



U3A Casey

2024 Courses

23 December 2023

U3A Casey Contact Details

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Art

242TUE08: 4 Medium Art Group - Self Help

Type: Terms: 1234

Dates: 30/01/2024 - 10/12/2024

Frequency: Classes held weekly, Tue 1:00pm - 3:00pm

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. 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. Members are encouraged to develop their own style in the medium of their choice while enjoying the company of others.

243WED06: Oil Painting - Self Help

Type: Terms: 1234

Dates: 31/01/2024 - 11/12/2024

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

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.

245FRI01: Drawing - Self Help

Type: Terms: 1234

Dates: 02/02/2024 - 13/12/2024

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

Venue: Rossmoyne Office 19 Beldale Court Berwick

Tutor: Cheryl Robinson

Drawing with pencil or ink. Participants to bring own materials. All levels are welcome - the only criteria is that you like drawing. Support and assistance is provided by other members of the group and visiting local artists who will run short workshops throughout the year depending on their availability. Enquiries: Cheryl 0411 425 148

Computer

244THU12: Computer Forums

Type: Terms: 1234

Dates: 01/02/2024 - 21/11/2024

Frequency: , Thu 10:00am - 11:30am

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.

244THU22: Internet Browsing - Safely and Effective

Type: Terms: 1234

Dates: 01/02/2024 - 28/11/2024

Frequency: Classes held weekly, Thu 1:30pm - 2:30pm

Venue: Rossmoyne Community 19 Beldale Crt Berwick

Tutor: Noel Barlow

Do you want to learn to 'surf' the internet better and safely? Then join this class and develop the skills to improve your searching skills as well as protecting yourself whilst on the internet. Bring your smart phone, tablet or laptop and learn and practice the taught skills. The topics are also for those who use a PC(Personal Computer) but as there are none of these available the skills must be practiced at home. As our society is dependent more on online activities and the thieves are getting more aggressive in attacking us, we need to learn the skills to protect ourselves from scammers.

Cooking

241MON06: Cantonese/Chinese Cooking

Type: Terms: 1234

Dates: 26/02/2024 - 25/11/2024

Frequency: Event held Monthly, Mon 1:00pm - 3:00pm

Venue: Berwick Senior Citizens 110 High Street Berwick

Tutor: Andy Li

Do you enjoy tasting and trying out new recipes? Andy will demonstrate and cook popular Cantonese/Chinese recipes, combined with western influences, to produce tasty (but not too spicy!) dishes for you to taste. You will be able to take a photo of the recipes to try at home. There will be a \$5 fee for ingredients. This course will be held on the 4th Monday of each month.

241MON07: Seasonal Country Cooking

Type: Terms: 1234

Dates: 05/02/2024 - 02/12/2024

Frequency: Event held Monthly, Mon 10:00am - 12:00noon

Venue: Rossmoyne Community 19 Beldale Crt Berwick

Tutor: Ellen Fielder

Using produce in season or excess produce from member's own gardens we will look at making chutneys, relishes, jams, soups, breads, savoury and sweet dishes, cakes and simple meals. We will explore flavours and maintain & utilise the kitchen herb garden which the Garden Club created at Rossmoyne. We can cater for special diets such as gluten free. You will either eat what you cook for lunch or take cooked food home. There will be a \$5 fee to cover the cost of ingredients. This course will run on the 1st Monday of each month.

241MON24: Japanese Cooking Class

Type: Terms: 1234

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

Frequency: Event held Monthly, Mon 1:00pm - 3:00pm

Venue: Berwick Senior Citizens 110 High Street Berwick

Tutor: Kaz Barrass

Have you ever had Japanese food and wanted to cook it by yourself? Here is your chance to learn basic and simple Japanese cooking. Japanese cuisine was added to UNESCO's Intangible Cultural Heritage list in 2013, and is known for well-balanced and healthy food. In this course you will learn basic homestyle Japanese cooking, together with some culture and history of food. And the best part is of course, sampling! Please note, a \$5 contribution per class is required to cover the cost of ingredients. This class will run on the third Monday of every month.

242TUE04: Indian Cooking Class

Type: Terms: 1234

Dates: 06/02/2024 - 03/12/2024

Frequency: Event held Monthly, Tue 2:00pm - 3:30pm

Venue: Berwick Senior Citizens 110 High Street Berwick

Tutor: Narinder Rana

A simple way to share, cook and taste a few Indian dishes. You will learn a little bit about the role of spices in your immune system and the easily digestible food will please your taste buds. There are plenty of gluten free and dairy free recipes in this class. Come and enjoy cooking with fun! There will be a \$5 fee for this course. This course takes place on the 1st Tuesday of each month.

Craft

241MON11: Pyrographic Art (Wood Etching)

Type: Terms: 1234

Dates: 29/01/2024 - 09/12/2024

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

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

243WED01: Patchwork and Quilting - Self Help

Type: Terms: 1234

Dates: 31/01/2024 - 11/12/2024

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

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

Tutor: Pat Bird

In 2024 we will be doing 'Block of the Month' for the 12 months. This class is for both machine and hand patchworkers. One sewing machine is available, also cutting boards, rulers and an iron. Students are asked to bring their own cutters.

244THU17: Yarning With You

Type: Terms: 234

Dates: 18/04/2024 - 12/12/2024

Frequency: Classes held weekly, Thu 12:00noon - 2:30am

Venue: Weiner Residence

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. This class will restart at Jan's home in term 2. Enquiries to Jan: 9796-2807

244THU18: Parchment Craft

Type: Terms: 234

Dates: 18/04/2024 - 12/12/2024

Frequency: Classes held weekly, Thu 12:00noon - 2:30pm

Venue: Weiner Residence

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. This class will restart at Jan's home in term 2. Enquiries to Jan: 9796-2807

246SAT01: Greeting Cards

Type: Terms: 1234

Dates: 17/02/2024 - 16/11/2024

Frequency: Event held Monthly, Sat 10:00am - 2:00pm

Venue: Trimnell Residence

Tutor: Chris Trimnell

Would you like to create your own greeting cards? Whether a beginner or an advanced card maker you are welcome to come along and get crafty with like-minded members. Sample cards will be available to copy or create your own design for a special celebration, birthday, get well card etc. Bring a small pair of scissors, craft glue, double sided sticky tape and your lunch. All other materials will be provided. Cost per session: \$6:00 to make 2 complete cards This class meets on the 3rd Saturday of each month. Enquiries: Chris: 0408 889 569

247SUN02: Writing Creatively Workshops

Type: Terms: 1234

Dates: 11/02/2024 - 08/12/2024

Frequency: Event held Monthly, Sun 2:00pm - 5:00pm

Venue: MacDonald Residence

Tutor: Lynne Macdonald

A small group, we meet at a private home on the second Sunday of the month at 2 pm. A topic for writing about will be identified the previous month but it is not compulsory to stick to that. We share what we have written, encouraging one another as we go. We all write for different reasons and appreciate one another's approaches. After the session, we share a high tea to which we have usually all contributed.

Discussion

241MON01: Spirituality in the 21st Century

Type: Terms: 1234

Dates: 29/01/2024 - 09/12/2024

Frequency: Classes held weekly, Mon 1:30pm - 2:30pm

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

241MON05: Current Affairs

Type: Terms: 1234

Dates: 29/01/2024 - 09/12/2024

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

Venue: Fiddlers Green Craft Room 57 Gloucester Ave, Berwick

Tutor: Pamela Mamouny

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.

241MON23: Inquiring Minds Want to Know

Type: Terms: 1234

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

Frequency: Event held Monthly, Mon 1:00pm - 3:00pm

Venue: Rossmoyne Office 19 Beldale Court Berwick

Tutor: Brendan Meagher

Do you find yourself Googling information to find out more about what you have read or heard? This group would be for like-minded people who want to know more about anything and everything. Monthly, I will ask everyone to nominate topics and these can be researched and then a short report given at the next session. Once all have delivered their report those and more topics can develop. The whole process will be member driven. This course takes place on the 3rd Monday of each month.

242TUE06: Coffee / Discussion for Enquiring Minds

Type: Terms: 1234

Dates: 13/02/2024 - 10/12/2024

Frequency: Class wk 2 & wk 4, Tue 1:30pm - 3:30pm

Venue: Fleming Residence

Tutor: Hu Schroor

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. This class takes place on the 2nd and 4th Tuesdays of each month.

244THU08: Practical Philosophy for Everyday Life

Type: Terms: 12

Dates: 01/02/2024 - 12/12/2024

Frequency: Fortnightly, Thu 10:00am - 12:00noon

Venue: Fiddlers Green M/Purpose Room 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'

247SUN03: Coffee / Discussion for Enquiring Minds

Type: Terms: 1234

Dates: 04/02/2024 - 17/11/2024

Frequency: Class wk 1 wk 3, Sun 1:30pm - 3:30pm

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. Held in private residence and also available on zoom.

Movement - Exercise, Dance, Sport

241MON03: Taichi - Beginning Level

Type: Terms: 1234

Dates: 29/01/2024 - 09/12/2024

Frequency: Classes held weekly, Mon 9:30am - 10:30am

Venue: Berwick Senior Citizens 110 High Street 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? Maybe you would you like to join them? My purpose is to encourage anyone to experience the health benefits and mental wellbeing learning TaiChi can bring. Being with others doing this is an added benefit. This beginner class starts at move one of the Beijing 24 and slowly works through all the moves. It is gentle and slow but builds confidence, balance and strength, vital to all of us. Being a senior myself I love being able to share my love of TaiChi with everyone and have fun together. This is a must try class!!!!

241MON08: Bushwalking

Type: Terms: 1234

Dates: 12/02/2024 - 09/12/2024

Frequency: Event held Monthly, Mon 10:00am - 1:00pm

Venue: Walking track selected weekly

Tutor: Geraldine McKellar

The Bushwalking group will take walks of between 3 and 4 hours including a break, with the possibility of one or two longer walks each year. We will include some urban walks. We might use car-pooling and/or public transport on occasion. Advice will be given regarding the degree of difficulty of the walk. It is essential that members carry a drink and have good suitable footwear with shoes that grip. Sun hats and sun screen should also be carried. The walks are held on the 2nd Monday of the month.

241MON09: Zumba - Gold

Type: Terms: 1234

Dates: 29/01/2024 - 09/12/2024

Frequency: Classes held weekly, Mon 1:00pm - 2:00pm

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. Venue: Hall 1 Lynbrook Community Centre

241MON17: Golf For Beginners

Type: None

Dates: 29/01/2024 - 19/02/2024

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

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

Tutor: Les Fielder

The course will cover basic fundamentals of the golf swing. We will cover correct grip, stance, alignment and swing. Time will be spent on short game skills and putting as well. The course is aimed at people who have never played golf before. Golf range balls will be provided free of charge by the golf club Pro-Shop and use of the range is also free of charge. There will be a small amount of loan equipment available for those who have no golf clubs. The instructor is Les Fielder who is a member at Beaconhills and has been previously involved at State level coaching programs with Golfvic. Coffee and a snack may be purchased from the Pro-Shop if desired.

241MON19: TaiChi - Intermediate Level

Type: Terms: 1234

Dates: 29/01/2024 - 09/12/2024

Frequency: Classes held weekly, Mon 10:30am - 11:30am

Venue: Berwick Senior Citizens 110 High Street 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? Maybe you would you like to join them? My purpose is to encourage anyone to experience the health benefits and mental wellbeing learning TaiChi can bring. Being with others doing this is an added benefit. This Intermediate class starts at move one of the Beijing 24 and then revises each step of the way in great detail. This builds confidence, balance and strength, vital to all of us, and beauty of style can also develop with greater knowledge. Being a senior myself I love being able to share my love of TaiChi with everyone and have fun together.

242TUE02: Exercise for Everyone

Type: Terms: 1234

Dates: 30/01/2024 - 10/12/2024

Frequency: Classes held weekly, Tue 1:00pm - 2:00pm

Venue: Hallam Recreation Reserve Hall 118 - 126 Frawley Road, Hallam

Tutor: Geraldine McKellar

Come along and have fun with this moderate intensity exercise class aimed at improving strength and endurance, to be completed mainly standing up. The exercises can also be performed seated if required. The format would include a warm up, followed by exercises which would vary from week to week, including strength, core, balance and aerobic activities. Finishing with a cool down and stretches.

242TUE07: Walking Group

Type: Terms: 1234

Dates: 30/01/2024 - 10/12/2024

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

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.

242TUE15: Pickleball

Type: Terms: 1234

Dates: 30/01/2024 - 10/12/2024

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

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

Tutor: Angela Rose

Pickleball is a cross between tennis, badminton and table tennis. It started in Australia in 2015 and has gained popularity as a low-impact sport that is easy to learn and suitable for almost any age. Each court is 1/4 the size of a basketball court and allows for 2-4 players. The equipment used includes a net, a solid bat for each player and an open-holed plastic ball. All equipment is supplied.

242TUE16: Line Dancing

Type: Terms: 1234

Dates: 30/01/2024 - 10/12/2024

Frequency: Classes held weekly, Tue 9:30am - 11:30am

Venue: Hallam Recreation Reserve Hall 118 - 126 Frawley Road, Hallam

Tutor: Maria Ko

There are lots of reasons to join a line dancing class – • you meet lovely people in a happy class • it improves your coordination and balance • it improves your memory • there's no stress, just fun At 9.30 the first ½ hour will be teaching you basic, easy steps. From 10am till 11.30 will be the class time with a short tea/coffee break. All levels most welcome.

243WED03: Walking Football

Type: Terms: 1234

Dates: 31/01/2024 - 11/12/2024

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

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.

243WED11: Line Dancing

Type: Terms: 1234

Dates: 31/01/2024 - 11/12/2024

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

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.

243WED13: Dog Walking

Type: Terms: 1234

Dates: 31/01/2024 - 11/12/2024

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

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

243WED19: Walking Basketball

Type: Terms: 1234

Dates: 31/01/2024 - 11/12/2024

Frequency: Classes held weekly, Wed 1:00pm - 2:00pm

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

Tutor: Bruce Campbell

Walking Basketball is a fun exercise activity in an indoor stadium, so no weather worries. Participants need to be relatively fit and take responsibility for their own health and well-being. Basketball Victoria is providing us with materials and instruction to get the class going. Get some friends and come along. Anyone can play - you don't need to have previous experience of playing basketball.

244THU14: Table Tennis

Type: Terms: 1234

Dates: 01/02/2024 - 12/12/2024

Frequency: Classes held weekly, Thu 1:00pm - 2:30pm

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.

244THU16: Tai Chi - Outdoors

Type: Terms: 12

Dates: 01/02/2024 - 12/12/2024

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

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

Tutor: Helen McGrath

Did you know that it never rains on Thursday mornings between 9.30 and 10.30???? Its true! Our other truth is that there is no such thing as bad weather, it's just the wrong clothes - thank you Billy Connolly. It's the best time of day to get out and exercise and the beauty of movement from Tai Chi enhances that. My purpose is to encourage anyone to experience the health benefits and mental wellbeing learning TaiChi can bring. Being with others doing this is an added benefit. This class is open and follows the needs of whoever arrives. The Beijing 24 is a focus but there's more. It is gentle and slow but builds confidence, good balance and strength, vital to all of us. (PS..Don't tell Billy but we do have an indoor wet weather contingency plan).

244THU23: Exercise for Everyone

Type: Terms: 1234

Dates: 01/02/2024 - 12/12/2024

Frequency: Classes held weekly, Thu 10:00am - 11:00am

Venue: Berwick Senior Citizens 110 High Street Berwick

Tutor: Geraldine McKellar

Come along and have fun with this moderate intensity exercise class aimed at improving strength and endurance, to be completed mainly standing up. The exercises can also be performed seated if required. The format would include a warm up, followed by exercises which would vary from week to week, including strength, core, balance and aerobic activities. Finishing with a cool down and stretches.

245FRI05: Line Dancing

Type: Terms: 1234

Dates: 02/02/2024 - 13/12/2024

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

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.

245FRI07: Chair Yoga

Type: Terms: 1

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

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

Venue: Rossmoyne Community 19 Beldale Crt Berwick

Tutor: Karen Oakley

Chair yoga provides benefits for those who are limited in their ability to perform movements without stability and support. It is a gentle form of yoga that's done while seated or standing using the chair for balance and support. Chair yoga offers the same benefits as traditional yoga like boosting strength, flexibility and mental wellbeing. Chair yoga can help manage stress, symptoms of depression, and relieves anxiety. It can also boost your mood and improve quality of sleep. These beneficial effects may be especially important for those who are less able to perform other types of exercise. This is an 8-week course.

Games

243WED10: Card Games

Type: Terms: 1234

Dates: 31/01/2024 - 11/12/2024

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

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.

245FRI02: Scrabble

Type: Terms: 1234

Dates: 02/02/2024 - 13/12/2024

Frequency: Classes held weekly, Fri 1:00pm - 3:00pm

Venue: Fiddlers Green Auditorium 57 Gloucester Ave, Berwick

Tutor: Colin Wales

Do you enjoy the challenge of arranging letters to create words? If so, then playing Scrabble with 2 -4 players is the game for you! Whether you've played before or are a novice come along, join in and have fun while keeping the brain active at the same time! Prefer Upwords to Scrabble? - we can cater for you too!

245FRI04: Chess Club

Type: Terms: 1234

Dates: 02/02/2024 - 13/12/2024

Frequency: Classes held weekly, Fri 2:00pm - 4:30pm

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

Tutor: Brian Sadler

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.

245FRI06: Mahjong

Type: Terms: 1234

Dates: 12/01/2024 - 13/12/2024

Frequency: Classes held weekly, Fri 1:30pm - 4:00pm

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

243WED04: Aspects of Ancient Rome

Type: Terms: 1

Dates: 31/01/2024 - 27/03/2024

Frequency: Classes held weekly, Wed 1:00pm - 2:00pm

Venue: Rossmoyne Community 19 Beldale Crt Berwick

Tutor: Frank Bannan

History does not comprise of just dates and famous names! It is also made up of ordinary people, the places they lived and what activities made up their daily lives. In this class we will look at the social structure, law, religion, architecture, entertainment, food, and clothes of the Ancient Romans. Note: This is a new short-term course. It will run for 9 sessions in term 1 only.

243WED05: Portraits in History

Type: Terms: 2

Dates: 17/04/2024 - 12/06/2024

Frequency: Classes held weekly, Wed 1:00pm - 2:00pm

Venue: Rossmoyne Community 19 Beldale Crt Berwick

Tutor: Frank Bannan

Photography has been around, in one form or another, since the first half of the 19th C, but some of the subjects were born early in the 18th C. A discussion of photographic portraits from the earliest times and the stories behind the images. The famous, the infamous, the unknown, the surprising! Note: This new class will be starting 17th April and will run for 8-10 sessions.

244THU06: Genealogy Workshop

Type: Terms: 1234

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

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

Venue: Fiddlers Green Craft Room 57 Gloucester Ave, Berwick

Tutor: Noel Barlow

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

245FRI11: Beginning French

Type: Terms: 12

Dates: 02/02/2024 - 26/04/2024

Frequency: Classes held weekly, Fri 1:00pm - 2:00pm

Venue: Class held on Zoom

Tutor: Lily-Lap Lam

A French course for members who want to refresh their high school days French, but total beginners are most welcome too! This course will not be like your high school years of grammatically learning French, instead Lily will get you speaking French each and every lesson. If sufficient interest the class may continue beyond 10 weeks. Resources required will be emailed out to you a week before each class. The same Zoom link will be used each week.

Literature - Bookclubs; Literature Studies; Creative Writing

242TUE10: The Literature Circle

Type: Terms: 1234

Dates: 30/01/2024 - 10/12/2024

Frequency: Classes held weekly, Tue 10:00am - 12:00noon

Venue: Fiddlers Green Craft Room 57 Gloucester Ave, Berwick

Tutor: Peter Cahill

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.

242TUE14: Book Club 3

Type: Terms: 1234

Dates: 30/01/2024 - 26/11/2024

Frequency: Event held Monthly, Tue 1:00pm - 3:00pm

Venue: Rossmoyne Office 19 Beldale Court Berwick

Tutor: Chris Trimnell

Casey's Connected Libraries provide a great bookclub service. Every month we collect multiple copies of a book that our group has pre-selected. We then meet to discuss it, which is a great way to broaden one's reading and maybe gain further insights into a variety of books by sharing one's interpretations. We already have 2 bookclubs that are well established but we are keen to start a third. This class will be held 4th Tuesday of each month. Enquiries: Chris Trimnell 0408 889 569

243WED02: Snapshots of Life - Memoir Writing

Type: Terms: 1234

Dates: 14/02/2024 - 11/12/2024

Frequency: Event held Monthly, Wed 2:00pm - 4:00pm

Venue: Thomson Residence

Tutor: Monique Thomson

A group for anyone interested in writing short monthly memoirs for presentation in class in a relaxed, non-judgmental environment. It is not an instructional class on how to write although members learn from others' writing and the discussions. The session will end with a sociable afternoon tea. Contact Monique on 0407 507 108 This class will run on the 2nd Wednesday of each month.

243WED09: Book Club 1

Type: Terms: 1234

Dates: 21/02/2024 - 11/12/2024

Frequency: Event held Monthly, Wed 6:30pm - 8:30pm

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.

245FRI10: Book Club 2 - Between the Covers

Type: Terms: 1234

Dates: 02/02/2024 - 06/12/2024

Frequency: Event held Monthly, Fri 1:00pm - 3:00pm

Venue: Rossmoyne Office 19 Beldale Court Berwick

Tutor: Chris Trimnell

Casey's Connected Libraries provide a great bookclub service. Every month we collect multiple copies of a book that our group has pre-selected. We then meet to discuss it, which is a great way to broaden one's reading and maybe gain further insights into a variety of books by sharing one's interpretations. Enquiries: Chris Trimnell 0408 889 569

Meditation

245FRI17: Positive Thinking and Meditation

Type: Terms: 1234

Dates: 02/02/2024 - 13/12/2024

Frequency: Classes held weekly, Fri 1:30pm - 2:30pm

Venue: Endeavour Hills Neighbourhood 10 Raymond McMahon Blvd Endeavour Hills Tutor: Bhavani Padmanabhan

Learn how to make your mind your best friend through open-eyed meditation. This is an easy form of meditation designed to be practiced anywhere. This course covers various aspects of understanding the self, the power and effect of thoughts, and how meditation can help one overcome stress, worry and challenges in daily life while maintaining a positive and loving mindset. This is open to everyone irrespective of race, religion, culture, gender, orientation, etc. Just bring along a pen and notebook for notes and reflection exercises. Facilitator: Bhavani Padmanabhan represents The Brahma Kumaris Australia and has been a meditation practitioner and teacher for over 35 years. She has a background in law and academia, and has presented positive thinking seminars and spiritual foundation courses in higher education institutes and workplaces. Enquiries: Bhavani 0403 551 596

Music

241MON10: Ukulele

Type: Terms: 1234

Dates: 29/01/2024 - 09/12/2024

Frequency: Classes held weekly, Mon 11:30am - 12:30pm

Venue: Lynbrook Community Centre 2 Harris St, Lynbrook

Tutor: None

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. Anyone with some previous experience is also most welcome to come along.

242TUE09: Strum Club

Type: Terms: 1234

Dates: 13/02/2024 - 10/12/2024

Frequency: Class wk 2 & wk 4, Tue 10:00am - 12:00noon

Venue: Nass Residence

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! This class runs on the 2nd and 4th Tuesdays of each month.

243WED07: Music Keyboard - Beginner

Type: Terms: 1234

Dates: 31/01/2024 - 11/12/2024

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

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

243WED08: Music Keyboard- Advanced

Type: Terms: 1234

Dates: 31/01/2024 - 11/12/2024

Frequency: Classes held weekly, Wed 11:00am - 1:00pm

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

241MON12: Getting Together Club

Type: Terms: 1234

Dates: 26/02/2024 - 25/11/2024

Frequency: Event held Monthly, Mon 1:00pm - 3:00pm

Venue: Rossmoyne Community 19 Beldale Crt Berwick

Tutor: Lynne Moller

In this club, we aim to promote general well-being, make social connections & have fun. Each session will have a different focus followed by afternoon tea & a chit chat. We will survey members at the first gathering for ideas, but some possible topics might include - guest speakers to inform us about Centrelink, Healthy living and eating, how to use public transport to visit new places, issues like making a will or options for aged care or any topics you may be interested in learning more about. As the club will have a different focus each month (the topic will be emailed out) you might elect to come to every gathering or just attend what is of most interest to you. For this reason, we will have a maximum number of '50' BUT we will cap each monthly number to whatever number is manageable, according to the topic and space required. This class will be held on the 4th Monday of each month.

242TUE11: Movie Club

Type: Terms: 1234

Dates: 06/02/2024 - 03/12/2024

Frequency: Event held Monthly, Tue 9:00am - 4:00pm

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

Tutor: Lynda Hosking

Do you enjoy seeing a movie at the cinemas? If so, come and join us once a month at the Village Cinemas at the Fountain Gate Shopping Centre. 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. We meet on the 1st Tuesday of each month, but not during school holidays or Public holidays.

242TUE12: Luncheon Club

Type: Terms: 1234

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

Frequency: Event held Monthly, Tue 12:30pm - 4:00pm

Venue: TBA

Tutor: Marion Quinn

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? During the year we will be meeting at 4-5 different restaurants across Casey. We meet up on the 3rd Tuesday of each month.

245FRI08: Arts Appreciation

Type: Terms: 1234

Dates: 09/02/2024 - 13/12/2024

Frequency: Event held Monthly, Fri 9:00am - 5:00pm

Venue: Bunjil Place 2 Patrick Dr., Narre Warren

Tutor: Lynne Macdonald

Once a month we have an outing together, usually, but not always a Morning Music Concert and Lunch at Bunjil. If a local Visual Arts opportunity comes up we may attend that instead. Tickets for Bunjil Concerts and Lunch are \$44 (\$40 if we get 10 or more). Class members are emailed details of the outing, including price of tickets three or four weeks in advance. Members then respond to that email to register their interest in attending. Tickets are prepaid by the tutor so once a member commits to attending he/she must follow through and reimburse the tutor on the day. The group meets at the venue, sits together for the concert, then enjoys lunch in the function room. Note: Days and times may vary according to what is on offer.

245FRI16: Caravan Club

Type: Terms: 1234

Dates: 23/02/2024 - 10/12/2024

Frequency: Once a term, Fri 4:00pm - 5:00pm

Venue: Trimnell Residence

Tutor: Chris Trimnell

Do you like caravanning/camping and meeting up with like-minded people? Venues, dates, and durations of the trips will be planned by the group but we expect most trips to be between 3-4 days. Locations selected will have on-site amenities. The first meeting will be held at our home on Friday 23rd Feb to discuss options and interests. Enquiries welcome. Chris and Edward 9702 1223

245FRI18: Fun Day Out

Type: Terms: 1234

Dates: 02/02/2024 - 13/12/2024

Frequency: Event held Monthly, Fri 9:00am - 5:00pm

Venue: None

Tutor: Joan Gaudion

Let's have fun visiting different places, trying different experiences and most of all sharing a social day out. We might visit a stately home or a garden or explore a regional centre or even have a 'mystery' day! The day and date will vary each month and you will get at least 2 weeks notice via email. Sometimes we will travel by train or car or maybe carpool. Enquiries Joan: 0421 705 726

Special Interests

243WED16: Fishing

Type: Terms: 34

Dates: 10/01/2024 - 28/02/2024

Frequency: Class wk 2 & wk 4, Wed 10:00am - 12:00noon

Venue: TBA

Tutor: Mario Mizzi

Do you love to fish? Maybe you're experienced and willing to share your knowledge or you'd like to learn a bit more, or to learn from scratch? Whatever your level, the group will plan and work together for everyone's benefit and shared friendship. The group will meet twice a month at a 'coffee' venue TBA to discuss fishing spots, techniques and equipment. The actual follow-up fishing day/s and locations will be determined by the group. The discussion meetings will be held 10th and 24th January and 14th and 28th February. Enquiries: Mario 0423 255 909

243WED22: IHI Tapping (Intuitive, Heartfelt, Intel

Type: Terms: 1

Dates: 21/02/2024 - 27/03/2024

Frequency: Classes held weekly, Wed 1:00pm - 3:00pm

Venue: Rossmoyne Office 19 Beldale Court Berwick

Tutor: Linda Jones

IHI (Intelligent, Heartfelt, Intuitive) Tapping is similar to the familiar EFT process but places emphasis on equally accessing our three main neural systems that process our thoughts, feelings and motivations. Allowing each to hold our attention for a set time and aiding us in our decisions about life choices. We learn how to calm ourselves and lower the cortisol levels that promote stress in our bodies. Commitment for the full six weeks is recommended and a minimum of six participants is required. Printed material will be provided. Linda is a certified mBraining Coach. Enquiries: 0417 310 292 This is a 6 week course.

244THU24: Cryptic Crosswords

Type: Terms: 1234

Dates: 01/02/2024 - 12/12/2024

Frequency: Classes held weekly, Thu 2:00pm - 4:00pm

Venue: Aveo Edrington Park 6 Melville Park Drive Berwick

Tutor: Jacqueline Davie

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