



THE UNIVERSITY OF THE THIRD AGE

U3A Moreland Inc. Program Guide, Term 2 2024

Issued on 28 March 2024



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

www.u3amoreland.org.au

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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

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UMAS & Enrolments Team

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2024 Term Dates

Term 1: Mon 29 Jan – Thur 28 March (9 weeks) *[public holidays Mon 11 March & Fri 29 March]*

Term 2: Mon 15 April – Friday 28 June (11 weeks) *[public holidays Thur 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

241MON03: Monday Matters – Kate Burridge

NEW

Type: Individual session

Frequency: Monday 11.00am–12.30pm

Date: 6/5/2024

Location: At home via Zoom

Facilitator: Pauline Charleston

Kate Burridge is Professor of Linguistics at Monash University and a Fellow of both the Australian Academy of the Humanities and the Academy of Social Sciences of Australia. Her research interests include the structure and history of the English language, taboo and euphemism, popular attitudes to language, and the ins and outs of language change.

Kate has authored/edited more than 20 books on different aspects of language. She is an engaging speaker who also presents regular language segments on radio and TV.

Topic: Survival of the fittest!: The shelf life of Aussie slang

One of the many puzzling features of slang is its lifecycle. The Australian word “selfie” took the world by storm, but our “milkshake duck” (an internet tall poppy) was spectacularly short-lived. Why? In this short talk, Kate will look at what it is that might account for slang-uage success stories, and what factors combine to create the “perfect lexicographical storm” (to use Ben Zimmer’s term).

Monday 6 May via Zoom (link to be provided).

241MON04: Monday Matters – Leonie Morgan AM

NEW

Type: Individual session

Frequency: Monday 11.00am–12.30pm

Date: 3/6/2024

Location: At home via Zoom

Facilitator: Pauline Charleston

Leonie Morgan AM is passionate about seeing women elected. She wants to see at least a 50 per cent representation of women in all governance spaces across Australia and the Asia-Pacific region.

Leonie has worked on this goal for over 25 years. With the late Joan Kirner AC and Julia Gillard AC, she established EMILY’s List Australia which has been successful in achieving significant numbers of Labor women in Australia’s state and federal parliaments. Leonie has also worked with women candidates and politicians in Timor Leste, Fiji, Solomon Islands and in Myanmar, training and mentoring them to election. This life-long, mostly unpaid work was recognised through her award of membership of the Order of Australia and inclusion on the Victorian Women’s Honour Roll.

Topic: A Gender Agenda

Why is it important to see women represented in our Parliaments and local governments?
What have we achieved so far? What makes for success? What can you do?

Monday 3 June via Zoom (link to be provided).

Learning and Discussion

241LEA02: Climate Change – Living Well & Sustainably

Type: Short Course

Frequency: Fortnightly, Monday 2.30–4.00pm

Dates: 5/2/2024–24/6/2024

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 15 & 29 April, 13 & 27 May and 24 June at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick.

241LEA01: Big Issues Today – A Discussion Group

Type: Long Course

Frequency: Weekly, Monday 3.00–4.30pm

Dates: 29/1/2024–24/6/2024

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 15 April at Coburg Senior Citizens Centre, 21 Harding St, Coburg.

242LEA02: Current Affairs Discussion Group

NEW

Type: Long Course

Frequency: Weekly, Tuesday 2.30–4.00pm

Dates: 16/4/2024–25/6/2024

Facilitators: Nick Trehwella & Christopher Love

Location: Coburg Senior Citizens Centre

A new program providing an opportunity for members to express views on world and local topical events. Frank but respectful discussion encouraged.

Weekly from Tuesday 16 April at Coburg Senior Citizens Centre, 21 Harding St, Coburg.

242LEA01: A Community of Writers

Type: Long Course

Frequency: Fortnightly, Tuesday 2.00–4.00pm

Dates: 30/1/2024–25/6/2024

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 16 & 30 April, 14 & 28 May and 11 & 25 June at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick.

241LEA02: Writing for E- Publication

NEW

Type: Short Course

Frequency: Fortnightly, Tuesday 2.00–4.00pm

Dates: 23/4/2024–18/6/2024

Facilitator: Luise Zanthyr

Location: Brunswick Town Hall

Can I turn my scribbles into publishable work? Dare I add ‘published author’ to my life’s accomplishments? This new group is for those with manuscripts of any genre – short fiction, poetry, memoirs, plays – ready for beta reading by fellow writers. Feedback from peers will be sought within guidelines, i.e. positive comments addressing the structure and delivery of the writing piece to achieve its literary purpose. Group support provided to progress writing to final draft for editing by a professional editor. The program runs on alternate Tuesdays to the Community of Writers program, so you can take part in both programs if you wish.

Participants will be required to make their writing pieces accessible via email to the group. Pieces to be read in sessions, with time equally divided between participants. Suggested reading: Kate Grenfell’s *The Writing Book*.

Tuesdays 23 April, 7 & 21 May and 4 & 18 June at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick.

243LEA01: Books and Reading (BYOBs)

Type: Long Course

Frequency: Fortnightly, Wednesday 2.00–3.30pm

Dates: 7/2/2024–19/6/2024

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 17 April in the Coburg Library meeting room, corner Victoria & Louisa Sts, Coburg.

243LEA02: U3A/Merri-bek Library Book Club

Type: Long Course

Frequency: Monthly, Wednesday 2.00–3.30pm

Dates: 28/2/2024–26/6/2024

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 24 April, 29 May and 26 June at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick.

243LEA03: Urban Exploring

Type: Long course

Frequency: Fortnightly, Wednesday 10.00am–12.00noon

Dates: 31/1/2024–26/6/2024

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 17 April; 1, 15 & 29 May; and 12 & 26 June. Meeting points and transport advice will be provided by Anna in advance of each session.

244LEA01: Melbourne's Classical Architecture

Type: Short course

Frequency: Fortnightly, Thursday 10.00–12.00noon

Dates: 8/2/2024–30/5/2024

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 18 April and 2, 16 & 30 May, meeting at pre-arranged locations.

243LEA04: Brunswick History Walk

NEW

Type: Individual session

Frequency: Wednesday 22 May, 10:00am–11:30noon

Date: 22/5/2023

Facilitator: Helen Shanahan

Location: Brunswick

A repeat of last year's popular walk along a section of the Upfield path in Brunswick. The Upfield railway line was opened as far as Coburg in 1884 and later extended. During the 1980s and 90s, state governments of various persuasions planned to close the line, and because it was under threat it was not modernised like other lines. The result is excellent examples of 19th century railway infrastructure not seen elsewhere in Melbourne. This one-hour walk will look at these features in the stretch from Park St to Anstey station (Albion St). There will be the opportunity of a chat over coffee afterwards at a nearby café.

The History Walk series is presented in conjunction with the Brunswick Community History Group. Printed full colour booklet available for a \$5 donation to BCHG.

Wednesday 22 May. Meeting point to be advised to participants.

Recreation

242REC01: **Petanque (French Bowls)**

Type: Long Course

Frequency: Weekly, Tuesday 10.00–11.30am

Dates: 30/1/2024–25/6/2024

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 16 April at Warr Park, 43A De Carle St (Wraith St entry), Brunswick.

242REC03: **Botanic Gardens visit**

NEW

Type: Individual session

Frequency: Tuesday 23 April, 10.00am–12.00noon

Date: 23/4/2024

Facilitators: Rita Thorpe & Melinda Venticich

Location: Royal Botanic Gardens

An autumn meander in the Royal Botanic Gardens. We meet at Flinders Street station and proceed to the Gardens by tram and a walk past the Shrine of Remembrance. We plan to visit the children's garden, followed by a number of stops of interest before visiting Guilfoyle's Volcano. This will be followed by refreshments at the cafe by the lake.

Please be aware that this walk will involve some walking up slight to moderate inclines.

Tuesday 23 April, meeting at 10am at Flinders St station. Further details to be provided to participants.

244REC03: **Moonee Ponds & Westbreen Creeks Walk**

NEW

Type: Short Course

Frequency: Three-weekly, Thursday 10.30am–12.00 noon

Dates: 18/4/2024–20/6/2024

Facilitators: Helen Shanahan & Jill Lyons

Location: Paths by local creeks

A new series of four walks along the Moonee Ponds Creek and Westbreen Creek trails. The walks will be between 2.5 and 3.5 kms on flat (but sometimes unpaved) paths which are mostly alongside trees and vegetation. Walks will begin and end at the same location and will be followed by coffee/brunch/lunch if participants wish.

Thursdays 18 April, 9 & 30 May and 20 June. Departure points 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.

241REC01: **Princes Park Walking Group**

Type: Long Course

Frequency: Weekly, Monday 9.30am

Dates: 29/1/2024–24/6/2024

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. Easy public transport by tram or train, and street parking available in Park Street.

Weekly from Monday 15 April

245REC03: **Merri Creek Walk & Brunch**

Type: Long Course

Frequency: Monthly, Friday 10.30am

Dates: 16/2/2024–21/6/2024

Facilitators: Michelle Turski & Marek Turski

Location: Merri Creek Trail

Enjoy walking in a very beautiful part of Merri-bek. We meet at 10.30am 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 19 April, 24 May and 21 June, leaving from Campbell Reserve, 11-49 Moreland Road, Coburg

242REC02: Seniors Exercise Park group on Tuesdays

Type: Long Course

Frequency: Weekly, Tuesdays 10.00–10.30am

Dates: 30/1/2024–25/6/2024

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 16 April 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: 1/2/2024–27/6/2024

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 18 April 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.

244REC01: Nordic Walking on Thursday

Type: Long Course

Frequency: Fortnightly, Thursdays 9.30am–12.00noon

Dates: 15/02/2024–20/6/2024

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 25 April. 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: 9/2/2024–28/6/2024

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 19 April. 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.

Games

242GAM01: Mahjong on Tuesday

Type: Long Course

Frequency: Weekly, Tuesday 1.30–3.30pm

Dates: 30/1/2024–25/6/2024

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 16 April at Brunswick Mallet Sports Club, Brunswick Park, Victoria St, Brunswick.

245GAM01: Mahjong on Friday

Type: Long Course

Frequency: Weekly, Friday 1.00–3.00pm

Dates: 9/2/2024–28/6/2024

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 19 April at Brunswick Mallet Sports Club, Brunswick Park, Victoria St, Brunswick.

241GAM01: Playing Cards for Fun & Mental Stimulation

Type: Long Course

Frequency: Weekly, Monday 10.00am–12.00noon

Dates: 29/1/2024–24/6/2024

Facilitator: Pauline O'Brien & Nilu Yaman

Location: Brunswick Town Hall

Card games are mentally stimulating, fun to play and they aid concentration. This program gets the week off to a good start at 10.00 on a Monday morning. Last term we learnt Euchre and some members will continue to play it in Term 2. Others would like a change so we'll learn one or more of Rummy, Cribbage, 500 or 66. The more the merrier so if you have any interest in cards and can fit it in, come along and give it a go. As cards are just for fun, this is a flexible program – if you can't make it for a single session or will be away for a longer period, that's fine.

Weekly from Monday 15 April 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: 31/1/2024–26/6/2024

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 17 April at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick.

244GAM01: Games on Thursday

Type: Long Course

Frequency: Weekly, Thursday 2.00–4.00pm

Dates: 1/2/2024–27/6/2024

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, Whistchievous, 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.

Weekly from Thursday 18 April at the Coburg Senior Citizens Centre, 21 Harding St, Coburg.

Languages

244LAN01: **French Workshop**

Type: Long Course

Frequency: Weekly, Thursday 2.00pm–3.30pm

Dates: 1/2/2024–27/6/2024

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 18 April on Zoom (link to be provided)

242LAN01: **Conversational Spanish**

Type: Long Course

Frequency: Weekly, Tuesday 10.30am–12.00noon

Dates: 1/2/2024–21/5/2024

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 Tuesday 23 April at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick.

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

Type: Long course

Frequency: Weekly, Thursday 10.00am–12.00noon

Dates: 1/2/2024–27/6/2024

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. The first hour of the class will focus on beginners and the second hour will be directed towards an intermediate level and conversation.

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

Weekly from Thursday 18 April at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick.

Social

244SOC01: **Men's Drinks**

Type: Long Course

Frequency: Fortnightly, Thursday 10.30–11.30am

Dates: 1/2/2024–27/6/2024

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.

Fortnightly from Thursday 18 April

241SOC01: The Movie Group

Type: Long Course

Frequency: Fortnightly, Monday 11.00am–1.00pm

Dates: 5/2/2024–24/6/2024

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.

Mondays 15 & 29 April, 13 & 27 May and 17 June, 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: 6/2/2024–25/6/2024

Facilitator: Joanne Goodman

Location: Palace Pentridge Cinemas/local cafe

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 meets at a café to catch up and discuss the previous week's film.

Tuesdays 16 & 30 April, 14 & 28 May and 18 June at Pentridge Cinema.

Tuesdays 23 April, 7, 21 & 28 May (after movie screening) and 25 June at a local café

243SOC01: Dining Out Group

Type: Long Course

Frequency: Monthly, Wednesday 6.30–10.00pm

Dates: 21/2/2024–19/6/2024

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 Merri-bek 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 2 dinners are on Wednesdays 17 April, 15 May and 19 June.

244SOC02: Tight-As Thursday pub dinners

Type: Long Course

Frequency: Monthly, Thursday approx. 6.30–8.30pm

Dates: 1/2/2024–6/6/2024

Facilitator: Heather Gridley & Brian Brooks

Location: Various local pubs

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 is encouraged and can be arranged in advance.

Term 2 dinners are on Thursdays 2 May and 6 June.

242SOC02: Tuesday Night Pub Trivia

Type: Long Course

Frequency: Monthly, Tuesday 7.00–9.30pm

Dates: 30/1/2024–18/6/2024

Facilitator: Jo Porter

Location: Woodlands Hotel

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

Dates for Term 2: Tuesdays 16 April, 21 May and 18 June at the Woodlands Hotel, 84-88 Sydney Rd, Coburg.

246SOC01: Day/Weekend Trip to Bendigo/Maldon **NEW** Type: Individual session
Frequency: Full Day or Weekend Dates: 1/6/2023–2/6/2023
Facilitator: Pauline Charleston & Brian Brooks Location: Bendigo/Maldon

A chance to visit the Goldfields area and see the latest exhibition at the fabulous Bendigo Art Gallery. Exclusive to this gallery, **Paris: Impressions of Life 1880–1925** takes visitors on a journey through the lively and picturesque streets of historic Paris. You can tour seven themed pathways and discover Belle Epoque paintings, prints, decorate arts, couture, artisan street signs and everyday ephemera.

Bendigo is an easy day trip, or you can make a weekend of it by staying in or around Maldon, declared Australia's first notable town by the National Trust. Everyone is welcome to Pauline & Brian's Maldon home in the evening. BYO musical instrument, voice, piano playing fingers or listening ear for a soirée in front of the open fire. Then on the Sunday, a chance to explore Maldon, renowned for its 19th century streetscapes and gold mining sites. Come by train and we can pick you up at the station. Or come by car and stop en route at the stunning Malmsbury Gardens in all their autumn glory. Car pooling encouraged.

Saturday 1 June and Sunday 2 June (day or weekend). Gallery visit, transport and accommodation at own expense.

Mind and Body

241MND01: Yoga for Every Body **NEW** Type: Short course
Frequency: Weekly, Monday 2.30–4.00pm Date: 15/4/2024–3/6/2024
Facilitator: Kaye Cussen Location: West Brunswick Tennis Club

We welcome a new Yoga program led by an experienced practitioner. The group will learn about and practice Meridian yoga, a therapeutic form that coordinates movement and breath to bring balance to the body while building strength and flexibility. The movements have been developed to condition the energy pathways, known in traditional Chinese medicine as meridians. We will do floor work with variations to accommodate past injuries, including use of a chair and standing. Each movement will be explained and demonstrated before trying it yourself. After a few movements, we will have a short rest, allowing the body to integrate any changes. Participants to bring a yoga mat, strap or old tie, and a cushion if needing a chair.

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.

Weekly from Monday 15 April to 3 June (8 sessions) at West Brunswick Tennis Club, 425 Victoria St, Brunswick.

Art and Craft

242ART01: Sit and Knit, Tips and Tricks Type: Long Course
Frequency: Weekly, Tuesday 10.30am–12.00noon Dates: 30/1/2024–25/6/2024
Facilitator: Cheryl Adams Location: Campbell Turnbull Library

Come, show and tell about your current or past unfinished project/s with fellow knitters. 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 16 April at Campbell Turnbull Library meeting room, 220 Melville Road, West Brunswick

243ART01: Painting and Drawing Type: Long Course
Frequency: Weekly, Wednesday 1.30–4.00pm Dates: 31/1/2024–26/6/2024
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 17 April at Coburg Senior Citizens Centre, 21 Harding St, Coburg.
