

**U3A University of the Third Age MORELAND**  
**Program Guide Term 2, 2021**



Join and enrol on our website - [www.u3amoreland.org.au](http://www.u3amoreland.org.au)  
Email [info.u3amoreland@gmail.com](mailto:info.u3amoreland@gmail.com) General inquiries: 0421 318 872

### **COVID RESTRICTIONS**

It is pleasing to have programs returning indoors Face to Face. Facilitators have been consulted on their preferences. All Facilitators and Members returning to Face to Face Indoors and those meeting Outdoors are asked to follow the Covid Safe Plan provided at the end of this document.

### **UMAS FOR MEMBERS**

You are using UMAS for Members when you Log-in on the website. It is designed to display better on iPads and smartphones and to be easier to use for your enrolment purposes. **If you would like assistance to use UMAS for Members please email us at [member.u3amoreland@gmail.com](mailto:member.u3amoreland@gmail.com) or ring us on 0421 318 872.**

### **PROGRAMS ON ZOOM**

The Zoom Support Team is an integral part of the programs offered 'on Zoom' .

**If you would like assistance with Zoom, please email a request to [member.u3amoreland@gmail.com](mailto:member.u3amoreland@gmail.com)**

### **ENROLMENT**

**NEW ENROLMENT** is necessary where new programs are starting in Term 2. In all other programs Enrolments will be ongoing from Term 1. Look at all programs of interest for Vacancies.

## **SUNDAY**

**SUNDAY LUNCH** Facilitator: Pauline O'Brien

*Public space*

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, after all you're having lunch with friends and acquaintances (who may, given a chance, become friends). Sunday lunch - we aim to eat at a sit down venue where a single course and a drink costs less than \$40. Sunday lunch is not a tight commitment. Up to 20 can enrol but bookings are for 10 so if you are keen RSVP quickly. If you have a better offer, that is fine, you are not letting anyone down by not coming. Should restrictions change we'll adapt. Wherever it is, it will be accessible by public transport.

**Monthly; third Sunday of the month**

**First session Sunday April 18, 2021**

## **MONDAY**

**START THE WEEK WITH A WALK**

*Outdoors*

**PRINCES PARK CARLTON** Facilitators: Pamela Ashcroft and Melinda Venticich

Join a small group of up to 8 members for a walk around Princes Park, Carlton North. Option for a coffee stop can be decided by the group. Please note new start time in Term 2.

**Weekly; 9.30am – 10.30am** Meeting points to be advised

**Commencing Monday April 19, 2021**

## **START THE WEEK WITH A WALK**

### **EARLY WALK COBURG LAKE AND SURROUNDS**

Facilitator: Rita Thorpe

**Outdoors**

Join a small group of up to 8 members for a relaxed walk around Coburg Lake and surrounds.

**Fortnightly; 9.15am – 10.15am** Meeting points to be advised

**Commencing Monday April 19, 2021**

## **START THE WEEK WITH A WALK**

### **COBURG LAKE AREA**

Facilitators: Trish Jannu and Ann Sgro

**Outdoors**

Join a small group of up to 8 members for a relaxed walk around Coburg Lake and surrounds.

**Fortnightly: 9.30am – 10.30am** Meeting points to be advised

**Commencing Monday April 19, 2021**

## **THE MOVIE GROUP**

Facilitator: Deb Pace

**Face to Face and Zoom**

Good news! We're returning to the cinema. We will meet every second and fourth Monday of the month in Term 2. On the second Monday we will meet via Zoom at 10:30am to discuss what you're watching on big and little screens, including payTV and free to air. We will share recommendations and rotten tomatoes, depending on our different preferences. On the fourth Monday we will meet at Pentridge Cinema, Coburg. You will receive an email with the film choices from the facilitator (suggestions welcome from the group) a few days prior and you will need to purchase your own ticket either in person or online. Free 3 hour parking is available underneath the Cinema. There is also the option for a cuppa beforehand. If you do not wish to join us at the cinema you are very welcome to join us on Zoom every second week.

**Monday April 26** - Pentridge Cinema, time to be confirmed, preferably late morning

**Monday May 10** – 10.30am-11.30am on Zoom

**Monday May 24** - Pentridge Cinema, time to be confirmed, preferably late morning

Due to the public holiday there will be no sessions in June.

## **MONDAY MATTERS**

Facilitator: Trish Jannu, Gwen Rosengren

**Zoom**

These sessions will be delivered on Zoom. Various interesting topics are presented by guest speakers.

**May 17 session** – Kelly Barnes from Moreland City Council will talk on Council's Zero Waste Program.

**June 21 session** – To be announced

Please note you do not need to enrol for this program as notifications and zoom links are sent to the whole Membership in adequate time for each session. But of course it is good to have these dates in your diary!

**Monthly; 11.00am - 12.30pm** on zoom

**Sessions: Monday May 17, June 21, 2021**

## **TUESDAY**

**Outdoors**

### **BIKE RIDING GROUP**

**Facilitator Needed!**

For the Bike Riding group to continue we need a new Facilitator and we invite members to consider facilitating or co-facilitating with a fellow rider. The running of the group and planning of fortnightly rides could be shared among group members; admin support is offered by the Program Team. If you are interested in keeping this group going please email the Program Team < info.u3amoreland@gmail.com >

## **PETANQUE (French Bowls)**

Facilitator: Mario Pane

**Outdoors**

Petanque is a bowl game originated in France which is easy to learn. It is an ideal outdoor social activity using minimum inexpensive equipment and a cut grass or gravel playing surface.

Like other bowl games, points are gained by drawing bowls close to the pilot, hence some skill needed to be gained in rolling and lobbing the steel balls. From the first session it will be possible for participants to play matches. Sets of bowls will be supplied by U3A at first. Dress for the weather and bring a water bottle.

**Fortnightly; 10.00am -11.30pm** Warr Park, De Carle Street, Brunswick

**Commencing Tuesday April 20, 2021**

**APPRECIATING MELBOURNE'S CLASSICAL ARCHITECTURE: FIELD TRIPS IN THE CITY** **NEW ENROLMENT**

**Facilitator:** Justin McDermott **SHORT COURSE – 5 sessions** **Public space**

In a series of walks around the City, we will look closely at some of Melbourne's finest buildings in the classical or Greco-Roman style, such as the State Library, the Shrine, the Town Hall, Parliament House and the Exhibition Buildings. Discover how this architecture works—how it embodies the key features of the Acropolis in Athens, the Pantheon in Rome, London's St Pauls Cathedral, and the palace of Versailles. Note how it evolves into Art Deco in the 1930s. Be an enlightened tourist in your own city. Then, if we're ever allowed to travel to Europe again (!), you will appreciate the originals like never before. We will meet at pre-arranged locations.

The Term 1 Program will be repeated for Term 2. You are invited to enrol or re-enrol on that basis.

**Fortnightly; 10.00am-12.00pm** Meeting points are advised by Justin.

**Commencing Tuesday April 20, 2021**

**URBAN EXPLORING** **Facilitator:** Anna Harley **NEW ENROLMENT** **Outdoors**

This welcoming group walks at a relaxed pace, usually walking for 1½ hrs before stopping for coffee. These guided walks take in areas with interesting history, architecture, or natural beauty, in the North or on major transport routes easily accessible from Moreland. We aim to be tourists exploring the best Melbourne has to offer.

**Fortnightly; 10.00am – 12.00pm** Meeting points are advised by Anna

**Commencing Tuesday April 27, 2021**

**LINE DANCE** **Facilitators:** Tita Kolonis, Gwen Rosengren **NEW ENROLMENT** **Face to Face Indoors**

The Program caters for Members with a range of Line Dance experience and revises dances learned in 2019 and briefly in 2020, in person and then on Zoom. However for Members new to Line Dance, or for Members wishing to 'catch-up', Tita is available from 1.00pm for 15-20 mins to teach dances in some detail. The session covering known dances follows for the remaining 50-60 mins. Members may wish to access dances and practise from YouTube between sessions.

*(NO CLASS 11 May & 8 June, hall unavailable)*

**Weekly; 1.00 – 2.30pm** Merlynston Hall, 1 Novian Street, Coburg North (5 minute walk from Merlynston train station and off street parking available)

**Commencing Tuesday April 20, 2021**

**MAHJONG** **Facilitator:** Karen Greening **NEW ENROLMENT** **Face to Face Indoors**

If you would like to play Mahjong join this group to learn the game or refresh your skills.

**Weekly; 1.00pm – 3.00pm** Brunswick Mallet Sports Club, Brunswick Park, Victoria St Brunswick

**Commencing Tuesday April 20, 2021**

**EXPLORING GLOBAL CHALLENGES AND CONTENTIOUS IDEAS** **In recess**

**Facilitators:** Brian Zammit and Margaret Robertson

This program will not be offered in Term 2.

**CONTEMPORARY AUSTRALIAN POETRY** **Facilitator:** Maggie Bishop **Face to Face Indoors**

The poetry group is for poetry lovers and anyone curious.

Together we read, discuss and question texts that inspire, baffle, enlighten, uplift and draw out many other responses.

Join us to enjoy, challenge ourselves and appreciate modern Australian poetry.

**Fortnightly; 2.00pm – 3.30pm** Siteworks, 33 Saxon Street, Brunswick

**Commencing Tuesday April 20, 2021**

## **TOUR OF MUSEUMS, GALLERIES AND CITYSCAPES ACROSS NORTHERN EUROPE**

Facilitator: Ann Wookey

**Zoom**

In Term 1 participants were introduced to artworks and artefacts found in Dublin, Glasgow, Cambridge, and Edinburgh. In Term 2 tours of Copenhagen, Helsinki and St Petersburg will be presented over a further three sessions.

Disciplines embraced: fine and decorative arts, architecture and archaeology.

Sometimes discussable, otherwise, simply pleasurable.

**2.00pm – 3.30pm on zoom**

**Three sessions; Tuesday May 4, 18, June 1, 2021**

## **WEDNESDAY**

**BOARD GAMES ARE BACK** Facilitator: Pauline O'Brien

**Face to Face Indoors**

Bored? No! Board and card games return. We are inside again, talking and playing an array of board and card games. Some you will have heard of (Scrabble, Chinese Checkers, Jenga, Euchre) but some you may not know (Azul, The Great Australian Road Race, Mischievous). There are lots to try and games do keep the brain active. You do not have to be good at games, you simply have to be willing to give things a go.

**Weekly; 10.00am-12.00pm** Siteworks, 33 Saxon Street, Brunswick

**Commencing Wednesday April 28, 2021 (no session on April 21 as this is AGM date)**

**WRITING IN RETIREMENT** Facilitator: Luise Zanthyr

**Zoom**

**SHARE YOUR REFLECTIONS AND CREATIVE IDEAS WITH YOUR PEER GROUP**

A friendly group for people at all stages of the writing journey from beginners to almost/published authors. All genres- non-fiction, fiction, memoir, sci-fi, fantasy, maybe even young adult. Why join a group? Get an instant high from people reading your story and appreciating its prose.

Generally, at each of the sessions, people will present a piece of writing up to 1000 words for reading and constructive feedback.

**Fortnightly; 10.30am – 12.00pm on zoom**

**Commencing Wednesday April 28, 2021**

**BYOBs – BOOKS & READING** Facilitator: Mary Ryan

**Face to Face Indoors**

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 likes and dislikes of books read in the past, with time to read favourite passages if desired. Any aspect of books and reading sparks discussion – choosing books, holiday reading, book genres, book reviews. Come along!

**Fortnightly; 2.00 - 3.30pm** Siteworks, 33 Saxon Street, Brunswick

**Commencing Wednesday May 5, 2021 (no meeting in April due to AGM )**

**PAINTING AND DRAWING** Facilitator: Melinda Venticich

**Face to Face Indoors**

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 and styles. Acrylics and watercolours are the main mediums used but you are welcome to work in your preferred medium. No formal instruction is given, but peer advice is shared. Outdoor sessions may be incorporated into this term.

**Weekly; 2.00pm – 4.00pm** Coburg Senior Citizens Centre, 21 Harding Street, Coburg

**Commencing Wednesday April 28, 2021**

## **DINING OUT GROUP**

Facilitator: Joanne Porter

**Public space**

Each month we venture into Moreland and surrounding areas to enjoy an eclectic dining experience. Diners are encouraged to provide their cuisine preferences. Numbers are restricted to maximum of 10 diners and chosen venues will follow DHHS guidelines. Up to 15 can enrol but bookings are for 10, so if you are keen, RSVP quickly.

Usually 3<sup>rd</sup> Wednesday of the month.

**Monthly; 6.00pm – 9.00pm**

**First session Wednesday April 21, 2021** (to be confirmed)

## **THURSDAY**

### **NORDIC WALKING**

Facilitators: Lauris Grant, Marcie Hayes, Nola Newton

**Outdoors**

Nordic Walking is a full body exercise using specially designed poles to enhance your natural walking experience. It is an enjoyable, social activity for people of all ages, especially for those with lower joint conditions. This effective exercise improves fitness, builds core strength and tones the whole body. Walks are from 4km to 8km over approximately 1.5 hours with a coffee at session end. U3A Moreland has several sets of walking poles for your use during sessions. Come and try a new exercise! Location will be advised prior to each session. Lauris, Marcie and Nola are co-facilitating this group.

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

**Fortnightly; 9.30am - 12.00pm Meeting** points to be advised

**Commencing Thursday April 29, 2021**

### **COFFEE CUPPA CHAT**

Facilitator: Aurielle Lee

**Public Space**

Come to our informal social 'coffee' group that meets fortnightly at cafes in Brunswick and Coburg. This is a relaxed way for new members to learn more about U3A. The conversation can be as broad as it is long! Venues will be advised prior to each session.

**Fortnightly; 10.30am – 12.00pm**

**Commencing Thursday April 22, 2021**

### **ROYAL BOTANIC GARDENS AUTUMN WALK**

**NEW ENROLMENT**

**Public Space**

Facilitator: Michael McClare

A short walk exploring the Royal Botanic Gardens. We will meet under the clocks at Flinders Street Station at 10.00am and then travel together to the gardens. Following the walk we will have lunch at the cafe by the lake. Members are welcome to bring their own lunch.

**Thursday May 6, 2021**

**One session: 10.00am – 12.00pm** Meeting at Flinders Street Station under the clocks

### **FRENCH WORKSHOP**

Facilitators: Gail Grove and Cecile Felix

**Zoom**

This course, for members with an intermediate level of French, will explore French language and culture through a variety of input, active involvement and enjoyable content, with an emphasis on conversational French. However, all four skill areas – listening, speaking, reading and writing – will be incorporated. Suggestions from students will be welcome with content largely based on Members' ability and interest. Participants will be expected to have studied French for 2 years or more.

The class will be conducted via Zoom except for the last Thursday of each month - these sessions will be held at Siteworks.

**Weekly; 1.30pm – 2.30pm**

**Commencing Thursday April 22, 2021**

## **DRU YOGA**

Facilitator: Karen Hawe

**Zoom**

Dru Yoga is a comprehensive yoga system that balances and resets the physical body, mental body and the energy body. We incorporate postures (asanas), breath work (pranayama), relaxation (yoga nidra), visualisation and meditation. You will need to be able to get up and down from the floor independently. As Zoom is a very different medium to face to face teaching, Karen wishes to get to know new participants who have never done yoga with her before. She will contact new participants to discuss yoga experience and physical health/abilities. Yoga mat, chair, strap or tie and a cushion are often required at each session. *(For any concerns regarding health and fitness, please consult your health professional before enrolling).*

**Weekly; 2.00pm – 3.15pm on Zoom**

**Commencing Thursday April 22, 2021**

## **BIG ISSUES TODAY: A DISCUSSION GROUP**

Facilitator: Brian Zammit

**Zoom and Face to Face Indoors**

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.

This groups will meet on Zoom, combining with Face 2 Face sessions every fourth week.

**Zoom sessions;** April 22, 29; May 6, 20, 27; June 3, 17, 24

**Face to Face sessions;** May 13; June 10, Coburg Senior Citizens Centre, 21 Harding Street, Coburg

**3.00pm - 4.15pm**

**Commencing April 22, 2021**

## **FRIDAY**

### **MERRI CREEK WALK**

**NEW ENROLMENT**

**Outdoors**

Facilitators: Margaret Robertson, Gwen Rosengren

The Merri Creek walking trail through bushland and parkland features a variety of landscape and interesting sites along the way. These fortnightly walks will cover different sections of the trail between North Fitzroy, Brunswick and Coburg on well-constructed pathways. Details of meeting points and the section being covered that day will be forwarded prior to each fortnightly walk.

**Fortnightly; 10.00 - 11.30am Meeting points will be advised closer to the walks**

**Commencing April 23, 2021**

### **SENIORS TENNIS: for all abilities, all agilities, and no dress code**

**NEW ENROLMENT**

**Outdoors**

Facilitator: Pam Fletcher

West Brunswick Tennis Club again invites U3A Moreland to join in Seniors Tennis for Terms 2 & 3.

The Club is keen to encourage senior players of all levels of tennis ability, to come to enjoy 1hr of Coaching (led by head Coach Leanne Melgaard) followed by 1/2 hr of organized game play. Balls are provided.

Sponsorship and support is from Moreland City Council and West Brunswick Tennis Club, enabling this affordable and exciting program run by a professional coach.

**Cost:** \$80.00/8 weeks. Payment in cash on first session please.

*(For any concerns regarding health and fitness, please consult your health professional before enrolling).*

**Weekly; 10.30am – 12.00pm** Brunswick West Tennis Club, Victoria Street, Brunswick West

**Commencing: April 23, 2021**

### **SIX WORD MEMOIR**

Facilitator: Maria Leopoldo

**Face2Face Indoors**

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

A six word memoir is the story of your life - some of it or all of it. Told in exactly six words.

Come and be inspired by different life themes and topics during the session which give starting points for six word memoirs and discussions on the back stories.

The inspiration for this group comes from Six Word Project by Larry Smith

**One session; 10.00am – 12.00pm** Siteworks, 33 Saxon Street, Brunswick

**Friday June 4, 2021**

**BRAIN HEALTH - UNDERSTANDING DEMENTIA**      Facilitator: The Program Team      **Zoom**

We recommend you take the opportunity to join this free on-line course 'Understanding Dementia' run by University of Tasmania. The course consists of 5 modules delivered over 7 weeks; 16 February to 8 April.

U3A Moreland will run 2 Zoom discussion sessions for sharing information and our experiences of the course. In Term 4, 2020, 6 U3A members took part in UTAS lecture series on 'Preventing Dementia' and were impressed with the flexibility of managing the modules. Well worth enrolling!

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

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

**One session; 2.00pm – 3.30pm**

**Friday April 23, 2021**

**MAHJONG**      Facilitator: Fran Mackieson      **NEW ENROLMENT**      **Face to Face Indoors**

Come along to our Friday Mahjong group. Improve your thinking skills and enjoy playing a new game.

**Weekly; 1.00pm – 3.00pm** Brunswick Mallet Sports Club, Victoria Street, Brunswick

**Commencing: Friday April 23, 2021**

**A DAY OUT**      Facilitator: Jann Somers      **NEW ENROLMENT**      **Public space**

There are 2 very interesting outings offered in Term 2.

**April 30 - Miss Fisher Exhibition at Ripponlea.**

Phryne Fisher returns with a brand new exhibition filled with glamour, romance and adventure. Details will be sent out closer to the date. Not to be missed!

Meeting at Flinders Street, 10.00am and travelling together to Ripponlea

**June 11 - Mirka Mora exhibition at Jewish Museum of Australia.** Details will follow.

**Details of upcoming trips are sent out well in advance and meeting points explained. Both trips in Term 2 are accessible by Metro train.**

### **U3A MORELAND TERM DATES 2021**

**Term 1** February 1 – April 1, 2021;

**Term 2** April 19 – June 25, 2021;

**Term 3** July 12 – September 17, 2021

**Term 4** October 11 – December 10, 2021 (extra week break for Seniors week)

#### **Victorian public holidays are observed**

Labour Day Mon 8 March; Good Friday 2 April; Anzac Day Sunday 25 April; Queen's birthday Mon 14 June;

Grand Final Fri subject to AFL schedule; Melbourne Cup Tues 2 Nov.

***U3A Moreland is a volunteer run, life-long learning group for people over 50 no longer in full time paid work, providing opportunities for members to share learning and tutoring experiences in a wide range of interest groups.***

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## **COVID19 SAFE PLAN – Term 2, 2021**

This plan relates to requirements and guidelines issued by the Victorian Government DOH (Department of Health) during COVID-19:

- U3A Moreland Committee of Management will endeavour to provide conditions for safe participation in activities according to these requirements;
- U3A Moreland Members need to understand these requirements and agree to follow them as a condition of participation in activities; it is up to each individual Member to decide whether to participate in activities;
- U3A Moreland Facilitators will be responsible for ensuring proper procedures are in place and observed. Facilitators may request the assistance of a co- Facilitator or 'monitor' to assist with implementing the additional procedures.

The plan must be consistent with **current** restriction level guidelines issued by the Government so may vary from time to time, and may vary according to the relevant **U3A Moreland Activity Category\***, but relate to:

- Numbers of participants permitted in certain areas
- Space between participants. Practise 1.5m social distancing
- Sanitisation procedures:
  - personal hygiene – hand sanitising before and after sessions
  - use of any equipment and furniture - clean and disinfect high touch surfaces before and after use (where not otherwise provided, U3A Moreland will provide sanitisation supplies)
- Mask wearing requirements and proper mask wearing as per current DHHS requirements or any special venue requirements.
- Limitation of use of certain facilities and avoid bringing own refreshments for outdoor activities. Water accepted. Use of kitchen / canteen facilities to be avoided.
- Keeping an accurate record of attendance for contact tracing purposes on form provided.

For all activities and consistent with the official medical advice – anyone not feeling well and having any signs consistent with COVID-19 (loss or change in sense of smell or taste, fever, chills or sweats, cough, sore throat, runny nose, shortness of breath) are asked **not to attend** and to seek testing and / or medical advice.

Anyone in contact with a confirmed case or asked to isolate **must not attend**.





**U3A University of the Third Age Moreland**  
**U3A MORELAND MEMBERSHIP TERMS AND CONDITIONS**

**ALL MEMBERS ARE EXPECTED TO:**

- Participate in all U3A activities in a friendly, cooperative and positive way
- Avoid all forms of discriminatory behaviour
- Deal honestly and ethically with fellow Members
- Refrain from promoting personal businesses or causes
- Participate safely in any activity and abide by any reasonable directive or prerequisite specified by the Facilitator
- Wear your current Membership badge when attending any U3A activity
- Advise your Emergency Contact of their listing in our Membership data base and that their details are provided to Facilitators and detailed on your Membership badge
- Observe confidentiality of Members' personal information
- Advise your Facilitator of any absence from any Program and observe our Attendance policy:
  - 50- 60% attendance in any Program is required to keep your place
  - After 3 consecutive unexplained absences from a Program your place may be offered to a Member waiting to join

**ALL MEMBERS NEED TO UNDERSTAND:**

*Insurance cover:*

Only Members engaged in a volunteer capacity i.e. facilitating or leading programs and activities, or engaging in administration, management, office duties, catering etc are covered under the Volunteer Personal Accident benefits of our Community Service Organisation insurance program.

*Confidentiality:*

While confidentiality of Members' personal information is observed, some details may be released for purposes of grant applications.

Join and enrol on our website - [www.u3amoreland.org.au](http://www.u3amoreland.org.au)  
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