

U3A University of the Third Age MORELAND
Program Guide

Term 3 – Monday 13 July– Friday 18 September



Join and enrol on our website - www.u3amoreland.org.au
Email info.u3amoreland@gmail.com General inquiries: 0421 318 872

PROGRAMS OFFERED ON ZOOM

The Zoom Support Team is an integral part of our Program.

Many thanks to Simon Ransome, John Lopatecki, Janet MacRae, Pauline Charleston, Chris Moss, for mentoring Facilitators and members, and to the new zoom Mentors for one-to-one member assistance Michael Moore, Jennifer Nathan, Noelene Ryan and Pam Fletcher.

If you would like assistance with Zoom, please email a request to member.u3amoreland@gmail.com

SUNDAY

SUNDAY LUNCH Facilitator: Pauline O'Brien

Get a little dressed up ladies and gents, maybe a bit of jewellery, a tie, or even makeup! Make yourself something nice, or something different, after all you're having lunch with friends and acquaintances (who may, given a chance, become friends). Sunday lunch - the only differences are that it's via Zoom at your place and you have to do the dishes.

Monthly; on the third Sunday of the month. First session Sunday 19 July, 2020

MONDAY

MOVIES AT THE NOVA Facilitator: Deb Pace

Just because we are not able to return to the cinema doesn't mean we can't enjoy a wide selection of movies.

In this group via Zoom we discuss what movies or programmes we are watching at home while enjoying a cuppa. Many of us have found that we can access documentaries, theatre, musicals as well as films from the festivals. The group makes recommendations that encourage a broader experience of online viewing.

Fortnightly; 10:30am - 11:30am Commenced Monday 20 July, 2020

MONDAY MATTERS Facilitators: Trish Jannu and Gwen Rosengren

Monday 17th August, 11.00am – 12.00pm

Elly Gardner, Living and Ageing Well Officer, Moreland City Council -

Elly will be presenting on 'Moreland City Council - Knowing your Support Options' and ways to connect to Council Services. An opportunity for questions and discussion on how the Council supports you.

Details of Zoom invitation will be sent out closer to the day.

Monday 14th September, 11.00am – 12.30pm

Zoe Ellis – Specialist Occupational Therapist from Merri Health.

The topic is 'Brain Health for Healthy Ageing' – let's keep our minds active.

At the beginning of the presentation, Joanna Pankhurst from the Merri Health Living

Well Ageing Well Team will provide information for social connections and support during COVID

Details of Zoom invitation will be sent out closer to the day.

TUESDAY

FRANÇAIS PRATIQUE: NIVEAU MOYEN Facilitator/French Tutor: Bruna Galli

This is an Intermediate level French course to improve your communication and comprehension of the language through guided conversation and the practice of essential grammatical structures.

Recommended Texts:

- 1] Grammaire. 350 Exercices Niveau Moyen. Exercons-nous. Ed.Hachette. ISBN:978-2-01-155058-3
- 2] Marcel Pagnol, La Gloire de mon père. Editions de Fallois. ISBN:2-87706-050-0

Texts may be purchased at FNAC or ABE Books or Textbooks.com or Librairie Decitre, new or used.

Weekly; 10.30am – 12.00pm Commenced Tuesday 4th August, 2020

CONTEMPORARY AUSTRALIAN POETRY Facilitators: Michael Galvin, Maggie Bishop

Poetry is language at its most complex and intense. Reading and discussing the meaning of poems is an excellent and easy way of keeping our brains alert and active. This is your opportunity to read new poems, re-read familiar ones, and discuss them in a friendly and supportive atmosphere.

Due to Covid19 we are holding weekly Zoom / email sessions where one selected poem is read and discussed. No new enrolments can be taken.

Weekly; 1.30pm – 3.00pm Commenced Tuesday 14 July, 2020

EXPLORING GLOBAL CHALLENGES AND CONTENTIOUS ISSUES

Facilitators: Margaret Robertson and Brian Zammit

What's happening in our world and our country? Let's explore some of the challenges facing us and what the experts are saying. In each session we will discuss and debate a set reading* by an acknowledged authority or a controversial commentator. It will be up to us to assess what we think of their views – Stimulating? Contentious? Disappointing?

*Short readings will be provided prior to each session.

Fortnightly; 3.30pm – 5.00pm Commenced Tuesday 14 July, 2020

WEDNESDAY

WORD, BOARD AND CARD GAMES Facilitator: Pauline O'Brien

Zoom into Games CoVID19 style: lots of general chat and friendly laughter as we pool our ignorance and celebrate our brilliance, stimulating our brains with word games, memory trays, general knowledge quizzes, maybe a little mental arithmetic. There are even some things that came in a box and started out in a Games shop: Boggle, Brain Strainer and What Word is That? Hope to see you there.

Weekly; 10.00am-12.00pm Commenced Wednesday 15 July, 2020

CREATING A 'HOW TO' BOOK Facilitator: Darby Higgs, U3A Hobson's Bay, Williamstown

Many of U3A members have skills and knowledge which could be shared with a much greater audience. One way to do this is to write and distribute a book in digital format. There are many free or low cost resources available to do this. However many people are daunted by a few stumbling blocks and are unsure about where to start. By working together in a small group we will achieve a satisfying result in a short time.

Participants need no specialised skills to start the course, along the way they will learn some new skills including the use of several free online tools. By the end of the course each participant will have published a short standalone ebook sharing their knowledge about knowledge or a particular skill they have. The course will be conducted online with regular Zoom meetings and using other internet tools for collaboration. Darby Higgs is webmaster at U3A Hobson's Bay Williamstown

Weekly; 10.00am – 12.00pm Commenced 22 Wednesday 22 July, 2020

BYOB's – BOOKS & READING Facilitator: Mary Ryan

A book group with a difference – with no “required” reading. Group members bring own book choice/s (BYOB's) and chat about what has been read, or not, or books read in the past – likes and dislikes or any book reviews of interest with time to read favourite passages if desired. Any aspect of books and reading sparks discussion – choosing books, holiday reading, book genres, writers' festivals, book covers. Come along, contribute in a Zoom gathering.

Fortnightly; 2.00pm – 3.00pm Commenced Wednesday 15 July, 2020

PAINTING AND DRAWING Facilitator: Melinda Venticich

This group has adapted to Zoom, with some of our members meeting every fortnight. The sessions begin with a short drawing exercise, we then review any work done during the fortnight . After that we move into the new theme or work on individual projects. Members are the inspiration of this group!

Fortnightly; 2.00pm – 4.00pm Commenced Wednesday 22 July, 2020

THURSDAY

COFFEE CUPPA and CONVERSATION Facilitator: Melinda Venticich

This fortnightly social 'coffee' group has transitioned well to Zoom.

It is still a relaxed way for members to meet. The conversation freely revolves around general issues and words and their meaning selected by members. It's always good to welcome a new face! You do need to enrol to be on the regular Zoom invitation list but you are welcome to attend when it suits.

Fortnightly; 10.30am – 12.00pm Commenced Thursday 16 July,2020

DRU YOGA Facilitator: Karen Hawe

Yoga will commence with one session as a trial using Zoom, with 3 more weekly sessions to follow. Further sessions may then be considered. No new enrolments can be taken.

(This is a program for Seniors, so for any concerns regarding health and fitness, please consult your health professional before participating)

Weekly; 2.00pm – 3.15pm Details for ongoing sessions to be advised

FRENCH WORKSHOP Facilitators: Gail Grove, Cecile Felix

This course has successfully transitioned to Zoom. It is for members with an intermediate level of French and explores French language and culture through active involvement and enjoyable content, with an emphasis on conversational French. However, all four skill areas – listening, speaking, reading and writing are incorporated. Suggestions from students are welcome with content largely based on members' ability and interest. Participants are expected to have studied French for 2 years or more.

Weekly; 2.00pm – 3.00pm Commenced Thursday 16 July, 2020

BIG ISSUES TODAY: A DISCUSSION GROUP

Facilitator: Brian Zammit

This course has successfully transitioned to Zoom format. Presenting current affairs, social issues, political issues, 'from the local to the global' – sounds interesting? Join us each week as we mull over, discuss and debate a particular topic chosen by the group.

Weekly; 3.30pm - 5.00pm Commenced Thursday 16 July,2020

FRIDAY

SIX WORD MEMOIR Facilitator: Maria Leopoldo

Ever felt like you'd like to write your story but don't know where to start?

Ernest Hemingway was once asked to write his story in six words; his response, 'For sale: baby shoes never worn'. In 2006 Larry Smith, founder of SMITH magazine, asked his readers 'Can you tell your story in six words?' Themes are introduced throughout the session to give starting points for your six words.

'I have met with Larry and contributed to the Six Word Project for ten years. Larry endorses this program.'

'It's amazing what you can say in Six Words'...*recent participant.*

One session; 10.30am – 12.00pm Friday 7 August, 2020 **Another session in planning**

FRIDAY

TRIVIA SESSIONS - Zoom Trivia is on! 2 Sessions! Friday 14 August, and 18 September at 4.00pm – 5.30pm

Guest Presenter

Join in our fun Trivia Quiz sessions on Zoom

Relax into the weekend with your favourite drink & nibbles.

Enjoy the fun with a special guest presenter

Some handy voucher prizes to win!

The Program Team is keen to keep our Members engaged while face to face meeting is not possible

We hope you will join us

You will receive the Zoom link a few days prior to the session.

DETAILS TO BE ANNOUNCED

LINE DANCE - Facilitator: Tita Kolonis

We are looking forward to the return of Line Dancing. Dates and times to be advised.

GROUPS IN RECESS not running until further notice

Outdoor

A DAY OUT

APPRECIATING MELBOURNE'S CLASSICAL ARCHITECTURE

BIKE RIDING GROUP

COBURG LAKE WALK

INTRO TO CROQUET

NORDIC WALKING

PETANQUE

PLEIN AIR PAINTING AND DRAWING

ROYAL BOTANIC GARDENS SPRING WALK

SENIORS TENNIS

URBAN EXPLORING

Indoor

DINING OUT

MAHJONG GROUPS

RELIEF PRINTMAKING

TABLE TENNIS

UNDERSTANDING FRIENDSHIP IN LATER LIFE

THE LANGUAGE IS UNDER SIEGE. DOES IT MATTER?

U3A MORELAND TERM DATES 2020

Term 1 – Tuesday 28 Jan – Friday 27 March

Term 2 – Tuesday 14 April – Friday 26 June

Term 3 – Monday July 13 – Friday 18 September

Term 4 - Monday 5 October — Friday 11 December

Victorian Public holidays to be observed