

U3A University of the Third Age MORELAND

Program Guide

Term 4 – Monday 5 October– Friday 11 December, 2020



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

UMAS for Members

U3A Moreland uses the UMAS software—provided and hosted by U3A Network Victoria—to manage our database of members, programs and enrolments. When you click on our website's 'Log in' page, you are taken to UMAS.

An updated, simpler version of UMAS is coming soon to U3A Moreland! It will display better on iPads and smartphones and be easier to use. It is called UMAS for Members.

Programs on Zoom -

The Zoom Support Team is an integral part of our Program with many programs offered 'on zoom'.

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

Co-ordinated by Pauline Charleston, with support for mentoring facilitators and members, by Simon Ransome, John Lopatecki, Janet MacRae and Chris Moss, Michael Moore, Jennifer Nathan, Noelene Ryan and Pam Fletcher.

Programs on email

We now offer programs using email for participation and connection. See Friday programs!

SUNDAY

SUNDAY LUNCH Facilitator: Pauline O'Brien

ON ZOOM

Get a little dressed up ladies and gents, maybe a bit of jewellery or a little make up, a shave or a trim of the beard. 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 18 October, 2020

MONDAY

THE MOVIE GROUP Facilitator: Deb Pace

ON ZOOM

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. 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 Commencing Monday 12 October, 2020

MONDAY MATTERS Facilitators: Trish Jannu and Gwen Rosengren

ON ZOOM

In October, Richard Brown will be talking about East Timor past and present.

Monday October 19, 11.00am-12.00pm

In November, we have a speaker on Auslan (Australian Sign Language), with information on the language used by the interpreters we see every day on our TV!

Monday November 16, 11.00am-12.00pm

UNDERSTANDING FRIENDSHIP IN LATER LIFE

ON ZOOM

Facilitators: Margaret Robertson and Gwen Rosengren

Friendship is a vital but often unexamined part of our lives. As we move through life stages, friends are often associated with school days, employment, family activities, neighbourhood links etc, but having fewer friends may creep up on us when these elements change, or when we retire. This can affect our health and wellbeing and lead to loneliness.

In this program we look closely at what friendship means, our current friendship networks and at the skills, beliefs, opportunities to maybe help expand them, even during these times. It can be fun keeping up with friends, and even making new friends on Zoom.

Four Sessions; 2.00pm – 3.30pm 26 October; 2, 9, 23 November (no session 16 November)

TUESDAY

FRANÇAIS PRATIQUE: NIVEAU MOYEN

ON ZOOM

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:

Grammaire, 350 Exercices Niveau Moyen. Exercons-nous. Ed.Hachette. ISBN:978-2-01-155058-3

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.

BetterWorldBooks offer free shipping.

Weekly; 10.30am – 12.00pm Commencing Tuesday 6 October, 2020

CONTEMPORARY AUSTRALIAN POETRY

ON ZOOM

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.

Weekly; 1.30pm – 3.00pm Commencing Tuesday 6 October, 2020

EXPLORING GLOBAL CHALLENGES AND CONTENTIOUS IDEAS

Facilitators: Margaret Robertson and Brian Zammit

ON ZOOM

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 Commencing Tuesday 6 October, 2020

LINE DANCE Facilitators: Tita Kolonis and Gwen Rosengren

ON ZOOM

The group is inclusive of a range of experience in Line Dance, with new Members joining from time to time. Information is available for accessing on line links to practise between sessions for catching up.

We are learning as we go!

Weekly; 1.00pm – 2.00pm Commencing Tuesday 6 October, 2020

WEDNESDAY

GAMES AND OTHER MIND STRETCHERS Facilitator: Pauline O'Brien **ON ZOOM**

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 Commencing Wednesday 7 October, 2020

CREATING A 'HOW TO' BOOK **ON ZOOM**

Facilitator: Darby Higgs, U3A Hobson's Bay, Williamstown

This interesting group continues into Term 4. Unfortunately there are no vacancies but we hope to read the results! 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. By the end of the course each participant will have published a short standalone e book 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 Commencing Wednesday 7 October, 2020

BYOB's – BOOKS & READING Facilitator: Mary Ryan **ON ZOOM**

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 Commencing Wednesday 7 October, 2020

PAINTING AND DRAWING Facilitator: Melinda Venticich **ON ZOOM**

In these sessions we enjoy exploring and developing our drawing and painting styles. Members of the group are invited to lead sessions introducing different techniques. Acrylics is the main medium used but you are welcome to work in your preferred medium. Members are the inspiration for this group!

Fortnightly; 2.00pm – 4.00pm Commencing Wednesday 7 October, 2020

THURSDAY

FROM RENAISSANCE TO BAROQUE IN ITALIAN PAINTING: CHANGING VISIONS OF BEAUTY Facilitator: Justin McDermott **ON ZOOM**

(Justin previously facilitated “Appreciating Melbourne’s Classical Architecture” in Term 1 until it was discontinued under COVID restrictions.)

Over 5 presentations via Zoom, we will view and discuss a series of paintings. The paintings will span the 1400s to the 1600s, mainly Italian (such as Giotto, Botticelli, Leonardo, Raphael, Titian, Michelangelo, Pontormo and Caravaggio). The general theme will be how changes in styles (e.g. from Renaissance to Baroque) involved the evolution of techniques, or tricks of the trade. The discussion will mainly follow the insights of E.H.Gombrich, former director of the Warburg Institute in London, whose very influential books and articles (such as Art and Illusion) were published from the 1950s to the 1970s.

No prior knowledge of art appreciation or art history is required to enrol

Fortnightly; 10.30am-12.00pm Commencing – Thursday 15 October, 2020

COFFEE CUPPA and CONVERSATION Facilitator: Melinda Venticich **ON ZOOM**

This fortnightly social 'coffee' group has transitioned well to current times, meeting at Cafe Zoom! It is a relaxed way for members to meet. The conversation freely revolves around general issues and words and their meanings, 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 Commencing Thursday 8 October, 2020

DRU YOGA Facilitator: Karen Hawe **ON ZOOM**

Dru Yoga will run for this term in 2 blocks with a break in between. The program is fully enrolled and will only include those Members currently participating. *However those involved need to continue to be aware this is a program for Seniors, so for any concerns regarding health and fitness, please consult your health professional before continuing.*

Weekly; Thursdays 2.00pm – 3.15pm

First block – 4 weeks: 8, 15, 22, 29 October, 2020 (no group 5 November)

Second block – 5 weeks: 12, 19, 26 November; 3, 10 December, 2020

FRENCH WORKSHOP Facilitators: Gail Grove, Cecile Felix **ON ZOOM**

This program 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 Commencing Thursday 8 October, 2020

BIG ISSUES TODAY: A DISCUSSION GROUP **ON ZOOM**

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 Commencing Thursday 8 October, 2020

FRIDAY

SIX WORD MEMOIR Facilitator: Maria Leopoldo **ON ZOOM AND EMAIL**

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

Maria makes it easy and fun to do, introducing simple themes, to work with either by email or in a zoom session, to express events or times in your life as a six word memoir; for participants using email, you will receive brief notes and starting points to do this too. It's amazing how much you can say in 6 Words! Both groups will have the opportunity to share their work.

The inspiration for this group comes from Six Word Project by Larry Smith, be sure to check out the websites and Ted Talks. Maria has met with Larry and contributed to his publication for over 10 years.

Session 1; 10.30am - 12.00pm Friday 30 October 2020

Session 2; 10.30am - 12.00pm Friday 27 November, 2020

Email contact will be made to all participants prior to the sessions

STORIES, PROJECTS, INSIGHTS FROM 2020

ON ZOOM AND EMAIL

Facilitators: The Program Team

There are no doubt many stories from this year to listen to or to write about. Experiences we managed to take pleasure in, the many challenges, projects achieved and the learning we take from it all. Our stories and projects are the message not how they are delivered, take photographs, write a few sentences, a few paragraphs or a short story!

Members are invited to participate via email - Facilitator contact will be made by email before each session, with a prompt for writing and the sharing of works. This group will also run on zoom with the intention of both groups overlapping somehow! It could be a good way to connect with other members and to hear their stories.

Fortnightly 4 sessions; - 10.30am – 12.00pm Commencing Friday 9 October, 2020

Email contact will be made prior to the sessions

BRAIN HEALTH - PREVENTING DEMENTIA

ON ZOOM AND EMAIL

Facilitators: The Program Team

Join the **University of Tasmania** free online course *Preventing Dementia* - starting 6th October.

You will need to register through the University of Tasmania for the course

<https://www.utas.edu.au/wicking/preventing-dementia>

The 4 modules of the course are presented during October with end date of November 5

Details: - 2 hrs per week to engage with content, complete related course activities.

Module1 – *Can Dementia Be Prevented* (8/10), Module2 – *Dementia Risk – It's Not All in Your Head* (15/10), Module 3 - *A Healthy and Active Mind* (21/10), Module 4 – *Interventions for Prevention* (29/10) for completion 5/11.

To build on the benefit of this online course we invite U3A Members to join an email group to interact during the course, sharing information and experiences. This group will use email contact after each lecture and also have one session on zoom for discussion at the end of the series.

One session - Discussion on Zoom: 10.30am - 12.00pm Friday 13 November, 2020

TERM 4 EXCURSION (with a difference - on zoom)

Location: A virtual geological and landform tour of the Merri Creek – Kilmore to Kew

Presenter: Geomorphologist Neville Rosengren, Hon. Research Associate Latrobe University.

Along with his other experiences and extensive teaching background, Neville has a long and active interest in the conservation of geological sites and has published major inventories of many Victorian sites.

He will take us on a very interesting outing.

Friday– Time to be confirmed, 4 December, 2020

SATURDAY

ON ZOOM

WHAT ARE YOU DOING ON SATURDAY? Facilitator: Pauline O'Brien

What are you doing on Saturday is a new casual drop in group on Saturday evening 5.30 to 7:30pm. It'll be whatever people who come make of it. You might like to sip on a good wine or savour a cup of tea, have dinner, your favourite finger food or consume nothing. If we decide to have a theme it will be decided from week to week. If you're vaguely interested enrol, there's no limit to how many can enrol so don't feel obliged to come if you get a better offer. Dress your best or come in your pyjamas. The aim is purely to enjoy one another's company on a Saturday night.

Weekly; 5.30 – 7.30pm Commencing Saturday 10 October, 2020

GROUPS IN RECESS until further notice

All these groups are so missed by many members!

INDOOR

DINING OUT, **MAHJONG**, RELIEF PRINTMAKING, **TABLE TENNIS**

OUTDOOR

A DAY OUT, **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**

INVITING EXPRESSIONS OF INTEREST

Music Appreciation program

Would any Member/s like to facilitate a music appreciation group? This could be modelled on the Movie Group with participants watching, listening, reviewing and sharing online music performances, events, broadcasts etc. So much material is available on line at present to enjoy, expand our listening experiences and further develop our appreciation of a variety of music.

Both the Program Team and the Zoom Support team are here to assist. Please contact us by email member.u3amoreland@gmail.com

U3A MORELAND TERM DATES 2020

All Victorian public holidays are observed

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

Note:

Cup Day public holiday Tuesday Nov 3 - no classes



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