



U3A Moreland Inc. Program Guide, Term 1 2024

Issued on 9 December 2023



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Enrol in our programs and activities or join U3A Moreland on our website:

www.u3amoreland.org.au

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a new series highlighting our wonderful volunteers

NB: Please take personal responsibility for, and be aware of, your physical and mental abilities and overall health before enrolling in any of the programs.

If you have any concerns regarding your health and fitness, please consult your health professional before enrolling in any program involving activity. Participation in these programs is at the individual’s own risk.

PROGRAM PRODUCTION

| | |
|---------------------|-----------------------------------|
| Program Team | UMAS & EntrolmentsTeam |
| Pauline Charleston | Simon Ransome |
| Maureen Bohan | Chris Moss |
| Pam Fletcher | Chris Fryer |
| Jill Lyons | Phillip Elkins |
| Helen Shanahan | Fran Mackieson |
| Venues | Christine Filiamundi |
| Deb Pace | |

2024 Term Dates

- Term 1: Mon 29 January – Thurs 28 March (9 weeks) *[public holidays Mon 11 March & Fri 29 March]*
- Term 2: Mon 15 April – Friday 28 June (11 weeks) *[public holidays Tues 25 April & Mon 10 June]*
- Term 3: Mon 15 July – Friday 20 September (10 weeks)
- Term 4: Mon 7 October – Friday 13 December (9 weeks) *[public holiday Tues 5 November]*

Monday Matters

241MON01: Monday Matters – Rod Quantock OAM

NEW

Type: Individual session

Frequency: Monday 11:00am-12:30pm

Date: 5/2/2024

Location: At home via Zoom

Facilitator: Pauline Charleston

Rod Quantock OAM is a Melbourne-born pioneer of contemporary Australian comedy. One of Australia's most intelligent comedians, Rod has been instrumental in establishing Melbourne as a world leader in the art. Rod's comic voice is unmistakable, critical, relevant, and very very funny. To quote one review, "You will find yourself mesmerised by the sheer genius of a life dedicated to madcap antics, hysterical social commentary and a commitment to those less fortunate".

Rod has kindly agreed to present this session uniquely for U3A Moreland members.

Topic: The last Tim Tam

There are two distinct futures imagined by two distinct groups of people.

For the majority the future is a tomorrow that will be like today only with more.

For the minority, the future is a tomorrow that will be like today only renewable and sustainable.

Both futures are impossible.

Rod will explain why.

Monday 5 February via Zoom (link to be provided). *Enrolments essential.*

241MON02: Monday Matters – Dr Adam Graycar AM

NEW

Type: Individual session

Frequency: Monday 11:00am-12:30pm

Date: 4/3/2024

Location: At home via Zoom

Facilitator: Pauline Charleston

Dr Adam Graycar is Professor of Public Policy at the University of Adelaide. He has had extensive policy experience over 22 years in various senior level posts in both federal and SA governments, and has worked globally with agencies such as the United Nations and the World Bank. While a professor at Australian National University he was the founder of the Transnational Research Institute on Corruption.

This is a unique opportunity to hear from an expert about corruption in Australia and overseas.

Topic: Corruption in our world

The Corruption Perceptions Index is the world's most widely used global corruption ranking. It measures how corrupt each country's public sector is perceived to be, according to experts and business people.

Disappointingly, Australia has not done as well in this area as most of us would hope.

Monday 4 March via Zoom (link to be provided).

Life Skills

244LFE01: Liven up your cooking with Ian

NEW

Short Course

Frequency: Weekly, Thursday 2:00–4:00pm

Dates: 1/2/2024-21/3/2024

Facilitator: Ian Fehring

Location: Coburg Senior Citizens Centre

A new hands-on class for those who usually cook for one or two people, focusing on healthy food that is easily prepared. Dishes will include pasta, salads, lentils, soups and puff pastry packets.

If there are any requests, they will be discussed and, if possible, included in the class. Each person is asked to bring their own sharp knife, and a gold coin donation for each session will help to cover Ian's costs

Eight sessions from Thursday 1 February at Coburg Senior Citizens Centre, 21 Harding St, Coburg.

Languages

244LAN01: **French Workshop**

Type: Long Course

Frequency: Weekly, Thursday 2:00pm–3:30pm

Dates: 1/2/2024–28/3/2024

Facilitators: Gail Grove & Cecile Felix

Location: At home via Zoom

For those with beginners to intermediate level French, this program explores French language and culture through a variety of input, active involvement and enjoyable content. All four skill areas – listening, speaking, reading and writing – are incorporated, with an extra emphasis on conversational French. Participants are expected to have studied French for 2 years or more, even if many years ago. 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. Sessions are held via Zoom, and the group meets for lunch at the end of each term.

Weekly from Thursday 1 February on Zoom (link to be provided).

244LAN02: **Conversational Spanish**

Type: Short Course

Frequency: Weekly, Thursday 1:30–3:00pm

Dates: 1/2/2024–29/2/2024

Facilitator: Diana Rodriguez

Location: Brunswick Town Hall

For those with intermediate to advanced ability to speak Spanish who wish to refresh and consolidate their knowledge of the language. Sessions will be mostly participant-centered, with the tutor guiding the conversation and providing grammatical/pronunciation/vocabulary clarifications as required.

The course aims to practise Spanish in a relaxed and enjoyable atmosphere. We will focus on Latin American and Spanish landscapes, music, food, current affairs and peculiarities. Participants are encouraged to make short presentations of a related topic of their interest, including sharing their experiences of travelling in Spanish-speaking countries or interacting with Spanish speakers. Home revision and preparation required before each session.

Five sessions from Thursday 1 February at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick.

244LAN03: **Speaking Italian: Conversation Workshop**

NEW

Type: Short course

Frequency: Weekly Thursday 10:00am–12:00

Dates: 1/2/2024–28/3/2024

Facilitator: Gabriella Hubbard

Location: Brunswick Town Hall

For those with some knowledge of Italian: come along and refresh or consolidate your skills. We will practise speaking Italian through guided learning situations in a relaxed and enjoyable environment. You will improve your listening, reading and writing skills, and we will also explore Italian culture, history and literature.

Participants will be encouraged to present favourite topics and share their travelling experiences in Italy. Home revision and preparation strongly recommended.

Weekly from Thursday 1 February at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick.

Recreation

245REC01: **Croquet – Introduction**

Type: Short Course

Frequency: Weekly, Friday 10:00am–12:00noon

Dates: 2/2/2024–1/3/2024

Facilitator: Robyn Dwerryhouse

Location: Brunswick Mallet Sport Club

A five-week practical course for beginners in 'Golf Croquet', introducing participants to the skills and strategies of the game. Start playing from the first session.

Weekly from Friday 2 February at Brunswick Sports Mallet Club, Brunswick Park, Victoria Street, Brunswick (enter off Pearson St for car parking at football oval).

242REC01: Petanque (French Bowls)

Type: Long Course

Frequency: Weekly, Tuesday 10:00am–11:30am

Dates: 30/1/2024–5/12/2024

Facilitator: Ian Fehring

Location: Warr Park, Brunswick

Petanque is a bowls game that originated in France. It is easy to learn, and an ideal outdoor social activity using minimum inexpensive equipment and a cut grass or gravel playing surface. Like other bowls games, points are gained by drawing bowls close to the pilot, hence some skill is needed in rolling and lobbing the steel balls. It will be possible for participants to play matches from the first session. Sets of bowls will be supplied by U3A at first session. Dress for the weather and bring a water bottle.

Weekly from Tuesday 30 January at Warr Park, 43A De Carle St (Wraith St entry), Brunswick.

243REC01: Egyptian Baladi Dance

NEW

Type: Long Course

Frequency: Weekly, Wednesday 11:00am–12:15pm

Dates: 31/1/2024–27/3/2024

Facilitator: Jennifer Jones

Location: Merlynston Progress Hall

Egyptian Baladi is the dance of the Egyptian people, rooted in traditional rural life and developed in the cities. It is a sensual and safe dance for women of all ages. Baladi has the simplicity and natural qualities of any folk dance style, the difference being that there are no set routines to learn. It is about dancing what you know and feeling the music.

Come along, have some fun, and at the same time develop your fitness! The dance is done in bare feet or socks. Comfortable clothing is advised. Venue is easy walking distance from the #19 tram or Fawkner railway station, or there is parking at the venue.

Weekly from Wednesday 31 January at Merlynston Progress Hall, 1 Novian St, Coburg North.

241REC02: Line Dance

Type: Long Course

Frequency: Weekly, Monday 2:00pm–3:30pm

Dates: 5/2/2024–25/3/2024

Facilitator:

Location: West Brunswick Tennis Club

Line Dance continues with adaptations of popular dances using familiar and new music. A great way to keep active and have fun! This is a group-led program with everyone welcome to lead dances and introduce new music or routines. While the booking covers 1.5 hours, dance time is generally 1 to 1½ hours.

Weekly from Monday 5 February at West Brunswick Tennis Club, 425 Victoria St, Brunswick.

245REC03: Merri Creek Walk & Brunch

NEW

Type: Long Course

Frequency: Monthly, Friday 10:30am

Dates: 16/2/2024–22/3/2024

Facilitators: Michelle Turski & Marek Turski

Location: Merri Creek Trail

A new walk in a very beautiful part of Merri-bek. We will meet at 10.30am at Campbell Reserve and walk for about one hour along the Merri Creek Trail with its stunning array of birdlife and indigenous vegetation. After brunch at the Merri Cafe at Ceres in Brunswick, we'll return to the start of the walk.

Fridays 16 February and 22 March, leaving from Campbell Reserve, 11-49 Moreland Road, Coburg

241REC01: Princes Park Walking Group

Type: Long Course

Frequency: Weekly, Monday 9:30am

Dates: 29/1/2024–25/3/2024

Facilitators: Pamela Ashcroft & Melinda Venticich

Location: Princes Park, Carlton North

Princes Park, the nearest thing to nature on Merri-Bek's inner fringe, is the ideal location for a weekly recreational walk, talk and gawk. This welcoming group is ongoing and open to both those who like to step it out a little, or to take a more leisurely stroll and admire the grandeur of the trees or delight in the bird life. This is an easy, flat walk of up to 3km. The perambulations culminate with the opportunity for coffee at a nearby cafe.

We meet along Park Street on the Princes Park side of the road. Public transport: Moreland tram #19 or street parking available in Park Street.

Weekly from Monday 29 January.

244REC01: Nordic Walking on Thursday

Type: Long Course

Frequency: Fortnightly, Thursdays 9:30am–12:00noon

Dates: 15/02/2024–28/3/2024

Facilitators: Marcie Hayes & Deb Morawsky

Location: Outdoor locations

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.

U3A Moreland has several sets of walking poles for your use during sessions. Walks are from 4km to 8km over approximately 1.5 hours with a coffee at session end. Come and try a new exercise!

Fortnightly from Thursday 15 February. 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. Participation in the program is at the individual's own risk.

245REC02: Nordic Walking on Friday

Type: Long Course

Frequency: Fortnightly, Fridays 9:30am–12:00noon

Dates: 9/2/2024–22/3/2024

Facilitators: Lauris Grant & Melinda Venticich

Location: Outdoor locations

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.

U3A Moreland has several sets of walking poles for your use during sessions. Walks are from 4km to 8km over approximately 1.5 hours with a coffee at session end. Come and try a new exercise!

Fortnightly from Friday 9 February. 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. Participation in the program is at the individual's own risk.

242REC02: Seniors Exercise Park group on Tuesdays

Type: Long Course

Frequency: Weekly, Tuesdays 10.00–10.30am

Dates: 30/1/2024–26/3/2024

Facilitators: Pauline O'Brien

Location: Coburg Senior Citizens Centre

The Seniors Exercise Park, adjacent to the Coburg Senior Citizens Centre, is open for everyone's participation. The park is specifically designed to help older people recover, maintain or improve their balance, strength and stamina. A number of U3A members have been trained as Exercise Park Champions to teach others how to use the equipment and how to make the exercises easier or more challenging – whatever is required to achieve an appropriate level of exercise and enjoyment.

Weekly from Tuesday 30 January the Seniors Exercise Park, adjacent to the Coburg Senior Citizens Centre, 21 Harding St, Coburg. Participation in the program and use of the equipment is at the individual's own risk.

244REC02: Seniors Exercise Park group on Thursdays

Type: Long Course

Frequency: Weekly, Thursdays 1.15–2.00pm

Dates: 1/2/2024–28/3/2024

Facilitators: Nicole Lowe & Cris Gouletsas

Location: Coburg Senior Citizens Centre

The Seniors Exercise Park, adjacent to the Coburg Senior Citizens Centre, is open for everyone's participation. The park is specifically designed to help older people recover, maintain or improve their balance, strength and stamina. A number of U3A members have been trained as Exercise Park Champions to teach others how to use the equipment and how to make the exercises easier or more challenging – whatever is required to achieve an appropriate level of exercise and enjoyment.

Weekly from Thursday 1 February at the Seniors Exercise Park, adjacent to the Coburg Senior Citizens Centre, 21 Harding St, Coburg. Participation in the program and use of the equipment is at the individual's own risk.

Learning and Discussion

243LEA01: **Books and Reading (BYOBs)**

Type: Long Course

Frequency: Fortnightly, Wednesday 2:00pm–3:30pm

Dates: 7/2/2024–20/3/2024

Facilitator: Mary Ryan

Location: Coburg Library Meeting Room

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 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. Come along!

1st & 3rd Wednesday of the month from 7 February in the Coburg Library meeting room, corner Victoria and Louisa Sts, Coburg.

243LEA02: **U3A/Merri-bek Library Book Club**

Type: Long Course

Frequency: Monthly, Wednesday 2:00-3:30pm

Dates: 28/2/2024–27/3/2024

Facilitators: Laurel Hewitt & Anne Mucha

Location: Brunswick Town Hall

This book club meets monthly to discuss a book that has been provided by Merri-bek Library. You will need to be a member of the Merri-bek Libraries to participate.

The titles are mostly contemporary popular fiction or topical non-fiction that have been retained from the Top 20 collections. A list of the titles for the group will be made available for participants to nominate preferences.

Wednesdays 28 February & 27 March at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick.

241LEA02: **Climate Change – Living Well & Sustainably**

NEW

Type: Short Course

Frequency: Fortnightly, Monday 2:30–4:00pm

Dates: 5/2/2024–18/3/2024

Facilitator: Dr Valerie Kay & Chris Moss

Location: Brunswick Town Hall

Are you concerned about climate change and the ecological crisis? Would you like to live more sustainably while maintaining quality of life?

In this program we explore how we can live well and sustainably, while helping protect the future for young people. We meet fortnightly to share ideas, experience and latest evidence. Topics are chosen in advance so members can participate in or lead discussion, based on their interests and availability.

Mondays 5 & 19 February and 4 & 18 March at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick.

244LEA02: **10 of the Best! Share your pictures**

NEW

Type: Long course

Frequency: Fortnightly, Thursday 2.00–3.30pm

Dates: 1/2/2024–28/3/2024

Facilitator: Colin Hough

Location: Coburg Library Meeting Room

Get together some of your digital photos on a memory stick and share 10 of them at a time with others for fun and conversation. Any subject can be considered of interest, from past events to the present; from travel or hobbies to your local neighbourhood; from architecture to portraiture.

Half the group to present their photos each fortnight. TV display, laptop and projector supplied and assistance given with technology.

Thursdays 1, 15 & 29 February and 14 & 28 March in the Coburg Library meeting room, corner Victoria and Louisa Sts, Coburg.

241LEA01: Big Issues Today – A Discussion Group

Type: Long Course

Frequency: Weekly, Monday 3:00pm–4:30pm

Dates: 29/1/2024–25/3/2024

Facilitators: Brian Zammit & Margaret Robertson

Location: Coburg Senior Citizens Centre

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 from Monday 29 January at Coburg Senior Citizens Centre, 21 Harding St, Coburg.

242LEA01: A Community of Writers

Type: Long Course

Frequency: Fortnightly, Tuesday 2:00pm–4:00pm

Dates: 30/1/2024–26/3/2024

Facilitators: Cathy Beesey & Wendy Smith

Location: Brunswick Town Hall

Join us as we share our writing – life stories, memoir, poetry, fiction, articles, mystery. In each session we read what we have written followed by feedback from others in the group – supportive and encouraging, productive and constructive. There is laughter and an occasional tear, always with our stories connecting us.

Tuesdays 30 January, 13 & 27 February and 12 & 26 March at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick.

243LEA03: Urban Exploring

Type: Long course

Frequency: Fortnightly, Wednesday 10:00am–12:00noon

Dates: 31/1/2024–27/3/2024

Facilitator: Anna Harley

Location: Various

This popular group walks at a relaxed pace for about one and a quarter hours, with Anna providing a wealth of well-researched info along the way, before stopping for coffee.

Walks take in areas with interesting history, architecture or natural beauty, in Melbourne’s inner north or on major transport routes easily accessible from Moreland. The aim is to be tourists exploring and enjoying the best that Melbourne has to offer.

Wednesdays 31 January, 14 & 28 February and 13 & 27 March. Meeting points and transport advice will be provided by Anna in advance of each session.

244LEA01: Melbourne’s Classical Architecture

NEW

Type: Short course

Frequency: Fortnightly, Thursday 10:00–12:00

Dates: 8/2/2024–21/3/2024

Facilitator: Justin McDermott

Location: Melbourne CBD

Appreciating Melbourne’s Classical Architecture will continue in 2024 with a new series of walks around the city, looking at some of Melbourne’s best pre-War architecture in the two styles that dominated the 19th century – the neo-classical and Greco-Roman styles – and the Gothic Revival in the 1920s and 1930s, such as the Manchester Unity Building opposite the Town Hall.

Discover how this architecture works, and how it embodies the key features of the Acropolis in Athens, the Pantheon in Rome, London’s St Paul’s Cathedral, and the great Gothic cathedrals of England and France.

Four sessions: Thursday 8 & 22 February and 7 & 21 March, meeting at pre-arranged locations.

Social

241SOC01: **The Movie Group**

Type: Long Course

Frequency: Fortnightly, Monday 11:00am–1:00pm

Dates: 5/2/2024–18/3/2024

Facilitator: Deb Pace & Julie Briant

Location: Palace Pentridge Cinemas/local cafe

We will alternate between seeing a movie at Pentridge Cinemas and meeting up for a chat over coffee at a local cafe. For the movie sessions, 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 online or at the cinema. There is the option of meeting for a cuppa beforehand or after the movie sessions. Sessions are in the morning or early afternoon. Free 3-hour parking is available at the Pentridge Centre below the cinemas.

For cafe get-togethers, we will discuss what we're watching on big and little screens, including pay TV and free-to-air. We can share recommendations and Rotten Tomatoes reviews.

Fortnightly from Monday 5 February, alternating between sessions at Pentridge Cinema and meet-ups at a local cafe. We will notify members of more details closer to the date.

242SOC01: **International Film Group**

Type: Long Course

Frequency: Fortnightly, Tuesday late morning/early afternoon

Dates: 6/2/2024–26/3/2024

Facilitator: Joanne Goodman

Location: Palace Pentridge Cinemas/Zoom

A group for appreciators of international films. We will go to see an agreed film at Pentridge Cinema every second Tuesday. The chosen film and its screening time (late morning or early afternoon) will be confirmed at least 3-4 days in advance. On alternate weeks, the group can chat on Zoom about the film we've seen.

At Pentridge Cinemas, 1 Champ St, Coburg, on Tuesdays 6 & 20 February and 5 & 19 March.

At home via Zoom at 3.00pm on Tuesdays 13 & 27 February and 12 & 26 March.

244SOC01: **Men's Drinks**

Type: Long Course

Frequency: Fortnightly, Thursday 10:30–11:30am

Dates: 1/2/2024–7/12/2024

Facilitator: John Fletcher

Location: Various Moreland cafes

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.

Thursdays 1, 15 & 29 February and 14 & 28 March.

244SOC03: **Let's Do – Trains! Belgrave/Puffing Billy**

NEW

Type: 1 day

Frequency: Thursday, from 9.30am

Dates: 22/2 2024

Facilitator: John & Pam Fletcher

Location: Flinders St Station

In the first of what is hoped to be an extended series of train trips, we propose a weekday's outing by train from Flinders St station to Belgrave where we can relax over coffee or lunch. For those who want further thrills, we will catch the iconic Puffing Billy train to Lakeside and spend an hour or so there before returning to Belgrave and then back to Flinders St. Concession cost for the return trip on Puffing Billy is \$50.00.

Those not choosing to come on Puffing Billy will be free to explore Belgrave and return to the city at their leisure.

Please express interest by **Friday 22 December** so that bookings can be made. Final details will be provided if this proposal goes ahead!

Thursday 22nd February, meeting at Flinders St station at approx. 9.30am and returning around 6.30pm.

243SOC01: Dining Out Group

Type: Long Course

Frequency: Monthly, Wednesday 6:30–10:00pm

Dates: 21/2/2024–20/3/2024

Facilitator: Denise da Silva

Location: Various pubs and restaurants

Meeting on the third Wednesday of each month, we enjoy eclectic dining experiences at a variety of eateries in Moreland and surrounding areas. Participants are encouraged to provide their cuisine preferences and suggest dining venues. An email is sent a week before each dining date with details of venue, start time and travel options. Numbers are restricted to a maximum of 12 and Covid guidelines are adhered to.

Term 1 dinners are on Wednesdays 21 February and 20 March.

244SOC02: Tight-As Thursday pub dinners

NEW

Type: Long Course

Frequency: Monthly, Thursday 6:30–8:30pm

Dates: 1/2/2024–7/3/2024

Facilitator: Heather Gridley & Brian Brooks

Location: Various pubs and restaurants

Meeting on the first Thursday of each month, we will take advantage of special weeknight deals to enjoy an early evening meal at a variety of hotels in Merri-bek and surrounding areas. Participants are welcome to suggest favourite local pubs and provide their dietary preferences. An email will be sent a week before each dining date with details of venue and travel options. Car pooling will be encouraged.

Term 1 dinners are on Thursdays 1 February and 7 March.

242SOC02: Tuesday Night Pub Trivia

NEW

Type: Long Course

Frequency: Fortnightly, Tuesday 7:00pm

Dates: 30/1/2024–26/3/2024

Facilitator: Helen Shanahan

Location: Woodlands Hotel

Join your fellow members for a fun night of trivia in a small team at this popular pub, as well as a meal (optional). Admission free, meals and drinks at member's expense.

Fortnightly from Tuesday 30 January at the Woodlands Hotel, 84-88 Sydney Rd, Coburg.

Art and Craft

242ART01: Sit and Knit, Tips and Tricks

Type: Long Course

Frequency: Weekly, Tuesday 10:30am–12:00noon

Dates: 30/1/2024–26/3/2024

Facilitator: Debra Kinsey

Location: Coburg Senior Citizens Centre

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 from Tuesday 30 January at Coburg Senior Citizens Centre, 21 Harding St, Coburg.

243ART01: Painting and Drawing

Type: Long Course

Frequency: Weekly, Wednesday 1:30pm–4:00pm

Dates: 31/1/2024–27/3/2024

Facilitator: Melinda Venticich

Location: Coburg Senior Citizens Centre

In this popular group we enjoy exploring and developing our own styles of painting and drawing. As there is no formal tuition, we welcome ideas from group members introducing different techniques and styles. We learn a lot from each other. Sessions begin with a drawing exercise followed by painting in the medium of your choice.

Weekly from Wednesday 31 January at Coburg Senior Citizens Centre, 21 Harding St, Coburg.

Games

242GAM01: Mahjong on Tuesday

Type: Long Course

Frequency: Weekly, Tuesday 1:30pm–3:30pm

Dates: 30/1/2024–26/3/2024

Facilitator: Deb Morawsky

Location: Brunswick Mallet Sports Club

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

Weekly from 30 January at Brunswick Mallet Sports Club, Brunswick Park, Victoria St, Brunswick.

245GAM01: Mahjong on Friday

Type: Long Course

Frequency: Weekly, Friday 1:00pm–3:00pm

Dates: 2/2/2024–22/3/2024

Facilitator: Fran Mackieson

Location: Brunswick Mallet Sports Club

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

Weekly from 2 February at Brunswick Mallet Sports Club, Brunswick Park, Victoria St, Brunswick.

241GAM01: Playing Cards for Fun & Mental Stimulation

NEW

Type: Long Course

Frequency: Weekly, Monday 10:00–12:00

Dates: 29/1/2024–25/3/2024

Facilitator: Pauline O'Brien & Nilu Yaman

Location: Brunswick Town Hall

Card games are mentally stimulating, fun to play and they aid concentration. A 10am start enjoyed with a tea or coffee will get the week off on a good footing. It is hoped this program will run all year but will be flexible, so if a person can't make a single session or will be away for a longer period, that will be fine.

Weekly from Monday 29 January at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick.

243GAM01: Games with Friends

Type: Long Course

Frequency: Weekly, Wednesday 10:00am–12:00noon

Dates: 31/1/2024–27/3/2024

Facilitator: Pauline O'Brien

Location: Brunswick Town Hall

The aim of this program is simple: to play games and enjoy yourself. The games vary according to the number of people who come to any given session. This is a year-long enrolment but you do not have to be there every week, so if you have grandchildren in the Grampians, a sister in Sydney or you're travelling to Tuscany next year, the Games program could be for you. We are flexible and friendly.

Games include Scrabble, Sequence, Quiddler, Rummikub. Revesi, Upwords and Azul. Backgammon anyone? Anything else you would like to introduce? The bigger our numbers, the more diversity we can offer.

Weekly from Wednesday 31 January at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick.

244GAM01: Games on Thursday

Type: Long Course

Frequency: Weekly, Thursday 2:00pm–4:00pm

Dates: 1/2/2024–28/3/2024

Facilitator: Cris Gouletsas

Location: Coburg Senior Citizens Centre

A wide variety of board games is available or you can bring your favourite to share. There are games you are probably familiar with (Scrabble, Rummikub, Chinese Checkers, Uno, Sequence) and some you might not have heard of (Azul, Whistchivous, the Great Australian Race, Upwords). Enjoy a cuppa, a talk and the chance to stimulate your brain. You don't have to be "good" at games – just looking to enjoy yourself. If you want to come, you must enrol. The more the merrier. *Now with a range of newly purchased games!*

Weekly from Thursday 1 February at the Coburg Senior Citizens Centre, 21 Harding St, Coburg.

U3A Identities

Mary Ryan, Book Group facilitator

What brought you to U3A?

I wanted to meet new people after I retired. I had too much time on my hands during weekdays and I didn't know anyone else who had retired!

Tell us about your background in the subject you're teaching.

I'm not aiming to teach so much as to share a love of good books, having been an avid reader since the age of 7!

What do you like most about your involvement at U3A?

Getting to meet people with different ideas and life experiences.

I relax by ...

getting together with friends for a good meal and a few glasses of wine to share our news and views on what's happening in the world.

My highlight of the past 12 months was ...

catching up with all the people I missed seeing because of lockdowns and celebrating together at staying healthy and engaged with the world.

A time in my life I wouldn't have missed?

Travelling and working overseas for a few years. Aside from tracing my Irish roots, I saw places I'd only read about. It was great to meet so many people and to discover that things on the other side of the world aren't always that different. It was also invaluable in learning to work effectively with people from different cultures.

Friends say I am ...

infuriatingly punctual. Honestly, sometimes I try to be five minutes late so they won't be too annoyed (not that great with other kinds of deadlines though!)

My school report usually said ...

"Mary is a good student but loses concentration too easily" (I was just bored!)

I wish I'd never worn ...

bell bottoms – when I was even shorter and plumper.

My last meal would be ...

pasta with pan-fried mushrooms and lots of herbs dressed generously with black truffle oil and topped with good quality parmesan.

My favourite gadget is

my mobile phone – not great at using all its features but it's always within reach!

At the moment I am watching ...

SBS series *World on Fire* – revisiting WWII. The Brits seem to be having a rethink about their role in it,

Favourite movie of the past decade?

Parasite. About two South Korean families in modern day Seoul. One family down on their luck goes to work for another very wealthy one. At times funny, insightful and shocking – well deserved Best Picture Oscar.

Guiltiest pleasure ...

Salted caramel flavoured anything ...

Greatest indulgence ...

I have spent quite outrageous sums on salted caramel chocolates!!

Which living person do you most admire? ...

Marcia Langton - her work on getting the Uluru Statement implemented was truly remarkable, and it will not be in vain.

I often wonder ...

why more world leaders haven't realised that no one ever really wins when they go to war. So much destruction, so many lives lost, especially the young.

Music you have on high rotation ...

Ludovico Einaudi CDs in the car for driving – really helps in traffic!

What are your daily news or social media habits? ...

I read the Guardian listen to ABC radio but my favourite reading is The Saturday Paper – I love long-form journalism. I glance at X-twitter occasionally these days but Elon Musk has wrecked it.