



Waverley Inc.

COURSES AND DISCUSSION GROUPS – 2010

MONDAY

AUSTRALIAN HISTORY: - Federation 1901-1942 **9.45am to 11.30am.** Starts **Feb. 8th**

DISCUSS CURRENT AFFAIRS: **10am to 11.30am.** Various presenters provide background information on local and overseas events, and then invite members to contribute to the topics. Starts **Feb.8th**. No classes July school holidays. Limit of 45 people. Allocated by enrolment dates.

DRAWING AND SKETCHING with Peter :**10am to 12noon.** Basics of drawing. From flowers to portraits, using pencils, charcoal and ink. Develop your observation skills and enjoy the progress of your creativity. **Minimum 4 – Max 16** Starts **Feb.8th**. No classes during school holidays

A GOSSIP COLUMN – The secret life of the great composers- with Harry:
1pm to 2.30pm. Speculation on various factors in the lives and works of great composers, then listen to their music. Starts **Feb.8th**. – **1st. & 3rd.** **Mondays.**

PLAY CHESS: **12.30pm to 1.30pm.** Like to play chess? Come and enjoy a contest between members. Beginners, intermediate and advanced. Bring your own set. Starts **Feb.8th**.

DISCUSS INTERNATIONAL AFFAIRS: **1.45pm to 3.30pm.** Discussion on International Relations as reflected in the media. Class participation encouraged. Mainly political, domestic and overseas.
Starts **Feb 8th**

TUESDAY

EXPLORING SCIENCE AND TECHNOLOGY: **9.40am to 11.20am.** Each week we explore topics of interest in the Sciences and their application in our lives. Occasional trips may be held. You do not need a science background to get a lot out of this.
Starts **Feb.9th**. (no classes held during school holidays)

HISTORY OF AMERICA: **11.35am to 12.45am.** There have been some superb documentaries produced in the past like Sir Kenneth Clark's 'Civilisation', Alistair Cooke presents a very individual examination of the history of America. His story telling talent makes for a very fascinating series. Minimum 10 Maximum 40 people. Starts **Feb.9th**.. (**2nd. & 4th.** Tuesday of the month.)

LEARN FRENCH: Intermediate 1: 9.45am to 11.30am. Learn to read and speak with the book 'French made Simple' to help with communication skills in practical situations. Students should have some understanding of basic French. **Starts Feb.9th.**

EXERCISE WITH TAI CHI: 10am to 11.30 am+. This course starts gently with joint & breathing exercises and will gradually progress. Yang Style 18 movements and Yang Style 24 movements. Tai Chi Fan & Sword. Starts **Feb.9th.** . Limited to 25 people.

U3A MEMBERS & THE LAW: 11.45am to 1.30pm. Study changes in the law. Wills, Retirement Villages. Powers of Attorney, Reverse Mortgages, as well as legal trivia. Starts **Feb.9th.** 1st. & 3rd. Tuesday of the month.

LATIN WITHOUT TEARS : 11.45 am to 130 pm. Translating a Latin Text into English using classical authors and current news bulletins in Latin (provided by the University of Helsinki). Contact Tutor for prescribed text. Starts **Feb.9th.**

PLAY MAH JONG: 1.30pm to 3.30pm. This mentally stimulating game of skill will teach you how to play the game then progress to higher grades of play. Bring your own Mah Jong set if possible. Before enrolling contact the office on 98074755 for tutor's name and telephone number. Min.12 Max.24. Starts **Feb 9th.**

MEDITATION: 2.00pm to 3.00pm.

This new course, presented by Helen Clemens will held over a 4 week period.

Within a framework of acceptance and non-judgement, this series of 4 weeks will provide time to experience quiet, inner stillness and calm.

The first two weeks will concentrate on "Mindfulness Meditation", working through Progressive Muscle Relaxation, with a focus on breathing and listening.

The last two weeks will give the class practice in the meditation style of "Creative Visualisation" . There will be some time spent on developing greater observation skills through quiet meditation.

All practice will be conducted seated, and there will be an opportunity for small group discussion, and is non religious. Starts **April 27th** in the Old Church.

Helen has recently had experience as a volunteer facilitator on "Mindfulness Meditation" sessions held weekly at Monash University through its "Health Wellbeing and Development" department for staff and students, at Monash Clayton Campus.

IF YOU WISH TO ATTEND THIS CLASS, PLEASE BOOK THROUGH THE OFFICE

This class is limited in numbers so early booking is essential

WEDNESDAY

OIL PAINTING: 9.45am to 12 noon. Guiding members on colour mixing, painting in their own styles. Beginners should talk to the tutor (Jill 9884 5349) to discuss requirements before buying materials. **Starts Feb.17th** Limit of 15 members. No classes during school holidays.

PLAY SOCIAL BRIDGE: 9.45am to 11.45am. This is a playing group of 4 people only. Join up as a group of four to make up another table. Starts **Feb.10th.**

APPRECIATE JAZZ: 11.45am to 1.30pm. An enthusiastic group who enjoy sharing favourite recordings and discussing the merits of the artists. Also preparing musical programs for presentation. Starts **Feb.10th**.

ENJOY SINGING: U3A CHOIR: 11.30am to 2.00pm. The choir learns and performs a wide repertoire of songs from around the world. New members are welcome. Requirements: - enthusiasm, commitment and the ability to sing in tune. Starts **Feb.10th**. Small charge for photocopies (10c pp) Some outings planned.

CRYPTIC CROSSWORD GROUP: 12 noon to 1.30pm. Join a friendly group in solving 1 or 2 crosswords each week. Beginners on a separate table with tutor. Have fun learning to think laterally. Limit of 14 members minimum of 6. Starts **Feb.10th**. (Charge: photo copying fees only),

WISDOM FOR THE JOURNE: 9.45 to 11.00 am.
Building emotional and spiritual resilience in every day living.
Starts **Feb.10th**

LEADLIGHTING AND COPPERFOIL: 12.30pm to 3.00pm. Anyone with some experience is welcome.
Starts **Feb 10th.**

THE MOVIES GOLDEN YEARS: 1.45pm to 3.30pm. A fun look at the Golden Age of Cinema on the big screen. Information, film clips, discussions, trivia and quizzes. Mainly Hollywood classics, featuring stars and studios. Some reference to British and International releases. Starts **Feb.10th**.

FRENCH THROUGH READING: 2.00pm to 3.00pm. An introduction to French Literature - will be presented by Geoff Salter, who has spent many years teaching French, both in England and France. Many well known French writers and singers will be introduced during the year, as well as some areas of grammar, and needless to say there is no time limit on the coverage of the material. For example, if a piece of writing proves to be interesting enough, then something else to read by the same author may be listed. Similarly if a grammar point needs to be investigated more extensively, then that would be done.
Starts **May 5th** in Room 3

If you would like more details, please contact Geoff Salter on 9801 0164.

Please make sure you book through the office, and places will be allocated on enrolment dates.

We hope many of you who are interested in French literature will participate and enjoy this new course.

THURSDAY

CREATIVE WRITING: 9.30am to 11.30am. Ever wanted to write? Our happy productive group is challenged to write beyond its expectations. A sense of humour is essential. On the spot writing is done by all. All types of themes tackled. Very enjoyable. Starts **Feb.11th**. No classes during school holidays. Bring pencil and paper. Some homework assigned each Thursday,

GENTLE EXERCISE THROUGH TAI CHI: 9.30am to 10.45am. Gentle Tai Chi to music. Starts **Feb.11th.**

SCIENCE AND BIOCHEMISTRY COURSES FOR 2010

Want to know more about AGEING, MEDICATIONS, NOURISHMENT & HEALTH ? *Then these courses could be for you...* □

General Science : Thursdays 9.45 am to 10.45 am Room 3

Living Chemistry: Thursdays 11.15 am to 12.15pm Room 3

GENERAL SCIENCE: 9.45am to 10.45am . Starts Feb.11th This subject will introduce elementary concepts in biology, physics (including a bit of astronomy), and chemistry. The focus will be on *science in the world around us*. Participants will be encouraged to suggest and, contribute to topics. Discussions are designed to provide foundations for the next subject, *Living Chemistry*.

LIVING CHEMISTRY: 11.15am to 12.15 pm Starts Feb.11th. This subject will deal with the workings of the human body with emphasis on the chemical substances and the processes they are involved in. Discussions will be directed towards **ageing, medications, nourishment and health**. Major topics included will deal primarily with physiology and biochemistry.

Members who feel that their command of science and chemistry is limited, are encouraged to enrol in *General Science*. Members with some knowledge of science and chemistry should enrol in *Living Chemistry* only. Members may also enrol in both subjects in the same year – and this is recommended. Members enrolling in these subjects are encouraged to have lecture notes posted to them via email before the commencement of each class.

These subjects will be presented by Krish Moorthy, a retired University lecturer with over 40 years experience in teaching biochemistry. He can be contacted by email on:-

Krish27@optusnet.com.au or phoned on (03) 9545 3112 for more information about his courses.

These very interesting courses will be starting on **Thursday 11th. February 2010**, and we suggest you book early to ensure a place.

LEARN ACRYLIC PAINTING: 11am to 1.15pm. No experience required. Join a friendly group. All welcome. Basic instruction supplied, with additional guidance as you progress. A rewarding and educational class. Ring Geoff (9803 0949) for more information. Limit of 11 members. Students to provide their own art equipment. No classes during school holidays. Starts **Feb.11th**.

BOOKS AND WRITERS: 11.45am to 1.30pm. Our own book group. Books selected by members who are invited to lead discussions. Four 6 week terms, with 3 books discussed for first term. Ring Bill (9807 1912) for titles of first books. Min.15 Max 25. Possible waiting list. Enrolment in order of application. **Starts Feb.11th**.

THE NAVAL, MARITIME, MILITARY HISTORY CLASS: 1.30pm to 3.30pm. We examine wars, their causes and battles from classical times to the present. Most talks are from group members and documentaries are shown. Min. 10 Max. 30 Enrolment in order of application. Starts **Feb. 11th**.

ART IN THE FIRST HALF OF THE 20TH. CENTURY: 1.45pm to 3.30pm. This series explores the Art Scene at the beginning of the 20th.Century in Europe, and the relationship between art, design, industry and function. Covering the works of some of the painters, sculptors and architects of significance during this time. Fascinating and informative. Starts **April 8th**.

ARMCHAIR TRAVEL: 1.45pm to 3.30pm. Friendly, informal sessions on the big screen, visiting a wide variety of countries and cities using DVD's and Videograms. 1st. & 3rd. Thursday of the month. No limit in class numbers. Started **Feb.11th**.

FRIDAY

ITALIAN ADVANCED: 9.15am to 11.45am. Starts Feb.12th.

FRENCH – BEGINNERS: 11.3am to 1.30pm. Starts Feb.12th.

MUSIC APPRECIATION: 10am to 12 noon. Listen to and discuss classical music. **Second and Fourth Friday** of the month. Starts **Feb. 12th**

LEARN PASTEL PAINTING: 1.00pm to 3.00 pm. Learn traditional pastel painting. Mostly scenic. New members should talk to Anna (at or before the first class) prior to buying materials. **Starts Feb.12th**. (No classes held during school holidays). Numbers limited – check with Office before enrolling



Our Art Class - Starting a masterpiece

OFF CAMPUS

WALKING AND TALKING: 10.50am for 11am starts. An easy walk and talk group. Bring your lunch and a folding chair. New members welcome. Look for U3A name tags. Ring U3A Waverley for venue. **First Sunday in each month.**

LISTENING TO CHAMBER MUSIC: 10.15am to 2.30pm. Listen to CD's, chamber music, exchanging ideas and concert going. Second Tuesday and Wednesday of the month. **Starts 9th & 10th March.** Possible waiting list.

COMPUTER CLASSES

COMPUTER CLASSES FOR BEGINNERS: 11am to 12.45pm & 1.15pm to 3pm. Learn Word 2000/2003, Publisher 2002/2003 Excel 2000, Corel Draw, Photoshop Elements. **Monday and Friday. Starts Feb.8th** (Maximum class numbers 6) **Possible waiting list.** Courses now FREE OF CHARGE. Tutorials cost \$15.00 payable on first day.

INTERNET FOR SENIORS: 10.00 am to 12.noon. Learn the basics of setting up an internet address, sending and receiving emails, surfing the web, internet terminology, sending attachments via email and more. Maximum 6 per class. Allocated by enrolment. **Starts Feb.9th.** This Course now FREE OF CHARGE. Tutorials cost \$7.50 payable on first day.

- Please note: **We treat class enrolments in date order, so the few classes that set a limit (essentially determined by the number of computers available) may end up with a waiting list. If you find a class not to your liking, that's fine, just advise theOffice**



Computer Class