

**U3A University of the Third Age MORELAND
Program Guide Term 3, 2021**



Join and enrol on our website - www.u3amoreland.org.au

Email info.u3amoreland@gmail.com General inquiries: 0421 318 872

ENROLMENT

You are **WELCOME to ENROL** in any number of programs of your choice.

Please note **NEW ENROLMENT** is necessary where indicated on the Program Guide.

In all **ONGOING** programs ENROLMENTS will be rolled over and therefore no need to re-enrol.

Note: You are welcome to join as new members of an ONGOING group

If programs show No Vacancy, we recommend you still enrol as vacancies can occur.

UMAS FOR MEMBERS

When you Log-in on the website, you are using UMAS for Members. It displays well on computers, iPads and smart phones. It is also easier to use for your enrolment purposes. If you would like assistance to use UMAS for Members please email member.u3amoreland@gmail.com or ring on 0421 318 872.

PROGRAMS ON ZOOM

Some of our programs use Zoom as the preferred method of presentation and others use it when sudden transition to Zoom is required. Thanks to our Zoom Support Team that make this possible. If you would like assistance with Zoom, please email a request to member.u3amoreland@gmail.com.

COVID RESTRICTIONS

In the event of changing Covid19 restrictions the way we operate can change very quickly. In some cases Facilitators are able to transition to present on Zoom, while many other activities need to be cancelled. U3a Moreland has a Covid19 Safe Plan.

PROGRAMS FOR TERM 3

SUNDAY

SUNDAY LUNCH

Facilitator: Pauline O'Brien

Ongoing

Sunday lunch with your fellow members, generally at a local restaurant or pub. We eat at restaurants or pubs where you can get a main course and drink costing \$40 or less. 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 July 18, 2021

MONDAY

START THE WEEK WITH A WALK

PRINCES PARK WALK Facilitators: Pamela Ashcroft and Melinda Venticich **Ongoing**

Join a small group of up to 8 members for a walk around Princes Park, Carlton North. A coffee after the walk is looked forward to.

Weekly; 9.30am – 11.00am Meeting point to be advised

Commencing Monday July 12, 2021

EARLY WALK COBURG LAKE AND SURROUNDS Facilitator: Rita Thorpe **Ongoing**

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 July 12, 2021

COBURG LAKE AREA WALK Facilitators: Trish Jannu and Ann Sgro **Ongoing**

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 July 12, 2021

Are interested in having a U3A walking group near you?

If so please email the Program Team info.u3amoreland@gmail.com or phone 0421 318 872

THE MOVIE GROUP

Facilitator: Deb Pace

Ongoing

We will meet every second and fourth Monday of the month in Term 3.

In our first session, second Monday of the month, we meet via Zoom at 11.00am to discuss what you're watching on big and little screens, including payTV and free to air. We can share recommendations and rotten tomatoes, depending on our different preferences.

On the fourth Monday we meet at Pentridge Cinema, Coburg.

You will receive an email with the film choices from the facilitator a few days prior (suggestions welcome from the group) and you will need to purchase your own ticket, either in person or online. There is the option for a cuppa beforehand, and free 3 hour parking is available underneath the cinema. If you do not wish to join us at the cinema you are very welcome to join us on Zoom every second week.

July 12 – 11.00am - 12noon on Zoom

July 26 - at Pentridge Cinema, time to be confirmed

August 9 – 11.00am on Zoom

August 23 - at Pentridge Cinema, time to be confirmed

September 13 -11.00am on Zoom

MONDAY MATTERS Facilitator: Trish Jannu and Gwen Rosengren

A variety of interesting topics are presented by guest speakers. Sessions will be delivered on Zoom and where suitable delivered in person. Please note you do not need to enrol for Monday Matters as notifications and zoom links are sent to the whole Membership in adequate time for each session.

But of course remember to put these dates in your diary.

July 19 – An Enlightening History of Pentridge Prison with local author Adrian Didlick Speaker to be announced

August 16 – To be advised

Monthly; 11.00am - 12.30pm

Sessions: Monday July 19 & August 16, 2021

RELIEF PRINTMAKING

Facilitator: Ann Wookey

New Program

'In art printmaking, the process consists of cutting or etching a printing surface in such a way that all that remains of the original surface is the design to be printed' *Britannica*

We will be hand-pressing within a studio environment that encourages participants and facilitators to share techniques while yet keeping their own skills at the fore.

Plates are the individual's responsibility, as are cutting tools, final print papers and specialty inks (water based only). Commonly used colours, proofing paper, rollers, inking plates, spatulas, and clean up items will be available, with costs shared across the group.

An illustrated supply list is available.

5 Sessions ; 2.00pm – 4.00pm Temple Park, Senior Citizens Centre

Session dates July 12, 26, August 9, 23, September 6, 2021

TUESDAY

BIKE RIDING GROUP

Facilitator Needed

In recess

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 running this group please email the Program Team

info.u3amoreland@gmail.com

PETANQUE (French Bowls)

Facilitator: Mario Pane

Ongoing

Petanque is a bowls 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 July 13, 2021

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

Facilitator: Justin McDermott **SHORT COURSE – 4 sessions** **New Enrolments welcome**

Term 3 will start a new series of walks around the City, looking at some more of Melbourne's best pre-War architecture in the classical or Greco-Roman style, and its evolution into Art Deco or Gothic Deco in the 1920s and 1930s. Discover how this architecture works—how it embodies the key features of the Acropolis in Athens, the Pantheon in Rome, or London's St Pauls Cathedral. Observe how the styles evolved into various novel forms in the 20th century. We will meet at pre-arranged locations.

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

Commencing Tuesday July 13, 2021

URBAN EXPLORING

Facilitator: Anna Harley

Ongoing

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 July 20, 2021

LINE DANCE

Facilitator needed!

For the popular Line Dancing group to continue a new Facilitator is needed, and we invite you to consider facilitating or co-facilitating this group.

We have everything organised with the venue, the music, and the people.

Now we need the enthusiasm to keep this group going. Support is offered from the Program Team. If you are interested in keeping this group going please email the Program Team info.u3amoreland@gmail.com

MAHJONG

Facilitator: Karen Greening

Ongoing

Come along to our Tuesday Mahjong group.

Improve your thinking skills and enjoy playing a new game.

Weekly; 1.00pm – 3.00pm Brunswick Mallet Sports Club, Brunswick Park, Victoria St Brunswick
Commencing Tuesday July 13, 2021

CONTEMPORARY AUSTRALIAN POETRY

Facilitator: Maggie Bishop

Ongoing

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 July 13, 2021

TOUR OF MUSEUMS, GALLERIES AND CITYSCAPES ACROSS NORTHERN EUROPE

Facilitator: Ann Wookey 3 sessions

Ongoing

In Term 1 participants were introduced to artworks and artefacts found in Dublin, Glasgow, Cambridge, and Edinburgh. In Term 3 tours of Copenhagen, Helsinki and St Petersburg will be presented over a further three sessions on Zoom.

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

Sometimes discussable, otherwise, simply pleasurable.

2.00pm – 3.30pm on zoom

Three sessions; July 27, August 10 & 24, 2021

EXPLORING GLOBAL CHALLENGES AND CONTENTIOUS IDEAS

In recess

Facilitators: Brian Zammit and Margaret Robertson

This program will not be offered in Term 3.

WEDNESDAY

BOARD GAMES ARE BACK

Facilitator: Pauline O'Brien

Ongoing

Bored? No! Board and card games.. When allowed we meet to play an array of board and card games. You've probably heard of Scrabble, Chinese Checkers, Jenga, and Euchre but do you know Azul, The Great Australian Road Race, Wischievous. There are lots to try and it keeps the brain active. You do not have to be good at games, you simply have to be willing to have a go. During periods of lockdown we play Word games, quizzes and brain strainers on Zoom, a different kind of fun.

Weekly; 10.00am-12.00pm Siteworks, 33 Saxon Street, Brunswick
Commencing Wednesday July 14, 2021

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

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 July 21, 2021

PAINTING AND DRAWING Facilitator: Melinda Venticich **Ongoing**

In these sessions we enjoy exploring and developing our drawing and painting styles. All 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, positive peer advice is shared. We transition to zoom if Covid restrictions require.

Weekly; 2.00pm – 4.00pm Coburg Senior Citizens Centre, 21 Harding Street, Coburg
Commencing Wednesday July 14, 2021

DINING OUT GROUP Facilitator: Joanne Porter **Ongoing**

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 3rd Wednesday of the month.

Monthly; 6.00pm – 9.00pm
First session Wednesday July 21, 2021

THURSDAY

NORDIC WALKING **Ongoing**

Facilitators: Lauris Grant, Marcie Hayes, Nola Newton

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 July 22, 2021

COFFEE CUPPA CHAT Facilitator: Aurielle Lee **Ongoing**

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 July 15, 2021

WRITING IN RETIREMENT Facilitator: Luise Zanthyr **New Program**
SHARE YOUR REFLECTIONS AND CREATIVE IDEAS WITH YOUR PEER GROUP

Are you a scribbler? Do you have ideas for stories buzzing around in your head that simply must find a home? Join our friendly fun group of prose writers. We are currently reading each other's memoirs, short stories and comedic sketches. Meeting Thursday afternoon from Term 3.
Fortnightly; 2.00pm – 3.30pm Coburg Senior Citizens Centre, 21 Harding Street Coburg
Commencing Thursday July 15, 2021

DO DROP IN Facilitator: Program Team and group members **New Program**

We invite you to join us for a cuppa, a chat, bring along what you like to do while you catch up with other Members. We may have a sing along, a knit along, play cards, share news - whatever we like. You are welcome to bring friends and neighbours to introduce them to U3A.
This is a chance to get together again after all the times we've missed. No need to enrol – just come.

Fortnightly; 2.30pm – 4.00pm Coburg Senior Citizens Centre, 21 Harding Street Coburg
Commencing Thursday July 22

FRENCH WORKSHOP Facilitators: Gail Grove and Cecile Felix **Ongoing**

This session is currently run on 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.

Weekly; 1.30pm – 2.30pm
Commencing Thursday July 15, 2021

DRU YOGA Facilitator: Karen Hawe **Ongoing**

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)

Weekly; 2.00pm – 3.15pm on Zoom
Commencing Thursday July 15, 2021

ECO PRINTING Facilitator: Robin Randall **New Program**

Eco Printing on paper. Eco prints are images that are transferred onto treated paper using foliage (and other organic materials) using a process whereby the paper is boiled or steamed for a short period. Different effects can be achieved by adding rust solution and dyes to the mix.

2 sessions 2.00pm – 5.00pm
September 9 & 16, 2021 Dates to be confirmed
Coburg Senior Citizens Centre, 21 Harding Street, Coburg

BIG ISSUES TODAY: A DISCUSSION GROUP Facilitator: Brian Zammit **In recess**

This group will return in Term 4

FRIDAY

A DAY OUT

Facilitator: Jann Somers

New Enrolment

There are 2 interesting outings offered in Term 3.

Details of upcoming trips are sent out well in advance and meeting points explained. Both trips in Term 3 are accessible by Metro train. Group members pay for their expenses to these events

Outing 1 July 16 A visit to the Jewish Museum for the Mirka Mora Exhibition

Outing 2 Date to be confirmed A visit to the NGV for the exhibition French Impressionism from museum of fine arts, Boston.

NORDIC WALKING

Facilitator: Melinda Venticich

New Enrolment

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. (*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 Friday July 23, 2021

MERRI CREEK WALK AND MORE

Ongoing

Facilitators: Margaret Robertson and Gwen Rosengren

Following walks along parts of the Merri Creek in Term 2, the group will continue to walk other parts north and south of this trail in Term 3. Walks along other easily accessible creeks and waterways will then be explored, later in the term, keeping to well-constructed pathways. Details of meeting points and the section being covered that day will be forwarded prior to each fortnightly walk. New enrolments welcome

Fortnightly; 10.00 - 11.30am

Commencing Friday July 16, 2021

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

Ongoing

Facilitator: Pam Fletcher

Seniors Tennis continues in Term 3 at the West Brunswick Tennis Club . Come to enjoy 1hr of coaching, led by head Coach Leanne Melgaard, followed by 1/2 hr of organized game play. 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: July 16, 2021

MAHJONG

Facilitator: Fran Mackieson

Ongoing

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 July 16, 2021

**MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY, SATURDAY, SUNDAY,
ANY DAY! Volunteer as a Facilitator**

LET'S DO ACTIVITIES

The Program Team continues trying to expand our Program choices by reaching out to our Membership for ideas. Special interest social activities is an area we would like to expand. Such groups on the Program now are A Day Out, Dining Out, The Movie Group, Sunday Lunch, Coffee Cuppa Chat.

We are seeking ideas and offers from our Membership for other **Let's Do Activities** . It's your choice to offer weekly, fortnightly, monthly or occasional groups.

We are inviting ideas and offers from you to expand this category of activity.

Let's Do A Theatre group, A Music Concert outing, A Day Walk, A trip to the Country

Put on your thinking caps, think of your area/s of interest and let us know what you would like to do and could convene. Email the Program Team at info.u3amoreland@gmail.com

FOR YOUR INTEREST

U3A NETWORK OPEN ONLINE PROGRAMS

Check out the U3A Network Victoria website for a number of programs offered online. U3A Network Vic teams with other U3A's in Victoria to make more programs available to all.

MORELAND LIBRARIES

Our Libraries offer a constant source of interest. Be sure to call in to the library near you or check the website. You can request email notification of events libraryevents@moreland.vic.gov.au

BE CONNECTED

An Australian Government initiative to assist every Australian to build their online skills. Check out the website for free courses <https://beconnected.esafety.gov.au/>

VICTORIAN SENIORS FESTIVAL

The Victorian Seniors Festival is an event to honour seniors in Victoria, held in October every year at various locations around the Melbourne CBD. This week-long festival includes an array of events, activities and entertainment for all seniors.

The festival is organised by the Victorian Department of Health & Human Services to encourage seniors to get out there and participate in and enjoy a wide range of more than 1,300 activities; all generally free or low-cost.

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 (Victorian Seniors Festival throughout October)

Term 4 October 11 – December 10, 2021

Victorian public holidays are observed

Term 3: Grand Final Friday subject to AFL schedule and Melbourne Cup Tues November 2.

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.

Join and enrol on our website - www.u3amoreland.org.au



U3A University of the Third Age Moreland

COVID19 SAFE PLAN – Term 3, 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
Email info.u3amoreland@gmail.com General inquiries: 0421 318 872