



## FULL YEAR COURSES 2023

UPDATED for Term 3

Overall co-ordinators – Lois Heycox and Jenny Cash

### 2023 term dates:

- Term 1 Monday February 6 – Friday March 31
- Term 2 Wednesday April 26 – Friday June 16
- Term 3 Monday July 17 – Friday September 8
- Term 4 Monday October 2 – Friday December 1

Our prime concern is the wellbeing of all members.

We anticipate that most members and tutors will be keen to return to face-to-face sessions as soon as possible and that others will wish to continue accessing the program on zoom.

This program has been developed to provide opportunities both for face-to-face sessions and for sessions delivered through zoom.

It may be that, during Term 3, circumstances will change.

Sometimes classes will need to move at short notice.

**Please continue to check your emails regularly!**

see ***TERM 3 2023 PROGRAM GUIDE***

for another 80+ exciting presentations!

Enrolments for ALL Courses must be done online.

For most FY courses, enrolments continue for the whole year, providing you attend regularly!

We thank our supporters:



Deepdene



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## THE INDEX OF 2023 FULL YEAR COURSES – YOU WILL NEED TO CHECK DETAILS OF ALL COURSES

<b>LITERATURE &amp; FILM GROUPS</b>					
<i>Literature groups will be conducted at the listed venues.</i>					
<i>Overall Coordinator of Literature Groups – Kay Withell</i>					
Mondays	1:30 – 3:00	F 01	Readers Rendezvous	Patricia Lele	1 <sup>st</sup> Monday of month – Zoom
Mondays	1:30 – 3:00	F 02	Alston Readers	Jan Beards	4 <sup>th</sup> Monday of month – Deepdene
Tuesdays	1:30 – 3:00	F 03	Book Lovers Club	Anna Harley	2 <sup>nd</sup> Tuesday of month – Stradbroke P
Tuesdays	1:30 – 3:00	F 04	“Whodunits”	Roz Berman	3 <sup>rd</sup> Tuesday of month – Stradbroke P
Thursdays	12:00 – 1:30	F 05	Reading Great Literature	Christine Watters	EVERY Week – Deepdene
Thursdays	2:00 – 3:30	F 06	Crime Fiction	Robert Lyons	1 <sup>st</sup> Thursday of month – Balwyn Park
Thursdays	2:00 – 3:30	F 07	Men’s Book Group	John Kidman	August 24 – Balwyn Park Centre
Thursdays	2:00 – 3:30	F 08	Biography Book Group	Susie White	August 31– Zoom
Mondays	TBA	F 09	Film Group	Kathy Wilton, Jan Tuckwell	3 <sup>rd</sup> Monday of each month – TBA

<b>MUSIC COURSES</b>					
<i>Overall Coordinator of Music Groups – TBA</i>					
Wednesdays	10:00 – 11:30	F 10	Beginner Recorder	Yvonne Clarke	Weekly at Stradbroke Park Pavilion
Wednesdays	2:00 – 3:30	F 11	Elementary Alto Recorder	Jacqui Harrison	Weekly – Zoom
Wednesdays	4:00 – 5:00	F 12	Recorder Intermediate/Advanced playing	Jacqui Harrison	Weekly – Zoom
Fridays	9:00 – 10:30	F 13	Recorder Ensemble – Beginner Ensemble	Yvonne Clarke	Weekly – Deepdene
Fridays	9:15 – 10:45	F 14	Recorder Ensemble – Intermediate Ensemble	Jacqui Harrison	Weekly – Horrie Watson &/or Zoom
Fridays	11:00 – 12:30	F 15	Recorder Ensemble – Advanced Ensemble	Viv Spencer, Pam Jagger	Weekly – Horrie Watson
Fridays	11:30 – 3:00	F 16	Violin	Margaret Wu	Weekly – Deepdene

<b>PRACTICAL ART COURSES</b>					
Mondays	10:00 – 12:00	F 17	Exploring Watercolour @ Deepdene	Merrill Corney	First five Mondays of each term AH2
Mondays	1:00 – 3:00	F 18	Let’s get together and paint	Anne Smith (coord)	First five Mondays of each term BPC
Tuesdays	10:30 – 12:00	F 19	Introduction to Drawing@ Balwyn Park Cent	Christine Leuner	<b>NOT in Term 3</b>
Wednesdays	1:30 – 3:00	F 21	En Plein Air	Helena Dunn	4 <sup>th</sup> Wednesday of the month - TBC
Thursdays	10:30 – 12:00	F 22	Drawing using pencil, charcoal and pastel	Jann Fullerton	First six Thursdays of each term AH2
Fridays	9:30 – 11:00	F 23	Painting and Drawing @ Balwyn Park Centre	Gary Faul	Weekly - BPC Garden Room
Thursdays	1:45 – 3:15	F 24	Quilting @ Balwyn Park Centre	Jean Dunn	Weekly - BPC Garden Room
Mondays	11:00	F 25	Photography Group	Karin Watts	Outdoor venues (alternate weeks)
Thursdays	9:30 – 11:30				Weekly – Zoom

<b>HISTORY &amp; TRAVEL</b>					
Mondays	10:00 – 12:00	F 26	Military History	Richard O’Brien & others	Weekly – Zoom / Balwyn Park Centre
Tuesdays	10:00 – 12:00	F 27	Historic Walks	Beth Perrigo & others	July 18, August 1, 15, September 5
Fridays	11:30 – 1:00	F 28	Travel (various)	Pam O’Brien & others	Weekly – Zoom PLUS Balwyn Park C

<b>EXTENDING YOUR THINKING</b>					
<i>Overall Coordinator of Thinking Groups – Ilza Dulmanis</i>					
Mondays	9:45 – 12:00	F 29	Duplicate Bridge	Kay & Peter Bailey	Weekly – Balwyn Park Centre
Mondays	10:00 – 11:15	F 30	Mantra Meditation – continuing	Alain Romary	Weekly – Zoom
Mondays	9:45 – 10:45	F 31	Issues and Current Affairs – Mondays	Ilza Dulmanis & others	Weekly – Zoom
Mondays	11:00 – 12:00	F 32	Issues and Current Affairs – Mondays	Tony Foran & others	Weekly – Balwyn Park Centre
Tuesdays	1:00 – 3:00	F 33	Scrabble	Anne Smith	Weekly – Balwyn Park Centre
Wednesdays	1:30 – 3:00	F 34	Trivia	Val Little	August 2, September 6 – Balwyn PC
Thursdays	10:00 – 11:30	F 35	Politics and Current Affairs – Thursdays	Rhonda McCaw & others	Weekly – Zoom
Thursdays	10:30 – 12:15	F 36	Judaism: Studying the Hebrew Bible	Dina Burgess	Weekly – Zoom
Fridays	9:15 – 10:45	F 37	The <b>New Scientist</b> discussion group	<b>Richard Reed</b>	July 28, August 11, 25, September 8 – Balwyn Park Centre
Fridays	9:30 – 11:00	F 38	Cryptic Crosswords (Continuing)	Graham O’Rourke	Weekly – Zoom
Fridays	11:30 – 1:00	F 39	Social Philosophy	Dawn Heffernan	Weekly – Balwyn Park Centre
Fridays	1:00 – 3:00	F 40	Mahjong	Caryl Hogg	Weekly – Stradbroke Park Pavilion

## INDEX OF 2023 FULL YEAR COURSES (CONTINUED)

WINE					
Mondays	7:30 – 9:00	F 41	Wine Appreciation - evening	Sally & David Laycock	3 <sup>rd</sup> Monday of month – TBA
LANGUAGE COURSES					
<i>Overall Coordinator of French classes – Denise Bray</i>					
Wednesdays	9:15 – 10:15	F 42	Very Beginners French	Tom Padula	Weekly – Balwyn Park Centre
Mondays	1:30 – 3:00	F 43	Elementary French	Evelyn Masterson <b>for Term 3</b>	Weekly – Balwyn Park Centre
Mondays	9:30 – 11:00	F 44	Lower Intermediate French	Ellaine Downie	Weekly – Stradbroke Park Pavilion
Fridays	9:45 – 11:15	F 45	Intermediate French A	Ian Adams	Weekly – Balwyn Park Centre1
Thursdays	2:00 – 3:30	F 46	Intermediate French B	Ian Adams	Weekly – Stradbroke Park Pavilion
Thursdays	2:00 – 3:30	F 47	Intermediate French C	Denise Bray	Weekly – Deepdene
Thursdays	12:00 – 1:30	F 48	Intermediate French D	Jenny Ryan	Weekly – Stradbroke Park Pavilion
Fridays	1:30 – 3:00	F 49	Intermediate French E	Sandra Masel	Weekly – Balwyn Park Centre
Wednesdays	1:30 – 3:00	F 50	Upper Intermediate French A	Denise Bray	Weekly – Deepdene
Mondays	1:30 – 3:00	F 51	Upper Intermediate French B	Denise Bray	Weekly – Horrie Watson
Thursdays	10:00 – 11:30	F 52	Advanced French	Michel Beuchat	Weekly – Stradbroke Park Pavilion
Fridays	3:00 – 4:30	F 53	French conversation at a local café	Linda Marshman	Weekly – Local Café
<i>Overall coordinator of German classes – Dell Macneil</i>					
Tuesdays	1:00 – 3:00	F 54	German – Pre-Intermediate	Dell Macneil	Weekly – Balwyn Park Centre
<i>Overall coordinator of Italian classes – Lois Heycox</i>					
Tuesdays	8:45 – 10:15	F 55 B	Very basic Italian <b>NEW</b>	Fred Rich	Weekly – Horrie Watson Pavilion
Wednesdays	10:30 – 11:30	F 55	Very beginners Italian	Tom Padula	Weekly – Balwyn Park Centre
Tuesdays	10:30 – 12:00	F 56	Italian 2 – Continuing Italian	Helena Dunn	Weekly – Horrie Watson Pavilion
<i>Overall coordinator of Spanish classes – Anne Morrison</i>					
Wednesdays	10:00 – 11:30	F 57	Spanish – Beginning	Elvira Cifaratti	Weekly – Balwyn Park Centre
Fridays	1:30 – 3:00	F 58	Spanish Lower Intermediate	Aurora Chighine	Weekly – Zoom
Mondays	10:30 – 12:00	F 59	Spanish 6	Anne Morrison	Weekly – Deepdene
WALKING GROUPS					
<i>Overall Coordinator of Walking Groups – Wendy Stewart</i>					
Mondays	9:00 – 10:00	F 60	Hearty Walkers – Monday Group	Wendy Stewart	Weekly – Victoria Park, Kew
Mondays	9:00 – 10:00	F 61	Energetic Walkers – Monday Group	Louise James	Weekly – Stradbroke Park Pavilion
Mondays	9:00 – 10:00	F 62	Sprightly Walkers – Monday Group	Michelle Trevorrow	Weekly – Boroondara Park Canterbury
Tuesdays	9:30 – 1:30	F 63	Ramblers	Beryl & Richard Hume	July 25, August 22 (4 <sup>th</sup> in month)
Wednesdays	9:00 – 10:00	F 64	Hearty Walkers - Wednesday Group	Wendy Stewart	Weekly – Stradbroke Park Pavilion
Wednesdays	9:00 – 10:00	F 65	Energetic Walkers - Wednesday Group	Pam McDill	Weekly – White Avenue, Kew
Thursdays	10:00 – 10:40	F 66	Easy Strolling Slow Walkers <b>NOT in Term 3</b>	Anne Gordon	Weekly – <b>NOT in Term 3</b>
Thursdays	9:00 – 10:00	F 67	Brisk Walkers – Thursday	Beryl & Richard Hume	Weekly - Deepdene Park Playground
Fridays	9:00 – 10:00	F 68	Energetic Walkers – Friday Group	Michelle Trevorrow	Weekly – White Avenue, Kew.
PHYSICAL EXERCISE COURSES					
<i>Overall Coordinator of Exercise Courses – TBA</i>					
Mondays	10:00 – 11:30	F 69	Tai Chi – Wu Style	Steven Huynh, Jade Huynh	Weekly – Deepdene Main Hall
Mondays	11:30 – 1:00	F 70	Tai Chi – Sun 31, Fan 18 & Wu Style	Suzie Wong	Weekly – Main Hall
Mondays	2:00 – 3:00	F 71	Yoga	Mahes Karuppiyah-Quillen	Weekly – Zoom
Tuesdays	10:00 – 11:15	F 72	Chinese 8 Brocades (exercise for stretch etc)	Steven Huynh, Jade Huynh	Weekly – Deepdene – Main Hall
Tuesdays	1:15 – 2:15	F 73	Chiball	Bhavna Patel & Joan Cooper	Weekly – Zoom
Wednesdays	9:15 – 10:15	F 74	Tai Chi – Yang 24, Sun 32 & Fan 18	Eddie Chew	Weekly – Deepdene – Main Hall
Wednesdays	10:30 - 11:30	F 75	MORNING Line Dancing	Suzie Wong	Weekly – Main Hall
Wednesdays	11:45 – 12:45	F 76	AFTERNOON Line Dancing	Suzie Wong	Weekly – Main Hall
Fridays	9:30 – 10:30	F 77	Yoga – Continuing A	Bhavna Patel & Jan Beards	Weekly – Zoom
		F 78	Yoga – Continuing B		
TENNIS, TABLE TENNIS					
<i>All with appropriate protocols</i>					
Thursdays	1:30 – 3:00	F 79	Social Tennis	Helen Boer, Julie Hotton	Weekly – Greythorn Park Tennis Club
Fridays	12:00 – 1:30	F 80	Table Tennis <b>MP</b>	Marg Pont	Weekly – Deepdene – Main Hall
Fridays	1:45 – 3:15	F 81	Table Tennis <b>KG</b>	Karyn Golumbeck	Weekly – Deepdene – Main Hall
PAID FOR PHYSICAL EXERCISE COURSES					
<i>SEE pages 4 &amp; 5</i>					

	Time		<b>PAID FOR EXERCISE COURSES – TERM 2, 2023</b>		The charge for each course will be \$52 - \$60 and this must be paid with your enrolment. Classes will have 7 or 8 sessions in Term 3 2023.
			Coordinator of PFECs – Jenny Cash		
<b>Day</b>	<b>Time</b>	<b>#</b>	<b>Title</b>	<b>Tutor</b>	
Mondays	8:45 – 9:45	F 82	Active Movers	Ed Wakeham	Weekly – Deepdene Main Hall
Mondays	1:30 – 2:30	F 83	Men’s Exercise Classes	Jon North	Weekly – Stradbroke Park Pavilion
Tuesdays	2:45 – 3:45	F 84	Classical Ballet	Kalman Warhaft	Weekly – Deepdene Main Hall
Thursdays	10:45 – 11:45				Weekly – Deepdene Main Hall
Thursdays	9:30 – 10:30				Weekly – Deepdene Main Hall
Thursdays	12:30 – 1:30	F 87	Strength & Balance for Independence (SBIN)	Sue Winkler	Weekly – Deepdene Main all
Thursdays	1:45 – 2:45	F 88	Balance & Strength 2	Sue Winkler	Weekly – Deepdene Main Hall

## PAID FOR EXERCISE COURSES – TERM 2 2023

Co-ordinator – Jenny Cash

**Paid for Exercise Classes are presented by trained professional instructors under contract to U3A Deepdene. The charge made to members covers the cost of employing these trainers and purchasing and maintaining equipment. All our trainers are experienced and have a particular affinity with, and competence in, assisting older people achieve appropriate levels of fitness. Classes run weekly during term time. Classes do not run on public holidays and where possible a replacement class will be offered on the same day of the week during the following vacation.**

**For these exercise programs where payment is required, members must re-enrol each term.**

Enrolments are accepted on line, in order of receipt, with payment online by credit card or at the office with EFTPOS

### **F 82 Active Movers**

*Ed Wakeham, The Y*

Begin your week in the healthiest way possible! This is a strength-enhancing class at intermediate level. It will include a combination of cardio exercises such as simple aerobics, gentle jogging, sideway skipping, and activities using therabands, balls and weights. The aim is to improve balance, core strength and flexibility. In the second half of the session participants will exercise on their own mat using body weight and equipment to increase resistance.

Group size restricted to 18

Cost for tuition: \$52 per term, paid in advance

Mondays 8:45 am – 9:45am Weekly

*Main Hall, Deepdene Uniting Church*

### **F 83 Balance and Strength for Men**

*Jon North, The Y*

This is a balance and strength exercise program for older men. Balance is addressed through exercises with a greater range of equipment than is available in the Main Hall at Deepdene Uniting Church. Strength is enhanced using weights. Participants can approach activities from various entry levels under the guidance of the trainer. All activities contribute to developing core strength and becoming more flexible. Provision for light cardio is also made.

Group size restricted to 18

Cost for tuition: \$60 per term, paid in advance

Mondays 1:30 am – 2:30 pm Weekly

*Stradbroke Park Pavilion*

### **F 84 Classical Ballet**

*Kalman Warhaft, Principal Melbourne Institute of Dancing*

This class is designed for older people, both those who have never danced before and those who danced when they were younger. Reawaken memories and relive the joy of once again moving gracefully to glorious classical music.

Group size restricted to 25

Cost for tuition: \$52 per term, paid in advance

Tuesdays 2:45 – 3:45 pm weekly

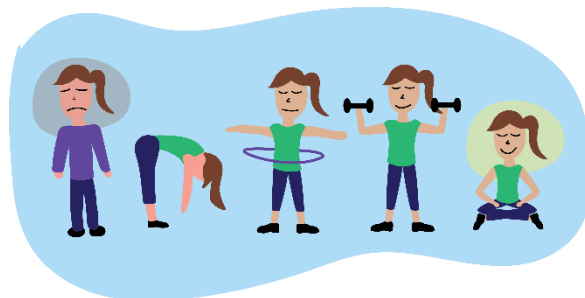
*Main Hall, Deepdene Uniting Church*

### **F 85 Zumba Gold**

### **F 86 Zumba Gold – Continuing**

We are unable to include any Zumba Gold classes at the moment. We will contact members if we are able to fill these times/spaces.

*Main Hall, Deepdene Uniting Church*



**F 87 Strength and Balance for Independence (SBIN)**

*Sue Winkler, The Y*

This class aims to assist participants gain and maintain the core strength, balance and flexibility required to live independently, confidently and safely. With Sue's expert training and encouragement, and your commitment, you can expect to make significant improvement! This class is for you if you notice it is getting harder to get out of a chair or you would rather not have to get up from the floor. Join this class and have fun optimistically proving it does not have to be downhill for Seniors.

Group size restricted to 18

Cost for tuition: \$52 per term, paid in advance

Thursdays 12:30 – 1:30 pm weekly.

*Main Hall, Deepdene Uniting Church*

**F 88 Balance and Strength 2**

*Sue Winkler The Y*

This is a balance and strength exercise program for older adults. This class is at a more advanced level and requires greater entry level agility, strength, and balance.

Group size restricted to 18

Cost for tuition: \$52 per term, paid in advance

Thursdays 1:45 – 2:45 pm Weekly

*Main Hall, Deepdene Uniting Church*



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Website: [www.u3adeepdene.org.au](http://www.u3adeepdene.org.au)

We are really fortunate to have such a wonderful team of tutors and leaders, willing to give their time and expertise to tutor in the **Full Year Courses** part of our program.

Please make sure you assist with setting-up, packing up and cleaning when and where necessary.

Members are reminded that progress in acquiring skills requires regular attendance.

As a courtesy, please apologise ahead if you know you will miss a class.

## LITERATURE & FILM

Co-ordinator: Kay Withell

**In Term 2, we anticipate that the Literature groups will be conducted at the venues as noted. If an alteration is required, an email will be sent to those enrolled.**

**F 01 Reader's Rendezvous**

Leader: *Patricia Lele*

Rather than discuss a set book, this group of enthusiastic readers reflects upon books that explore a particular theme. Each participant contributes to the discussion with their individual reading around the theme. There is always a range of fiction and non-fiction books, a variety of perspectives on the theme - and plenty of discussion.

Mondays 1:30 – 3:00

1<sup>st</sup> Monday in the month

*Zoom*

**F 02 Alston Readers**

Leader: *Jan Beards*

This is a friendly group who meet to discuss books written by a variety of authors in diverse times and settings, as suggested by group members.

Books can be newly released, winners of awards, or old favourites which on 'revisiting' and, with the benefit of hindsight and discussion, a different perspective is gained.

Each member has the opportunity to lead the discussion of the book which they have suggested for that month.

Books chosen are available from local libraries and members enjoy reading authors already known to them as well as those they may not have previously read.

Mondays 1:30 – 3:00

4<sup>th</sup> Monday in the month

*Alston Halls, Deepdene Uniting Church*

### **F 03 Book Lovers' Club**

Leader: Anna Harley

This monthly group is for those who love reading and discussing books, whether fiction or non-fiction, but don't want to read a prescribed text each month. Instead members bring along a book they've enjoyed to share. Some members may wish to exchange their choice for another book, but this is optional. A great opportunity to broaden your reading interests.

Tuesdays 1:30 – 3:00

2<sup>nd</sup> Tuesday in the month

*Stradbroke Park Pavilion*

### **F 04 'Whodunits'**

Leader: Roz Berman

Join with others who share your passion for crime fiction. We will be reading widely across the subgenres, including detective fiction, legal thriller, courtroom drama and spy novel. Members take it in turn to present a book of their choice.

Tuesdays 1:30 – 3:00

3<sup>rd</sup> Tuesday in the month

*Stradbroke Park Pavilion*

### **F 05 Reading Great Literature**

Leader: Christine Watters

In class we discuss works of great literature from the past 3,000 years. In Term 3 we will continue reading *The Gulag Archipelago* by Aleksandr Solzhenitsyn

Thursdays 12:00 – 1:30 Weekly

*Alston Halls, Deepdene Uniting Church*

### **F 06 Crime Fiction**

Leader: Robert Lyons

The group plans to read and discuss a broad range of crime fiction written by authors with specialist interests, including archaeology, art or a particular setting.

Thursdays 2:00 – 3:30

1<sup>st</sup> Thursday in the month

*Balwyn Park Centre*

### **F 07 Men's Book Group**

Leader: John Kidman

Join this friendly group of male readers who meet once a term to choose their own books, then discuss them in a relaxed atmosphere. Participants take turns to lead the group. Any book is a possibility for inclusion and thus a great opportunity to broaden your reading interests.

Our Term 3 book, kindly selected by Mike Bond, is "The Splendid and the Vile – A Saga of Churchill, Family and Defiance During the Blitz" by Erik Larson.

It is a story of political brinkmanship, but it's also an intimate domestic drama, set against the backdrop of Churchill's prime-ministerial country home, Chequers; his wartime retreat, Ditchley, where he and his entourage would go when the moon was brightest and the bombing threat was highest; and of course 10 Downing Street in London.

Term 3 date August 24

*Balwyn Park Centre*

### **F 08 Biography Book Group**

Leader: Susie White

I promised no more political biographies in 2023, but I am sorely tempted! However, in keeping with my promise, the person we will learn more about is *Agatha Christie: A Very Elusive Woman (2022)*.

Antonia Fraser notes on the cover - 'One brilliant woman writing about another - an irresistible combination'. A further note states 'She was born in 1890 into a world which had its own rules about what women could and couldn't do'.

Lucy Worsley's biography is not just of an internationally renowned bestselling writer, it is also the story of a person who, despite the obstacles of class and gender, became an astonishingly successful working woman.

Thursday 2 pm – 3 30 pm

Dates will be published each term

Term 3 date August 31

*Zoom*

## **FILM**

### **F 09 Film Group - Monday Film Group**

Leaders: Kathy Wilton & Jan Tuckwell

This film group is held at a local cinema.

Each member can choose from one of 3 assigned films, followed by optional lunch at a local cafe. This is a social gathering and discussion of the film (s) is limited as we are in a public facility.

Members will be notified the week before by email or phone of the proposed film, time, cinema and café.

Mondays Depends on time of film

3<sup>rd</sup> Monday of month Local Cinemas



## MUSIC - Recorder

### Learn to play Recorder:

#### **F 10 Recorder Group – Beginner Recorder**

*Leader: Yvonne Clarke*

Making music with others is a wonderful experience, a privilege. The recorder is a 'noble instrument', with its roots in antiquity. There are many professional recorder players currently producing beautiful performances and recordings. Come start your journey with us.

Students will develop basic music reading and technical skills, while focusing on simple solo and limited ensemble repertoire across a range of genres. Students will require their own instrument, a portable music stand, a display folder with plastic pockets and a pencil and paper. Other materials will be supplied. Prospective members should make contact with the leader prior to commencement to discuss which instrument (brand/model) is appropriate for use.

Wednesdays 10:00 – 11:30 Weekly

*Stradbroke Park Pavilion*

#### **F 11 Recorder Group – Elementary Alto by Invitation (via Zoom only)**

*Leader: Jacqui Harrison*

Learn to play the treble (alto) recorder in a supportive and encouraging environment. This course is for continuing students with established music-reading skills, 2+ years' experience learning the soprano (or tenor) recorder and 1+ years' experience learning the alto recorder in an individual and/or group setting. Students will learn the 'F' fingering system and develop technical skills using the treble (alto) recorder, focusing on solo and limited 2-part ensemble repertoire across a range of genres. Students will require their own instrument, a portable music stand and a display folder with plastic pockets (preferably black). Other materials will be supplied. Enrolment is by invitation only. Prospective students should contact the office to register their interest in this class before attempting to register online. The tutor will make contact to ascertain suitability of experience for entry to this class. Advice can be provided regarding purchase or potential hire of a new or second-hand instrument.

Minimum standard – Continuing beginner. Maximum 8

Wednesdays 2:00 – 3:30 Weekly

*Zoom*

#### **F 12 Recorder Group – Intermediate/Advanced Playing (via zoom only)**

*Leader: Jacqui Harrison*

Expressions of interest are being sought from players who would like to develop a range of more advanced technical and artistic skills for both solo and ensemble playing. This is not an ensemble class – please see F 14 Recorder Group - Intermediate Ensemble.

This course is for intermediate players with established music-reading skills, experience with both C and F fingering systems and a commitment to regular attendance and practice.

Students will study advanced skills, technical exercises and

repertoire across a range of genres. Students will require their own instruments, a portable music stand and a display folder with plastic pockets (preferably black). Other materials will be supplied. Prospective students should contact the office to register their interest in this class before attempting to register online. The leader will make contact to ascertain suitability of experience for entry to this class. Advice can be provided regarding purchase or potential hire of new or second-hand instruments.

Minimum standard: Intermediate/Upper Intermediate

Maximum participants: 4

Wednesdays 4:00 – 5:00 Weekly

*Zoom*

### Recorder Ensemble:

#### **F 13 Recorder Group – Beginner Ensemble**

*Leader: Yvonne Clarke*

Experience the pleasure and excitement of ensemble playing, where we focus on the musicality of our pieces, as well as improving individual technique.

This group is for players with established music-reading skills and 2+ years' experience learning the recorder in an individual and/or group setting. Experience in playing both 'C' and 'F' fingering systems is advantageous, but not essential. Players will develop ensemble skills and focus on repertoire in 2, 3 and 4 parts across a range of genres. Students need their own instrument/s, a portable music stand, a display folder with plastic pockets (preferably black) a notebook and a pencil. Other materials will be supplied. New members should make contact with the leader prior to enrolment to discuss suitability of standard and experience for this group and which instrument (brand/model) is appropriate for use. The ensemble is keen to have bass recorder players.

Fridays, 9:00 – 10:30 Weekly

*Alston Halls, Deepdene Uniting Church*

#### **F 14 Recorder Group – Intermediate Ensemble**

*Leader: Jacqui Harrison*

Membership of this group affords the opportunity to experience the pleasure and excitement of ensemble playing. For students with established music-reading skills and 3+ years' experience learning the recorder in an individual and/or group or ensemble setting. Experience in playing both 'C' and 'F' fingering systems is advantageous, but not essential. Players will develop ensemble skills and focus on repertoire in 4-8 parts across a range of genres. Students will require their own instrument/s, a portable music stand and a display folder with plastic pockets (preferably black). Other materials will be supplied. New members should make contact with the leader prior to enrolment to discuss suitability of standard and experience for this group and which instrument (brand/model) is appropriate for use. The ensemble is currently seeking competent alto and bass recorder players.

Fridays, 9:15 – 10:45 Weekly

*Horrie Watson Pavilion (and Zoom)*

## Recorder – Advanced Ensemble:

### **F 15 Recorder Group – Advanced Ensemble**

Leader: Viv Spencer

Group co-ordinator: Pam Jagger

This is a group for advanced players with musical experience. Participants are expected to be familiar with both c and f instruments, and have good sight-reading ability.

The group plays music from the Renaissance and Baroque through to the Contemporary era, arranged for recorder quartet and quintet.

We aim to achieve beauty of tone and a cohesive ensemble while enjoying the conversation of the music. We aim to reach performance standard.

Prospective members should check with the leader about the appropriateness of the course for them.

Fridays 11:00 – 12:30 Weekly

*Horrie Watson Pavilion*

## MUSIC - Violin

### **F 16 Violin**

Leader: Margaret Wu

These classes are for people who have not had any experience playing the violin and for people who have two to three years of experience.

Margaret will allocate a time to each of the members who enrol. Members play as a group. These are not individual lessons.

Participants should provide their own violins, but it may be possible to have a loan of a violin in the short term but music will be provided. Participants would be expected to do some practice at home.

Fridays 11:30 – 3:00 Weekly

*Alston Halls, Deepdene Uniting Church*

## PRACTICAL and CREATIVE ARTS

### **F 17 Exploring Watercolour**

Leader Merrill Corney

Beginners and more advanced students are welcome to join this innovative approach to watercolour. Exciting, fun and rewarding – anyone can enjoy the creative buzz of watercolour painting.

10 places only

Mondays 10:00 – 12:00

First five Mondays of each term

*Alston Halls, Deepdene Uniting Church*

### **F 18 Let's get together and paint**

Coordinator Anne Smith

Join this friendly group which meets to share friendship and creativity. Members of the group can use a variety of mediums.

10 places only

Mondays 1:00 – 3:00

First five Mondays of each term

*Balwyn Park Centre – Garden Room*

### **F 19 Introduction to Drawing**

Leader Christine Leuner

Introduction to a range of drawing techniques. Fun and challenging, with each student encouraged to develop their

skill  
Equ

An

**NOT in TERM 3**

Pencils, 6b and 4b, an eraser, and a pencil sharpener.

Coloured pencils etc. can be purchased later.

14 Places only

(5 or 6) Tuesdays 10 30 am – 12 noon

First six Tuesdays of term

*Balwyn Park Centre – Garden Room*

### **F 21 En Plein Air**

Leader: Helena Dunn

An opportunity to discover the joy and spontaneity of drawing or painting outdoors. No experience needed.

A semi-structured class with themes chosen by interested group members. Participants provide own materials to draw with such as pencils, line and wash, pastels or paints.

Wednesdays 1:30 – 3:00

4<sup>th</sup> Wednesday of the month

*Balwyn Park Centre and the outdoors*

### **F 22 Drawing using pencil, charcoal and pastel**

Leader Jann Fullerton

This will be an art class that is different.

The tutor, a practising artist, is keen to encourage participants to explore their artistic talents and to develop some basic skills to express them.

Student kit for drawing class

- Canson pastel drawing (grey tones)
- A3 white drawing paper
- A3 board to lean paper on ( you can get it from office works)
- Art Spectrum Pastels (30)
- grey leads variety B
- Artists' charcoal

14 places only

Thursdays 10:30 – 12:00

First six Thursdays of each term

*Alston Halls, Deepdene Uniting Church*

### **F 23 Painting and Drawing**

Leader Gary Faul

Join a class that is both relaxing and challenging and receive guidance in your artistic pursuit. Work at your own pace in a stimulating atmosphere, with like-minded people.

14 places only

Fridays 9:30 – 11:00 Weekly

*Balwyn Park Centre – Garden Room*

### **F 24 Quilting**

Leader Jean Dunn

This is a friendly and supportive group with a wide variety of ability and experience. There are a few places available for experienced quilters.

**Please note:**

We cannot accommodate any more beginners at the moment.

Thursdays 1:45 – 3:15 Weekly

*Balwyn Park Centre – Garden Room*



## **F 25 Photography Group**

Leader *Karin Watts*

We meet at various locations on alternate Mondays at 11:00 and then share our photos via zoom on Thursdays at 9.30. On every second Thursdays at 9.30 we will also continue with a theme based on topics around our home and neighbourhood. The course is suitable for enthusiastic photographers of all abilities using a camera or phone. It is not intended as a camera technology course, although limited assistance is available, and feedback is given in a supportive, friendly group.

Members who can't attend the venues on the Monday may choose to do so in their own time or share similar topic photos on the Thursday.

Monday locations will be notified via our planner and where possible will be accessible via public transport or car pooling.

Your enrolment covers for the Monday and, Thursday, activities but you can choose which you attend.

Mondays 11:00am. Alternate Mondays *at various locations* commencing July 22.

Thursdays 9.30 – 11.00am. Weekly - *Zoom*

### **ACKNOWLEDGEMENT OF COUNTRY**

We respectfully acknowledge the Wurundjeri Woiwurrung People of the Kulin Nation, and their Elders past and present and future, who are the Traditional Owners of the land on which U3A Deepdene is located.

We are honoured to recognise our connection to Wurundjeri Country, history, culture and spirituality through this location.

We also acknowledge the Traditional Owners of lands across Australia, their Elders, Ancestors, cultures and heritage.

## **HISTORY AND TRAVEL**

### **F 26 Military History**

*Richard O'Brien and others*

This course discusses various aspects of military activity, from the pre-Christian era to the mid-20<sup>th</sup> century.

The paths usually followed are: the conditions leading up to an event, the organization, the causes of conflict, the course of events and the outcomes and consequences.

The weekly program for the term is provided at the beginning of each term.

Mondays 10:00 – 12:00 Weekly

*Balwyn Park Centre and Zoom*



### **F 27 Historic Melbourne Walks**

Co-ordinator: *Beth Perrigo*

These walks provide an opportunity to enjoy walking, with an historic focus, in parts of Melbourne, familiar and unfamiliar. Some walks are led by specialist historians; others are led by members of the group with a special interest in a particular area of Melbourne.

**The focus of each walk, the meeting place and other arrangements are emailed at 8:00pm on the Friday preceding the walk. The first members to reply to this email will be given a place.**

All walks will be in areas accessible by public transport.

Tuesdays 10:00 – 12:00

### **F 27 Historic Melbourne Walks**

Tuesdays 10 am – 12 noon  
1<sup>st</sup> and 3<sup>rd</sup> Tuesdays each month during Term time.

**July 18 – Matthew Ety-Leal**  
*St Kilda*

**August 1 Anna Harley**  
*South Yarra*

**August 15 Alan Ray**  
*Box Hill*

**September 5 Des Roman**  
*Kew*

**F 27 B World History Workshops**

Leader: Tom Padula

**World History Workshops** with Tom Padula will explore the history journey from the beginning of time to the age of discovery by Euro **NOT in TERM 3** pean Explorers both by land and by sea, which led to the confirmation of the earth being a 'round ball'.

The weekly workshops will involve U3A Deepdene students in examining podcasts 1 – 65 created by Tom. There will be excursions, conversations and exploration.

Wednesdays 11:45 – 12:45 Weekly

*Balwyn Park Centre*



**F 28 Travel**

Co-ordinator: Pam O'Brien

Many of our members are keen and curious travellers, and their journeys take them all over the world. Come and hear their stories, and perhaps share your own.

The weekly program is listed in the *Program Guide* for each term. Members enrolled in the class receive an email each week giving the focus for the upcoming presentation.

Fridays 11:30 – 1:00 Weekly

*Zoom and at Balwyn Park Centre (theatre style)*

**F 28 Travel**

*Pam O'Brien – Coordinator*

<b>July 21</b>	<b>Beth Perrigo</b>
<i>Istanbul and Doha</i>	
<b>July 28</b>	<b>Matthew Ety-Leal</b>
<i>Northern Territory</i>	
<b>August 4</b>	<b>Fiona Malcolm</b>
<i>Christmas Markets</i>	
<b>August 11</b>	<b>Lois Heycox</b>
<i>ASA tour of Finland</i>	
<b>August 18</b>	<b>Janie Gibson</b>
<i>Romania</i>	
<b>August 25</b>	<b>Chris Hayward</b>
<i>Cuba</i>	
<b>September 1</b>	<b>Fiona Malcolm</b>
<i>United Kingdom</i>	
<b>September 8</b>	<b>Richard Hume</b>
<i>Egypt</i>	

**Zoom**  
*and at Balwyn Park Centre (theatre style)*

# EXTENDING YOUR THINKING

Co-ordinator: Ilza Dulmanis

## **F 29 Duplicate Bridge**

Co-ordinators: Kay and Peter Bailey

Duplicate Bridge welcomes players who have a basic understanding of the rules and conventions of Bridge (Standard American Five Card Major bidding system). Players must also have had experience playing Duplicate Bridge. To join us, it is not necessary to have an established partner. Players should arrive at least 10 minutes early in order to commence play at 9:45.

Mondays 9:45 – 12:00 Weekly

*Balwyn Park Centre*

## **F 30 Mantra meditation continuing**

Alain Romary

The objective is to help participants become independent daily meditators. You join a journey of personal lifetime healing toward internal Happiness.

First, you learn how to meditate using a Mantra. Then, we review self-talk and use it to enhance the powers of your meditation.

Other topics are covered to help you deal with your unresolved issues / traumas such as Principles of Conscious Living, brain functions and changes, verbal hygiene, happiness, love, forgiveness, shadow self, etc. Relevant papers are emailed for reading. New participants are asked to join 1/2 hour before the first class for an introduction, then they join the group for session one.

Mondays 10 am – 11 15 am Weekly

*Zoom*

**Please choose either F 31 OR F 32**

## **F 31 Current Affairs and Politics - Mondays**

Ilza Dulmanis and others

This session will consist of a short background presentation on a current issue, by a member of the group. Some sessions may have one or two presentations followed by discussion. The members of the group select the topics for discussion. Participants are asked to read and share with the class news items from Daily, Weekly or Monthly publications of your choice.

Mondays 9:45 – 10:45 Weekly

*Zoom*

**Please choose either F 31 or F 32**

## **F 32 Current Affairs and Politics - Mondays**

Tony Foran and others

This session will consist of a short background presentation on a current issue, by a member of the group. Some sessions may have one or two presentations followed by discussion. The members of the group select the topics for discussion. Participants are asked to read and share with the class news items from publications of your choice.

Mondays 11:00 – 12:00 Weekly

*Balwyn Park Centre*

## **F 33 Scrabble**

Anne Smith

If you enjoy playing with words, join this group for a friendly and light-hearted game.

Tuesdays 1 00 – 3 00 Weekly

*Balwyn Park Centre, Garden Room*

## **F 34 Trivia**

Val Little

This very enjoyable activity will continue in 2023.

Come along, join our local 'Hot Seat' team. Just knowing one answer could help your team win a chocolate, as well as having some fun.

Wednesdays 1 30 pm – 3 pm

First Wednesday each month during the Term

*Balwyn Park Centre*

## **F 35 Politics and Current Affairs - Thursdays**

Rhonda McCaw and others

Each week, participants are invited to bring along current topics from various media outlets for discussion. Drawing on the lived experience of participants, and where possible, background information on issues, the group hopes to improve our knowledge and understanding of current affairs. Members from diverse backgrounds and views are very welcome.

Thursdays 10:00 – 11:30 Weekly

*Zoom*

## **F 36 Judaism: Understanding the Bible**

Dina Burgess

In 2023, we continue our study of the Hebrew Bible (the Tanach), with in-depth investigations of: selected stories from the Torah (Genesis to Deuteronomy); several Hebrew prophets; selected Psalms; and a variety of excerpts from the Book of Proverbs - teasing out conundrums such as "Like water face to face, thus the heart of man to man" (27:19). (Who said that understanding the Bible can't be fun?)

Each section will include historical context, original meanings, and significance in our lives today. The course will span four millennia of Jewish life, including also Jewish festivals, and current news from Israel and the Diaspora. Studies are discussion based and are appropriate for both new and returning non-Jewish participants, the only requirement being mutual respect. The sessions are conducted on zoom, and participants are encouraged to use their own Bibles.

Thursdays 10:30 – 12:15 Weekly

*Zoom*

**F 37    *The 'New Scientist' discussion Group***

*Richard Reed*

Join this group once a fortnight to share and discuss the articles in the **New Scientist** weekly journal, chosen by Richard.

There is much to discuss with new ideas and new data. These contribute to this being one of the most fertile eras ever of scientific discovery. The **New Scientist** always clearly compares our previous thinking with the new.

Fridays            9:15 – 10:45

July 28, August 11, 25, September 8

*Balwyn Park Centre*

**F 38    *Cryptic Crosswords***

*Graham O'Rourke and others*

Join this group of keen, active cryptic cross-words for a challenging morning. Participants will share their expertise.

Fridays            9:30 – 11:00      Weekly

*Zoom*

**F 39    *Social Philosophy***

*Dawn Heffernan*

This course will cover a wide range of topics including: Brain science and the mind-body problems; consciousness; political philosophy; philosophy of science; particle physics and reality; theories of truth; existence of God, theism and deism; and economic theories.

**Sources:**

The New Scientist, The Scientific American, Philosophy Now, The Conversation, Aeon Magazine, Ted Talks as well as newspaper commentaries.

Class reference book – **The Story of Philosophy** by Bryan Magee (available on line new or used).

No prior knowledge of the above areas is assumed but prior reading of the class text will give a solid foundation for many of the core philosophical problems covered.

Fridays            11:30 – 1:00      Weekly

*Balwyn Park Centre*

**F 40    *Mahjong***

*Caryl Hogg*

We have re-established the Mahjong Group on Fridays.

This group is full.

Fridays            1:00 – 3:00      Weekly

*Stradbroke Park Pavilion*

## WINE APPRECIATION

**F 41    *Wine Appreciation***

*Sally and David Laycock*

Would you like to learn more about wine styles and wine areas in Australia and around the world? Join a group to taste and enjoy wines, led usually by members of the group.

We are all amateurs!

Cost of the wines and cheese will be shared. It is anticipated that this will be approximately \$20 per session.

The group is restricted to 10 members.

**If the group is full when you enrol, please put your name on the waiting list. When there are casual vacancies for an individual session, you will be invited to join the group for that session.**

Mondays            7:30pm – 9:00pm

Generally 3<sup>rd</sup> Monday of each month

*Private homes or other venues – address to be notified, each session, to those enrolled*

# LANGUAGES

Language classes offered at U3A Deepdene are at various levels.

In all language classes, the emphasis is on speaking and listening, with essential grammar. Classes frequently include some cultural background.

**PLEASE DO NOT apply for a place in a language class, unless you intend attending regularly.**

There **may** be vacancies in some language classes for new participants.

Members, or prospective members, interested in joining these classes are invited to email us at [deepdeneu3amembership@gmail.com](mailto:deepdeneu3amembership@gmail.com) and arrange to check whether they have suitable language skills to join one of the existing groups.

For many of the language classes, students are required to purchase a textbook. Information about the textbook will be provided here or at the first session. In many classes, the tutors arrange photocopied materials. You will be asked for a contribution to cover the cost of this.

**Members are reminded that we are extremely lucky to have our amazing volunteer tutors and that progress in acquiring foreign language skills requires regular attendance at classes.**

## FRENCH CLASSES 2023

Co-ordinator: Denise Bray

### **F 42 Very Beginners French**

*Tom Padula*

A new class for absolute beginners or near beginner French students.

This immersive class will follow an innovative approach. Sessions will involve some basic vocabulary and grammar, introduced through the use of plays and songs and will include cultural elements.

At this stage, no textbook is required.

Wednesdays 9:15 – 10:15 Weekly

*Balwyn Park Centre*

- . be familiar with verbs in the present, future and past tense

This class will encourage writing good French with an emphasis on acquiring excellent pronunciation, listening skills and improving confidence in speaking French.

The course also aims to develop an understanding of French culture.

**TEXT: There will be a new text for 2023** – Ellaine will contact students about this

*(Grammaire Progressive du Français niveau débutant M. Gregoire & Merlo, G. CLE International, 2010, will continue to be of use in 2023)*

Mondays 9:30 – 11:00 Weekly

*Stradbroke Park Pavilion*

### **F 43 Elementary French**

*Evelyn Masterson*

This is the third year of a beginners' course and a continuing class for those enrolled in this class in 2022.

Basic communication and grammar, covering everyday situations such as leisure, holidays, weather, etc. will be involved while also touching on cultural background.

There will be regular follow-up homework each week. Some places may be available for new students after discussion with the tutor.

**TEXTS: Talk French 2, BBC books and CDs, Sue Purcell**

**Talk French Grammar, BBC, Sue Purcell**

Mondays 1:30 - 3:00 Weekly

*Balwyn Park Centre*

### **F 45 Intermediate French A**

*Ian Adams*

This is a continuing class for those enrolled in this class in 2022

The course is based around grammar, conversation and French culture.

Some places may be available to new students.

Fridays 9:45 – 11:15 Weekly

*Balwyn Park Centre*

### **F 46 Intermediate French B**

*Ian Adams*

This is a continuing class for those enrolled in this class in 2022.

The course is based around grammar, conversation and French culture.

Some places may be available for new students

Thursdays 2:00 – 3:30 Weekly

*Stradbroke Park Pavilion*

### **F 44 Lower Intermediate French**

*Ellaine Downie*

This French class is for students who have already completed 2-3 years of French study in a community education setting. There maybe one or two places available in 2023.

Students should be able to:

- . introduce themselves or someone else
- . ask and answer basic questions about home, family, surroundings etc

**F 47 Intermediate French C***Denise Bray*

This is a continuing class for those enrolled in this class in 2022. Some places may be available for new participants. Knowledge of basic grammar and use of the present tense, passé composé, imparfait, pluperfect and future tenses is required. Willingness to participate in conversation is essential. There may be some homework.

**TEXT: *Vite et Bien 2***, Claire Miguel, CLE International, 2nd Edition – retained from 2022.

Thursdays 2:00 – 3:30 Weekly

*Alston Halls, Deepdene Uniting Church*

**F 48 Intermediate French D***Jenny Ryan*

This is a continuing class for those enrolled in this class in 2022, who completed Level 4 with its attention to pronunciation, vocabulary and grammatical structure of the language (Including the verb tenses: present, perfect, imperfect, preterite, future, conditional, and pluperfect before moving into the subjunctive); translation and development of conversation skills.

Some places may be available for new participants, who will be contacted by the tutor to assess suitability for this course level.

Thursdays 12:00 – 1:30 Weekly

*Stradbroke Park Pavilion*

**F 49 Intermediate French E***Sandra Masel*

This is a continuing class for those enrolled in this class in 2022.

Participants need knowledge of basic French grammar and good comprehension of written French. The course emphasizes oral expression and comprehension. Discussion in class of current issues including films and written texts, social, political, historical, and literary.

Fridays 1:30 – 3:00 Weekly

*Balwyn Park Centre*

**F 50 Upper Intermediate French A***Denise Bray*

This is a continuing class for those enrolled in this class in 2022. There may be some new places available in 2023. Knowledge of basic grammar, including use of the present, passé composé, imparfait pluperfect and future tenses is necessary, as well as recognition of the conditional and subjunctive moods. Willingness to participate in conversation and simple class discussions is essential. There may be some homework.

**TEXT: *To be advised***

Wednesdays 1:30 – 3:00 Weekly

*Alston Halls, Deepdene Uniting Church*

**F 51 Upper Intermediate French B***Denise Bray*

This is a continuing class for those enrolled in this class in 2022. There may be some new places available in 2023. Knowledge of basic grammar, including use of the present, passé composé, imparfait, pluperfect and future tenses is necessary, as well as recognition of the conditional and subjunctive moods. Willingness to participate in conversation and simple class discussions is essential.

There may be some homework.

**TEXT: *To be advised***

Mondays 1:30 – 3:00 Weekly

*Horrie Watson*

**F 52 Advanced French***Michel Beuchat*

This class is conducted in French, and is for people who have studied French for a number of years and can take part in discussion, can read and understand articles on current issues, can prepare short talks to present to the class, and can listen to and understand audio-visual material in French, such as songs or short video clips. Points of grammar and spelling are covered as they arise. Participants are encouraged to choose topics according to their interests and experiences with the language.

When the tutor is away during term time, students take it in turn to run the class, unless a replacement tutor is available.

Thursdays 10:00 – 11:30 Weekly

*Stradbroke Park Pavilion*

**FRENCH ACTIVITIES****F 53 French Conversation (at a Local Café)***Linda Marshman*

This group meets at a Balwyn cafe to enjoy speaking French in an informal manner. There is no expectation of erudite conversation or contentious debate.

Members from Intermediate level upwards with some ability to converse in French on a simple everyday basis are welcome.

There are just two rules:

- no English conversation (until the last 20 minutes when some members may wish to revert to English)
- no apologising for your French skills (the purpose of the group is to allow members the opportunity to extend their oral French abilities).

Limit 12 members

Fridays 3:00 – 4:30 Weekly

*Café in Balwyn or nearby*

## GERMAN CLASS

Co-ordinator – Dell Macneil

### F 54 *Pre-Intermediate German*

*Dell Macneil*

A weekly class for those who have learnt/been learning German for three or four years (perhaps at school) and would like to refresh their knowledge and progress.

The classes in 2023 will focus on a *Level B1 Graded Reader* with accompanying CD (Wolfgang Amadeus Mozart, published by CIDEB), supplemented by other relevant language and cultural resources.

It is presumed that participants in this course would undertake a modest amount of preparation from the reader and/or other language activities each week.

New members interested in joining this class are strongly advised to speak with the tutor before enrolling, to determine if the class is the appropriate one for them. Please contact Jenny Cash to obtain the tutor's contact details.

Tuesdays 1:00 – 3:00 Weekly

*Balwyn Park Centre*

## ITALIAN CLASSES

Co-ordinator – Lois Heycox

### F 55 B *Very Basic Italian – NEW*

*Fred Rich*

In this class we will learn the verbs AVERE and ESSERE and their importance in everyday Italian.

Simple everyday words will be the subject each week followed by a simple piece of prose that uses those words.

How to conjugate useful and irregular verbs will also be a regular topic.

No books required for starters. A list of words will be handed out with the verbs and simple little stories each week.

Tuesdays 8:45 – 10:15 Weekly

*Horrie Watson Pavilion*

There will be some regular follow-up homework each week.

At this stage, no textbook is required.

Wednesdays 10:30 – 11:30 Weekly

*Balwyn Park Centre*

### F 56 *Italian 2: Continuing Italian*

*Helena Dunn*

A self-help group suitable for those who have had at least two or three years of U3A or other Italian study.

Course will be geared to the wishes and interests of the class members and include some grammar revision.

Textbooks:

\*Maria Valgimigli - Living Italian: A Grammar Based Course (retain from 2022)

\*Federica Colombo et al – Arrivederci! 2 for English speakers with Students' book and Workbook (available with a discount from Language International 13 – 15 Station Street, Kew East, Vic 3102)

Tuesdays 10:30 – 12:00 Weekly

*Horrie Watson Pavilion*

## SPANISH CLASSES

Co-ordinator – Anne Morrison

### F 57 *Spanish – Basic grammar and conversation*

*Elvira Cifaratti*

This class will focus on basic grammar, pronunciation, reading and translation in Spanish so that students can gain confidence in forming simple sentences for every day communication in Spanish

Members enrolling in this course are requested to purchase No Nonsense Knowledge, *Spanish Made Simple Revised and Updated*, by Eugenie Jackson and Antonio Rubio, revised by Judith Nemethy. The book is available from *booktopia*. This book could cover a number of years of study.

Wednesdays 10:00 – 11:30 Weekly

*Balwyn Park Centre*

Fridays 1:30 – 3:00

Weekly

*Zoom*

### F 59 *Spanish 6*

*Anne Morrison*

This class is for members who have completed at least 500 hours of tuition in an adult environment. From time-to-time members are encouraged to prepare an article or news item for the class and to lead the discussion. **A few times each term a class member will take responsibility for the class.** (All members are expected to participate in discussions)

Emphasis is on developing each one's conversation skills. Reading, listening and grammar are integral to classes.

A short novel or short stories will be studied during the year.

Once a term when classes are normal, we have a film in Spanish.

Mondays 10:30 – 12:00 Weekly

*Alston Halls*

### F 58 *Spanish Lower Intermediate*

*Aurora Chighine*

This class is for members who have completed at least 300 hours of tuition in an adult environment. This class will continue to help students develop more effective communication skills in Spanish.

Speaking, reading, writing skills are developed.

Students are encouraged to purchase the book **Complete Spanish Step by Step** by Barbara Bregstein.

Grammar forms an integral part of the classes.

There is also an emphasis on cultural aspects of all the countries where Spanish is spoken.

## ADDITIONAL LANGUAGE CLASSES

Would you like to tutor an additional language class?

Do you know someone who would like to tutor an additional language class?

We will be happy to hear of any offers!

Please send an email to [u3adeepdeneinc@gmail.com](mailto:u3adeepdeneinc@gmail.com)

## EXERCISE – PHYSICAL

For all exercise programs, participants are required to complete and deliver to the class monitor the *Fitness Australia* 'Pre-exercise screening tool' plus:

- ▶ A signed disclaimer, accepting personal responsibility for their participation.

The 'Pre-exercise screening tool', the medical authorization form and the personal disclaimer pro forma will be emailed to all members early in the year.

## WALKING GROUPS

Overall Walks Co-ordinator: Wendy Stewart



Join these regular walking groups, with a focus on improving your cardiovascular levels and fitness.

Walks are approximately 4-5 km, moderate pace, including some gentle hills, enough to get your heart pumping. They commence and conclude at local venues with good car parking facilities and public transport access. The walks will continue throughout term time and groups may make arrangements through U3A vacations.

Even if there is a waiting list, add your name because sometimes extra participants can be included! Watch for an email.

Members may only enrol in **one Monday Group and/or one Wednesday Group.**

Walks are followed by an optional coffee at a local coffee shop!

### F 60 **Hearty Walkers – Mondays**

Co-ordinator: Wendy Stewart

Mondays 9:00 – 10:00 Weekly

Starting Point: Victoria Park, Kew

### F 61 **Energetic Walkers – Mondays**

Co-ordinator: Louise James

Mondays 9:00 – 10:00 Weekly

Starting point: Stradbroke Park

### F 62 **Sprightly Walkers – Mondays**

Co-ordinator: Michelle Trevorror

Mondays 9:00 – 10:00 Weekly

Starting Point: Boroondara Park Canterbury

### F 63 **Rambles – near and far NEW**

Co-ordinator: Beryl & Richard Hume

Tuesdays 9:30 – 1:30 once a month

Details follow

### F 64 **Hearty Walkers – Wednesdays**

Co-ordinator: Wendy Stewart

Wednesdays 9:00 – 10:00 Weekly

Starting point: Stradbroke Park

### F 65 **Energetic Walkers – Wednesdays**

Co-ordinator: Pam McDill

Wednesdays 9:00 – 10:00 Weekly

Starting point: White Avenue, Kew

F 66 Easy strolling for slow walkers **NOT in TERM 3**

Co-ordinator: Anne Gordon

Thursdays 10:00 – 10:40 Weekly

Starting Point: End of Belmore Road near corner of Elgar Road Mont Albert North

### F 67 **Brisk Walkers – Thursdays**

Co-ordinators: Beryl & Richard Hume

Thursdays 9:00 – 10:00 Weekly

Starting point: Deepdene Park Playground adjacent to tram stop 44 (109 tram)

### F 68 **Energetic Walkers – Fridays**

Co-ordinator: Michelle Trevorror

Fridays 9:00 – 10:00 Weekly

Starting point: White Avenue, Kew

## NEW WALKING GROUPS in 2023

Adding to the wide range of walking groups which we already have, these two will continue in 2023:

F 66 Easy strolling for slow walkers **NOT in TERM 3**

Co-ordinator: Anne Gordon

Thursdays 10:00 – 10:40 Weekly

Meeting place the car park at the Model Railway Station on Belmore Road near the corner of Elgar Road Mont Albert North.

Stroll walk for 30 - 40 minutes near Gardiner's Creek and coffee afterwards at the roundabout Belmore Road where there are 4+ coffee shops.



### **F 63**    **Rambles – near and far**

*Co-ordinators: Beryl and Richard Hume*

A series of pleasurable walks, locally and further afield, for walkers who can walk for up to 10 -12k in around 3 hours of actual walking time. The rambles could take up to 4 hours, as there will be stops not just for rest breaks and lunch, but also to observe. We will spend time exploring any interesting flora, fauna, architecture, scenery, historical artefacts or other phenomena we come across.

The walks will be in urban areas, reached by car (car-pooling when permitted) or by public transport.

The walks may be on formed paths or rougher tracks and could include some ups and downs.

Information will be provided at least a week before each walk. Walks could include a byo picnic lunch or a purchased light lunch.

In future, participants will be encouraged to suggest walks and to volunteer to lead walks. Leaders will decide details to suit themselves, such as where the walks will start and finish, if cars or public transport are to be used, and arrangements regarding lunch.

Tuesdays            9 30 am – 1 30 pm

Term 3 dates        July 25, August 22

## **EXERCISE CLASSES**

**These exercise classes are all led by members of U3A Deepdene who are volunteers. There are no charges to members for these classes.**

### **F 69**    **Wu Style Tai Chi**

*Steven Huynh, Jade Huynh*

The gentle and graceful movements of Wu style tai chi, when practised with slow breathing, can improve health, balance, and concentration and also develop strength.

This class is suitable for both beginners and experienced practitioners.

Group size limited to 25

Mondays            10:00 – 11:30    Weekly

*Main Hall, Deepdene Uniting Church*

### **F 70**    **Tai Chi Sun 31, Yang 18 Fan & Wu style**

*Suzie Wong*

Tai chi is an ancient Chinese teaching of living in harmony with nature, both within and around us. It consist of sequential series of self-defence techniques, postures designed and developed to connect the mind to our physical body. Qi gong (simple repetitive movements) and Tai Chi are based on the same essential principles.

Emphasis is on self-awareness, relaxation, flexibility, physical and mental balance. It is moving mindfully in continuous, free flowing, relaxed and graceful movements.

This class includes Qi Gong warmup, Sun Style short form, Yang style 18 fan and practise of Wu style 119 form.

Preference will be given to those who have done Tai Chi previously.

Group size limited to 20

Mondays            11:30 – 1:00            Weekly

*Main Hall, Deepdene Uniting Church*

### **F 71**    **Yoga**

*Mahes Karuppiyah-Quillen*

Following the basic principles of this ancient exercise form, learn how to use breathing techniques, flexibility exercises and meditation to reduce stress and improve health and happiness.

The exercises are gentle, aiming to improve flexibility and strength.

This class will be on Zoom.

Mondays            2:00 – 3:00            Weekly

*Zoom*

### **F 72**    **Chinese 8 Brocades with stretch & abs A**

*Steven Huynh & Jade Huynh*

The Chinese 8 Brocades exercises have a history of nearly eight hundred years. They have been practised by many different schools with variations, but they all aim to promote health and to improve balance and flexibility. The classes incorporate tai chi, Qigong 18 forms and Yi Jin Peng (stick).

In this class, we will start with warm up and stretching. Suitable for beginners or anyone who likes to exercise.

Group size limited to 25

Tuesdays            10:00 – 11:15            Weekly

*Main Hall, Deepdene Uniting Church*

### **F 73**    **ChiBall**

*Bhavna Patel and Joan Cooper*

ChiBall is a mind-body exercise and wellness programme that is based on the principles of traditional Chinese Medicine. A ChiBall class combines the modalities of Tai Chi-Qi Gong, dance, yoga, pilates, Feldenkrais and relaxation/meditation with inspiring music.

There are 10 ChiBall colours and they have corresponding fragrances.

The options of sitting in a chair is available for any exercises done lying on the floor.

Please bring your own mat and ball. Balls can be ordered from Joan Cooper – 9859 5727

Group size limited to 18

Tuesdays            1:15 – 2:15            Weekly

*Zoom*

**F 74 Tai Chi – Yang 24 & Fan 18***Eddie Chew***Tai Chi 24 Form**

Tai Chi 24 is a short form and was created to help beginners learn the basics before proceeding to the advanced levels of Tai Chi. There are many forms of Tai Chi and the 24 form is based on Yang Style Tai Chi. The program starts off with warm up exercises and each lesson progresses with demonstration and hands on instruction on how to execute each form. The 24 form takes about 5-6 minutes to complete and the main benefits for seniors include increased balance control, upper and lower body flexibility and increased mental focus.

**Sun 32 Form**

Sun style tai chi short form consists of 32 movements. Sun style is characterised by smooth, circular movements and gentle transitions between poses without the use of force. Typical follow-step is the main characteristic of the form. Sun style focuses on health with emphasis on balance and flexibility. This gentle form is ideal for seniors

**Tai Chi Fan 18 Form**

Fan 18 Form, which is based on Yang Style is a short form and it takes 2-3 minutes to complete. It is ideal for beginners, the movements are smooth and graceful, and a joy to perform. It has many benefits for the general health, by improving coordinating hand, eye and feet movements. The gentle movements of the Fan routine allow anyone to practice and learn it easily. The program starts off with warm up exercises and each lesson progresses with demonstration and hands on instruction on how to execute each movement.

Group size limited to 25

Wednesdays 9:15 – 10:15 Weekly

*Main Hall, Deepdene Uniting Church***F 75 Line Dancing A***Suzie Wong Prior*

Line dancing is for all ages and specially choreographed to aid and improve memory. It is great for flexibility, bone density and cardio workout.

Group size limited to 20

Wednesdays 10:30 – 11:30 Weekly

*Main Hall, Deepdene Uniting Church***ONLY ENROL FOR ONE LINE DANCING GROUP****F 76 Line Dancing B***Suzie Wong Prior*

Line dancing is for all ages and specially choreographed to aid and improve memory. It is great for flexibility, bone density and cardio workout.

Group size limited to 20

Wednesdays 11:45 – 12:45 Weekly

*Main Hall, Deepdene Uniting Church***F 77/F 78 Yoga***Bhavna Patel and Jan Beards*

Following the basic principles of this ancient exercise form, learn how to use breathing techniques, flexibility exercises and meditation to improve your health and happiness. The classes at U3A Deepdene are conducted by two of our members who are skilled yoga practitioners who have undertaken training as tutors. The ancient practice of yoga is more than a set of exercises but rather a pathway to connect the body, mind and spirit to obtain physical and mental wellbeing. In this class we will utilise postures, slow rhythmical breathing techniques, mindfulness and guided meditation to promote strength and flexibility as well as to improve balance and sleep, and better manage stress.

All members are welcome – postures can be modified as necessary to accommodate differing levels of fitness and physical flexibility

You will need to have your own yoga mat. Practice in bare feet is encouraged but if this is not comfortable, non-slip socks should be worn.

Group size limited to 18. You may only enrol in ONE group

**F 77** - Fridays 9:30 – 10:30 Weekly**ONLY ENROL FOR ONE OF THESE YOGA GROUPS****F 78** - Fridays 9:30 – 10:30 Weekly*Zoom**Note – F 77 & F 78 combined class on zoom in Term 3.***TENNIS, TABLE TENNIS****F 79 Social Tennis***Helen Boer, Julie Hotton*

Are you a medium standard tennis player? Would you like to join a small group of U3A Deepdene members to play, on a regular basis? Court hire is \$5 per person, for people who are not members of the Greythorn Park Tennis Club, to be paid in cash on the day. Balls are not supplied, but players will take turns to organise balls.

Thursdays 1:30 – 3:00 (approx.) Weekly

*Greythorn Park Tennis Courts***F 80/81 Table Tennis***Co-ordinators: Marg Pont and Karyn Golumbeck*

Players of all standards are invited. Regular attendance is recommended. Participants should wear casual dress and shoes with soles that will not mark the floor. Limit 20 per group. You may only enrol in ONE group

**F 80 - MP** - Fridays 12:00 – 1:30 Weekly**ONLY ENROL FOR ONE TABLE TENNIS GROUP****F 81 - KG** – Fridays 1:45 – 3:15 Weekly*Main Hall, Deepdene Uniting Church***EXERCISE CLASSES – Paid for classes****These are listed separately on page 4 & 5 of this document.****Enrolments for ALL Full Year Courses must be done online**



## OUR VENUES

**We are expecting that, in 2023, our venues will be open to all members. Density limits will still apply.**

*On our website, there is a section VENUES. There you will find descriptions and clear maps.*

- ◆ – **OFFICE & MAIN VENUE – Balwyn Park Centre**, 206A Whitehorse Road, Balwyn, 3103  
109 (Box Hill) tram, Car park (entrance from Whitehorse Road) street parking in Whitehorse Road, Cherry Street and some surrounding streets.
  
- ◆ **Alston Halls, Deepdene Uniting Church**, 958 Burke Road, Deepdene, 3103  
109 (Box Hill) and 72 (Camberwell) trams; 548 (Ivanhoe) bus. Car park (entrance from Dale Street, off Whitehorse Road) with limited parking; street parking in Burke Road and Whitehorse Road.
  
- ◆ **Main Hall, Deepdene Uniting Church**, 958 Burke Road, Deepdene, 3103  
109 (Box Hill) and 72 (Camberwell) trams; 548 (Ivanhoe) bus. Car park (entrance from Dale Street, off Whitehorse Road) with limited parking; street parking in Burke Road and Whitehorse Road.
  
- ◆ **Stradbroke Park Pavilion**, Corner Harp Road and Burke Road, Balwyn, 3103  
48 (North Balwyn) tram – 10 minute walk; 302 (Box Hill), 304 (Doncaster SC) and 548 (Ivanhoe) buses. Ample off street car parking; entrance from Burke Road plus parking in Burke Road.
  
- ◆ **Horrie Watson Pavilion, Deepdene Park**, Whitehorse Road, Balwyn, 3103, between Walsh Street and Parkside Avenue  
109 (Box Hill) tram. Off street car parking plus street parking in Walsh Street and Parkside Avenue.



## Important information about ENROLMENTS in:



News & Views  
Short Courses  
Technology Courses  
Full Year Courses

### **Enrolments for all sections of our Program must be done online.**

The complete Term 3, 2023 Program will be online by Monday June 12 and enrolments will open on that day.

**The office will be open during week 8 and also 9:30 – 12:00noon on Monday June 19**

If you do not have an email account you will need to post a list of the courses you wish to attend to:

**PO BOX 3149, COTHAM POST OFFICE, KEW, 3101.**


### **The Office will be open before Term 3 starts:**

**Friday July 14**

**9:00 – 12:00**

If you do have an email account, enrol by logging in to MyU3A, via

**[www.u3adeepdene.org.au](http://www.u3adeepdene.org.au)**

From the U3A Deepdene homepage, click on the 'Member Access'  button.

This will take you to MyU3A and you can use your ID and Password, to access On Line Member Services. A link is there to use if you have forgotten your password.

**If you need help, send an email (anytime) to [u3adeepdeneinc@gmail.com](mailto:u3adeepdeneinc@gmail.com)**

**or phone 0408 019 815**

**and someone will assist!**



Office and main meeting rooms:

Balwyn Park Centre, Balwyn Park,  
206A Whitehorse Road, Balwyn, 3103  
(see page 19 for other venues)

Postal Address:

**PO Box 3149, Cotham PO, Kew, 3101**

Phone:

9817 7736 or 0408 019 815

Email:

[u3adeepdeneinc@gmail.com](mailto:u3adeepdeneinc@gmail.com)

Website:

[www.u3adeepdene.org.au](http://www.u3adeepdene.org.au)