUMMER.

Thursday Afternoon Speaker Series 2pm, Hall

Please enrol in these sessions individually

- 8 February 24HEA010 *What injections do you need for travelling overseas & why?*
Presenter: Dr Sonny Lau, Medical Director
- 15 February 24HUM021 *To be advised*
- 22 February 24TRA001 *Armchair Travel: The Lure of Lisbon*
Presenter: Terry Hastings
- 29 February 24HUM022 *Drug Addiction--- Who, Why, and What can We Do?*
Presenter: John Sherman
- 7 March 24ARTS50 *Celebrate International Women's Day*
Presenter: Mary Crooks AO, Victorian Women's Trust
- 14 March 24HEA011 *Save your brain*
Presenter: Associate Professor Yen Ying Lim,
Turner Institute, Monash University
- 21 March 24HUM023 *The Etruscans: their origins and influence*
Presenter: Saul Bastomsky
- 28 March 24TRA002 *Armchair Travel: Andalucia*
Presenter: Frank Devlin
- 11 April 24HEA012 *Chinese Herbal Medicine and Acupuncture*
Presenter: Dr. Eliza Chan (TCM)
- 18 April 24READ01 *Derek Readman Lecture*
Presenter: Sam Lipski AO

*Additional sessions will be added during the year and advertised in the
Curriculum Updates in the Newsletters*

Published November 2023

*Additional courses, presentations and activities will be advertised in Gateways
and Newsletters during 2024. This booklet is not republished during the year.*