

General Course Descriptions 2010 V2

Click on the title of the course to go to its description. To return to this contents section, hold down the CTRL key, and then press the HOME keys.

To find courses on a particular day of the week, hold down the CTRL key and then press the F key. Enter the day (monday, tuesday or...) in the highlighted box in the Adobe reader tool bar. Clicking the Enter key will advance you through the courses for that day.

ART

Art History & Appreciation
 Drawing & Painting
 Drawing & Sketching
 Drawing - Pastels
 Drawing - Watercolour
 Watercolour - Painting

CRAFTS

Needlecraft
 Patchwork & Quilting - 1
 Patchwork & Quilting - 2
 Patchwork & Quilting - 3
 Patchwork Hand Technique
 Woolcraft

FINANCE AND SHARES

Share Trading & Investing in Shares

GAMES

Contract Bridge: Experienced
 Mah Jong: Western Style: Beginners and Advanced
 Mah Jong: Eastern Style: Beginners and Advanced
 Table Tennis

GARDENING

Bonsai

HISTORY, CURRENT AFFAIRS AND GENEALOGY

Current Affairs: Group A
 Current Affairs: Group B
 Current Affairs: Group C
 Genealogy - Family History
 History at Random
 History: HR Empire Habsburgs
 History: Beginnings of Civilisation
 History: Naval and Military

LANGUAGES

Chinese
 Chinese 1
 Chinese 2
 Chinese 3
 Chinese 4
 Chinese 5 - Conversation
 French - Introduction
 French Beginners 2
 French Beginners 3
 French 1
 French 2: Group A
 French 2: Group B
 French 3
 French 4
 French 5
 French Conversation 2
 French Conversation 3: Group A
 French Conversation 3: Group B
 German Basic
 German Beginners
 German Intermediate
 German Conversation
 German Advanced
 Italian 1 - Basic
 Italian 2 Beginners - 1
 Italian 3 Beginners - 2
 Italian 4 Intermediate
 Japanese
 Latin Level 2 (Intermediate)
 Level 5 Advanced - Combined Class
 Spanish 1 - Beginners
 Spanish 2
 Spanish 3 - Conversation

MUSIC

Choir
Guitar Beginners
Guitar
Music Ensemble
Music Listening
Music Makers

LITERATURE, READING, WRITING, POETRY AND PLAYS

Charles Dickens
Literature Appreciation
Play Reading
Poetry for Pleasure
Writing Skills

PHILOSOPHY, SCIENCE, TECHNOLOGY AND THE ENVIRONMENT

Astronomy
Climate Change
Geology
Global Warming
Philosophy Discussion
Practical Sustainability

SPORT, FITNESS, DANCING AND MEDITATION

Ballroom Dancing

Belly Dancing
Exercise to Music - Gentle
Exercise to Music - Moderate
Exercise to Music - Fit, Active
Feldenkrais: Awareness Through Movement
Greek Dancing
Hydrotherapy - Warm Water Exercises
Line Dancing
Meditation
Meditation with Movement
Living in the Present Moment
Nordic Walking
Numerology - Understanding Personalities
Positive Thinking - Beginners
Positive Thinking, Meditation & Inner Search
Tai Chi - 1
Tai Chi - 2
Tai Chi - 3
Tai Chi - 4
Walkabout
Yoga

COURSE LOCATIONS

Art**Art History & Appreciation**

A self help group studying the development of the visual arts through the ages. Members are encouraged to participate. Includes visits to art exhibitions at city, local & regional galleries.

Monday 11.00 - 12.30 MPR

Course Leader: Marj Smith

Drawing & Painting

This is not a course for the beginner. This is a self help course with all members sharing their skills.

Tuesday 1.30 - 3.00 Namatjira

Course Coordinators: Annette Mason

Drawing & Sketching

Learn to draw and understand basic composition, perspective contour, line and tone. Ideal for beginners & those with some experience. Relaxing & informative.

Group 1: Thursday 11.15 - 12.30 MPR

Group 2: Thursday 1.00 - 2.30 MPR

Group 3: Thursday 2.45 - 4.00 MPR

Course Leader: Paul Makinson

Drawing - Pastels

Learn to draw using the medium of pastels.

Thursday 2.00 - 4.00 Namatjira

Course Leader: Annette Mason

Drawing - Watercolour

see Watercolour Painting

Watercolour - Painting

If you have always wanted to try watercolour painting but not been sure how to go about it, here is your opportunity. No previous experience necessary. Equipment needed will be discussed at first session.

Group A: Monday 12.30 - 2.30 Room 5 & 6 upstairs

Group B: Wednesday 1.15 - 3.15 Namatjira

Course Leader: Lindy Faulkner

Crafts

Needlecraft

This class is designed to inspire needleworkers at any level to enjoy needlecraft.

Thursday 11.45 - 1.45 Namatjira

Course leader: Lesley Halstead

Patchwork & Quilting - 1

This is a class for the person who has competent patchwork skills. Class projects set each term.

Tuesday 9.30 - 11.45 Namatjira

Course Leader: Barbara Worcester

Patchwork & Quilting - 2

For those who wish to extend the skills they have learnt in the Beginners class, such as precision rotary cutting, machine piecing, hand & machine applique.

Wednesday 11.00 - 1.00 Namatjira

Course Leader: Jill Bale

Patchwork & Quilting - 3

For those who have completed "An Introduction to Patchwork & Quilting Hand Techniques" & are familiar with the basic skills & terms. These skills will be discussed & others developed. E.g. Various types of applique, putting the blocks together, hand quilting, binding.

Thursday 9.30 - 11.30 Namatjira

Course Leader: Judy Leckie

Patchwork Hand Technique

This is an introductory class for anyone who would like to start Patchwork but not sure where to begin. Hand technique only

Tuesday: 12.00 - 2.00 Room 3

Course Leader: Judy Leckie

Woolcraft

A class to suit knitters of all abilities, from beginners to advanced. Make the most of the therapeutic craft of knitting. Update your UFOs, learn how to knit a domino blanket.

Tuesday 9.30 - 11.30. Room 3 on the 2nd Tuesday of May, June and July.

Course Leader: Beverley Wright

Finance and Shares

Share Trading & Investing in Shares

A discussion group for those interested in investing & share trading. This is not a class advising you what to do with your money but purely a discussion group. Amongst other items, discussion may be centered around weekly financial events.

Wednesday 1.45 - 3.00 Seniors Meeting Room

Course Leader: Eric Kratzer

Games

Contract Bridge: Experienced

If you are an experienced player & enjoy a game of Bridge, join like minded people & improve your skills.

Monday 1.00 - 3.00 Namatjira

Course Leader: Garnet Edwards

Mah Jong: Western Style: Beginners and Advanced

This is a fascinating ancient Chinese game played with small decorated tiles. If you want a sociable and pleasant session once a week, why not join.

Monday 9.30 - 11.30 Namatjira Western Style

Course Leader: Shirley Devery

Mah Jong: Eastern Style: Beginners and Advanced

This is a fascinating ancient Chinese game played with small decorated tiles. If you want a sociable and pleasant session once a week, why not join.

Tuesday 1.00 - 3.00 Seniors Hall Eastern Style

Course Leaders: Herbert and Stella Yim

Table Tennis

Beginners as well as veterans of the game are welcome. New players will receive help & encouragement. Wear casual dress and shoes with soles that do not mark the floor. Bring your own mug & \$3 for the use of facilities.

Tuesday 10.00 - 12.00 Kilsyth Sports Centre. Liverpool Road. Kilsyth

Course Leader: Riet Olifiers

Gardening

Bonsai

Simply looking at a few attractive Bonsai can restore one's calm and tranquillity. This is a practical course aiming to demystify the process of creating and maintaining your own Bonsai. With dynamic & striking colour foliage, succulents are introduced for the first time with traditional oriental Bonsai styles forming the low maintenance, dry tolerant landscape to cope with our water restrictions.

Wednesday 9.30 - 11.00 Room 8. Terms 1 & 2

Course Leader: Joe Lau

History, Current Affairs and Genealogy

Current Affairs: Group A

Participate in lively discussion and debate on topical issues.

Group A: Monday 11.45 - 12.45 Namatjira

Course Leader: David Gannon

Current Affairs: Group B

Participate in lively discussion and debate on topical issues.

Group B: Wednesday 12.30 - 1.30 MPR

Course Leader: David Gannon

Current Affairs: Group C

Participate in lively discussion and debate on topical issues.

Group C: Wednesday 9.30 - 10.30 MPR

Course Leader: Allan Brownrigg

Genealogy - Family History

For beginners & those who need further help with their Family History. Find out which country your ancestors came from, was it England, Scotland, Germany, Scandinavia or elsewhere? Are you descended from a convict? Do you have people missing from your family tree? Course includes, how to collate your information & record keeping.

Friday 10.30 -12.00 Conference Room. Forest Hill Chase. No class 1st Friday of the month

Course Leader: Ingrid Nelson

History at Random

Ancient Rome from 800BC to 800AD. The course will cover its origins, its rise from city to empire, its fall and the aftermath. Terms 1 & 2

Friday 9.30 - 10.30 Namatjira.

Course Leader: Jack Churchyard

History: HR Empire Habsburgs

The Holy Roman Empire & the Habsburg Dynasty. Voltaire once remarked that the Holy Roman Empire "was neither Holy, nor Roman, nor an Empire". If this is at all accurate how did this phenomenon arise & how did it come to last, albeit in fits & starts for 1000 years? This course will explore the fortunes of this central fact of European History, with particular emphasis on the period from 1500 to 1918, & how that Empire encapsulated what is meant by "Old Europe".

Tuesday 12.30 - 1.30 Rooms 5 & 6 upstairs

History: Beginnings of Civilisation

The great arc which begins at one end in Lower Mesopotamia, stretches up to Syria & Anatolia, then finishes in Egypt, is known as the Fertile Crescent. Here the great civilizations of antiquity had their origin: Sumer, Babylon, Assyria, the Hittites & Egypt. The course will examine the origins & early development of each of these civilizations: how they were governed, their organisation, culture, religion & how writing & literature developed, with samples of the early texts from each culture.

Tuesday 2.00 - 3.00 Rooms 5 & 6 upstairs

Course Leader: Murray Adamthwaite

History: Naval and Military

This course covers a wide range of topics, from early Classical times to the present day - the weaponry, strategies & tactics used, the reason for battles, campaigns & wars on land, sea & air.

Thursday 9.30 - 11.00 Rooms 5 & 6 upstairs

Course Leader: Rob Ellis

Languages

Chinese

Chinese is taught both with Pinyin and characters. Students who learn characters generally make greater progress.

Chinese 1

This class is for those who have no knowledge of Mandarin at all. Students are introduced to Chinese Pronunciation, Chinese tones & some simple characters. The grammar & vocabulary follow the work as set out in "Ni Hao Book 1". Most work is done in both Pinyin (a Romanised version of the language) & characters. Additional exercises & information may be given from sources other than the text book. The topics include simple conversation such as greetings, family members, animal names, food items, weather, sport, the number system, names of countries & asking questions.

Thursday 11.15 - 12.15 Room 5 & 6 upstairs. Text book "Ni Hao Book 1"

Course Leader: Bron Ronan

Chinese 2

Students are expected to have reached an elementary level of the language. Greater emphasis will be given to characters but Pinyin will also be used. The programme will take students through "Ni Hao Book 2" covering topics such as daily routine, rooms of houses, clothes, shopping, visiting friends, making phone calls, eating, & weather. Development in grammatical structure with the major emphasis on speaking & listening to the language.

Thursday 12.30 - 1.30 Room 5 & 6 upstairs. Text Book "Ni Hao Book 2"

Course Leader: Bron Ronan

Chinese 3

Students are expected to have a reasonable basic understanding of the language. There will be greater emphasis on character reading & oral presentation. However, Pinyin will also be used for those students who desire it. Work will follow "Ni Hao 3" with topics on travelling, leisure activities, medical situations & celebrations.

Thursday 9.00 - 10.00 Plato. Text Book "Ni Hao Book 3"

Course Leader: Keville Bott

Chinese 4

Students are expected to have a fairly solid background in the language. There will be greater emphasis on Chinese characters for those who wish to learn them. Students however, still may prefer to work in Pinyin. The text book will follow the lessons as set out in "Ni Hao Book 4" which takes topics already covered to a higher level. Students will be required to make oral presentations & to increase their vocabulary & grammatical understanding.

Thursday 10.00 - 11.00 Plato. Text Book "Ni Hao Book 4"

Course Leader: Keville Bott

Chinese 5 - Conversation

This class is for advanced students. The emphasis will be on conversation but some advanced grammar will be introduced & the level of vocabulary will be extended. Students will be expected to read either in Chinese characters or Pinyin & to take part in the discussion of the topics chosen. These topics will depend largely on the students' interests. The programme will come from a variety of texts & other material. Students will be advised beforehand of any purchases needing to be made.

Thursday 11.00 - 12.00 Plato

Course Leader: Keville Bott

French - Introduction

If you would like to study French but don't know where to begin, this class could be the answer. The leader will introduce you to the joys & frustrations of learning the basics of this historic language in a friendly relaxed manner, while at the same time discussing cultural aspects with some history & geography thrown in.

*Monday 11.00 - 12.00 Room 9 upstairs.
Course Leader: Marline McAllister*

French Beginners 2

For people who have completed French Beginners 1 in 2009 or have good basic French language skills.

*Wednesday 1.45 - 3.00 Rooms 5 & 6 upstairs
Course Leader: Ilsa Rose*

French Beginners 3

A continuing class for those who have completed Beginners 2 in 2009 or have a working knowledge of the French language. In 2010 this class will concentrate on basic conversation

*Tuesday 12.00 - 1.15 Namatjira
Course Leader: Marline McAllister*

French 1

French language and culture for those with some French language skills.

*Tuesday 11.00 - 12.00 Seniors Meeting Room
Course Leader: Ann Ruck*

French 2: Group A

A course for students who have completed French 1 or have good school French. Extension of grammar, vocabulary and use of language with aspects of culture.

*Group A: Wednesday 10.15 - 11.15 Seniors Meeting Room
Course Leader: Lucy Samson*

French 2: Group B

A course for students who have completed French 1 or have good school French. Extension of grammar, vocabulary and use of language with aspects of culture.

*Group B: Tuesday 9.30 - 10.30 Seniors Meeting Room
Course Leader: Ann Ruck*

French 3

This course will cover grammar, vocabulary & conversation with extension studies including French literature (prose & poetry).

*Wednesday 11.30 - 12.30 Seniors Meeting Room
12.30 - 1.00 - French Literature. Seniors Meeting Room
Course Leader: Lucy Samson*

French 4

Study & discussion of aspects of modern French life and culture. Practice in understanding & speaking French, combined with revision & fairly advanced grammar work.

*Tuesday 10.30 - 11.45 MPR
Text book: "Essor" (Oxford)
Course Leader: Mary Churchward*

French 5

An exploration of French history & culture. Students research & give talks in French on famous people or on topics such as art, architecture, music, costumes etc: of the period. Also revision & advanced grammar work.

*Tuesday 12.45 - 2.15 MPR
Course Leader: Mary Churchward*

French Conversation 2

This level is aimed at those students who have completed French up to Intermediate level. There is no formal grammar taught, the emphasis being on oral communication. You will be given material to study between classes. Content is presented in a relaxed way.

Monday 9.30 - 10.30 MPR

Course Leader: Elizabeth Smits

French Conversation 3: Group A

Free-ranging discussion in French on topics of interest, such as social issues, current affairs, books, films & other media. A considerable degree of fluency in French is desirable.

Group A: Tuesday 1.30 - 2.30 Plato

Course Leader: Jacqueline Becu

French Conversation 3: Group B

Free-ranging discussion in French on topics of interest, such as social issues, current affairs, books, films & other media. A considerable degree of fluency in French is desirable.

Group B: Tuesday 2.30 - 3.30 MPR

Course Leader: Mary Churchward

German Basic

An introduction class for the German Language

Friday: 9.30 - 10.30 Room 3

Text book. "Colloquial German" available from the office

Course Leader: Peter Goodwin

German Beginners

For those who like learning the German language in a relaxed atmosphere, beginning from chapter 5 of the text book, "Colloquial German".

Friday 9.30 - 10.30 MPR. Text book.

Course Leader: Del Macneil

German Intermediate

A continuing class for those who have a little knowledge of the German language or have completed Beginners 1.

Friday 9.30 - 10.30 Plato

Course Leader: Elizabeth Culliver

German Conversation

Brush up your German conversation skills in a light-hearted & enjoyable atmosphere.

Friday 10.45 - 12.15 Plato

Course Leaders: Elizabeth Culliver, Lyn Smith & Paul Grossman

German Advanced

For students who have been learning for a number of years or have spent some time living in a German-speaking country. The course aims at correcting grammatical errors, extending vocabulary, illustrating features where German language custom differs from the English & introducing German culture.

Friday: 12.30 - 1.45 Plato

Course Leader: Paul Grossman

Italian 1 - Basic

An introduction to the sounds of the Italian language.

Monday: 1.00 - 2.00 Room 9

Course Leader: Earle Ludekens

Italian 2 Beginners - 1

Learn the romance of the Italian language just for the fun of it or to help on that overseas trip.

Thursday 12.00 - 1.00 Seniors Meeting Room

Course Leader: Donato Moretti

Italian 3 Beginners - 2

Continuing class for those who have completed 1 year of Italian Beginners or those who have a knowledge of the Italian language.

Thursday 9.30 - 11.00 Room 9 upstairs

Course Leader: Earle Ludekens

Italian 4 Intermediate

This is essentially a self-help group of students who have studied Italian for 4 years or more. The emphasis is on advanced grammar & conversation.

Thursday 11.15 - 1.00 Room 9 upstairs

Course Leader: Lesley Sinfield

Japanese

Learn to read, write & converse in basic Japanese at a leisurely pace in a friendly, entertaining atmosphere. You can also enjoy a cup of Japanese tea. Some basic understanding required.

Class set: Japanese for Today. Publishers - Gakken

Friday 9.00 - 11.00 Rooms 5 & 6 upstairs

Course Leader: Yvonne De Sousa

Latin Level 2 (Intermediate)

If you enjoyed Latin Level 1 & feel confident to continue, or if you have already learned some Latin, you will be able to read more about other parts of the Roman Empire. You will continue to learn vocabulary, grammar & syntax, while discovering many fascinating insights into the history & culture of Rome.

Wednesday 10.45 - 11.45 Plato

Text book "Cambridge Latin Course" books 2 & 3

Level 5 Advanced - Combined Class

There will be more political intrigue & further insights into Roman life & customs as we read more stories & poems from a variety of classical authors.

Wednesday 12.00 - 1.00 Plato

Text books: As selected

Course Leader: Elaine Boucher

Spanish 1 - Beginners

For those just starting with the Spanish language.

Tuesday 12.00 - 1.00 Room 9 upstairs

Course Leader: Pili Jenkin

Spanish 2

If you have some knowledge or have completed Beginners. Emphasis will be on speaking the language.

Tuesday 9.15 - 10.15 MPR

Course Leader: Rita Miller

Spanish 3 - Conversation

A class for those who wish to practise conversing in the Spanish language.

Tuesday 10.30 - 11.30 Room 9 upstairs

Course Leader: Pili Jenkin

Music

Choir

The choir comes together to enjoy a repertoire of music from all eras. Popular, Folk songs, Musicals & Christmas themes. There is an opportunity for singing in harmony & unison.

Wednesday 10.45 - 12.00 Seniors Hall

Course Leader: Maureen Milton

Guitar Beginners

A class for the person who always wanted to strum away and make a melody.

Friday 11.00 - 12.00 MPR

Course Leader: Jack McLaggan

Guitar

A practical course based on the modern methods of playing to better enable players to realise the full potential of the classical guitar.

Friday 12.15 - 1.45 MPR

Course Leader: Siggi Cronstedt

Music Ensemble

We play mostly classic jazz standards. Anyone with an instrument who wishes to join the group would be most welcome.

Tuesday 9.00 - 11.00 Seniors Hall

Course Leader: Brian Ruck

Music Listening

This informal group, with an inclination towards classical music, provides an opportunity to listen to & discuss various musical styles, performers & instruments. Members of the group are encouraged, but not obliged to prepare & present sessions of interest to them.

Wednesday 9.30 - 10.45 Namatjira

Course Leader: Neil McLachlan

Music Makers

The members of this group get together to play ensemble music from a variety of styles & periods - recorders; guitars; flutes; violins; cello; violas are welcome.

Wednesday 1.00 - 3.00 Seniors Hall

1st & 3rd Wednesday of the month.

Course Leader: Vivien Spencer

Literature, Reading, Writing, Poetry and Plays

Charles Dickens

Exploring the works of Charles Dickens and life in the 19th century. This year we shall concentrate on the following books. 1st term "Oliver Twist", 2nd term, "Barnaby Rudge", 3rd term, "Dombey and Son", and 4th term, "Little Dorritt". It would be helpful, but not absolutely necessary, if class members could read these in advance.

Tuesday: 12.30 - 1.30. Seniors Meeting Room

Course Leader. Brian Ruck

Literature Appreciation

Using selected books we discuss a wide range of literature from Australian, British, American & International authors. We examine the ideas & themes presented with some emphasis placed on the ways in which writers use settings, characterisation, plot & imagery to illustrate themes.

Friday 10.45 - 12.15 Namatjira

Course Leader: Frances Ryder

Play Reading

A variety of plays are read for the interest and pleasure of the group. Fluent, expressive reading ability is desired.

Thursday 2.00 - 4.00 Seniors Meeting Room

Course Leaders: Marjorie Steuart and Val Hewitt

Poetry for Pleasure

Read from your favourite poets, for pleasure. After reading the poetry aloud, it will be discussed in terms of historical context, meaning & literary value.

Monday 2.30 - 3.30 Plato 1st & 3rd Monday of the month

Course Leader: Bernard Baschuk

Writing Skills

If you have thought about writing stories, recording your experiences, or writing more interesting letters, this class will endeavour to help develop your ideas & skills.

Monday 2.30 - 4.00 MPR

Course Leader: Elvira Fitzgerald

Philosophy, Science, Technology and the Environment

Astronomy

Experience the wonder of the universe; what is out there eg: planets, stars, galaxies, black holes? How they work, what they look like and how they affect us.

Wednesday 9.30 - 10.30 Plato

Course Leader: John Shattock

Climate Change

What are the ins & outs, how do we detect & test for climate change? Has it occurred before? Is it possible to make changes that will avoid the negative effects of climate change? These & many other questions that arise will be discussed.

Tuesday 10.45 - 11.45 Plato

Course Leader: Derek Williams

Geology

Concepts and skills are taught to help students appreciate how Victoria was formed geologically in time. Life at sea and on land are used to understand the formation of sedimentary forms. Field work and excursions are arranged on alternate weeks and are essential to fully understand the formal work.

Thursday 9.30 - 11.00 MPR

Course Leaders: Noel Schleiger & Phil Bock

Global Warming

This is a follow on to the Climate Change discussion group, based on the "Garnaut Climate Change Review" commissioned by the government, but also on other studies predicting the likely climatic changes in Australia, & measures which may be used to mitigate or adapt to these changes. Decisions from the Copenhagen Summit December 2009 will be included.

Tuesday 9.30 - 10.30 Plato

This is a discussion group guided by Peter Sharpin

Philosophy Discussion

This is a "Philosophy in Action" group where applied philosophy including religion, science, politics, ethics, economy, economics & the history of philosophy are discussed.

Wednesday 10.45 - 12.15 MPR

Course Leader: Savvas Athan

Practical Sustainability

Ever wondered how to improve your day to day use of water, energy, shopping, transport & other issues? This course will help you to get started.

Monday 9.30 - 10.30 Plato

Course Leader: Claire Coutts

Sport, Fitness, Dancing and Meditation

Ballroom Dancing

Mostly Australian New Vogue & Sequence Dancing. No previous experience required. We will start with some simple figures & progress from there to learn dances such as Marilyn, Charmaine, Tangoette, Balmoral Blues & many others. Footware recommendations can be discussed with the leader at the first class. Avoid rubber soles or runners.

Wednesday 1.45 - 3.45 Silver Grove Community Centre Stadium

Course Leaders: Jenette and James Youngman

Belly Dancing

Learn the art of this ancient dance whilst having fun.

Monday 2.15 - 3.15 Silver Grove Community Centre Stadium

Course Leader: Maria Makrides

Exercise to Music - Gentle

Keep strong and healthy for longer through gentle exercise to music with like minded people.

Wednesday 9.45 - 10.30 Seniors Hall

Course Leader: Karen Postill

Exercise to Music - Moderate

A step up from Gentle Exercise

Wednesday 10.00 - 11.00 Jaycees Hall

Course Leader: Barbara Ryder

Exercise to Music - Fit, Active

A little more vigorous than moderate exercise to help you achieve a higher level of fitness.

Thursday 9.30 - 11.00 Seniors Hall

Course Leader: Eileen Moore

Feldenkrais: Awareness Through Movement

Feldenkrais Awareness Through Movement (ATM) is a form of movement education which utilises the ability of the neuromuscular system to improve at any age. The lessons are based on the idea that awareness & focused attention on small movements will lead to greater improvement in function than force or effort. You may experience improvements in coordination, flexibility & balance. Many of the lessons are done lying on the floor, while others are done sitting or standing, or even in your imagination! You will need a towel or mat to lie on for floor lessons.

Wednesday 2.00 - 3.00 MPR

Course Leaders: Anne Roberts and Noel Will

Greek Dancing

You do not need a partner, just an ability to hear the rhythm, to enjoy learning Greek Folk Dancing. Bring a happy heart, come feel the music & get some exercise at the same time.

Monday 1.00 - 2.00 Nunawading Community Centre Stadium

Course Leader: Maria Makride

Hydrotherapy - Warm Water Exercises

Gentle warm water exercises to help keep fit & ease the aches & pains of arthritis or injury. A monthly fee of \$30 is payable to the Silver Grove office at the beginning of each month, covering the cost of U3A hiring the facilities.

Group 1: Monday 10.00 - 10.45 Croydon

Group 2: Monday 11.00 - 11.45 Croydon

Group 3: Wednesday 3.00 - 3.45 Ringwood

Course Leaders: Maureen Reid, June Ventouras, Liz Shave, Nicole Evered, Karen Ledwidge & Lisa Murray

Line Dancing

A more advanced level for those with proficiency in the Spanish language. Encompasses conversation & grammar as required. Thursday 10.00 - 11.30 Seniors Meeting Room Course Leader: Dora Baschuk Learn the steps, get fit, enjoy this popular pastime.

Monday 10.00 - 11.00 Jaycees Hall

Course Leader: Marie Pietersz

Meditation

This class will teach and guide you to totally relax & look after your health & fitness. Start with exercising & breathing, then go into meditation. If time permits there will be discussion after the meditation.

Wednesday 12.15 - 1.30 Rooms 5 & 6 upstairs

Course Leader: Carmen Bongailas

Meditation with Movement

An introduction to the Dharma Drum's Eight Form moving meditation. It incorporates the essence of Chan meditation into a series of simple physical exercises. In addition to physical exercise, the practice of the Eight Forms helps relax your body and mind. A walking & sitting meditation is also included.

Tuesday 11.15 - 12.45 Seniors Hall

Course Leader: Cam Lau

Living in the Present Moment

Learn from ancient wisdom & modern science about the inevitable evolution of consciousness leading to peace, joy & love. Learn also how it positively affects our health & longevity. Living in the Present Moment, or Mindfulness can take you there now. Inspired by Eckhart Tolle's book "The Power of Now".

Monday 12.45 - 2.15 MPR

Course Leader: Wade Dickson

Nordic Walking

Using poles turns regular walking into a low impact total body workout. The use of poles has a number of advantages. When technique is correct it activates 90% of the body's muscles. For older participants it decreases the load and impact on lower body muscles & promotes an upright walking position making it suitable for those with arthritis & joint problems. U3A will supply poles for use during first term.

Thursday 1.30 - 2.30 Venue on notice board at Silver Grove

Course Leader: Judi Millar.

Numerology - Understanding Personalities

Numerology is the study of numbers 0 - 9. "Understanding Personalities for Better Influence & Persuasion" is the theme of the course. This will help you to understand how to secure what you want in your life & lead you on a deep but simple journey of self discovery. Real life case studies & exercises will be used. No previous experience required.

Wednesday 1.30 - 3.00 Plato

Course Leader: John Ho

Positive Thinking - Beginners

You are what you think. Everything has its origins in thought. It is about harnessing the energy of the mind & by doing so, becoming masters of ourselves. Open-eyed meditation is a unique form of spiritual education that guides you to a deeper understanding of self.

Monday 2.45 - 3.45 Rooms 5 & 6 upstairs

Course Leader: Lyn Elliott

Positive Thinking, Meditation & Inner Search

This course is a follow on from the beginners course, where we will push the boundaries of the mind.

Thursday 2.00 - 3.00 Rooms 5 & 6 upstairs

Course Leader: Lyn Elliott

Tai Chi - 1

This class will proceed to the next level of Chi Gung which will then further improve the effects & usefulness of the practice bringing one to a higher level of understanding & results.

Friday 9.30 - 10.30 Eley Park Community Centre.

Course Leader: Beulah Gardiner

Tai Chi - 2

Shibashi, gentle & very beautiful Oriental exercise.

Thursday 11.30 - 12.30 Seniors Hall.

Course Leader: Evelyn Bowman

Tai Chi - 3

Tai Chi/Qigong exercises combine gentle body movements with mental concentration & breathing techniques to activate and cultivate our Chi (vital energy). This helps strengthen both mind & body. We will do a variety of exercises including Shibashi.

Friday 10.45 - 11.45 Eley Park Community Centre.

Course Leader: Lesley Sinfield

Tai Chi - 4

Traditional Tai Chi Yang Style is a recreational fitness system of flowing movements designed to exercise & develop the body & mind in unison. The movements are performed in slow & dream-like pace with deep concentration & diaphragmatic breathing to transport one into a state of tranquil relaxation.

Thursday 12.45 - 1.45 Seniors Hall

Course Leader: Jasmine Teen

Walkabout

Walking is one of the best weight-bearing exercises to keep you fit & healthy. Join the group & explore new territories. Starting at various points for different walks.

Wednesday 10.00 - 12.00 Venue on notice board at Silver Grove

Course Leaders: Lena Ravida and Zolton Bardos

Yoga

Yoga breathing exercises & relaxation techniques suitable for the mature age person.

Tuesday 10.00 - 11.15 Rooms 5 & 6 upstairs

Course Leader: Pritam Lal Aneja

Course Locations

CLASSROOMS	LOCATIONS
Namatjira, Plato, MPR plus Rooms 3, 5/6, 8 Stadium	Nunawading Community Centre, 16 - 20 Silver Grove. Nunawading.
Jaycees Hall	12 Silver Grove. Nunawading
Seniors Hall, Meeting Room	Seniors Building, 22 Silver Grove. Nunawading
Eley Park	Eley Park Community Centre, Eley Road. Blackburn South.
Collins & Conference Room	Level 3, Forest Hill Chase, Canterbury Road. Forest Hill
Ringwood Aquatic Centre	Jubilee Park. Greenwood St. Ringwood
Croydon Leisure Pool	11 Civic Square. Croydon
Kilsyth Stadium	Liverpool Road, Kilsyth.