



COURSE DESCRIPTIONS FOR TERM 2 & FULL YEAR COURSES in 2022

Members pay a \$2 venue fee each session for most courses. This fee can be paid in cash on the day or using a prepay Piggy Card available at the U3A Office.

Beginners Cards 500

Tony Kroon

For anyone that wants to learn to play 500 or to improve their skills.. **This course is offered weekly for Term 2.**

Cards 500

Di Kelly

Thursday 500 welcomes men and women who are experienced 500 players. You need to want to enjoy the game, meet, play and have fun with other like minded 500 players - but not for "Sheep Stations"!!! **This course is offered weekly for the Full Year.**

Childhood in the 20th Century

Christine Cheater

In this course we will be looking at the experiences of Australian children during the 20th century. Topics covered include children's literature and popular culture, child soldiers in WW1, family welfare during the great depression, post WW2 child migration and the 'stolen generations', the 'boomers', marketing and the invention of the 'teenager'. **This short course is offered for 4 sessions in TERM 2– Mondays on June 20 & 27 and July 4 & 11.**

Contemporary Issues & Ideas

Tricia Vierra

Contemporary Issues & Ideas is a course for those who wish to engage actively in collaborative learning and critical thinking about our contemporary society. In Term 1, we considered the virtues of habit, 'cancel culture', and the right to die. There is homework, some of it challenging but all of it interesting. We meet at the Crowded Lounge Café in Latrobe, where we enjoy good coffee and lively conversation. **This course is offered fortnightly in TERM 2 –Thursdays on June 9 & 23, July 7 & 21 and August 4 & 18.**

Conversations Reinvigorated

Edmund Pickering

Since Term 1 of 2018, members who have wanted to enjoy thoughtful and free-flowing conversations about current affairs, science, history, culture, and perhaps a little philosophy, have participated in one hundred and twenty seven Conversations! At the end of last term conversers agreed to a new way of identifying topics. A website has been discovered which offers 100+ topics, all the titles of which begin:

“Future of...”. To start Conversations in 2022 conversers have selected their preferences from these titles. Each has a brief video on the selected topic which will act as the preamble to our conversation, and, if we decide we want it to be facilitated, then, as before, one of us will surely volunteer! Conversations Reinvigorated will occur every Friday with notice of the topic emailed on the preceding Monday. Also, as an alternative form of a conversation, any converser may nominate as a proponent of a lecture (which may include audio-visual or other inputs) probably lasting less than thirty minutes. This is also an opportunity for anyone you know who wants an audience to hear about their interest! I don't expect every participant to attend every week; rather, at your discretion. So, with the help of some contemporary thinking by renowned scholars, some critical thinking, and perhaps your special interest via a brief lecture, we can look forward to enjoying Conversations Reinvigorated. Participants are not expected to attend every week, rather at your discretion. Please join us. **This course is offered weekly for the Full Year.**

Crafternoons & Vickie Porch

Tracy Saward

This course will move into a collaborative form of operation. Participants are asked to share responsibilities, skills and the organisation of activities. Members of the group are welcome to come for the whole session or part there-of. Beginners and experienced crafters are all welcome. We endeavour to share friendship through our love of arts and crafts. We aim to invite visiting artists as well as take short expeditions to local exhibitions. For the first week, bring along your current project and ideas. **This course is offered weekly for the Full Year.** Contact the course leader to ask about late entry enrolment.

Friday Flicks

Margaret Payton

U3A's FRIDAY FLICKS, held once a fortnight and now in its 6th year, provides an opportunity to watch, share and evaluate some well rated films - be they classic, contemporary, English or foreign language. Genres include - drama, romance, comedy, action, suspense, biographical, historical and non-fiction. Please note - Putting your name down for this class, simply means that you will get an email at the beginning of each fortnight advising what film is to be shown on the Friday. There's absolutely no obligation to attend. Just come, if and when you can. **This course is offered fortnightly for TERM 2 on Fridays—June 3 & 17, July 1, 15 & 29 and August 12.**

Food: Facts and Fallacies(and fun)!

Marlene Chesney

This class is open to new and existing students.

- * Why should I eat protein-containing foods at each meal?
- * Is it better to eat a fresh orange or drink bought orange juice?
- * Is vitamin C only found in oranges? What about broccoli and cabbage?
- * How much sugar is in that cake/apple?

Why is low carb(carbohydrate) eating be beneficial for some people?

- * What is healthy eating? Is breakfast really “the most important meal of the day”? (or did Mr Kelloggs just say it?)

There are these mouth watering topics plus others. You suggest what will be discussed and supported with YouTube videos, handouts and resources for further study. **This course is offered fortnightly for TERM 2 on Thursdays—June 6 & 23, July 7 & 21, August 4 & 19 and September 9**

Fun with Worms: Starting a Worm Farm or Tube

Marlene Chesney

Instead of throwing away your fruit and vegetable scraps, why not convert them into a constant supply of rich organic fertiliser for your garden or pot plants? Learn how to choose and set up either a commercial or homemade worm farm/bin or make a low maintenance one which is placed in the middle of your veggie patch. This is my favourite type now! Visits to local worm “farms”/tubes will be included in the 2nd hour of the class. Worms are great pets and can be left for several weeks without supervision! No previous experience with worms is required. Fun for those visiting grandchildren too! **This short course will be offered for 3 sessions in Term 2 on Thursdays—June 2, 16 & 30.**

Lantern Making

Annie Brennan

Do you think you would enjoy simple construction projects, using bamboo cane, tissue papers &/or pressed leaves or flowers? The lantern making process is quite involved and requires some concentration but it is a truly satisfying and enriching experience, fostering creative expression and imagination. You will receive a deep sense of achievement and accomplishment with the completion of each lantern project. Lanterns can enhance your garden at night, for social gatherings, or can look equally as stunning when illuminated and placed around your home. Their ambient, golden glow is magical and awe inspiring.

New students will begin by creating a basic 2 dimensional shape, to suspend as a Suncatcher, which will lead on to making a simple lantern form. Experienced students will continue to create lanterns/ sculptures of their choice.

We will also continue to branch into a diverse range of other creative projects, apart from lantern making. All materials will be provided. Please bring secateurs if possible. **This course is offered weekly in Term 2.**

Let's Talk Books—Morning

Marg Leedham

Let's get together on the first Thursday of the month for an informal discussion of books and reading, over a cup of tea or coffee. The topics and books will be suggested and chosen by group members. We might talk about books related to a theme, the latest releases, compare a book and film version, or perhaps focus on a particular book more in depth. The group members will decide. Tranquilles will provide a drink with cake or muffin for \$8 to keep us sustained while we enthuse. **This course is offered monthly on the 1st Thursday morning for the Full Year.** Contact the course leader to ask about late entry enrolment.

Let's Talk Books—Afternoon

Marg Leedham

Let's get together on the first Thursday of the month for an informal discussion of books and reading, over a cup of tea or coffee. The topics and books will be suggested and chosen by group members. We might talk about books related to a theme, the latest releases, compare a book and film version, or perhaps focus on a particular book more in depth. The group members will decide. Tranquilles will

provide a drink with cake or muffin for \$8 to keep us sustained while we enthuse. **This course is offered monthly on the 1st Thursday afternoon for the Full Year.** Contact the course leader to ask about late entry enrolment.

Mah Jong

Ray Tollefsen

Mah Jong, is a game that originated in China. It is commonly played by four players, but can be played with three, or even two, players. It is said to be similar to the Western card game rummy and is a game of skill, strategy and calculation, but with a degree of chance. Players often go to lunch afterwards to round off an enjoyable get together. New members are always welcome, with instruction freely available. **This course is offered weekly for the Full Year.**

Mature Movers Tuesday

Bev Skapin

Mature Movers is a no impact gentle aerobic exercise to music programme using weights, stretching bands and other equipment. **This course is offered weekly for the Full Year.**

Mature Movers Wednesday

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Middle Eastern Dance

Amanda McKenna

It's time to get those hips moving and cruising. In past lessons we've moved through beaty Baladi and showy Raqs Sharqi. This 8 week course will feature the slow, sensuous Taqsim. We'll be going over all the basics so new dancers are welcome. You'll need a hip scarf. (Easily bought from eBay, Wish or Light in the Box for less than \$10 in Australia.) Plus you'll need a belly dance veil. (Roughly 2mx1m from Light in the Box for \$13 or buy fabric from Spotlight/ chiffon, georgette, foil or silk. So glam up and join in the fun. **This short course is offered for 8 sessions on Tuesday–May 31, June 7, 14, 21 & 28, July 5, 12 & 19.**

Petanque Tuesday

Anne Watson

Petanque is both a fun social activity and a competitive sport. It can be played in the backyard, a park and competitively up to world championship level. Petanque is played on a Piste. It is a game for everyone, where grandparents and children can play on equal terms, as neither age, gender nor ability matter. All that is required is an area of firm ground, a set of metal balls, called boules, a jack, called a cochonnet and, most importantly, a sense of fun. Players can enrol for both days if they wish. **This course is offered weekly for the Full Year.**

Petanque Wednesday

Anne Watson

Petanque is both a fun social activity and a competitive sport. It can be played in the backyard, a park and competitively up to world championship level. Petanque is played on a Piste. It is a game for everyone, where grandparents and children can play on equal terms, as neither age, gender nor ability matter. All that is required is an area of firm ground, a set of metal balls, called boules, a jack, called a

cochonnet and, most importantly, a sense of fun. Players can enrol for both days if they wish. **This course is offered weekly for the Full Year.**

Photography Group

John Sumpton

The members of the Port Sorell U3A photography group are interested in developing and sharing their skills as photographers. The group has grown from those who have attended the photography classes presented by Tony Harris since 2014. There are no specific equipment requirements but members of the group will typically have access to a DSLR or mirrorless camera with interchangeable lenses, a tripod, and a computer with software to post-process their images.

The group meets in the Banksia Centre where group members review their photos and share their knowledge on a wide range of photography and post processing topics. We intend to share these sessions through online chat for those who can't attend in person. Excursions are held every second week, instead of the classroom session. Participants will need to arrange their own transport to the excursion locations, however carpooling is encouraged. **This course is offered weekly for the Full Year.**

Photography Basics

Darryl Starkey

This course is designed for people who wish to gain an understanding of the basics of photography. It will include a brief history of photography, camera types, exposure including histograms, focusing, depth of field and composition. It should be noted that it is NOT about how to use your current camera. Upon completion it is anticipated that participants will be able to take a well exposed photo that is focused and nicely composed ie. basics that can be built upon. Participants in this course are welcome to join the Photography Group course. **This short course is offered for 4 sessions June 1, 8, 15 & 22.**

Pickleball

Leonie Moore

Pickleball is a fun and entertaining paddle ball sport which is suitable for all ages. It combines elements of badminton, table tennis, and tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, much like a wiffle ball, with 26-40 round holes, over a net. **This course is offered weekly for TERM 2.**

Stronger Seniors Tuesday

Tricia Hollister & Margaret Buck

All are welcome to this friendly, fun Stronger Seniors workout program, which is designed to help seniors develop strength and enhance our ability to function in our daily life. We use two fitness DVDs which work together to improve our ability to be stable and balanced and to stay mobile. Also aids our ability to go up and downstairs, to squat and pick something up, and to play with our grandchildren. One week we use the Strength video, which involves in part, using just 1 weight, (bring your own, which can be purchased cheaply at Coles), the next week we do the Stretch video. So come along and meet lovely people, have a laugh and keep mobile. Look forward to seeing you there!

This course is offered weekly for the reminder of the Full Year.

Stronger Seniors Thursday

Tricia Hollister

All are welcome to this friendly, fun Stronger Seniors workout program, which is designed to help seniors develop strength and enhance our ability to function in our daily life. We use two fitness DVDs which work together to improve our ability to be stable and balanced and to stay mobile. Also aids our ability to go up and downstairs, to squat and pick something up, and to play with our grandchildren. One week we use the Strength video, which involves in part, using just 1 weight, (bring your own, which can be purchased cheaply at Coles), the next week we do the Stretch video. So come along and meet lovely people, have a laugh and keep mobile. Look forward to seeing you there!

This course is offered weekly for the remainder of the Full Year.

Ukulele Group

Di Atkinson

Come along and join one the happiest groups in U3A. Beginners and maestros are all welcome. We sing and play and hopefully learn some new 'stuff' along the way. Music provided. BYO your own Uke. **This course is offered weekly for the Full Year.**

Walking Group

Di Atkinson

Approximately 1 hour walk each week. Everyone walks at their own pace. Walking for pleasure – company – fitness! Meet afterwards for a coffee – tea – refreshing juice. RAIN – HAIL or SHINE. A great bunch of people. The meeting place alternates between Brewstone Cafe and Rocky Gardens. **This course is offered weekly for the Full Year.**

Walking Netball

Lyn Williams & Lois Brinkman

Walking netball is a fun way to exercise that is easy on the body. There is no running or jumping but is lively and adds to your level of fitness. The rules are the same as ordinary netball with a few alterations. It is suitable for women and men and a great team sport. **This course is offered weekly for the Full Year.**

Water Workout

Beverly Skapin

Water workout is a gentle aerobic exercise in a heated indoor pool. Participants must be able to walk down steps with a handrail. A noodle is required. Cost of the class is \$10 per session to cover the pool. **This course is offered weekly for the Full Year.** Contact the course leader to ask about late entry enrolment.

Weekend Walkers

Karen Dowie

An occasional (approximately monthly?) weekend walk at various locations along the Northwest coast. Locations will be randomly selected depending on the weather forecast and could take place either on Saturday or Sunday anywhere between Deloraine and Wynyard. Walks will be approximately 7-10 kms in distance and will take approximately 3 hours. Participants must have a reasonable level of fitness and wear suitable strong walking shoes (some tracks maybe a little rough?). Everyone must bring a day backpack with a snack / lunch and a drink bottle. A good wet weather coat, a hat and sunscreen are essential! We will have afternoon tea and a coffee at a cafe in the area so bring your wallets. The dates and locations will be published via email the week prior to the upcoming walk and participants will be required to state their attendance. Come along and join us for a nice relaxing weekend outing. **This course is offered monthly for the Full Year.** Contact the course leader to ask about late entry enrolment.

Yoga

Lyn Williams

An hour session of basic yoga poses and relaxation. Instruction is delivered through a series of DVDs and suited to all levels of fitness. Bring a yoga mat, a water bottle and a yoga block or strap if required. **This course is offered weekly for the Full Year.** Contact the course leader to ask about late entry enrolment.