



## **U3A Casey**

### **2022 Courses**

29 December 2021

#### **U3A Casey Contact Details**

180/57 Gloucester Ave

BERWICK VIC 3806

Phone: 0478 226 521

General Email contact: [communications@u3acasey.org.au](mailto:communications@u3acasey.org.au)

Courses Email contact: [coursecoordinator@u3acasey.org.au](mailto:coursecoordinator@u3acasey.org.au)

Web: <https://u3acasey.org.au/>

## Table of Contents

Art - All Painting Mediums; Drawing; Art Appreciation .....	3
Computer - Technology Help .....	4
Craft - Paper; Textiles; Wood.....	4
Discussion - Current Affairs; Ted Talks; Coffee Chats; Philosophy .....	5
Exercise - Sports; Dance; Movement .....	6
Games - Board & Card Games.....	8
History - World Events; Genealogy .....	8
Languages - French.....	9
Literature - Bookclubs; Literature Studies; Creative Writing .....	9
Meditation - Combining Movement & Reflection.....	10
Music - Musical Instruments; Singing .....	10
Social - Luncheons; Dinners; Movies; One-off events.....	11
Special Interests - Crosswords; Gardening.....	11
World Affairs - Spirituality; Philosophy; Travel.....	12

**NOTE: New Classes**

## Art - All Painting Mediums; Drawing; Art Appreciation

### 222TUE08: 4 Medium Art Group - Self Help

Type: Terms: 12

Dates: 01/02/2022 - 29/11/2022

Frequency: Classes held weekly, Tue 13:00 - 15:00

Venue: Fiddlers Green Craft Room 57 Gloucester Ave, Berwick

Tutor: Jill Sparkes

This class aims to cater for beginners and advanced artists with a collaborative and friendly group sharing ideas and hints on your art journey. Covering different mediums such as watercolour, pastel, acrylic and mixed media. The group will have some workshops with local artists throughout the year, depending on their availability, to spark members' interest. Students are encouraged to develop their own style in their medium of choice while enjoying the company of others.

---

### 223WED06: Oil Painting - Self Help

Type: Terms: 12

Dates: 02/02/2022 - 30/11/2022

Frequency: Classes held weekly, Wed 10:00 - 12:00

Venue: Fiddlers Green Craft Room 57 Gloucester Ave, Berwick

Tutor: Diane Shottle

This class offers inspiration and assistance alike. Members will use their knowledge to try different media and methods and encourage each other.

---

### 224THU19: Art Reimagined

Type: Terms: 1

Dates: 03/02/2022 - 24/02/2022

Frequency: Classes held weekly, Thu 15:00 - 16:00

Venue: Casey Tech School 25 Kangan Dr, Berwick

Tutor: Chris Trimnell

This series of 4 sessions is kindly being run by staff at Casey Tech. Each session will focus on a different aspect of modern 'art' - 3D Printing; Microscopic art; Printing microscopic photos to material; Using the Cricut machine to create a range of 2D shapes. Their equipment is amazing and we have been invited to use this during the year! This is a partnership we want to foster so please consider attending. Park in the carpark inside the grounds. Maybe come 15 mins earlier to avoid some traffic congestion. Enquiries: Chris 0408 889 569

---

### 225FRI01: Drawing - Self Help

Type: Terms: 12

Dates: 04/02/2022 - 02/12/2022

Frequency: Classes held weekly, Fri 10:00 - 11:30

Venue: Old Cheese Factory 34 Homestead Rd, Berwick

Tutor: Jill Sparkes

Drawing with pencil or ink. All materials are provided by the students. All levels are welcome - the only criteria are that you like drawing. Support and assistance are provided by other members of the group and visiting local artists who will run short workshops throughout the year depending on their availability. Enquiries: Jill - 0400 655 044

---

### 225FRI07: Sketch Your Story

Type: Terms: 12

Dates: 11/02/2022 - 02/12/2022

Frequency: Event held Monthly, Fri 13:00 - 15:00

Venue: Class held on Zoom

Tutor: Kathleen Newman

SKETCH YOUR STORY Using sketchbooks for Urban Sketchers, artist, travel and nature journals. Classes cover different sketch topics (with exercises). Informal face-to-face sketchmeets in the Berwick area with past class members will also be organized. Attendance is optional. Basic materials: A5 paper/sketchbook, pencil, fine marker pen (with water-resistant ink if you wish to add water-based medium). Some colour medium is encouraged. For queries, email the tutor: klhnewman@gmail.com Tutor's Sketch Blog: <http://nowismystoryinsketches.blogspot.com/> Website: [www.klhnewman.com](http://www.klhnewman.com)

---

### 225FRI08: Art Appreciation

Type: Terms: 12

Dates: 25/02/2022 - 02/12/2022

Frequency: Event held Monthly, Fri 10:00 - 15:00

Venue: Fiddlers Green RV 57 Gloucester Ave, Berwick

Tutor: Lynne Macdonald

Once a month we will be travelling by bus to 1 maybe 2 art galleries. It is a full days outing leaving from Fiddlers Green at 10:00 am sharp. Lunch will be at one's own expense. The bus is kindly subsidised by Casey Council but there is a shortfall, so all attending will need to contribute \$5.00 per trip, plus \$2 to cover lunch for our voluntary bus driver. Sometimes there is a Gallery entrance fee - if so, you will be advised in advance.

---

## Computer - Technology Help

### 224THU12: Computer Forums

Type: Terms: 12

Dates: 03/02/2022 - 01/12/2022

Frequency: Class wk 1 wk 3, Thu 10:00 - 11:30

Venue: Fiddlers Green Craft Room 57 Gloucester Ave, Berwick

Tutor: Noel Barlow

This will be a discussion / lecture around pending issues in computers and computer technology with demonstrations of solutions and/or plans of attack. Possible topics include; computer attacks (malware ransomware or viruses) security dangers and how to avoid what and when to backup and why and other issues as they arise.

---

## Craft - Paper; Textiles; Wood

### 221MON11: Pyrographic Art (Wood Etching)

Type: Terms: 12

Dates: 31/01/2022 - 28/11/2022

Frequency: Classes held weekly, Mon 10:00 - 12:00

Venue: Lynbrook Community Centre 2 Harris St, Lynbrook

Tutor: Karen Secomb

Master the basic techniques of this decorative art. Learn how to transfer designs onto timber using a hot etching method. This technique can be used to produce a wide range of household items such as wall hangings coasters clocks and door signs. Enquiries: Karen - 0429 061 254

---

### 222TUE03: Make Hand-Crafted Cards

Type: Terms: 12

Dates: 08/02/2022 - 29/11/2022

Frequency: Class wk 2 & wk 4, Tue 13:00 - 15:00

Venue: Brentwood Park N/hood House 21A Bemersyde Dr. Berwick

Tutor: Chris Trimnell

In this digital world, it is especially nice to receive a home-crafted card! Whether you are an experienced card maker or an interested beginner you are invited to come along. Follow the guidelines or create your own variations. Please bring a pair of small scissors and some glue (both liquid and double-sided tape). All other materials will be provided at a cost of just \$4:00 per session.

---

### 224THU17: Yarning With You

Type: Terms: 12

Dates: 03/02/2022 - 01/12/2022

Frequency: Classes held weekly, Thu 12:30 - 2:30

Venue: Fiddlers Green M/Purpose Room 57 Gloucester Ave, Berwick

Tutor: Jan Weiner

This class includes: Knitting - basics to advanced, your own projects, or New Children's Knit Patterns for the Red Cross. And/Or Crochet - learn the basics or more advanced techniques from granny Squares to doileys or your own project.

---

### 224THU18: Parchment Craft

Type: Terms: 12

Dates: 03/02/2022 - 24/11/2022

Frequency: Classes held weekly, Thu 9:30 - 11:30

Venue: Fiddlers Green M/Purpose Room 57 Gloucester Ave, Berwick

Tutor: Jan Weiner

Use vellum (a type of paper) and tool it like leather. (but it's very easy) Create beautiful cards for every occasion. Most equipment is supplied. Extras include ruler, eraser, B pencil, coloured pencils, folder for protection of work.

---

### 225FRI03: Patchwork and Quilting - Self Help

Type: Terms: 12

Dates: 04/02/2022 - 02/12/2022

Frequency: Classes held weekly, Fri 10:00 - 12:00

Venue: Fiddlers Green Craft Room 57 Gloucester Ave, Berwick

Tutor: Pat Bird

This class is for both machine and hand patchworkers. The work includes traditional patterns and applique work. We make bed quilts, wall hangings, table mats, runners, bags, etc. One sewing machine is available, also cutting boards, rulers and an iron. Students are asked to bring their own cutters.

---

**227SUN02: Writing Creatively Workshops**

**Type: Terms: 12**

**Dates: 06/02/2022 - 27/11/2022**

**Frequency: Event held Monthly, Sun 14:00 - 17:00**

**Venue: MacDonald Residence**

**Tutor: Lynne Macdonald**

Do you like to write? Would you like to share what you write and listen to others sharing their work? Would you like to be given a topic or theme or choose your own; and see where it takes you? After sharing ideas & writing we share a companionable High Tea which you may like to make a small contribution sometimes

---

## **Discussion - Current Affairs; Ted Talks; Coffee Chats; Philosophy**

**221MON05: Current Affairs**

**Type: Terms: 12**

**Dates: 31/01/2022 - 28/11/2022**

**Frequency: Classes held weekly, Mon 10:00 - 11:00**

**Venue: Fiddlers Green Craft Room 57 Gloucester Ave, Berwick**

**Tutor: Peter Fleming**

Discuss local national and overseas events and share knowledge and thoughts about them. The group also examines topics such as climate change political processes and social questions. On occasion experts are invited to address the group on specific topics.

---

**222TUE06: Coffee / Discussion for Enquiring Minds**

**Type: Terms: 12**

**Dates: 08/02/2022 - 29/11/2022**

**Frequency: Class wk 2 & wk 4, Tue 13:30 - 15:30**

**Venue: Fleming Residence**

**Tutor: Peter Fleming**

We will discuss topics in depth that have been chosen by the participants. We cover a wide range including Philosophy, Science, Religion, World events and trends, Politics and the Arts. Participants will spend time researching the topics prior to discussion. We run two different classes (1) on the 2nd & 4th Tuesdays each month and (2) on the 1st & 3rd Sunday of each month. Both classes are from 1.30pm to 3.30pm at a private Berwick address.

---

**224THU08: Philosophical Discussion**

**Type: Terms: 12**

**Dates: 03/02/2022 - 01/12/2022**

**Frequency: Classes held weekly, Thu 9:30 - 11:00**

**Venue: Fiddlers Green Auditorium 57 Gloucester Ave, Berwick**

**Tutor: Kerry Doherty**

Philosophy enters every aspect of life. We will discuss ideas rather than facts. We will ask questions both related to everyday life and some of the so called 'Big Questions'

---

**227SUN01: Coffee / Discussion for Enquiring Minds**

**Type: Terms: 12**

**Dates: 06/02/2022 - 04/12/2022**

**Frequency: Class wk 1 wk 3, Sun 13:30 - 15:30**

**Venue: Fleming Residence**

**Tutor: Peter Fleming**

We will discuss topics in depth that have been chosen by the participants. We cover a wide range including Philosophy, Science, Religion, World events and trends, Politics and the Arts. Participants will spend time researching the topics prior to discussion. We run two different classes (1) on the 2nd & 4th Tuesdays each month and (2) on the 1st & 3rd Sunday of each month. Both classes are from 1.30pm to 3.30pm at a private Berwick address.

---

## Exercise - Sports; Dance; Movement

### **221MON04: Taichi**

**Type: Terms: 12**

**Dates: 31/01/2022 - 28/11/2022**

**Frequency: Classes held weekly, Mon 9:30 - 11:00**

**Venue: Brentwood Park N/hood House 21A Bemersyde Dr. Berwick**

**Tutor: Helen McGrath**

Have you ever been out somewhere in the early morning and spotted people making beautiful slow gentle moves together in the morning air? Tai Chi by zoom is on offer to any seniors wanting to give it a try. My purpose is to encourage anyone to experience the health benefits and mental wellbeing learning TaiChi can bring and being with others doing this is an added benefit. Whether you are a Beginner or have had some experience in the past these classes will suit you all. I am a senior myself and very happy to pass on my knowledge and have fun together. This class has been adapted to zoom.

---

### **221MON08: Bushwalking**

**Type: Terms: 12**

**Dates: 31/01/2022 - 28/11/2022**

**Frequency: Event held Monthly, Mon 10:00 - 12:00**

**Venue: Walking track selected weekly**

**Tutor: Geraldine McKellar**

The Bushwalking group will take walks of between 3 and 4 hours including a break with possibility of one or two longer walks each year. We would include some urban walks. We might use car-pooling and/or public transport on occasion. Advice will be given regarding degree of difficulty of the walk. It is essential that members carry a drink and have good suitable footwear with soles that grip Also sun hats and sun screen should be carried.

---

### **221MON09: Zumba - Gold**

**Type: Terms: 12**

**Dates: 31/01/2022 - 28/11/2022**

**Frequency: Classes held weekly, Mon 13:00 - 14:00**

**Venue: Lynbrook Community Centre 2 Harris St, Lynbrook**

**Tutor: Kerry Auch-Schwelk**

Dance along to Latin inspired rhythms while getting fit and having FUN! This low impact class is led by a qualified Zumba instructor and is tailored for seniors. It relieves stress improves heart health and helps increase balance and co-ordination. Tutor: Kerry Auch-Schwelk 12:30-1:30 Mondays (weekly) Venue: Hall1 Lynbrook Community Centre

---

### **221MON17: Golf For Beginners**

**Type: None**

**Dates: 07/02/2022 - 07/03/2022**

**Frequency: , Mon 9:30 - 10:30**

**Venue: Beaconhills Golf Club 85- 87, Stoney Creek Road, Upper Beaconsfield**

**Tutor: Les Fielder**

If you have never played golf before then this is for you! Les has worked for Golf Vic. and has a Level 1 Coaching Certificate and currently plays with a single figure handicap. He will introduce you to the basics of golf: grip, stance, swing, chipping and putting. The only charge per person will be for hiring a bucket of range balls. Dates: 7,14,28 Feb, 7 March.

---

### **222TUE07: Walking Group**

**Type: Terms: 12**

**Dates: 01/02/2022 - 29/11/2022**

**Frequency: Classes held weekly, Tue 9:30 - 10:30**

**Venue: Walking track selected weekly**

**Tutor: Colin Whitney**

Wildlife, birds and trees are a delight to behold making a very pleasant journey for walkers. With no pressure to compete or complete a given course. Come along and join this very friendly group. We walk in various local parks and reserves. We often go for coffee afterwards. You will be contacted with the meeting place details.

---

### **222TUE12: Line Dancing**

**Type: Terms: 12**

**Dates: 01/02/2022 - 29/11/2022**

**Frequency: Classes held weekly, Tue 11:00 - 12:30**

**Venue: Leisure Centre Endeavour Hills 10 Raymond McMahon Blvd Endeavour Hills**

**Tutor: Kathy Smith**

This new class is open to both beginners and more experienced line dancers. It has everything: music, dancing, laughter and above all enjoyment. If you enjoy exercise and music then come and give this a go. Numbers are limited due to the size of the dance floor and to encourage locals to the venue to join Casey U3A.

---

**223WED03: Walking Football**

**Type: Terms: 12**

**Dates: 02/02/2022 - 30/11/2022**

**Frequency: Classes held weekly, Wed 10:00 - 11:00**

**Venue: Akoonah Park Gate 4 A, 2 Cardinia ST Berwick**

**Tutor: Tony Duncan**

Walking Football is suitable for both male and female seniors. It is a modified version of soccer with 3 important rules. No Running; No physical contact; and the ball cannot be kicked higher than shoulder height. It is played in teams of 7 with an unlimited number of substitute players. We will be using a grassed area at Akoonah Park.

---

**223WED11: Line Dancing**

**Type: Terms: 12**

**Dates: 02/02/2022 - 30/11/2022**

**Frequency: Classes held weekly, Wed 10:00 - 11:30**

**Venue: Fiddlers Green Auditorium 57 Gloucester Ave, Berwick**

**Tutor: Raelene Nowell**

This is an established lively group. It has everything: music, dancing, laughter and above all enjoyment. If you enjoy exercise and music then come and give this a go. Numbers are limited due to the size of the dance floor.

---

**223WED13: Dog Walking**

**Type: Terms: 12**

**Dates: 02/02/2022 - 30/11/2022**

**Frequency: Classes held weekly, Wed 9:30 - 11:00**

**Venue: Akoonah Park Gate 4 A, 2 Cardinia ST Berwick**

**Tutor: Pam Cummings**

This dog walking class is an excellent social and exercise opportunity for both you and your doggy friends. Probable walking places will be Berwick Springs Wetlands, Wilsons Botanic Park, Akoonah Park, Kurll Park (1000 steps). Walkers must clear up after their own dog and show respect for the area. Enquiries: Pam - 0490 523 739

---

**224THU14: Table Tennis**

**Type: Terms: 12**

**Dates: 03/02/2022 - 01/12/2022**

**Frequency: Classes held weekly, Thu 13:00 - 14:00**

**Venue: Lynbrook Community Centre 2 Harris St, Lynbrook**

**Tutor: Jill Sparkes**

If you want to combine exercise, laughter and a little friendly competition then Table Tennis is the answer! Come along and play to your strengths in a friendly and fun atmosphere. Meet new people and improve your game. Any level of player is most welcome - experienced or those who would like to learn.

---

**224THU16: Outdoor Tai Chi**

**Type: Terms: 12**

**Dates: 03/02/2022 - 01/12/2022**

**Frequency: Classes held weekly, Thu 9:30 - 10:30**

**Venue: Brentwood Park N/hood House 21A Bemersyde Dr. Berwick**

**Tutor: Helen McGrath**

Have you ever been out somewhere in the early morning and spotted people making beautiful slow gently moves together in the morning air? Tai Chi outdoors is on offer to any seniors wanting to give it a try. My purpose is to encourage anyone to experience the health benefits and mental wellbeing learning TaiChi can bring and being with others doing this is an added benefit. Whether you are a Beginner or have had some experience in the past these classes will suit you all. I am a senior myself and very happy to pass on my knowledge and have fun together. This class will take place in the open Parkland behind the Neighbourhood House

---

**225FRI05: Line Dancing**

**Type: Terms: 12**

**Dates: 04/02/2022 - 02/12/2022**

**Frequency: Classes held weekly, Fri 10:30 - 12:00**

**Venue: Lynbrook Community Centre 2 Harris St, Lynbrook**

**Tutor: Kathy Smith**

This is an established lively group. It has everything: music, dancing, laughter and above all enjoyment. If you enjoy exercise and music then come and give this a go. Numbers are limited due to the size of the dance floor.

---

## Games - Board & Card Games

**223WED10: Card Games**

**Type: Terms: 12**

**Dates: 02/02/2022 - 30/11/2022**

**Frequency: Classes held weekly, Wed 10:00 - 12:00**

**Venue: Fleming Residence**

**Tutor: Peter Fleming**

This class will be held at a private home. The most popular game is 500 and the most common sound is laughter.

---

**225FRI04: Chess Club**

**Type: Terms: 12**

**Dates: 04/02/2022 - 02/12/2022**

**Frequency: Classes held weekly, Fri 14:00 - 16:30**

**Venue: Fiddlers Green M/Purpose Room 57 Gloucester Ave, Berwick**

**Tutor: John Condron**

Experienced and new players welcome. If you would like to learn how to play chess, or play with someone regularly, here is your opportunity. Advice can be given on how to improve your game. "To die without having learnt chess is like dying without ever having heard music". C. J. Purdy.

---

**225FRI06: Mahjong**

**Type: Terms: 12**

**Dates: 04/02/2022 - 02/12/2022**

**Frequency: Classes held weekly, Fri 14:00 - 16:00**

**Venue: Fiddlers Green Auditorium 57 Gloucester Ave, Berwick**

**Tutor: Cheryl Harvey**

Play the ancient game of Mahjong for fun and pleasure in a relaxed friendly and non-competitive atmosphere. The aim of the group is to enjoy a friendly game amongst friends with a similar interest.

---

## History - World Events; Genealogy

**221MON15: Empires in History**

**Type: Terms: 1**

**Dates: 07/02/2022 - 20/06/2022**

**Frequency: Class wk 1 wk 3, Mon 13:00 - 14:30**

**Venue: Brentwood Park N/hood House 21A Bemersyde Dr. Berwick**

**Tutor: Wal Bristowe**

We plan on examining the Sumerian, Assyrian, Achaemenid, Persian, Alexandrian, Roman, Byzantine, Ottoman, Turk, Incan and Holy Roman empires.

---

**221MON16: The French Revolution 1789 - 1799**

**Type: Terms: 1**

**Dates: 14/02/2022 - 27/06/2022**

**Frequency: Class wk 2 & wk 4, Mon 13:00 - 14:30**

**Venue: Brentwood Park N/hood House 21A Bemersyde Dr. Berwick**

**Tutor: Frank Bannan**

How does the casual reader of history make sense of a myriad of names and dates? What is the sequence of events and how do we recognize watershed moments? We aim to examine and discuss each year of this fascinating period to distinguish between the actual 'movers and shakers' and those who shouted the loudest. To recognize how one event lead to the next and how power was lost or gained. We also hope to highlight the progress of the French Revolution by putting it into the context of world events and by recognizing the influence of people from an earlier age and the next generation who were molded by them.

---

**224THU10: Genealogy**

**Type: Terms: 12**

**Dates: 10/02/2022 - 01/12/2022**

**Frequency: Class wk 2 & wk 4, Thu 10:00 - 11:30**

**Venue: Fiddlers Green Craft Room 57 Gloucester Ave, Berwick**

**Tutor: Pauline Lyons**

An informal group of family historians furthering their research under the guidance of an experienced genealogist and exchanging ideas. We aim to help people with their research whether they are beginners or experienced to break through those brick walls frustrating our research and introduce the members to interesting records both on and off the net to broaden their research and understand their ancestors' lives.

---

## Languages - French

**223WED01: French (Intermediate)**

**Type: Terms: 1234**

**Dates: 02/02/2022 - 30/11/2022**

**Frequency: Classes held weekly, Wed 12:30 - 13:45**

**Venue: Class held on Zoom**

**Tutor: Lily-Lap Lam**

Pre-requisite: prior knowledge of the French language e.g. did some years of French at High School. It's a course that is designed for people who love the French language/singing as a pastime activity. Alternatively, a French lesson and singing French will be done in class e.g. 1st week - French lesson; 2nd week - singing French. Topics: expressing opinions and tastes, telling stories, learning how to propose, accept, refuse, argue and discuss in the French culture. Grammar is included in the lessons. Resources: Textbooks - Tempo 2 tempo 2 cahier d'exercises avec cd. Videos: Culture, civilisations, films, songs.

---

**223WED14: French (Beginner)**

**Type: Terms: 12**

**Dates: 02/02/2022 - 30/11/2022**

**Frequency: Classes held weekly, Wed 11:30 - 12:15**

**Venue: Class held on Zoom**

**Tutor: Lily-Lap Lam**

Though a Beginner class the French Beginner does not start in 2022 with abc. It's a continuation of the 2021 Covid lockdown French zoom class. Newcomers are required to have some knowledge of French. Topics covered: Greetings, asking for directions, travel, shopping, anniversaries, seasons, weather, countries - la france et les pays francophones, culture, civilisation and food. Grammar is included in the lessons. Resources: textbooks 'ca roule 2'. ca roule workbook. Videos from YouTube on culture civilisation and French songs.

---

## Literature - Bookclubs; Literature Studies; Creative Writing

**222TUE10: The Literature Class**

**Type: Terms: 12**

**Dates: 01/02/2022 - 29/11/2022**

**Frequency: Classes held weekly, Tue 10:00 - 12:00**

**Venue: Fiddlers Green Craft Room 57 Gloucester Ave, Berwick**

**Tutor: Terence Trewavas**

For those who like to read novels, plays, poetry and nonfiction and who enjoy the opportunity to raise questions and express opinions about meanings, themes and interpretations. We include some classics as well as contemporary writing. Works are selected by the members of the group. A work usually occupies us for 3 weeks, sometimes less by members agreement. Passages from the text are selected for reading aloud and these focus discussions around characters, events & scenes. We also watch films of works, if available. Enquiries: Terry - 0418 381 352

---

**223WED09: Book Club 1**

**Type: Terms: 12**

**Dates: 16/02/2022 - 30/11/2022**

**Frequency: Event held Monthly, Wed 18:30 - 20:30**

**Venue: Fiddlers Green Craft Room 57 Gloucester Ave, Berwick**

**Tutor: Lynne Macdonald**

An informal group of readers meets once a month to discuss books read. A good way to widen our knowledge of authors and subjects. An agreed book is made available free of charge for you to read over the next month.

---

**224THU04: Book Club 4 - Evergreen Readers**

**Type: Terms: 12**

**Dates: 03/02/2022 - 01/12/2022**

**Frequency: Event held Monthly, Thu 13:30 - 15:00**

**Venue: Fiddlers Green Craft Room 57 Gloucester Ave, Berwick**

**Tutor: Kay Poade**

Casey/Cardinia Libraries provide a great bookclub service. Each month we get multiple copies of the same book to read and then we meet to discuss it. This is a great way to broaden your reading discuss authors plots etc.

---

**225FRI10: Book Club 2 - Between the Covers**

**Type: Terms: 12**

**Dates: 04/02/2022 - 02/12/2022**

**Frequency: Event held Monthly, Fri 12:30 - 2:30**

**Venue: The Hill Restaurant - Parkhill 23/215-225 Parkhill Dr, Berwick**

**Tutor: Chris Trimnell**

CaseyCardinia Libraries provide a great bookclub service. Every month we collect multiple copies of a book our group has pre-selected. We then meet to discuss it, which is a great way to broaden one's reading and to maybe gain insights into a variety of books. This year we will be meeting at The Hill Restaurant and enjoying lunch together and/or just a tea or coffee. Enquiries: Chris Trimnell 0408 889 569

---

## **Meditation - Combining Movement & Reflection**

**222TUE01: Guided Movement and Meditation**

**Type: Terms: 12**

**Dates: 01/02/2022 - 29/11/2022**

**Frequency: Classes held weekly, Tue 9:30 - 11:00**

**Venue: Class held on Zoom**

**Tutor: Maxine Gardner**

It has been said that when times are challenging - RELAX. This is good advice but it is not easy. It takes constant practice to find the calm in the storm and create a safe harbour within ourselves. In this session, we will encourage the release of stress from our bodies, calm our minds and nourish our souls. We will do this together using breath, movement, stillness, introspection and creative imagination. The session will finish with a guided intuitive meditation inspired at the time.

---

**224THU07: Guided Movement and Meditation**

**Type: Terms: 12**

**Dates: 03/02/2022 - 01/12/2022**

**Frequency: Classes held weekly, Thu 9:30 - 11:00**

**Venue: Class held on Zoom**

**Tutor: Maxine Gardner**

Gentle Meditative Movement and Guided Meditation. It has been said that when times are challenging - RELAX. This is good advice but it is not easy. It takes constant practice to find the calm in the storm and create a safe harbour within ourselves. In this session we will encourage the release of stress from our bodies calm our minds and nourish our souls. We will do this together using breath movement stillness introspection and creative imagination. The session will finish with a guided intuitive meditation inspired at the time.

---

## **Music - Musical Instruments; Singing**

**221MON10: Ukulele**

**Type: Terms: 12**

**Dates: 31/01/2022 - 28/11/2022**

**Frequency: Classes held weekly, Mon 11:30 - 12:30**

**Venue: Lynbrook Community Centre 2 Harris St, Lynbrook**

**Tutor: Danny Hume**

If you have never played a ukulele before but are interested to learn the basics then this is the class for you! Learn by playing songs and having FUN in a friendly supportive atmosphere. You will need your own ukulele. Feel free to ask for advice. Anyone with some previous experience is also welcome to come along. Tutor: Danny Hume

---

**222TUE09: Strum Club**

**Type: Terms: 12**

**Dates: 08/02/2022 - 29/11/2022**

**Frequency: Class wk 2 & wk 4, Tue 13:00 - 15:00**

**Venue: Brentwood Park N/hood House 21A Bemersyde Dr. Berwick**

**Tutor: Edward Nass**

This class will cater for those who already play guitar and would like to join with others or for those who have a guitar sitting at home that they would like to learn how to play. The class will provide a basic introduction to playing guitar by strumming. You will learn to play a range of songs and those who can sing will be encouraged to sing along too. Playing a musical instrument is fun and rewarding in itself but it is also a great brain booster!

---

**223WED07: Music Keyboard - Beginner**

**Type: Terms: 12**

**Dates: 02/02/2022 - 30/11/2022**

**Frequency: Classes held weekly, Wed 9:30 - 11:00**

**Venue: Alderton Residence**

**Tutor: Cyril Alderton**

This course is designed for people who have a desire to play an electronic keyboard. Sheet music used by the tutor is mainly the East Play music such as that produced by Hal Leonard. Students first learn the correct fingering followed by how to play chords with instruction on how to read and play sheet music

---

**223WED08: Music Keyboard- Advanced**

**Type: Terms: 12**

**Dates: 02/02/2022 - 30/11/2022**

**Frequency: Classes held weekly, Wed 11:00 - 13:00**

**Venue: Alderton Residence**

**Tutor: Cyril Alderton**

This course is designed for people who have a desire to play an electronic keyboard. Sheet music used by the tutor is mainly the East Play music such as that produced by Hal Leonard. Students first learn the correct fingering followed by how to play chords with instruction on how to read and play sheet music

---

---

## Social - Luncheons; Dinners; Movies; One-off events

**222TUE11: Movie Club**

**Type: Terms: 12**

**Dates: 01/02/2022 - 29/11/2022**

**Frequency: Class wk 1 wk 3, Tue 0:00 - 0:00**

**Venue: Village Cinema Fountain Gate 352 Princes Hwy, Narre Warren**

**Tutor: Chris Trimnell**

Do you enjoy seeing a movie at the cinemas? If so, come and join us at the Village Cinemas at Fountain Gate. It will depend on the movies available as to the time we will attend, but all will be advised of the movie and the time in advance. If interested we can also enjoy a coffee together before or after the movie.

---

**223WED15: Luncheon Club**

**Type: Terms: 12**

**Dates: 16/02/2022 - 16/11/2022**

**Frequency: Event held Monthly, Wed 12:30 - 14:00**

**Venue: The Hill Restaurant - Parkhill 23/215-225 Parkhill Dr, Berwick**

**Tutor: Chris Trimnell**

Come along and enjoy a relaxing time whilst eating a great lunch, in a great environment with great friends. What more could you ask for? We will be meeting at The Hill Restaurant in the Parkhill Plaza Shopping Centre, 23/215-225 Parkhill Dr., Berwick. Senior Meals are available at ones own cost.

---

**225FRI11: Social Adventures**

**Type: Terms: 12**

**Dates: 18/02/2022 - 18/11/2022**

**Frequency: Event held Monthly, Fri 10:00 - 15:00**

**Venue: Different Social outings mthly**

**Tutor: Joan Gaudion**

Looking for some fun and adventure - keep reading. Ellen and Joan will start the ball rolling, then the group members will help decide on what the next adventures will be. Movies, beachscapes, forestscapes, cityscapes, stately homes, train rides, bus trips, mystery drives ... the sky's the limit! Of course each adventure will include gaining sustenance somewhere on the way. There will be a \$5 bus charge when a bus is required.

---

---

## Special Interests - Crosswords; Gardening

**221MON18: Garden Club**

**Type: Terms: 12**

**Dates: 14/02/2022 - 14/11/2022**

**Frequency: Event held Monthly, Mon 10:00 - 12:00**

**Venue: None**

**Tutor: Ellen Fielder**

If you have an interest and passion for gardening and would like to share your knowledge and tips, this is the club for you. Visiting local gardens and listening to invited gardening experts are other possibilities. Class members will be advised of the venue each month.

---

**223WED12: Cryptic Crosswords**

**Type: Terms: 12**

**Dates: 02/02/2022 - 30/11/2022**

**Frequency: Classes held weekly, Wed 14:00 - 16:00**

**Venue: Fiddlers Green M/Purpose Room 57 Gloucester Ave, Berwick**

**Tutor: Tom Farrell**

Cruciverbalist - (a person who is skilled in or enjoys solving crosswords) Solving cryptic crosswords is excellent brain exercise and can give hours of fun (?) and frustration. Sharing at a beginners level the aim of the class is to give students the skills to solve cryptic crosswords by firstly explaining and reviewing previously solved crosswords and then practice solving in a group environment.

---

**223WED16: Fishing**

**Type: Terms: 12**

**Dates: 09/02/2022 - 09/11/2022**

**Frequency: Event held Monthly, Wed 10:00 - 12:00**

**Venue: Fiddlers Green M/Purpose Room 57 Gloucester Ave, Berwick**

**Tutor: Chris Trimmell**

Do you love to fish? Maybe you're experienced or are willing to share your knowledge or you'd like to learn a bit more, or learn from scratch - whatever your level the group will plan and work together for everyone's benefit and shared friendship. The group will meet once a month at Fiddlers Green to discuss fishing spots, techniques and equipment. The actual follow-up fishing day/s and locations will be determined by the group. Interim queries: Chris 0408 889 569

---

---

## **World Affairs - Spirituality; Philosophy; Travel**

**221MON01: Spirituality in the 21st Century**

**Type: Terms: 12**

**Dates: 31/01/2022 - 28/11/2022**

**Frequency: Classes held weekly, Mon 13:30 - 14:30**

**Venue: Fiddlers Green Craft Room 57 Gloucester Ave, Berwick**

**Tutor: Tony Duncan**

This course is for those who believe that there is more to spirituality than religion and should come with a warning that religious sensitivities will be challenged. Spirituality transcends tribal religions and at the same time can deepen your particular faith journey. The method of teaching is to play a series of DVDs and encourage participants to interrupt with comments and questions. Enquiries: Tony - 0448484433

---

**224THU15: Travel Around the World**

**Type: Terms: 12**

**Dates: 14/04/2022 - 01/12/2022**

**Frequency: Event held Monthly, Thu 10:00 - 11:30**

**Venue: Rossmoyne Family Centre 19 Beldale Crt Berwick**

**Tutor: Malcolm Owen**

View some great multimedia presentations and find out about many interesting locations to visit both in Australia and overseas. Members will be advised in advance of the location/s to be highlighted. Come along and share any memorabilia or personal stories you have or simply enjoy the experience.

---

---