



THE UNIVERSITY OF THE THIRD AGE

U3A Moreland Inc. Program Guide, Term 3 2024

Issued on 28 June 2024



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

www.u3amoreland.org.au

U3A Moreland Inc contact details

PO Box 207, Brunswick West, 3055

General email contact: member.u3amoreland@gmail.com

Program and volunteer email contact: info.u3amoreland@gmail.com

Phone, general enquiries: 0421 318 872

Table of Contents

Learning and Discussion	3–4
Recreation	4–5
Games	6
Languages	7
Social	7–9
Life Skills	10
Art and Craft.....	10
Mind and Body	11
Technology and Science	11
Monday Matters	12
U3A Identities – facilitator profile	12–13

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

Pauline Charleston
Maureen Bohan
Pam Fletcher
Jill Lyons
Helen Shanahan
Venues
Gwen Rosengren

UMAS & Enrolments Team

Simon Ransome
Chris Moss
Chris Fryer
Phillip Elkins
Christine Filiamundi
Fran Mackieson

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 July – Friday 28 June (11 weeks) *[public holidays Thur 25 July & Mon 10 June]*

Term 3: Mon 15 July – Friday 20 September (10 weeks)

Term 4: Mon 7 October – Friday 6 December (9 weeks) *[public holiday Tues 5 November]*

Learning and Discussion

242LEA01: **A Community of Writers**

Type: Long Course

Frequency: Fortnightly, Tuesday 2.00–4.00pm

Dates: 30/1/2024–10/9/2024

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 July, 13 & 27 August and 10 September at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick

242LEA04: **Poetry Lovers Group**

NEW

Type: Short Course

Frequency: Fortnightly, Tuesday 2.00–3.30pm

Dates: 27/7/2024–17/9/2024

Facilitators: Fran O'Brien & Justin McDermott

Location: Brunswick Town Hall

A new program that will take a close look at some of Shakespeare's sonnets, and other great poems like Coleridge's Kubla Khan. We will look at the shape and sound of these classic poems to understand how the imagery is built up, with all its twists and turns, and how the use of rhyme and rhythm creates such a powerful effect. The aim is simply to deepen the enjoyment of these works,

No prerequisites. Copies of proposed sonnets will be circulated to enrollees before the first session.

Tuesdays 23 July, 6 & 20 August and 3 & 17 September 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: 7/2/2024–18/9/2024

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 July in Coburg Library meeting room, cnr Victoria & Louisa Sts, Coburg

243LEA02: **U3A/Merri-bek Library Book Club** *(no vacancies at present)*

Type: Long Course

Frequency: Monthly, Wednesday 2.00–3.30pm

Dates: 28/2/2024–18/9/2024

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 31 July, 28 August and 18 September at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick

241LEA01: **Big Issues Today – A Discussion Group** *(waitlist)*

Type: Long Course

Frequency: Weekly, Monday 3.00–4.30pm

Dates: 29/1/2024–16/9/2024

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 July at Coburg Senior Citizens Centre, 21 Harding St, Coburg

241LEA02: Climate Change – Living Well & Sustainably

Type: Long Course

Frequency: Fortnightly, Monday 2.30–4.00pm

Dates: 7/2/2024–9/9/2024

Facilitator: 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.

Fortnightly from Monday 15 July at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick

243LEA03: Urban Exploring (waitlist)

Type: Long course

Frequency: Fortnightly, Wednesday 10.00am–12.00noon

Dates: 31/1/2024–11/9/2024

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.

Fortnightly from Wednesday 17 July. Meeting points and transport advice will be provided by Anna in advance of each session.

Recreation

245REC03: Merri Creek Walk & Brunch

Type: Long Course

Frequency: Monthly, Friday 10.30am

Dates: 16/2/2024–20/9/2024

Facilitators: Michelle Turski & Marek Turskiszendzielarz

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 following paths along the Merri Creek in Brunswick East and Coburg, with the area's 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 23 August & 20 September??, leaving from Campbell Reserve, 11-49 Moreland Road, Coburg

241REC01: Princes Park Walking Group (waitlist)

Type: Long Course

Frequency: Weekly, Monday 9.30am

Dates: 29/1/2024–16/9/2024

Facilitators: Kris Spark, Helen West & Jude Newcombe

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 July

241REC03: Coburg Lake Walk

NEW

Type: Individual session

Frequency: Monday 10:30am–12:00noon

Date: 9/9/2023

Facilitators: Trish Jannu

Location: Coburg Lake

Join us for a 45–50 mins morning walk around beautiful Coburg Lake near the Merri Creek. The walk will be followed by coffee at a Pentridge cafe (optional).

Monday 9 September. Details including meeting point and transport options will be provided to enrollees.

242REC01: Petanque (French Bowls) (waitlist)

Type: Long Course

Frequency: Weekly, Tuesday 10.00–11.30am

Dates: 30/1/2024–17/9/2024

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 July at Warr Park, 43A De Carle St (Wraith St entry), Brunswick

244REC01: Nordic Walking on Thursday

Type: Long Course

Frequency: Fortnightly, Thursdays 9.30am–12.00noon

Dates: 17/02/2024–12/9/2024

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 18 July. 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 (waitlist)

Type: Long Course

Frequency: Fortnightly, Fridays 9.30am–12.00noon

Dates: 9/2/2024–20/9/2024

Facilitator: Lauris Grant

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 26 July. 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.

244REC02: Seniors Exercise Park group on Thursdays

Type: Long Course

Frequency: Weekly, Thursdays 1.15–2.00pm

Dates: 1/2/2024–19/9/2024

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 July 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.

Games

241GAM01: **Playing Cards for Fun & Mental Stimulation**

Type: Long Course

Frequency: Weekly, Monday 10.00am–12.00noon

Dates: 29/1/2024–16/9/2024

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 July 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: 1/2/2024–19/9/2024

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 July at the Coburg Senior Citizens Centre, 21 Harding St, Coburg

243GAM01: **Games with Friends**

Type: Long Course

Frequency: Weekly, Wednesday 10.00am–12.00noon

Dates: 31/1/2024–18/9/2024

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 July at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick

242GAM01: **Mahjong on Tuesday** *(no vacancies at present)*

Type: Long Course

Frequency: Weekly, Tuesday 1.30–3.30pm

Dates: 30/1/2024–17/9/2024

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 July at Brunswick Mallet Sports Club, Brunswick Park, Victoria St, Brunswick

245GAM01: **Mahjong on Friday** *(no vacancies at present)*

Type: Long Course

Frequency: Weekly, Friday 1.00–3.00pm

Dates: 9/2/2024–20/9/2024

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 July at Brunswick Mallet Sports Club, Brunswick Park, Victoria St, Brunswick

Languages

244LAN01: **French Workshop**

Type: Long Course

Frequency: Weekly, Thursday 2.00pm–3.30pm

Dates: 1/2/2024–19/9/2024

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 July on Zoom (link to be provided)

242LAN01: **Conversational Spanish**

Type: Long Course

Frequency: Weekly, Tuesday 10.30am–12.00noon

Dates: 1/2/2024–20/8/2024

Facilitator: Diana Rodriguez

Location: Brunswick Town Hall

This course is for students with a moderate to advanced ability to speak Spanish, who wish to refresh and consolidate their knowledge of the language. Sessions will be mostly participant-centred, with the tutor's role being that of guiding the conversation and providing grammatical/vocabulary clarifications or explanations as required.

This is not a systematic book-structured course but rather conversation modules, designed to practise reasonably fluent Spanish in a relaxed and entertaining atmosphere. Grammar, pronunciation and vocab will be discussed only as necessary. Emphasis on Latin American and Spanish landscapes, music, food, current affairs and cultural peculiarities, with participants expected to make short presentations of a related topic of their interest including sharing experiences of travelling in Spanish-speaking countries or interacting with Spanish speakers. Participants are also expected to do home revision and task preparation to fully benefit from the face-to-face interaction.

Five sessions in Term 3: Tuesday 23 & 30 July and 6, 13 & 20 August, at Brunswick Town Hall (1st floor), 233 Sydney Rd, Brunswick

244LAN03: **Speaking Italian: Conversation Workshop** (no vacancies at present) Type: Long course

Frequency: Weekly, Thursday 10.00am–12.00noon

Dates: 1/2/2024–19/9/2024

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 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 July 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: 1/2/2024–19/9/2024

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 25 July at various cafes

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 & Pauline Charleston

Location: Local pubs

Join your fellow members for a fun night of trivia in small teams at public events, as well as a meal (optional). This event has proven very popular, and for Term 3, we will be trying other pubs in Merri-Bek that offer similar events, as well as returning to the Woodlands Hotel. Admission free, meals and drinks at member's expense.

Tuesdays 16 July, 13 August and 17 September. Venue details will be provided before each session.

244SOC02: Tight-As Thursday pub dinners *(no vacancies at present)*

Type: Long Course

Frequency: Monthly, Thursday approx. 6.30–8.30pm

Dates: 1/2/2024–5/9/2024

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 3 dinners are on Thursdays 1 August and 5 September

243SOC01: Dining Out Group

Type: Long Course

Frequency: Monthly, Wednesday 6.30–10.00pm

Dates: 21/2/2024–18/9/2024

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 3 dinners are on Wednesdays 17 July, 21 August and 18 September.

242SOC01: International Film Group

Type: Long Course

Frequency: Weekly, Tuesday late morning/early afternoon

Dates: 6/2/2024–17/9/2024

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 July, 13 & 27 August and 10 September at Pentridge Cinema

Tuesdays 23 July, 6 & 20 August and 17 September at a local cafe

241SOC01: The Movie Group

Type: Long Course

Frequency: Fortnightly, Monday 11.00am–1.00pm

Dates: 7/2/2024–16/9/2024

Facilitators: 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 July, 12 & 26 August and 9 September, alternating between sessions at Pentridge Cinema and meet-ups at a local cafe. We will notify members of more details closer to the date.

244SOC04: Let's Do – Trains! Kyneton Day Trip

NEW

Type: 1 day

Frequency: Friday 2 August, morning & afternoon

Date: 2/8/2024

Facilitators: John & Pam Fletcher

Location: Kyneton by train

In the second of this series which was such a success last term, we propose a Friday outing by train from Southern Cross station, leaving at 9.05 for Kyneton. We will explore the gardens, visit the local museum, relax over coffee and lunch, walk around the town, then return on the train leaving about 3pm.

Please express interest by Friday 26 July.

Friday 2 August, meeting at Southern Cross station. Final details will be provided if this proposal goes ahead!

Life Skills

244LFE02: Cooking Winter Dishes

NEW

Type: Short Course

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

Dates: 18/7/2024–22/8/2024

Facilitator: Ian Fehring

Location: Coburg Senior Citizens Centre

A new hands-on class with a tasting at the end. The warming dishes will include pies, tarts and snacks – some savoury, others sweet. We will make stews and other hot one-pot dishes. As part of the course, some pastry making will be undertaken. If participants are interested, we will make a curry dish (no chilli). We will also prepare one or two casserole dishes, and one session will involve making a hot desert. Snacks will include a fancy toasted French cheese and ham sandwich, best eaten for breakfast but tasty at any time!

Participants will receive full recipes at the commencement of the course. Suggestions and extra ideas will be welcomed. Each person is asked to bring their own sharp knife and a gold coin donation for each session that will help to cover Ian's costs.

Six sessions from Thursday 18 July at Coburg Senior Citizens Centre, 21 Harding St, Coburg

Art and Craft

242ART01: Sit and Knit, Tips and Tricks

Type: Long Course

Frequency: Weekly, Tuesday 10.30am–12.00noon

Dates: 30/1/2024–17/9/2024

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 July 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: 31/1/2024–18/9/2024

Facilitator: Lauris Grant, Ray Hinckes & Richard Brown

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.

Week 1 will be facilitated by Lauris. The term will then alternate weekly with open sessions hosted by Ray Hinckes and Richard Brown.

Weekly from Wednesday 17 July at Coburg Senior Citizens Centre, 21 Harding St, Coburg

Mind and Body

242MND01: Tai Chi Qigong (Chi Kung)

NEW

Type: Short course

Frequency: Weekly, Tuesday 10.00–11.00am

Date: 16/7/2024–17/9/2024

Facilitators: Kuan Yew Wong & Siew Fong Wong

Location: TBA

We welcome a new program of Tai Chi Qigong: Chinese Art for Health & Mind. Tai Chi is based on Yin-Yang principles, Chinese medical theories and deep diaphragm breathing techniques. Participants will learn relaxation techniques, deep breathing and 18 movements of tai chi principles, all easy to learn and excellent for both physical and mental health.

Kuan Yew has been practising tai chi since 1975 and trained under four world-renowned tai chi grandmasters from Malaysia and China, one of whom is the “Keeper of the Chen Style Tai Chi” and an 18th generation direct descendent of the creator of Tai Chi. Kuan Yew had a Tai Chi school in Adelaide from 1991 till 2022 and has recently moved to Merri-Bek. It is our pleasure to welcome him to our U3A.

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 Tuesday 16 July at Brunswick Scout Hall, 14A Jolley St, Brunswick West

241MND01: Yoga for Every Body (no vacancies at present)

Type: Long course

Frequency: Weekly, Monday 2.30–4.00pm

Date: 15/4/2024–26/8/2024

Facilitator: Kaye Cussen

Location: West Brunswick Tennis Club

We are delighted to continue our 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.

Six sessions in Term 3 commencing Monday 22 July at West Brunswick Tennis Club, 425 Victoria St, Brunswick

Technology and Science

244TEC01: Tech Café for Seniors

NEW

Type: Short Course

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

Dates: 18/7/2024–19/9/2024

Facilitator: Glen Wall

Location: Glenroy Library

A digital skills mentoring program providing computer literacy assistance using smartphones (android or iPhone), tablets such as iPads, or computers.

Members are welcome to drop in and enjoy tea, coffee, biscuits and a chat with a mentor or Library staff member while learning the particular digital skills you might need help with. This might include learning how to:

- spot scams, stay safe online, access MyGov and other key services
- connect with family and friends, share interests and photos, and connect on social media
- use technology to live independently

No need to enrol – just come along, with your own device if possible.

Weekly from Thursday 18 July at Glenroy Library, 50 Wheatsheaf Road, Glenroy

Monday Matters

241MON05: **Monday Matters – Solar for Seniors**

NEW

Type: Individual session

Frequency: Monday 11.00am–12.30pm

Date: 5/8/2024

Location: At home via Zoom

Facilitator: Chris Moss

With many people wondering about how to reduce power costs and minimise harmful emissions, this talk is vital and timely. While there is much focus on getting off gas, there are concerns about costs, power supplies, reliability and the need to buy new cookware.

Our next speaker is **Donna Luckman, Zero Carbon Campaigns Lead at Merri-Bek City Council**. Merri-Bek have recently expanded their range of programs and are now part of the Solar Savers program, which provides access to a Council-approved installer of solar power and heat pump hot water, free loans for induction cookers and more. Donna will speak about Council's range of programs and services with an emphasis on benefits for older community members. This will include:

- Solar and thermal subsidy program
- Solar Savers – preferred supplier for solar, heat pumps and reverse-cycle heating and cooling
- Electrify Merri-bek program
- the Adaptation Game – Merri-bek climate resilience board game!

Monday 5 August via Zoom (link to be provided)

241MON06: **Monday Matters – DETAILS TO COME**

Type: Individual session

Frequency: Monday 11.00am–12.30pm

Date: 2/9/2024

Location: At home via Zoom

Facilitator: Pauline Charleston

Details of September session to be advised.

Monday 2 September via Zoom (link to be provided).



U3A Identities

Denise da Silva, Dining Out facilitator

What brought you to U3A?

I joined U3A back in 2016 so that I could meet people in my local community and explore fields that might broaden my horizons.

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

I love eating out and exploring different cuisines, so it's a win-win activity for me. The group includes people who are great to talk to, fun to be with and very knowledgeable

I relax by ...

reading! I have an eclectic choice of reading material, not favouring books of any particular genre. I've discovered Borrow Box and I listen to audiobooks while I'm driving. I also enjoy spending time in the garden and getting my hands into the soil. Walking my dog is a pleasure and we can check out the gardens in the area as we go along. And spending time with family and brings me great joy.

At the moment I am reading...

Wifedom by Anna Funder and listening to *The Forgotten Bookshop in Paris* by Sarah Winman. Also ploughing through *Brain Food* by Lisa Mosconi.

I am passionate about ...

keeping my contribution to landfill to a minimum and learning new ways to try and protect the environment as best as I can.

My school report usually said ...

she talks too much! I remember that from all the little blue report books we had from Form 1 to 6.

My last meal would be ...

hot and spicy curry and rice, hopefully prepared by a Sri Lankan chef, with a variety of sambals and pickles on the side (I was born in Colombo so the hotter the better).

If I could live anywhere I would choose.....

Brunswick, where I live now. I love its vibrant multicultural atmosphere, reflected in the wide variety of places to eat out and buy food and places to eat. That's why I moved to Brunswick many years ago.

Guiltiest pleasure ...

is visiting nurseries and seeing what I can buy to fill a spot in my garden. There is always a spot that can be conjured up and way too many plants to buy.

What I don't find amusing...

racism both covert and overt.

Cat or Dog?

For loyalty, it's my dog who is sitting beside me as I type this and who greets me enthusiastically every time I came home. And who sleeps on my bed when I'm not at home – he isn't supposed to do that! I have a cat too, who sits on my lap in the evening, rolls over for belly rubs, and who also torments the poor dog – he's terrified of her!

If only I could...

touch type.

If I could change a moment in my life, it would be.....

There are things I wish hadn't happened but I've learnt that through life's experiences, we grow and develop. So I just try to move forward and keep learning.

U3A Identities is an occasional series highlighting our wonderful volunteers, brought to you by the U3A Moreland Program Team.