

## U3A BENTLEIGH - COURSE DETAILS FOR YEAR 2024

Codes/Times/Dates	TITLES & DETAILS	TUTOR/LEADER	Location
<b>Monday</b>			
<b>M24 101</b> 9:30 - 12:00 05/02 - 18/11	<b>Opera Broadway - Musical &amp; More</b> Play DVDs of Opera, Broadway Shows and Musicals.	<b>Gary Lusk</b>	<b>Room 41</b>
<b>M24 103</b> 10:00 - 12:00 05/02 - 18/11	<b>Exploring Drawing</b> Exploring all aspects of drawing. Bring A3 sketchbook, kneadable rubber, pencils 3B & 6B.	<b>** COURSE CLOSED **</b>	<b>Room 67</b>
<b>M24 104</b> 13:00 - 15:00 05/02 - 18/11	<b>Pastel Painting</b> 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.	<b>Elisabeth Golding</b>	<b>Room 67</b>
<b>M24 107</b> 13:00 - 15:00 05/02 - 18/11	<b>Africa The Unknown Continent</b> 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.	<b>Werner Depke</b>	<b>Room 59</b>
<b>M24 111</b> 13:00 - 15:00 05/02 - 25/11	<b>Italiano Parlato</b> This course is planned for those with a basic knowledge of Italian language 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.	<b>Marie Del Din, Antonia Ravbar</b>	<b>Room 39</b>
<b>M24 123</b> 14:00 - 15:15 19/02 - 18/11	<b>3rd Monday Book Discussion Group</b> 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.	<b>** COURSE FULL **</b>	<b>Room 64</b>
<b>M24 125</b> 12:00 - 13:30 05/02 - 18/11	<b>Hatha Yoga for Seniors</b> 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.	<b>Yakov Elgart</b>	<b>Room 84</b>
<b>M24 132</b> 12:30 - 13:30 12/02 - 14/10	<b>Women Throughout History</b> 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.	<b>Erika Fleming</b>	<b>Room 41</b>
<b>M24 136</b> 10:00 - 11:00 26/02 - 18/11	<b>Yoga and Gentle Fitness</b> 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;	<b>Ruth McLeod</b>	<b>Room 39</b>
<b>M24 138</b> 14:00 - 15:00 14/10 - 14/10	<b>537 Days Of Winter Presentation</b> David Knoff will give an overview of the book title '537 Days Of Winter' which recently published.	<b>Guest Presenter</b>	<b>Room 41</b>
<b>M24 139</b> 10:00 - 11:00 16/09 - 14/10	<b>Improve Your Brain Function &amp; Sleep</b> 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.	<b>Jeff Cox</b>	<b>Room 64</b>
<b>M24 141</b> 10:00 - 12:00 28/10 - 28/10	<b>USA Election 2024</b> Warren Sapir will present the review of the forthcoming America Election in 2024, looking at the Electoral College Voting system and its history.	<b>Guest Presenter</b>	<b>Room 59</b>

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<b>Monday</b>			
<b>Z24 116</b>	<b>Russian culture and literature</b>	<b>** COURSE FULL **</b>	<b>Online</b>
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.		
<b>Tuesday</b>			
<b>M24 202</b>	<b>Current Affairs</b>	<b>Ian Kirkwood</b>	<b>Room 39</b>
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.		
<b>M24 204</b>	<b>Mah Jong</b>	<b>Diane Isaacs</b>	<b>Room 64</b>
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.		
<b>M24 205</b>	<b>Intermediate Ukulele</b>	<b>Larry Finn</b>	<b>Room 41</b>
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.		
<b>M24 207</b>	<b>Astronomy and Space Travel</b>	<b>Neville Curtis</b>	<b>Room 41</b>
12:00 - 13:45 06/02 - 19/11	Update of the latest space News plus selected DVDs on related topics with follow up discussion.		
<b>M24 208</b>	<b>Oil and Opaque Paints</b>	<b>Costas Pothoulakis</b>	<b>Room 67</b>
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.		
<b>M24 213</b>	<b>2nd Tuesday - Evening Dine Out</b>	<b>Merrill Jusuf</b>	<b>Various</b>
19:00 - 21:00 13/02 - 12/11	We try different cuisines on the second Tuesday each month. March to November.		
<b>M24 215</b>	<b>Water Colour Painting</b>	<b>Gloria Drew, Renata Gralinski</b>	<b>Room 67</b>
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.		
<b>M24 219</b>	<b>Moorleigh Valtones Choir</b>	<b>Valerie Suhr</b>	<b>Room 41</b>
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.		
<b>M24 221</b>	<b>Intermediate Italian</b>	<b>Olivia Cinque</b>	<b>Room 59</b>
9:45 - 11:45 06/02 - 20/11	Sharing the knowledge of speaking a new language among students. That is the Italian language.		
<b>M24 223</b>	<b>3rd Tuesday Book Group</b>	<b>Jill Sykes</b>	<b>Room 59</b>
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.		
<b>M24 226</b>	<b>Table Tennis - Tuesday AM</b>	<b>John van der Wyk, Darrell Tregear</b>	<b>Room 84</b>
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.		
<b>M24 231</b>	<b>Exercise and General fitness</b>	<b>** COURSE CLOSED **</b>	<b>Room 39</b>
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;		

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<b>Tuesday</b>			
<b>M24 234</b>	<b>Post-Beginners French</b>	<b>Barrie Wray, Louise Desgranges</b>	<b>Room 59</b>
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.		
<b>M24 235</b>	<b>Mah Jong For Beginners</b>	<b>** COURSE CLOSED **</b>	<b>Room 64</b>
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.		
<b>Wednesday</b>			
<b>M24 300</b>	<b>Moors and Crusaders</b>	<b>Henk Overberg, Janet Overberg</b>	<b>Room 41</b>
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.		
<b>M24 301</b>	<b>Tai Chi and Qi Gong</b>	<b>Iamm Liew</b>	<b>Room 84</b>
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;		
<b>M24 303</b>	<b>Creative Writing</b>	<b>** COURSE CLOSED **</b>	<b>Room 39</b>
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.		
<b>M24 307</b>	<b>Next steps in Watercolour</b>	<b>** COURSE CLOSED **</b>	<b>Room 67</b>
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.		
<b>M24 310</b>	<b>500 Card Game</b>	<b>** COURSE FULL **</b>	<b>Room 64</b>
13:00 - 15:00 07/02 - 20/11	Members must be able to play this enjoyable but sometimes challenging game.		
<b>M24 312</b>	<b>Structured Drawing Course</b>	<b>** COURSE CLOSED **</b>	<b>Room 67</b>
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.		
<b>M24 323</b>	<b>Raccontarlo in Italiano</b>	<b>Marie Del Din, Sally La Rocca</b>	<b>Room 64</b>
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.		
<b>M24 325</b>	<b>Line Dancing</b>	<b>** COURSE CLOSED **</b>	<b>Room 84</b>
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.		
<b>M24 329</b>	<b>Fortnightly - Sit Knit and Natter</b>	<b>Pauline Clark</b>	<b>Room 59</b>
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).		
<b>M24 335</b>	<b>Improve Your English</b>	<b>Denise Weiss</b>	<b>Room 39</b>
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.		

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<b>Wednesday</b>			
<b>M24 338</b>	<b>3rd Wednesday - Care for Carers Group</b>	<b>Gillian Meldrum</b>	<b>Room 54</b>
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.		
<b>M24 339</b>	<b>2nd Wednesday Travel Club</b>	<b>Pat Cahill, Priya Bonney</b>	<b>Room 59</b>
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.		
<b>M24 340</b>	<b>1st Wednesday Ukulele Singalong</b>	<b>Jo Burnell</b>	<b>Room 59</b>
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.		
<b>M24 341</b>	<b>Model Railway Club</b>	<b>Michael Bonacci</b>	<b>Room 66</b>
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.		
<b>M24 342</b>	<b>Wednesday Films</b>	<b>Janet Lee</b>	<b>Room 41</b>
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.		
<b>Thursday</b>			
<b>C24 451</b>	<b>Understanding Your Computer Class 1</b>	<b>** COURSE FULL **</b>	<b>Room 63</b>
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.		
<b>C24 452</b>	<b>Understanding Your Computer Class 2</b>	<b>Eric Aston</b>	<b>Room 63</b>
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.		
<b>M24 403</b>	<b>Italian For Beginners</b>	<b>Olivia Cinque</b>	<b>Room 67</b>
9:45 - 11:45 08/02 - 22/11	Sharing the knowledge of speaking the Italian language.		
<b>M24 404</b>	<b>Needle And Thread</b>	<b>Kerrie Dugdale</b>	<b>Room 39</b>
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.		
<b>M24 408</b>	<b>Workshop For Italian Language</b>	<b>Linda Osborne</b>	<b>Room 64</b>
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.		
<b>M24 410</b>	<b>Cloth and Yarn</b>	<b>Kerrie Dugdale</b>	<b>Room 39</b>
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.		

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<b>Thursday</b>			
<b>M24 415</b>	<b>Sprechen Sie Deutsch ?</b>	<b>Gudrun Gawantka</b>	<b>Room 59</b>
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.		
<b>M24 416</b>	<b>Use Your Brain</b>	<b>Carolyn Ruddick, Linda Rosier</b>	<b>Room 59</b>
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.		
<b>M24 417</b>	<b>Table Tennis on Thursday AM</b>	<b>** COURSE CLOSED **</b>	<b>Room 84</b>
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.		
<b>M24 418</b>	<b>Recorder Ensemble</b>	<b>Margaret Littlechild</b>	<b>Room 67</b>
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.		
<b>M24 421</b>	<b>Social Bridge</b>	<b>Tom Fleming</b>	<b>Room 64</b>
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.		
<b>M24 424</b>	<b>3rd Thursday Discovering Melbourne</b>	<b>Merrill Jusuf</b>	<b>Outdoor</b>
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.		
<b>M24 432</b>	<b>Tennis at Maccabbi Court</b>	<b>** COURSE CLOSED **</b>	<b>Outdoor</b>
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.		
<b>M24 433</b>	<b>Energization Exercise</b>	<b>Manny Goldberg</b>	<b>Room 41</b>
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.		
<b>M24 434</b>	<b>The Foundations of Western Civilization</b>	<b>Linda Osborne</b>	<b>Room 41</b>
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.		
<b>Friday</b>			
<b>M24 500</b>	<b>Strength Training (A)</b>	<b>** COURSE CLOSED **</b>	<b>North Gym</b>
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		
<b>M24 501</b>	<b>Strength Training (B)</b>	<b>** COURSE CLOSED **</b>	<b>North Gym</b>
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.		

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<b>Friday</b>			
<b>M24 502</b>	<b>Chess</b>	<b>Doug Kennedy</b>	<b>Room 59</b>
13:00 - 15:00 09/02 - 15/11	Playing in a relaxed atmosphere. Some help in Chess rules & strategy can be given.		
<b>M24 503</b>	<b>Watch Learn &amp; Discuss (Sound Off)</b>	<b>Adel Gerges</b>	<b>Room 59</b>
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.		
<b>M24 506</b>	<b>Canasta</b>	<b>None</b>	<b>Room 64</b>
10:00 - 12:00 09/02 - 15/11	Members must be able to play Canasta. We are serious players but have fun too.		
<b>M24 508</b>	<b>3rd Friday Let's do Lunch</b>	<b>Margaret Nelson</b>	<b>Various</b>
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.		
<b>M24 509</b>	<b>Rummy Tiles</b>	<b>** COURSE FULL **</b>	<b>Room 39</b>
12:30 - 15:00 09/02 - 15/11	Rummy Tiles is a very enjoyable game to play. Tuition given if needed.		
<b>M24 510</b>	<b>4th Friday Technology Corner</b>	<b>Michael Bonacci, Ulrich Seydel</b>	<b>Room 41</b>
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.		
<b>M24 531</b>	<b>Drumming Circle</b>	<b>Ross Rowley</b>	<b>Room 67</b>
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.		
<b>M24 532</b>	<b>Strength Training (C)</b>	<b>Rhonda Hill</b>	<b>North Gym</b>
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		
<b>Saturday</b>			
<b>M24 601</b>	<b>1st and 3rd Saturday Canasta and 500</b>	<b>Ann Watts</b>	<b>Room 64</b>
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.		