

U3A BENTLEIGH - COURSE DETAILS FOR YEAR 2024

Codes/Times/Dates	TITLES & DETAILS	Location
ART		
M24 103 MON	Exploring Drawing	** COURSE CLOSED ** Room 67
10:00 - 12:00 05/02 - 18/11	Exploring all aspects of drawing. Bring A3 sketchbook, kneadable rubber, pencils 3B & 6B.	
M24 104 MON	Pastel Painting	Elisabeth Golding Room 67
13:00 - 15:00 05/02 - 18/11	This class is suitable for beginners or those with experience in using soft pastels or other painting mediums. Members are required to provide their own paper & pastels.	
M24 208 TUE	Oil and Opaque Paints	Costas Pothoulakis Room 67
10:00 - 12:00 06/02 - 19/11	Technical & Theoretical training in painting in all opaque mediums including: Oils, Acrylics, Guache. Bring a set of graphite pencils.	
M24 215 TUE	Water Colour Painting	Gloria Drew, Renata Gralinski Room 67
13:00 - 15:00 06/02 - 19/11	Some experience needed. Bring along all equipment needed for painting. Easels supplied. We have a very well stocked library for class members - books magazines and DVDs to borrow plus a new smart TV for viewing.	
M24 307 WED	Next steps in Watercolour	** COURSE CLOSED ** Room 67
13:00 - 15:00 07/02 - 20/11	Watercolour classes for beginners to intermediate painters where class members can work on their own projects in a friendly and supportive environment. Material list will be provided. Please do not buy Monte Matre paper or paints.	
M24 312 WED	Structured Drawing Course	** COURSE CLOSED ** Room 67
10:00 - 12:00 07/02 - 20/11	A structured drawing study for people wishing to study all technique aspects of drawing and make it a part of their life. Bring a set of graphite pencils.	
CRAFT		
M24 329 WED	Fortnightly - Sit Knit and Natter	Pauline Clark Room 59
13:00 - 15:00 14/02 - 20/11	Please bring your own projects. Help given for knitting, queries or assistance in finishing those UFO's (Unfinished Objects).	
M24 404 THU	Needle And Thread	Kerrie Dugdale Room 39
13:00 - 15:00 08/02 - 21/11	Relax chat and have a cuppa while working on your craft projects. Tuition and advice available for embroidery, patchwork, free style machine embroidery and applique. Beginners welcome.	
M24 410 THU	Cloth and Yarn	Kerrie Dugdale Room 39
10:00 - 12:00 08/02 - 21/11	This class will explore all avenues of textile design from garment construction, dressmaking, knitting, millinery and craft. Tuition will be provided and members are encouraged to bring in their own projects.	
EXERCISE		
M24 125 MON	Hatha Yoga for Seniors	Yakov Elgart Room 84
12:00 - 13:30 05/02 - 18/11	Gentle, smooth theory and exercise class. An excellent class to improve your wellbeing. Please bring your yoga mat and wear appropriate clothing. Activity description: Level 1 - Low level exercise.	
M24 136 MON	Yoga and Gentle Fitness	Ruth McLeod Room 39
10:00 - 11:00 26/02 - 18/11	Please join Ruth McLeod - an experience of yoga, gentle exercise for softening, lengthening your muscles and finding ease in poses for strength and flexibility. You will be encouraged to share and develop a daily practice that is suitable for you. This is Level 1 - Low., Description: Level 1 - Low level exercise; Level 2 - Medium level exercise; Level 3 - High level exercise;	
M24 139 MON	Improve Your Brain Function & Sleep	Jeff Cox Room 64
10:00 - 11:00 16/09 - 14/10	You will learn breathing exercise to create a mind with more focus and better memory. Also learn how you can reduce the number of migraine and asthma episodes, anxiety and panic attacks.	

Codes/Times/Dates	TITLES & DETAILS	Location
EXERCISE		
M24 226 TUE	Table Tennis - Tuesday AM	John van der Wyk, Darrell Tregear Room 84
10:00 - 12:00 06/02 - 19/11	We play a fast and active social table tennis. You must be adequately fit and mobile and wear suitable clothing and footwear (no sandals or thongs). This is a Level 3 activity - High level exercise.	
M24 231 TUE	Exercise and General fitness	** COURSE CLOSED ** Room 39
13:30 - 14:30 06/02 - 19/11	Jenny Jacobsohn is a retired physiotherapist. The exercises are designed to improve the general strength of legs, arms and core muscles. They will also promote endurance, balance, flexibility and good upright postures. They will include Theraband and mat-based exercises. BYO your own set of weights (2 water bottles can be substituted), and mat or folded blanket to lie on. NOTE: It is each member's responsibility to ensure they have the appropriate level of fitness. If in doubt members should consult their health professional. This is Level 2 - Medium exercise. Description: Level 1 - Low level exercise; Level 2 - Medium level exercise; Level 3 - High level exercise;	
M24 301 WED	Tai Chi and Qi Gong	Iamm Liew Room 84
14:00 - 15:00 21/02 - 20/11	Tai Chi is a series of slow focused and smooth flowing movements. There are health benefits in performing regular exercise to increase blood flow and strengthening muscles. The practice of Tai Chi helps to prevent falls and gain a better sense of balance. Movements called Qi Gong use breath mind and meditation to cleanse strengthen to aid blood circulation and also to increase vital life energy. This is a Level 1 activity. Description: Level 1 - Low level exercise; Level 2 - Medium level exercise; Level 3 - High level exercise;	
M24 325 WED	Line Dancing	** COURSE CLOSED ** Room 84
12:30 - 13:30 07/02 - 20/11	Beginners - Line dancing Cost - \$2.00 per class Need reasonable level of fitness. Activity Level 3 - High Level exercise. Will be using portable speaker for music.	
M24 417 THU	Table Tennis on Thursday AM	** COURSE CLOSED ** Room 84
10:00 - 12:00 08/02 - 21/11	We play a fast and active social table tennis in doubles. You must be adequately fit and mobile and wear suitable clothing and footwear (no sandals or thongs). This is a Level 3 activity - High level exercise. Description: Level 1 - Low level exercise; Level 2 - Medium level exercise; Level 3 - High level exercise.	
M24 432 THU	Tennis at Maccabbi Court	** COURSE CLOSED ** Outdoor
9.:30 - 11:30 08/02 - 21/11	Social Tennis for fun and fitness will be played at the rear of the Moorleigh Village on the state of the art Maccabbi Flexi cushion courts. Players who haven't played in decades and current players are welcome. We will be playing doubles. Runners should be non-marking or white soled and exercise attire with hats, sun block are required. Bring your own racquet, balls and drink bottles. This is Level 2 Medium exercise. NOTE: Class will run to the following dates: Semester 1: 08th February – 18th April. Semester 2: 05th September – 21th November.	
M24 433 THU	Energization Exercise	Manny Goldberg Room 41
10:30 - 11:30 02/05 - 21/11	The Great to Will - The Greater - The Flow of Energy. Helps with breathing and energize the whole body with 32 different postures. Wear loose comfortable casual attire, runner shoes.	
M24 500 FRI	Strength Training (A)	** COURSE CLOSED ** North Gym
9.:30 - 10:30 09/02 - 15/11	Strength training is aimed to increase bone mass and muscle strength (using resistance exercises). This helps in the prevention of falls. The class also has a touch of Tai Chi. Participants are welcome to enjoy the fun atmosphere of the class. There will be a \$5 weekly fee. This is a Level 2 activity - Medium level exercise. Description: Level 1 - Low level exercise; Level 2 - Medium level exercise; Level 3 - High level exercise	
M24 501 FRI	Strength Training (B)	** COURSE CLOSED ** North Gym
10:45 - 11:45 09/02 - 15/11	Strength training is aimed to increase bone mass and muscle strength (using resistance exercises). This helps in the prevention of falls. The class also has a touch of Tai Chi. Participants are welcome to enjoy the fun atmosphere of the class. There will be a \$5 weekly fee. This is a Level 2 activity - Medium level exercise. Description: Level 1 - Low level exercise; Level 2 - Medium level exercise; Level 3 - High level exercise.	
M24 532 FRI	Strength Training (C)	Rhonda Hill North Gym
12:05 - 13:05 09/02 - 15/11	Strength training is aimed to increase bone mass and muscle strength (using resistance exercises). This helps in the prevention of falls. The class also has a touch of Tai Chi. Participants are welcome to enjoy the fun atmosphere of the class. There will be a \$5 weekly fee. This is a Level 2 activity - Medium level exercise. Description: Level 1 - Low level exercise; Level 2 - Medium level exercise; Level 3 - High level exercise	

Codes/Times/Dates	TITLES & DETAILS	Location
GAMES		
M24 204 TUE	Mah Jong	Diane Isaacs Room 64
13:00 - 15:00 06/02 - 19/11	This class is for experience players coming together to play Mah Jong. You need to purchase 'MahJong Players Companion' before starting class.	
M24 235 TUE	Mah Jong For Beginners	** COURSE CLOSED ** Room 64
10:00 - 12:00 06/02 - 19/11	This class is for beginner to learn how to play Mah Jong. You need to purchase 'MahJong Players Companion' before starting class.	
M24 310 WED	500 Card Game	** COURSE FULL ** Room 64
13:00 - 15:00 07/02 - 20/11	Members must be able to play this enjoyable but sometimes challenging game.	
M24 421 THU	Social Bridge	Tom Fleming Room 64
13:00 - 15:00 08/02 - 21/11	The first 2 classes on Thursday 8th February and 15th February will be a Beginners Workshop. After that, all participants should be familiar with bidding and card play. Class will be on going with good company in a comfortable and friendly environment.	
M24 502 FRI	Chess	Doug Kennedy Room 59
13:00 - 15:00 09/02 - 15/11	Playing in a relaxed atmosphere. Some help in Chess rules & strategy can be given.	
M24 506 FRI	Canasta	None Room 64
10:00 - 12:00 09/02 - 15/11	Members must be able to play Canasta. We are serious players but have fun too.	
M24 509 FRI	Rummy Tiles	** COURSE FULL ** Room 39
12:30 - 15:00 09/02 - 15/11	Rummy Tiles is a very enjoyable game to play. Tuition given if needed.	
M24 601 SAT	1st and 3rd Saturday Canasta and 500	Ann Watts Room 64
13:00 - 15:30 17/02 - 16/11	Members must be able to play Canasta or 500. We are a relaxed group of experienced players. Members meet on the first and third Saturday of the Month.	
HEALTH		
M24 338 WED	3rd Wednesday - Care for Carers Group	Gillian Meldrum Room 54
10:00 - 12:30 21/02 - 20/10	A self-help group to support the carers who are supporting partners, family members or friends. A self-help support group for those whose partners, family or friends are require care. Gillian Meldrum facilitates the group. She has 30 years experience working in the care industry. NOTE: For Semester 2: Class run on the 3rd Wednesday of each Month to the following Dates & Room: , Room 54: 17th July; 21st July Room 59: 18th September; 16th October; 20th November.	
HISTORY		
M24 107 MON	Africa The Unknown Continent	Werner Depke Room 59
13:00 - 15:00 05/02 - 18/11	54 nations are listed for the African continent with United Nations., This course will address 20th and 21st century political, economic, and geo-political influences, affecting some of the former colonial nations. Trade with countries outside Africa and global power play with competing interests from Russia, United Kingdom, USA, Communist China, France, etc...will be included. Associated long term historical effects, Religion, Slave trade, Migration. Other aspects may be included as the course evolves. Students' input is always welcome.	
M24 132 MON	Women Throughout History	Erika Fleming Room 41
12:30 - 13:30 12/02 - 14/10	History: the famous, infamous and forgotten women in history. Very few women are remembered and yet many did great things, naughty things and things that changed societies. Who were they? 10 different sessions in Semester 2 from 12th August to 14th October.	

Codes/Times/Dates	TITLES & DETAILS	Location
HISTORY		
M24 300 WED	Moors and Crusaders	Henk Overberg, Janet Overberg Room 41
10:00 - 12:00 07/02 - 06/11	This course will explore two instances of what happens when Christians and Muslims come into intimate social contact. In the first half of this course we will trace the experience of the Moors in and Christians in North Africa and Spain. Christians and Muslims also came into close contact during the Crusades. In the second half of the course we will trace how both the Christians and the Muslims have viewed this experience. Moors and Crusaders class cates in Semester 2 will be to the following dates: 17th July, 24th July, 31st July; 28th August, 4th September, 11th September, 18th September, 9th October, 23rd October, 30th October, 06th November.	
M24 434 THU	The Foundations of Western Civilization	Linda Osborne Room 41
13:00 - 15:00 08/08 - 21/11	This course explore the essential contours of the human experience in what has come to be called "Western civilization " from its humble beginnings in the ancient Near East to the dawn of the modern world; with the range from about 3000 B.C. to A.D. 1600.	
HUMANITY		
M24 123 MON	3rd Monday Book Discussion Group	** COURSE FULL ** Room 64
14:00 - 15:15 19/02 - 18/11	A lively discussion group. We choose a diverse selection of books throughout the year (available from the library) and analyses, discuss them from different points of view.	
M24 202 TUE	Current Affairs	Ian Kirkwood Room 39
10:00 - 12:00 06/02 - 19/11	We discuss (and argue about) events of interest here and overseas. Members have the opportunity to chair the meeting and set their own agenda. Guest speakers are welcome by prior arrangement.	
M24 223 TUE	3rd Tuesday Book Group	Jill Sykes Room 59
14:00 - 15:30 20/02 - 19/11	In a relaxed atmosphere we discuss a book each month. Books have been chosen by members and are generally available in libraries.	
M24 303 WED	Creative Writing	** COURSE CLOSED ** Room 39
10:00 - 11:45 07/02 - 20/11	The class provides a supportive environment within which members can practice writing creatively supported by an empathetic audience.	
Z24 116 MON	Russian culture and literature	** COURSE FULL ** Online
12:00 - 13:30 05/02 - 18/11	This course is taught and conducted on Zoom. Participants should be able to read, write and talk in Russian and be prepared to work independently at home. We read and discuss Russian novels and poetry in a friendly and enthusiastic group of people.	
IT		
C24 451 THU	Understanding Your Computer Class 1	** COURSE FULL ** Room 63
13:00 - 15:00 08/02 - 21/11	Course will explain how to use Windows based computers for everyday tasks such as email and internet searches. No prior knowledge required.	
C24 452 THU	Understanding Your Computer Class 2	Eric Aston Room 63
10:00 - 12:00 08/02 - 21/11	Course will explain how to use Windows based computers for everyday tasks such as email and internet searches. No prior knowledge required.	
M24 510 FRI	4th Friday Technology Corner	Michael Bonacci, Ulrich Seydel Room 41
13:15 - 15:00 23/02 - 25/10	This class runs on the 4TH FRIDAY of the MONTH to the following dates: 23rd February, 22th March, 26th April, 24th May, 26th July; 23rd August, 25th October. Presentations of current interest and requested topics will be offered as well as help to resolve hardware or software problems. Members are encouraged to bring any technical devices including Computers Laptops Tablets Smartphones (including iPhones and iPads) TV remotes etc. A good description of the problem as well as the device is most desirable to analyze and resolve the problem.	
LANGUAGE		
M24 111 MON	Italiano Parlato	Marie Del Din, Antonia Ravbar Room 39
13:00 - 15:00 05/02 - 25/11	This course is planned for those with a basic knowledge of Italian langue and an interest in Italian culture, history, literature, music, art and film. An Italian film is screened Monthly as part of the program. NOTE: Italiano Parlato - Monthly Video-Films scheduled for the first Monday of each month. Semester 2 Film will be to the following dates in Room 41: 15th July; 5th August; 2nd September; 7th October; 4th November.	

Codes/Times/Dates	TITLES & DETAILS	Location
LANGUAGE		
M24 221 TUE	Intermediate Italian	Olivia Cinque Room 59
9.:45 - 11:45 06/02 - 20/11	Sharing the knowledge of speaking a new language among students. That is the Italian language.	
M24 234 TUE	Post-Beginners French	Barrie Wray, Louise Desgranges Room 59
12:00 - 13:45 06/02 - 19/11	This course is aimed at those who have some knowledge of the language no matter how small. Complete beginners would be at a disadvantage. We use current written and recorded material to increase our knowledge of French language and culture. The course is informal and relaxed.	
M24 323 WED	Raccontarlo in Italiano	Marie Del Din, Sally La Rocca Room 64
10:00 - 12:00 07/02 - 19/11	Nessun prerequisito, basta portare con se ` il proprio contributo, elementare o fluente, per condividere 'la bellalingua', in modo informale.	
M24 335 WED	Improve Your English	Denise Weiss Room 39
13:00 - 15:00 07/02 - 20/11	For people who speak English as a second (or third) language. Come and improve your skills. We learn grammar etc... and Australian customs and culture too. Material required: dictionary, exercise book and folder with plastic sleeves.	
M24 403 THU	Italian For Beginners	Olivia Cinque Room 67
9.:45 - 11:45 08/02 - 22/11	Sharing the knowledge of speaking the Italian language.	
M24 408 THU	Workshop For Italian Language	Linda Osborne Room 64
10:00 - 12:00 08/02 - 21/11	Benvenuto e` impara la lingua italiana in un ambiente amichevole e di support per aiutare e aumentare la tua capacita di conversare e comprendere il concetto fondamentali della grammatica italiana. Per questa classe si sono tenuti ad avere almeno alcune conoscenza della lingua italiana.	
M24 415 THU	Sprechen Sie Deutsch ?	Gudrun Gawantka Room 59
10:00 - 12:00 08/02 - 21/11	Some knowledge of German required. A fun session extending ones written and oral language skills in a nurturing group.	
MUSIC		
M24 101 MON	Opera Broadway - Musical & More	Gary Lusk Room 41
9.:30 - 12:00 05/02 - 18/11	Play DVDs of Opera, Broadway Shows and Musicals.	
M24 205 TUE	Intermediate Ukulele	Larry Finn Room 41
10:00 - 11:30 06/02 - 19/11	A basic knowledge of basic Ukulele Chords & Strumming, with the ability to follow a simple (Ukulele) Chord progression. Basic Theory would be advantageous, however this will be taught along the way.	
M24 219 TUE	Moorleigh Valtones Choir	Valerie Suhr Room 41
14:00 - 15:30 06/02 - 19/11	If you love meeting people and singing, we would welcome you. Choir gives us a sense of belonging far outside ourselves.	
M24 340 WED	1st Wednesday Ukulele Singalong	Jo Burnell Room 59
11:15 - 13:15 07/02 - 06/11	Ukulele players of all skill levels are welcome. Our aim is to have fun in a no-pressure environment simply playing, singing and enjoying each other company. Classes will be to the following dates: 7th August; 4th September; 02nd October, 9th November.	
M24 418 THU	Recorder Ensemble	Margaret Littlechild Room 67
13:00 - 15:00 08/02 - 21/11	A supportive, friendly group of Soprano, Alto, Tenor and Bass recorder players. We play music from a wide range of styles and eras. Experience and sight reading skills are necessary. Soprano players must also be able to play one other instrument.	
M24 531 FRI	Drumming Circle	Ross Rowley Room 67
12:15 - 14:00 09/02 - 08/11	Africa rhythms using hand drums (Djembe) and percussion. Preferably a drums (Djembe) - However there will some spares for the members.	
SCIENCE		

Codes/Times/Dates	TITLES & DETAILS	Location
SCIENCE		
M24 207 TUE	Astronomy and Space Travel	Neville Curtis Room 41
12:00 - 13:45 06/02 - 19/11	Update of the latest space News plus selected DVDs on related topics with follow up discussion.	
SOCIAL		
M24 138 MON	537 Days Of Winter Presentation	Guest Presenter Room 41
14:00 - 15:00 14/10 - 14/10	David Knoff will give an overview of the book title '537 Days Of Winter' which recently published.	
M24 141 MON	USA Election 2024	Guest Presenter Room 59
10:00 - 12:00 28/10 - 28/10	Warren Sapir will present the review of the forthcoming America Election in 2024, looking at the Electoral College Voting system and its history.	
M24 213 TUE	2nd Tuesday - Evening Dine Out	Merrill Jusuf Various
19:00 - 21:00 13/02 - 12/11	We try different cuisines on the second Tuesday each month. March to November.	
M24 339 WED	2nd Wednesday Travel Club	Pat Cahill, Priya Bonney Room 59
11:00 - 12:30 14/02 - 09/10	This course will only meet every 2 Months on alternate 2nd Wednesday. Day Trips and 4 nights Gateways + longer trips if interested. Is the travel bug beginning to bite? Travel Club at U3A Benteleigh is working to help you see different parts of Australia. You would love to travel but are hesitant to go on your own? This Club would be a way to help you avoid single supplements and attract discounts for accommodation etc., and access reasonably priced coach tours. U3A Benteleigh members do not have to be members of the Travel Club to take part in the arranged excursions, you may bring your spouse, partner, friend, family members along for the one, two or multiple-day trips. Classes will be on to the following dates: 14th August; 09th October.	
M24 341 WED	Model Railway Club	Michael Bonacci Room 66
9.:30 - 15:00 17/07 - 20/11	The Model Railway Group provides a new type of activity designed to encourage members to work together to visualize, design, build and run a model railway for pure enjoyment and for public display. Our creativity will involve carpentry, track design and laying, scenery creation, lighting and control electronics, and many other skills. The objective is pure enjoyment! Items will be using: DVD, USB, and May use iPad from time-to-time.	
M24 342 WED	Wednesday Films	Janet Lee Room 41
11:00 - 16:00 15/05 - 13/11	Three long films have been planned for this year., Dr Zhivago on the 16th October. For a small fee of \$5, sandwiches, biscuits, tea and coffee will be made available for lunch and coffee breaks., You MUST sign in at reception in advance by 9th October and pay CASH for catering purposes., NOTE: On the 13th November - Lawrence of Arabia will be shown.	
M24 416 THU	Use Your Brain	Carolyn Ruddick, Linda Rosier Room 59
13:00 - 15:00 08/02 - 21/11	A fast moving, fun and educational series featuring, puzzles, quizzes, trivia, mathematical problems, memory exercises etc...either in groups or individually. Bring Paper Pen Pencil and Eraser.	
M24 424 THU	3rd Thursday Discovering Melbourne	Merrill Jusuf Outdoor
10:30 - 13:00 15/02 - 21/11	The club meets on the 3rd Thursday of the month at 10:30am at a designated venue. Please wear your name tag and be punctual. Merrill will advise members of her mobile number, so please text her if delayed or if not attending. Members must be able walk for up to 2 hours. This is Level 2 activity - Medium Level exercise.	
M24 503 FRI	Watch Learn & Discuss (Sound Off)	Adel Gerges Room 59
10:00 - 12:00 09/02 - 15/11	A friendly informal discussion group. Participants watch and discuss short, informative videos on a wide range of topics, including countries, culture, history, wellbeing, technology ... and more! Members are free to suggest videos to watch on any of the topics and to share their own relevant experiences with other members. Everyone's views are welcomed and always respected.	
M24 508 FRI	3rd Friday Let's do Lunch	Margaret Nelson Various
12:00 - 14:00 16/02 - 15/11	Come join us, have some fun, meet new friends, gossip, giggle, while enjoying a good lunch every third Friday of the month.	