

## U3A Nunawading Course Descriptions 2010

<b>Art History &amp; Appreciation</b>	<p>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 &amp; regional galleries.</p> <p>Monday 11.00 - 12.30 MPR Course Leader: Marj Smith</p>
<b>Astronomy</b>	<p>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.</p> <p>Wednesday 9.30 - 10.30 Plato Course Leader: John Shattock</p>
<b>Ballroom Dancing</b>	<p>Mostly Australian New Vogue &amp; Sequence Dancing. No previous experience required. We will start with some simple figures &amp; progress from there to learn dances such as Merrilyn, Charmaine, Tangoette, Balmoral Blues &amp; many others. Footware recommendations can be discussed with the leader at the first class. Avoid rubber soles or runners.</p> <p>Wednesday 1.45 - 3.45 Silver Grove Community Centre Stadium Course Leaders: Jenette and James Youngman</p>
<b>Belly Dancing</b>	<p>Learn the art of this ancient dance whilst having fun.</p> <p>Monday 2.15 - 3.15 Silver grove Community Centre Stadium Course Leader: Maria Makrides</p>
<b>Bonsai</b>	<p>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 &amp; 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.</p> <p>Wednesday 9.30 - 11.00 Room 8. Terms 1 &amp; 2 Course Leader: Joe Lau</p>
<b>Charles Dickens</b>	<p>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.</p> <p>Tuesday: 12.30 - 1.30. Seniors Meeting Room Course Leader. Brian Ruck</p>
<b>Choir</b>	<p>The choir comes together to enjoy a repertoire of music from all eras. Popular, Folk songs, Musicals &amp; Christmas themes. There is an opportunity for singing in harmony &amp; unison.</p> <p>Wednesday 10.45 - 12.00 Seniors Hall Course Leader: Maureen Milton</p>
<b>Climate Change</b>	<p>What are the ins &amp; outs, how do we detect &amp; test for climate change? Has it occurred before? Is it possible to make changes that will avoid the negative effects of climate change? These &amp; many other questions that arise will be discussed.</p> <p>Tuesday 10.45 - 11.45 Plato Course Leader: Derek Williams</p>
<b>Computer Classes: See separate insert detailing classes</b>	

<b>Contract Bridge: Experienced</b>	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
<b>Current Affairs</b>	Participate in lively discussion and debate on topical issues.  Group A: Monday 11.45 - 12.45 Namatjira Course Leader: David Gannon
	Participate in lively discussion and debate on topical issues.  Group B: Wednesday 12.30 - 1.30 MPR Course Leader: David Gannon
	Participate in lively discussion and debate on topical issues.  Group C: Wednesday 9.30 - 10.30 MPR Course Leader: Allan Brownrigg
<b>Drawing &amp; Painting</b>	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
<b>Drawing &amp; Sketching</b>	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
<b>Drawing - Pastels</b>	Learn to draw using the medium of pastels.  Thursday 2.00 - 4.00 Namatjira Course Leader: Annette Mason
<b>Drawing - Watercolour</b>	<b>see Watercolour Painting</b>
<b>Exercise to Music - Gentle</b>	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
<b>Exercise to Music - Moderate</b>	A step up from Gentle Exercise  Wednesday 10.00 - 11.00 Jaycees Hall Course Leader: Barbara Ryder
<b>Exercise to Music - Fit, Active</b>	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

<b>Embroidery - see Needlecraft</b>	
<b>Feldenkrais: Awareness Through Movement</b>	<p>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 &amp; focused attention on small movements will lead to greater improvement in function than force or effort. You may experience improvements in coordination, flexibility &amp; 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.</p> <p>Wednesday 2.00 - 3.00 MPR Course Leaders: Anne Roberts and Noel Will</p>
<b>Genealogy - Family History</b>	<p>For beginners &amp; 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 &amp; record keeping.</p> <p>Friday 10.30 -12.00 Conference Room. Forest Hill Chase. <b>No class 1st Friday of the month</b> Course Leader: Ingrid Nelson</p>
<b>Geology</b>	<p>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.</p> <p>Thursday 9.30 - 11.00 MPR Course Leaders: Noel Schleiger &amp; Phil Bock</p>
<b>Global Warming</b>	<p>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, &amp; measures which may be used to mitigate or adapt to these changes. Decisions from the Copenhagen Summit December 2009 will be included.</p> <p>Tuesday 9.30 - 10.30 Plato This is a discussion group guided by Peter Sharpin</p>
<b>Greek Dancing</b>	<p>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 &amp; get some exercise at the same time.</p> <p>Monday 1.00 - 2.00 Nunawading Community Centre Stadium Course Leader: Maria Makride</p>
<b>Guitar Beginners</b>	<p>A class for the person who always wanted to strum away and make a melody.</p> <p>Friday 11.00 - 12.00 MPR Course Leader: Jack McLaggan</p>
<b>Guitar</b>	<p>A practical course based on the modern methods of playing to better enable players to realise the full potential of the classical guitar.</p> <p>Friday 12.15 - 1.45 MPR Course Leader: Siggie Cronstedt</p>
<b>History at Random</b>	<p>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 &amp; 2</p> <p>Friday 9.30 - 10.30 Namatjira. Course Leader: Jack Churchyard</p>

<b>History: HR Empire Habsburgs</b>	<p>The Holy Roman Empire &amp; 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 &amp; how did it come to last, albeit in fits &amp; 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, &amp; how that Empire encapsulated what is meant by "Old Europe".</p> <p>Tuesday 12.30 - 1.30 Rooms 5 &amp; 6 upstairs</p>
<b>History: Beginnings of Civilization</b>	<p>The great arc which begins at one end in Lower Mesopotamia, stretches up to Syria &amp; 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 &amp; Egypt. The course will examine the origins &amp; early development of each of these civilizations: how they were governed, their organisation, culture, religion &amp; how writing &amp; literature developed, with samples of the early texts from each culture.</p> <p>Tuesday 2.00 - 3.00 Rooms 5 &amp; 6 upstairs Course Leader: Murray Adamthwaite</p>
<b>History: Naval and Military</b>	<p>This course covers a wide range of topics, from early Classical times to the present day - the weaponry, strategies &amp; tactics used, the reason for battles, campaigns &amp; wars on land, sea &amp; air.</p> <p>Thursday 9.30 - 11.00 Rooms 5 &amp; 6 upstairs Course Leader: Rob Ellis</p>
<b>Hydrotherapy - Warm Water Exercises</b>	<p>Gentle warm water exercises to help keep fit &amp; ease the aches &amp; 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.</p> <p>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 &amp; Lisa Murray</p>
<b>Languages</b>	
<b>Chinese</b>	<p>Chinese is taught both with Pinyin and characters. Students who learn characters generally make greater progress.</p>
<b>Chinese 1</b>	<p>This class is for those who have no knowledge of Mandarin at all. Students are introduced to Chinese Pronunciation, Chinese tones &amp; some simple characters. The grammar &amp; 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) &amp; characters. Additional exercises &amp; 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 &amp; asking questions.</p> <p>Thursday 11.15 - 12.15 Room 5 &amp; 6 upstairs. Text book "Ni Hao Book 1" Course Leader: Bron Ronan</p>
<b>Chinese 2</b>	<p>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, &amp; weather. Development in grammatical structure with the major emphasis on speaking &amp; listening to the language.</p> <p>Thursday 12.30 - 1.30 Room 5 &amp; 6 upstairs. Text Book "Ni Hao Book 2" Course Leader: Bron Ronan</p>

<b>Chinese 3</b>	<p>Students are expected to have a reasonable basic understanding of the language. There will be greater emphasis on character reading &amp; 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 &amp; celebrations.</p> <p>Thursday 9.00 - 10.00 Plato. Text Book "Ni Hao Book 3" Course Leader: Keville Bott</p>
<b>Chinese 4</b>	<p>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 &amp; to increase their vocabulary &amp; grammatical understanding.</p> <p>Thursday 10.00 - 11.00 Plato. Text Book "Ni Hao Book 4" Course Leader: Keville Bott</p>
<b>Chinese 5 - Conversation</b>	<p>This class is for advanced students. The emphasis will be on conversation but some advanced grammar will be introduced &amp; the level of vocabulary will be extended. Students will be expected to read either in Chinese characters or Pinyin &amp; 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 &amp; other material. Students will be advised beforehand of any purchases needing to be made.</p> <p>Thursday 11.00 - 12.00 Plato Course Leader: Keville Bott</p>
<b>French - Introduction</b>	<p>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 &amp; 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 &amp; geography thrown in.</p> <p>Monday 11.00 - 12.00 Room 9 upstairs. Course Leader: Marline McAllister</p>
<b>French Beginners 2</b>	<p>For people who have completed French Beginners 1 in 2009 or have good basic French language skills.</p> <p>Wednesday 1.45 - 3.00 Rooms 5 &amp; 6 upstairs Course Leader: Ilsa Rose</p>
<b>French Beginners 3</b>	<p>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</p> <p>Tuesday 12.00 - 1.15 Namatjira Course Leader: Marline McAllister</p>
<b>French 1</b>	<p>French language and culture for those with some French language skills.</p> <p>Tuesday 11.00 - 12.00 Seniors Meeting Room Course Leader: Ann Ruck</p>
<b>French 2</b>	<p>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.</p> <p>Group A: Wednesday 10.15 - 11.15 Seniors Meeting Room Course Leader: Lucy Samson</p> <p>Group B: Tuesday 9.30 - 10.30 Seniors Meeting Room Course Leader: Ann Ruck</p>

<b>French 3</b>	<p>This course will cover grammar, vocabulary &amp; conversation with extension studies including French literature (prose &amp; poetry).</p> <p>Wednesday 11.30 - 12.30 Seniors Meeting Room 12.30 - 1.00 - French Literature. Seniors Meeting Room Course Leader: Lucy Samson</p>
<b>French 4</b>	<p>Study &amp; discussion of aspects of modern French life and culture. Practice in understanding &amp; speaking French, combined with revision &amp; fairly advanced grammar work.</p> <p>Tuesday 10.30 - 11.45 MPR Text book: "Essor" (Oxford) Course Leader: Mary Churchward</p>
<b>French 5</b>	<p>An exploration of French history &amp; culture. Students research &amp; give talks in French on famous people or on topics such as art, architecture, music, costumes etc: of the period. Also revision &amp; advanced grammar work.</p> <p>Tuesday 12.45 - 2.15 MPR Course Leader: Mary Churchward</p>
<b>French Conversation 2</b>	<p>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.</p> <p>Monday 9.30 - 10.30 MPR Course Leader: Elizabeth Smits</p>
<b>French Conversation 3</b>	<p>Free-ranging discussion in French on topics of interest, such as social issues, current affairs, books, films &amp; other media. A considerable degree of fluency in French is desirable.</p> <p>Group A: Tuesday 1.30 - 2.30 Plato Course Leader: Jacqueline Becu</p> <p>Group B: Tuesday 2.30 - 3.30 MPR Course Leader: Mary Churchward</p>
<b>German Basic</b>	<p>An introduction class for the German Language</p> <p>Friday: 9.30 - 10.30 Room 3 Text book. "Colloquial German" available from the office Course Leader: Peter Goodwin</p>
<b>German Beginners</b>	<p>For those who like learning the German language in a relaxed atmosphere, beginning from chapter 5 of the text book, "Colloquial German".</p> <p>Friday 9.30 - 10.30 MPR. Text book. Course Leader: Del Macneil</p>
<b>German Intermediate</b>	<p>A continuing class for those who have a little knowledge of the German language or have completed Beginners 1.</p> <p>Friday 9.30 - 10.30 Plato Course Leader: Elizabeth Culliver</p>
<b>German Conversation</b>	<p>Brush up your German conversation skills in a light-hearted &amp; enjoyable atmosphere.</p> <p>Friday 10.45 - 12.15 Plato Course Leaders: Elizabeth Culliver, Lyn Smith &amp; Paul Grossman</p>
<b>German Advanced</b>	<p>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 &amp; introducing German culture.</p> <p>Friday: 12.30 - 1.45 Plato Course Leader: Paul Grossman</p>

<b>Italian 1 - Basic</b>	An introduction to the sounds of the Italian language.  Monday: 1.00 - 2.00 Room 9 Course Leader: Earle Ludekens
<b>Italian 2 Beginners - 1</b>	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
<b>Italian 3 Beginners - 2</b>	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
<b>Italian 4 Intermediate</b>	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
<b>Japanese</b>	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
<b>Latin Level 2 (Intermediate)</b>	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
<b>Level 5 Advanced - combined class</b>	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
<b>Spanish 1 - Beginners</b>	For those just starting with the Spanish language.  Tuesday 12.00 - 1.00 Room 9 upstairs Course Leader: Pili Jenkin
<b>Spanish 2</b>	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
<b>Spanish 3 - Conversation</b>	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
<b>Spanish 4</b>	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

<b>Line Dancing</b>	Learn the steps, get fit, enjoy this popular pastime.  Monday 10.00 - 11.00 Jaycees Hall Course Leader: Marie Pietersz
<b>Literature Appreciation</b>	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
<b>Mah Jong</b>	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.
<b>Beginners &amp; Advanced</b>	Monday 9.30 - 11.30 Namatjira <b><u>Western Style</u></b> Course Leader: Shirley Devery
<b>Beginners &amp; Advanced</b>	Tuesday 1.00 - 3.00 Seniors Hall <b><u>Eastern Style</u></b> Course Leaders: Herbert and Stella Yim
<b>Meditation</b>	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
<b>Meditation with Movement</b>	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
<b>Music Ensemble</b>	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
<b>Music Listening</b>	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
<b>Music Makers</b>	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
<b>Needlecraft</b>	This class is designed to inspire needleworkers at any level to enjoy needlecraft.  Thursday 11.45 - 1.45 Namatjira Course leader: Lesley Halstead

<b>The New Consciousness: Living in the Present Moment</b>	<p>Learn from ancient wisdom &amp; modern science about the inevitable evolution of consciousness leading to peace, joy &amp; love. Learn also how it positively affects our health &amp; longevity. Living in the Present Moment, or Mindfulness can take you there now. Inspired by Eckhart Tolle's book "The Power of Now".</p> <p>Monday 12.45 - 2.15 MPR Course Leader: Wade Dickson</p>
<b>Nordic Walking</b>	<p>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 &amp; promotes an upright walking position making it suitable for those with arthritis &amp; joint problems. U3A will supply poles for use during first term.</p> <p>Thursday 1.30 - 2.30 Venue on notice board at Silver Grove Course Leader: Judi Millar.</p>
<b>Numerology - Understanding Personalities</b>	<p>Numerology is the study of numbers 0 - 9. "Understanding Personalities for Better Influence &amp; Persuasion" is the theme of the course. This will help you to understand how to secure what you want in your life &amp; lead you on a deep but simple journey of self discovery. Real life case studies &amp; exercises will be used. No previous experience required.</p> <p>Wednesday 1.30 - 3.00 Plato Course Leader: John Ho</p>
<b>Patchwork &amp; Quilting - 1</b>	<p>This is a class for the person who has competent patchwork skills. Class projects set each term.</p> <p>Tuesday 9.30 - 11.45 Namatjira Course Leader: Barbara Worcester</p>
<b>Patchwork &amp; Quilting - 2</b>	<p>For those who wish to extend the skills they have learnt in the Beginners class, such as precision rotary cutting, machine piecing, hand &amp; machine applique.</p> <p>Wednesday 11.00 - 1.00 Namatjira Course Leader: Jill Bale</p>
<b>Patchwork &amp; Quilting - 3</b>	<p>For those who have completed "An Introduction to Patchwork &amp; Quilting Hand Techniques" &amp; are familiar with the basic skills &amp; terms. These skills will be discussed &amp; others developed. E.g. Various types of applique, putting the blocks together, hand quilting, binding.</p> <p>Thursday 9.30 - 11.30 Namatjira Course Leader: Judy Leckie</p>
<b>Patchwork Hand Technique</b>	<p>This is an introductory class for anyone who would like to start Patchwork but not sure where to begin. Hand technique only</p> <p>Tuesday: 12.00 - 2.00 Room 3 Course Leader: Judy Leckie</p>
<b>Philosophy Discussion</b>	<p>This is a "Philosophy in Action" group where applied philosophy including religion, science, politics, ethics, economy, economics &amp; the history of philosophy are discussed.</p> <p>Wednesday 10.45 - 12.15 MPR Course Leader: Savvas Athan</p>
<b>Play Reading</b>	<p>A variety of plays are read for the interest and pleasure of the group. Fluent, expressive reading ability is desired.</p> <p>Thursday 2.00 - 4.00 Seniors Meeting Room Course Leaders: Marjorie Steuart and Val Hewitt</p>

<b>Poetry for Pleasure</b>	<p>Read from your favourite poets, for pleasure. After reading the poetry aloud, it will be discussed in terms of historical context, meaning &amp; literary value.</p> <p>Monday 2.30 - 3.30 Plato 1st &amp; 3rd Monday of the month Course Leader: Bernard Baschuk</p>
<b>Positive Thinking - Beginners</b>	<p>You are what you think. Everything has its origins in thought. It is about harnessing the energy of the mind &amp; 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.</p> <p>Monday 2.45 - 3.45 Rooms 5 &amp; 6 upstairs Course Leader: Lyn Elliott</p>
<b>Positive Thinking, Meditation &amp; Inner Searching</b>	<p>This course is a follow on from the beginners course, where we will push the boundaries of the mind.</p> <p>Thursday 2.00 - 3.00 Rooms 5 &amp; 6 upstairs Course Leader: Lyn Elliott</p>
<b>Practical Sustainability</b>	<p>Ever wondered how to improve your day to day use of water, energy, shopping, transport &amp; other issues? This course will help you to get started.</p> <p>Monday 9.30 - 10.30 Plato Course Leader: Claire Coutts</p>
<b>Share Trading &amp; Investing in Shares</b>	<p>A discussion group for those interested in investing &amp; 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.</p> <p>Wednesday 1.45 - 3.00 Seniors Meeting Room Course Leader: Eric Kratzer</p>
<b>Table Tennis</b>	<p>Beginners as well as veterans of the game are welcome. New players will receive help &amp; encouragement. Wear casual dress and shoes with soles that do not mark the floor. Bring your own mug &amp; \$3 for the use of facilities.</p> <p>Tuesday 10.00 - 12.00 Kilsyth Sports Centre. Liverpool Road. Kilsyth Course Leader: Riet Olifiers</p>
<b>Tai Chi - 1</b>	<p>This class will proceed to the next level of Chi Gung which will then further improve the effects &amp; usefulness of the practice bringing one to a higher level of understanding &amp; results.</p> <p>Friday 9.30 - 10.30 Eley Park Community Centre. Course Leader: Beulah Gardiner</p>
<b>Tai Chi - 2</b>	<p>Shibashi, gentle &amp; very beautiful Oriental exercise.</p> <p>Thursday 11.30 - 12.30 Seniors Hall. Course Leader: Evelyn Bowman</p>
<b>Tai Chi - 3</b>	<p>Tai Chi/Qigong exercises combine gentle body movements with mental concentration &amp; breathing techniques to activate and cultivate our Chi (vital energy). This helps strengthen both mind &amp; body. We will do a variety of exercises including Shibashi.</p> <p>Friday 10.45 - 11.45 Eley Park Community Centre. Course Leader: Lesley Sinfield</p>
<b>Tai Chi - 4</b>	<p>Traditional Tai Chi Yang Style is a recreational fitness system of flowing movements designed to exercise &amp; develop the body &amp; mind in unison. The movements are performed in slow &amp; dream-like pace with deep concentration &amp; diaphragmatic breathing to transport one into a state of tranquil relaxation.</p> <p>Thursday 12.45 - 1.45 Seniors Hall Course Leader: Jasmine Teen</p>

<b>Walkabout</b>	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
<b>Watercolour - Painting</b>	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
<b>Woolcraft</b>	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
<b>Writing Skills</b>	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
<b>Yoga</b>	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

<b>CLASSROOMS</b>	<b>LOCATIONS</b>
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