



THE UNIVERSITY OF THE THIRD AGE

## **U3A Moreland Inc.**

### **2022 Term 2 Programs**



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## 2022 Term Dates

Term 2: Tuesday 26 April to Friday 24 June

Term 3: Monday 11 July– Friday 16 September

Term 4: Monday 3 October – Friday 9 December

(public holidays excepted)

## Art and Craft

### **222ART01: Sit and Knit, Tips and Tricks**

**Type: Short Course**

**Dates: 01/03/2022 - 21/06/2022**

**Frequency: Weekly Course, Tue 10:30 - 12:00**

**Location: Siteworks, Workroom 1, Saxon Street Brunswick**

**Tutor: Debra Kinsey**

Come, show and tell about your current or past unfinished project/s with fellow knitters. Debra, from Debra Kinsey Knits, will provide support as well as introducing new techniques and tips. This is a time to share knitting news, chat and receive help, encouragement, ideas and inspiration for a new project, or more. All levels of knitting experience welcome.

Weekly, 10.30 am – 12.00. Term 2 sessions start Tuesday 26th April.

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### **222ART02: A Little Printmaking and Potting**

**Type: Long Course**

**Dates: 26/04/2022 - 21/06/2022**

**Frequency: Weekly Course, Tue 14:00 - 16:00**

**Location: Temple Park Senior Citizens 24 Gray St Brunswick West**

**Tutor: Ann Wookey**

Participants will design and make hand-pressed prints, interchanging with hand-built ceramics. A studio environment is aimed towards, with the participant's own skills at the fore. Relief printing inks, and printmaking equipment like rollers, inking plates, spatulas, and clean up items will be provided. Clay and some pottery-making tools likewise. Costs apart from pot firing to be shared across the group. Nearby Northcote Pottery offers firing services.

No prior knowledge required, but experience would be useful. Equipment needs: linocut prints: cutting board, pencils, papers (drawing, tracing, draft print and final print), lino / vinyl engraving sheets, lino / wood cutting tools, printing equipment (inks, rollers, inking up sheets, palette knives). other art prints: as specified by session leader. pottery: to be discussed with participants

Weekly, 2.00 – 4.00 pm. Term 2 sessions start Wednesday 27 April.

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### **223ART01: Painting and Drawing**

**Type: Long Course**

**Dates: 02/02/2022 - 22/06/2022**

**Frequency: Weekly Course, Wed 14:00 - 16:00**

**Location: Coburg Senior Citizens Centre 21 Harding Street Coburg**

**Tutor: Melinda Venticich**

In these sessions we enjoy exploring and developing our drawing and painting styles. Each session begins with a drawing exercise, followed with time for our own projects. All members of the group are invited to lead sessions introducing different techniques and styles. You are welcome to work in your preferred medium. Acrylics and watercolours are the main mediums used currently. No formal instruction is given, positive peer advice is shared.

Weekly, 2.00 – 4.00 pm. Term 2 sessions start Wednesday 27 April.

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### **223ART02: Painting and Drawing on Zoom**

**Type: Long Course**

**Dates: 27/04/2022 - 22/06/2022**

**Frequency: Weekly Course, Wed 14:00 - 16:00**

**Location: At home via Zoom**

**Tutor: Ann Wookey**

In these Zoom sessions you will have the opportunity to enjoy exploring and developing your drawing and painting styles. Each session will begin with a drawing exercise, followed with time for your own projects. All members of the group are invited to share different techniques and styles. You are welcome to work in your preferred medium. No formal instruction is given, positive peer advice is shared. This group is similar in format to the Face to Face Painting and Drawing group,

Please note that this program is delivered via Zoom only as an alternative to the Face to Face group.

Weekly, 2.00 – 4.00 pm on Zoom. Term 2 sessions start Wednesday 27 April.

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## Games

**222GAM01: Mahjong on Tuesday** **Type: Long Course**

**Dates: 01/03/2022 - 21/06/2022**

**Frequency: Weekly Course, Tue 13:00 - 15:00**

**Location: Brunswick Mallet Sports Club, Victoria Street Brunswick West** **Tutor: Deb Morawsky and Jann Somers**

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

Weekly, 1.00 – 3.00 pm. Term 2 sessions start Tuesday 26 April.

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**223GAM01: Board and Card Games** **Type: Long Course**

**Dates: 02/02/2022 - 22/06/2022**

**Frequency: Weekly Course, Wed 10:00 - 12:00**

**Location: Siteworks, Community Room, Saxon Street Brunswick**

**Tutor: Pauline O'Brien**

We play Azul, Scrabble, Sequence, Chinese Checkers and many other games over a cup of tea or coffee. Whether we play cards depends on who attends and whether they want to play cards. We aim for an enjoyable and mentally stimulating morning.

Weekly, 10.00 am – 12.00. Term 2 sessions start Wednesday 27 April.

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**224GAM01: Board and Card Games in the North** **Type: Long Course**

**Dates: 28/04/2022 - 23/06/2022**

**Frequency: Weekly Course, Thurs 14:00 - 16:00**

**Location: Coburg Senior Citizens Centre 21 Harding Street Coburg**

**Tutor: Pauline O'Brien**

We play Azul, Scrabble, Sequence, Chinese Checkers and many other games over a cup of tea or coffee. Whether we play cards depends on who attends and whether they want to play cards. We aim for an enjoyable and mentally stimulating afternoon.

Weekly, 2.00 – 4.00 pm. Term 2 sessions start Thursday 28 April.

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**225GAM01: Mahjong on Friday** **Type: Long Course**

**Dates: 04/02/2022 - 24/06/2022**

**Frequency: Weekly Course, Fri 13:00 - 15:00**

**Location: Brunswick Mallet Sports Club, Victoria Street Brunswick West**

**Tutor: Fran Mackieson**

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

Weekly, 1.00 – 3.00 pm. Term 2 sessions start Fri 29 April.

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## Languages

**224LAN01: French Workshop** **Type: Long Course**

**Dates: 03/02/2022 - 23/06/2022**

**Frequency: Weekly Course, Thu 14:00 - 15:00**

**Location: At home via Zoom**

**Tutors: Gail Grove and Cecile Felix**

This course for members with beginners–intermediate level of French explores French language and culture through a variety of input, active involvement and enjoyable content, with an emphasis on conversational French. All four skill areas – listening, speaking, reading and writing – are incorporated, and suggestions from students are welcome with content largely based on members' abilities and interests. This friendly and welcoming group is led by an experienced French teacher with the assistance of a native French speaker.

Participants are expected to have studied French for 2 years or more, even if many years ago. Commencing Thursday 28 April. Most sessions will be via Zoom, with the option of 1-2 sessions at Siteworks in Brunswick.

Weekly, 2.00 – 3.00 pm on Zoom. Term 2 sessions start Thursday 28 April.

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## Learning or more academic courses

### Monday Matters Announcement

The monthly Monday Matters sessions are discontinuing after many presentations over the past 7 years, since U3A Moreland commenced. It is time for a new approach to general sessions, talks, presentations or whatever new procedure any Members may wish to bring to either a regular or even infrequent program segment or event.

*Who has some new ideas? Who would like to consider organising such sessions?*

The Program Team would welcome your ideas and provide support to help launch something new.

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### 221LEA01: Big Issues Today - A Discussion Group

**Type: Long Course**

**Dates: 07/03/2022 - 20/06/2022**

**Frequency: Weekly Course, Mon 15:00 - 16:30**

**Location: Coburg Senior Citizens Centre 21 Harding Street Coburg** **Tutor: Brian Zammit and Margaret Robertson**

Big Issues Today: A discussion group. 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 – 4.30 pm. Term 2 sessions start Monday 2 May.

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### 222LEA01: Want to Write? Don't Know Where to Start?

**Type: Long Course**

**Dates: 01/03/2022 - 21/06/2022**

**Frequency: Fortnightly, Tue 14:00 - 16:00**

**Location: Coburg Senior Citizens Centre 21 Harding Street Coburg**

**Tutor: Cathy Beesey**

Getting started is often the hardest part of writing. In this program there will be ideas to get you writing during the class and maybe at home. Different aspects of writing will be covered including: descriptive, narrative and journal and having a go at writing in the genres you like to read. We'll also explore ways to gain confidence in writing. The plan is to have lots of sharing, laughter and maybe some sadness.

Fortnightly, 2.00 – 4.00pm. Term 2 sessions start Tuesday 26 April.

Note change of venue to Coburg Senior Citizens Centre, 21 Harding St Coburg.

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### 223LEA01: BYOBs - Books and Reading

**Type: Long Course**

**Dates: 02/02/2022 - 15/06/2022**

**Frequency: Fortnightly, Wed 14:00 - 15:30**

**Location: Community Room, Siteworks, Saxon Street Brunswick**

**Tutor: Mary Ryan**

A book group with a difference – with no "required" reading. Group members bring own book choice/s (BYOBs) 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 – 3.30 pm, first and third Wednesdays of the month. Term 2 sessions start Wednesday 4 May.

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### 224LEA02: Melbourne's Classical Architecture T2

**Type: Short Course**

**Dates: 05/05/2022 - 16/06/2022**

**Frequency: Fortnightly, Thu 10:00 - 12:00**

**Location: Various Public Spaces**

**Tutor: Justin McDermott**

Appreciating Melbourne's Classical Architecture: field trips in the city will continue with 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 Paul's Cathedral. Observe how the styles evolved into various novel forms in the 20th century.

This is a new program. Current enrollees may re-enrol and new enrolments are welcome. There will be four fortnightly sessions, meeting at pre-arranged locations.

Fortnightly, 10.00 – 12.00 pm. Term 2 sessions start Thursday 5 May.

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## Mind and Body

### **222MND02: Introduction to Meditation T2**

**Type: Short Course**

**Dates: 26/04/2022 - 14/06/2022**

**Frequency: Weekly Course, Tue 14:00 - 15:00**

**Location: Siteworks, Workroom 1, Saxon Street Brunswick**

**Tutor: Mary Familiari**

Meditation has been practised by many cultures for hundreds of years and scientific research has confirmed the positive benefits for mental and physical health, including overall feelings of well-being. This course is intended for beginners who are interested in knowing more about meditation, and for those who have previously practised meditation and may like to join a refresher course.

This course of 8 x 1hr sessions will include an introduction to different meditation techniques, including mindfulness. Qualified meditation teacher.

This program is intended for new enrollees; it is not a continuation of Term 1 Meditation sessions.

Weekly, 2.00 – 3.00 pm. Term 2 sessions start on Tuesday 26 April.

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### **224MND01: Dru Yoga**

**Type: Long Course**

**Dates: 03/03/2022 - 23/06/2022**

**Frequency: Weekly Course, Thu 14:00 - 15:30**

**Location: At home via Zoom**

**Tutor: Karen Hawe**

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.

This is a program for seniors. If you have any concerns regarding your health and fitness, please consult your health professional.

Weekly, 2.00 – 3.30 pm. Term 2 sessions start Thursday 28 April.

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## Recreation

### **221REC01: Princes Park Walking Group**

**Type: Long Course**

**Dates: 31/01/2022 - 20/06/2022**

**Frequency: Weekly Course, Mon 9:30 - 11:00**

**Location: Princes Park Carlton**

**Tutor: Pamela Ashcroft and Melinda Venticich**

GET MOVING MONDAY MORNINGS with a walk among the majestic trees of marvellous Melbourne's Princes Park. The walk is for those who would like to make a positive start to the week with exercise that requires just the right amount of exertion to open the lungs, comfortably elevate the heart rate and enliven the senses. We walk for approximately 1 hour and following on, there will be an opportunity to reward yourself with a coffee. We enjoy each others company and the benefits of a walk. A happy, sociable and welcoming group.

We meet on the corner of Royal Parade and Park Street in Princes Park. Public transport: Moreland tram #19 or street parking available.

Weekly, 9.30 – 11.00 pm. Term 2 walks start Monday 2 May.

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**221REC02: Line Dance**

**Type: Long Course**

**Dates: 14/02/2022 - 20/06/2022**

**Frequency: Weekly Course, Mon 14:00 - 15:30**

**Location: Siteworks at Saxon Street Saxon Street Brunswick**

**Tutor: Annie Fisher and Kay Aicher**

Facilitators – Annie Fisher and Kay Aicher. Line Dance continues with demonstrations of popular dances using familiar and new music, CD presentations, and ideas from Members in the group always welcome. While the booking covers 1.5 hours, dance time is generally 1 to 1 ¼ hours.

Commencing Monday 2 May 2022 at Workroom 2, Siteworks, 33 Saxon Street Brunswick.

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**222REC02: Petanque (French Bowls) is in recess.**

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**224REC01: Nordic Walking on Thursday**

**Type: Long Course**

**Dates: 03/02/2022 - 23/06/2022**

**Frequency: Fortnightly, Thu 9:30 - 12:00**

**Location: Outdoor locations as specified**

**Tutor: Marcie Hayes and 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 and meeting points will be advised prior to each session.

This is a program for Seniors. If you have any concerns regarding your health and fitness, please consult your health professional before enrolling.

Fortnightly, 9.30 am – 12.00. Term 2 sessions start Thursday 28 April.

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**225REC02: Merri Creek Walk and More and Lunch**

**Type: Long Course**

**Dates: 04/03/2022 - 17/06/2022**

**Frequency: Monthly, Fri 10:00 - 13:00**

**Location: Outdoor locations as specified**

**Tutor: Margaret Robertson and Gwen Rosengren**

Walks (x2) will continue along parts of the Merri Creek trail, or other easily accessible creeks, waterways and parklands, keeping to well-constructed, accessible pathways. Details of the section being covered that day and the meeting points, close to public transport if possible, are forwarded prior to each walk. If not public transport accessible, pick up is arranged.

Walks may finish near a cafe if participants wish to lunch together (optional).

Monthly, 10.00 am – 12.00 pm walking, then optional lunch. Two walks in Term 2, Fridays 20 May and 17 June.

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**225REC03: Nordic Walking on Friday**

**Type: Long Course**

**Dates: 11/02/2022 - 17/06/2022**

**Frequency: Fortnightly, Fri 10:00 - 12:00**

**Location: Outdoor locations as specified**

**Tutor: Lauris Grant and Melinda Venticich**

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.

If you have any concerns regarding your health and fitness, please consult your health professional before enrolling.

Fortnightly, 10.00 am – 12.00. Term 2 sessions start Friday 6 May.

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## Social

### **221SOC01: The Movie Group**

**Type: Long Course**

**Dates: 14/02/2022 - 23/05/2022**

**Frequency: Second and Fourth weeks, Mon 11:00 - 13:00**

**Location: Palace Pentridge Cinemas 1 Champ Street Coburg**

**Tutor: Deb Pace**

We will meet every second and fourth Monday of the month in Term 2. For the first session, 9 May, we will meet at Pentridge Cinema, Coburg. You will receive an email with the film choices 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. For the second session on 23 May, we will meet via Zoom at 11:00am to discuss what we've been watching on big and small screens, including pay TV and free to air. We can share recommendations and rotten tomatoes, depending on our different preferences. There will be no June sessions due to Public Holidays.

Mondays, 11.00 – 13.00. Term 2 sessions start 9 May.

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### **223SOC01: Dining Out Group**

**Type: Long Course**

**Dates: 16/02/2022 - 15/06/2022**

**Frequency: Monthly, Wed 18:30 - 22:00**

**Location: Various Public Spaces**

**Tutor: Jo Porter**

Meeting on the third Wednesday of each month, we venture into Moreland and surrounding areas to enjoy eclectic dining experiences. Diners are encouraged to provide their cuisine preferences and suggest dining venues. Numbers are restricted to maximum of 10 at most venues and DHHS Covid guidelines are adhered to. An email is usually sent a week before each dining date with details of venue, start time and travel.

Monthly, 6.30 – 10.00 pm. Term 2 dinners start Wednesday 18 May.

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### **224SOC02: Men's Drinks**

**Type: Long Course**

**Dates: 10/02/2022 - 23/06/2022**

**Frequency: Fortnightly, Thu 10:30 - 11:30**

**Location: Various Moreland places**

**Tutor: John Fletcher**

A social meet-up for U3A men to have a casual coffee and chat. We meet fortnightly at cafes in Brunswick and Coburg. Venues will be advised prior to each session.

Fortnightly, 10.30 – 11.30am. Term 2 sessions start Thursday 28 April.

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### **225SOC02: A Day Out - Elvis at Bendigo**

**Type: 1 day**

**Dates: 13/05/2022 - 13/05/2022**

**Frequency: 1 Day Course, Fri 9:30 - 16:00**

**Location: Various Public Spaces**

**Tutor: Jann Somers**

**Fee: \$25.00**

Join a friendly group and go on interesting outings. The trip for second term will be to see Elvis: Direct from Graceland at the Bendigo Art Gallery. Travelling by train for our entry at 12 noon, with the option of lunch to follow. Group members pay for all their expenses to these events. Payment for exhibition tickets [\$25 concession, \$30 full adult] will be required by 25 April on invoice to enable the booking confirmation.

Times above are notional - you will be advised of the train time to reach Bendigo in time for our 12.00 entry.

Note: You will receive an invoice on enrolling to be paid to U3A Moreland.

Fridays. One session in Term 2, 13 May.

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