



2024 COURSE GUIDE

Including Terms 1 & 2 Computers & Digital Technology

2024 Enrolment opens for:

CURRENT Members - Monday 27 November 2023

NEW Members - Wednesday 29 November 2023

The office is open 9.00 am to 3.30 pm, Monday to Friday.

Term Dates 2024			
Term 1	5 February	28 March (Thur)	8 weeks - 2 week break
Term 2	15 April	21 June	10 weeks – 3 week break
Term 3	15 July	20 September	10 weeks – 2 week break
Term 4	7 October	22 November	7 weeks

U3A Nunawading Inc. is a wholly volunteer, not-for-profit organisation, supporting positive ageing by providing opportunities for learning, exercise, and social interaction for retired and semi-retired members of the community.

IMPORTANT INFORMATION

Enrolments: Enrol online at <https://u3anunawading.org.au/members/> . If you are unable to enrol online, you may enrol in person at the Hub. If you will be away in the enrolment period, and cannot enrol online, you may obtain an enrolment form from U3A Reception and return it to the Office. It will be processed in the afternoon of enrolment day. Initially, you will be able to enrol in up to **THREE** classes. This limit does not apply to Computer Classes, Summer School, or Volunteering. This limit will be lifted to **EIGHT** classes on Monday **4th December, 2023**

Some classes have a restriction due to high demand. Therefore, you will only be able to enrol in one Restricted class within a Restricted Class group. These classes are marked with an 'R' in the course code.

Fees: The 2024 Membership Fee for returning and new members is \$55. This fee enables you to attend classes with no additional payment unless specifically noted in the Course Guide.

Acceptance into Classes: If you are on a waitlist for a class and a vacancy occurs, you will be contacted by email (or phone if you do not have email). **Please do not attend a class unless you are advised that you have been accepted into that class.**

Attendance: Many classes have waitlists, so **please do not enrol in a class unless you expect to attend most of the sessions.** If you are going to be absent due to illness, travel or babysitting duties, please let us know so that we can make a note on the roll. If you are absent for three or more consecutive classes and we have not heard from you, you may be removed from the class list. Apologies can be entered online via your member login, by filling in a blue form at the U3A Reception Desk, by emailing admin@u3anunawading.org.au , or by phone to the office (03) 9878 3898

Withdrawal from Class: If you decide to withdraw from a class, you may request this online via the U3A website once you've logged in to your Enrolments at <https://u3anunawading.org.au/members/> . Alternatively, you may complete an Orange Form, available from the reception desk, or email courseadmin@u3anunawading.org.au

Physical Activity Classes: Members are solely responsible for their own level of participation in any exercise class or activity. If in doubt, members should consult their health professional prior to joining the class. Classes may be cancelled or modified in accordance with our Heat Policy.

About U3A Nunawading Inc.

U3A Nunawading Inc. is governed by its Constitution and Policies, which are applicable to all members. These documents are available on our website at <https://u3anunawading.org.au/about-us/constitution-policies-forms/> . The material presented in Classes is at the discretion of the Class Leader and does not necessarily reflect the views of U3A Nunawading Inc. No one working at U3A Nunawading is paid. Please consider sharing your skills and knowledge to assist in its operation.

There are many Volunteering opportunities within U3A Nunawading. See the Volunteering Section of this booklet for more details. If you would like to volunteer simply enter the appropriate Volunteer code when you enrol or on the New Member or Re-enrolment form or ask at Reception, and you will be contacted.

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VOLUNTEERING

24AAVOL1: Volunteer for Committee of Management

Location: Nunawading Community Hub

Leader: Gary Walker

U3A Nunawading is run by its Committee of Management all of which are Volunteers and meets monthly. Select this code if you are interested in Volunteering for the Committee and you will be contacted to discuss further.

24AAVOL2: Volunteer for Course Administration

Leader: Elsie Mutton OAM

Location: Nunawading Community Hub

Co-Leader: Ken Briscoe

If you wish to Volunteer to be a member of the Course Administration team to assist with Class and member administration, please select this code and we will contact you to discuss further. This role involves 1/2 to 1 day per week working with one of the existing team of Elsie, Ken, Skip, Mai and Cynthia. Reasonable Computer skills and good spoken English are required, and training will be given. Some Excel skills an advantage

24AAVOL3: Volunteer for Member Liaison

Location: Nunawading Community Hub

Leader: Marlene Fernandes

This team of volunteers manages new members and member relations.

24AAVOL4: Volunteer for Social Committee

Location: Nunawading Community Hub

Leader: Paulina Chong

If you wish to Volunteer for the Social Committee to help with our social events, please select this code and we will contact you to discuss further.

24AAVOL5: Volunteer to help on Reception

Location: Nunawading Community Hub

Leader: Athalie Edis

The Reception desk is staffed by two Volunteers in the morning and two in the afternoon. Select the code if you are interested in Volunteering to help on Reception (once or twice a month) and we will contact you to discuss further

24AAVOL6: Volunteer to help with Audio Visual Syst

Location: Nunawading Community Hub

Leader: Lindsay Glen

Some leaders need assistance to connect to the installed inhouse AV network and equipment. If you would like to offer support in this area please select this code.

24AAVOL7: Volunteer to help with eNews and Website

Location: Nunawading Community Hub

Leader: Helen Smith

The Communications Committee is responsible for our electronic newsletter, website and general publicity. If you wish to Volunteer to help with any of these tasks, select this code and we will contact you to discuss further.

24AAVOL8: Volunteer to Lead a Class

Location: Nunawading Community Hub

Leader: Elsie Mutton OAM

All of our Class Leaders are Volunteers who share their knowledge and skills. You do not need to be a trained Teacher, just have a good knowledge of your subject. Please select this code if you wish to discuss further and you will be contacted by the Course Administrator.

24AAVOL9: Volunteer For Summer School Committee

Location: Nunawading Community Hub

Leader: Athalie Edis

Volunteer for the organising Committee for Summer School.

24AAVOLG: Volunteer for Gardening Group

Location: Nunawading Community Hub

Leader: TBA

Come and join like-minded members and share your gardening skills You will be contacted once you indicate an interest and a date that suits you will be confirmed. BYO tools.

ART AND PHOTOGRAPHY

24ART001: Acrylic Painting for Beginners

Type: Long Course

Dates: 07/02/2024 - 27/03/2024

Weekly, Wed 10:00am - 11:30am

Location: Pottery Studio NCH

Leader: Brigitte Stembergar

Acrylic Painting for Beginners. This term-long class is a great introduction to Acrylic Painting. Perfect for beginners who are interested in learning the fundamentals of acrylic painting. Topic covered include colour theory, brush strokes, complementary and analogous colours, still-life, landscapes and abstract painting. Come along and have fun.

24ART004: Acrylic Painting Intermediate

Type: Long Course

Dates: 08/02/2024 - 21/11/2024

Weekly, Thu 10:30am - 12:30pm

Location: Pottery Studio NCH

Leader: Netty Molloy

Acrylic Painting for Intermediate Artistes: The 2023 class was not for beginners but for those who can use acrylic paints already to enjoy painting what they want and would like to take it further with different techniques. This will continue in 2024.

24ART007: Art Appreciation

Type: Long Course

Dates: 08/02/2024 - 21/11/2024

Weekly, Thu 9:30am - 11:00am

Location: Studio 4 NCH

Leader: Valerie Donlon

This class is for members who have an interest in and enjoy the visual arts. Visits to exhibitions at galleries in Melbourne and Regional Victoria will be arranged throughout the year for every third week. Class members will be encouraged to give presentations on their favourite artists or artistic styles.

24ART010: Art History & Appreciation

Type: Long Course

Dates: 05/02/2024 - 18/11/2024

Weekly, Mon 2:15pm - 3:45pm

Location: Meeting Room 4 NCH

Leader: Barbara Sommers

The class is a self-help group studying the development of visual arts through the ages. Members are expected to be involved in presenting topics and attending visits to Art Exhibitions at City, Local and Regional Galleries.

24ART013: Calligraphy Basic

Dates: 05/02/2024 - 18/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Mon 2:15pm - 3:45pm

Leader: Yoko Yuasa

Have you ever thought of writing Birthday or Christmas messages in "Fancy" hand writing, not with computer? This is the start of that wish. Basic level of Calligraphy (Alphabet, not Chinese characters with brush). You don't need any experience (not suitable for experienced Calligraphers) and you don't need to be a "neat writer", either. We use felt pen to start with and practice several styles of letters.

Everybody starts from the Basic level using a felt pen. Please bring 30cm ruler, good quality pencil and eraser, A4 clear pocket document folder, a bag big enough to hold A3 size presentation pad and \$15-18 for the initial material (depends on 2024 cost).

24ART022: Chinese Ink Brush Painting (Term 2)

Dates: 16/04/2024 - 14/05/2024

Location: Studio 5 NCH

Type: Short Course

Weekly, Tue 9:30am - 11:00am

Leader: Patrick Kan

Chinese Ink Brush Painting on Xuan Paper. If you have your own painters' paraphernalia bring them with you to the class. This must include - 1. 2 small dishes 3 to 4 inches diameter. 2. 2 small jars with screw top lid 3. Brushes 4. Black ink 5. Xuan Papers 6. Absorbent cloth 7. New paper or double A3 size blanket to protect the table. Or you can purchase from the class leader. This class runs for the first 5 weeks of Term 2 in 2024

24ART025: Creativity - Photography

Dates: 15/04/2024 - 17/06/2024

Location: Studio 5 NCH

Type: Short Course

Weekly, Mon 10:45am - 12:00noon

Leader: Paul Maguire

Creativity; using photography (Painting with Light) This class will challenge you to develop techniques to think outside the box. Photography has been chosen as the medium. The photography is not limited to camera and phones and is not a class on how to use a camera. The first lesson will be a talk about creativity and a general outline of how the class will operate. You will be asked to fill in a questionnaire on what you consider the ideas and qualities which make your photos look good or not. From the questionnaire we will develop a set of ideas for each person. Two rules for this class: First you are there to enjoy yourself and second rule is except for the first rule there are no rules. After completing the class, I hope you will look at the visual world with a new insight and see the possibilities of being creative.

Each participant to produce one photo on their agreed creative attribute each week (say 12'x 8') which has challenged their creativity, then bring a hard copy to class to discuss their ideas. This class runs in Term 2 only.

24ART028: Drawing & Painting

Dates: 06/02/2024 - 19/11/2024

Location: Studio 8 NCH

Type: Long Course

Weekly, Tue 1:30pm - 3:30pm

Leader: Jane Levy

Co-Leader: Nick Pringle

This is a self-help class with all members sharing skills. Leaders; Jane Levy & Nick Pringle

24ART031: Drawing & Sketching 1

Dates: 08/02/2024 - 21/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Thu 11:15am - 12:45pm

Leader: Paul Makinson

Learn to draw and understand basic composition, perspective, contour, line and tone. Relaxed and informative.

24ART034: Drawing & Sketching 2

Dates: 08/02/2024 - 21/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Thu 1:00pm - 2:30pm

Leader: David Blain

The art of learning magnificent sketching. Commence as a stranger and be amazed at what you can achieve. Beginners are welcome.

24ART037: Drawing & Sketching 3

Dates: 08/02/2024 - 21/11/2024

Location: Meeting Room 2 NCH

Type: Long Course

Weekly, Thu 2:15pm - 3:45pm

Leader: Paul Makinson

Learn to draw and understand basic composition, perspective, contour, line and tone. Relaxed and informative.

24ART040: Drawing with Coloured Pencils

Dates: 07/02/2024 - 20/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Wed 9:00am - 10:30am

Leader: Naomi Aitchison

Explore the basic techniques of using coloured pencils to create or add to your art work. Simple colour theory and composition will also be explained. Use of mixed media will be included. Materials will be discussed at the first class. Continuing students will be encouraged to further develop their skills and knowledge.

24ART043: Drawing with Pen & Ink

Dates: 05/02/2024 - 18/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Mon 9:15am - 10:45am

Leader: Leonie Scott

Explore the medium of Pen and Ink. The format of the class aims to deliver an 'open' style of Art Workshop. Beginners and Experienced Members are welcome. Requirements: pen and paper. More details at first class.

24ART046: Illustration & Picture Book Making

Dates: 09/02/2024 - 22/11/2024

Location: Meeting Room 2 NCH

Type: Long Course

Weekly, Fri 1:00pm - 2:15pm

Leader: Sophia Liu

This class will introduce you to how to get started in not only writing your story but also doing the illustrations. By the end of the year, you will be ready to publish your work either online or paper copy. The class will be held in a relaxed atmosphere.

24ART049: Mandalas- Sacred Circles

Dates: 06/02/2024 - 22/11/2024

Location: Studio 8 NCH

Type: Long Course

Weekly, Tue 11:15am - 12:30pm

Leader: Beverley Wright

Mandalas means Sacred Circle. Mandala design is a fulfilling creative activity awakening geometric skills as well as your dormant artistic side. Enjoy colour, beauty, Zentangles and much more. By Zentangles, a decorative doodling, participants can create any artwork using Zentangles.

Bring to class: Pencil, sharpener, eraser, long ruler, short ruler, expanding strong compass, protractor, coloured pencils, A3 sketchpad, Unipens or Artline Pens.

24ART052: Painting with Pastels

Dates: 08/02/2024 - 21/11/2024

Location: Studio 8 NCH

Type: Long Course

Weekly, Thu 1:30pm - 3:00pm

Leader: Annette Mason

This course is about pastel application and is suitable for new students or students who wish to build on their learning.

24ART055: Pastel, Painting, Drawing

Dates: 08/02/2024 - 22/11/2024

Location: Pottery Studio NCH

Type: Long Course

Weekly, Thu 1:00pm - 3:00pm

Leader: Netty Molloy

This is a continuation class from 2023, for people that can use pastels but need help to use and discover other techniques

Prerequisites: Must be able to draw with pastels

24ART058: Photo Editing (Term 1)

Dates: 06/02/2024 - 26/03/2024

Location: Zoom

Type: Short Course

Weekly, Tue 9:00am - 11:00am

Leader: Archie Kaan

Digital photography has given us a lot of scope to modify and perfect our photos, if we know how to. In these classes, you will learn how to modify, enhance and bring out the best in most of your collection of photos. You will be pleasantly surprised to see what you will learn (with hands on) how to enrich your photos with just basic photo editing software. You will also be introduced and taught how to use more advanced level free photo editing software in the last 3 lessons.

Prerequisites: You must have good Mouse and Keyboard skills

24ART061: Photo Editing (Term 2)

Dates: 16/04/2024 - 18/06/2024

Location: Zoom

Type: Short Course

Weekly, Tue 9:00am - 11:00am

Leader: Archie Kaan

Digital photography has given us a lot of scope to modify and perfect our photos, if we know how to. In these classes, you will learn how to modify, enhance and bring out the best in most of your collection of photos. You will be pleasantly surprised to see what you will learn (with hands on) how to enrich your photos with just basic photo editing software. You will also be introduced and taught how to use more advanced level free photo editing software in the last 3 lessons. (This is a repeat of the Term 1 class)

Prerequisites: You must have good Mouse and Keyboard skills

24ART070: Photo Editing Refresher (Term 1)

Dates: 06/02/2024 - 26/03/2024

Location: Zoom

Type: Short Course

Weekly, Tue 9:00am - 11:00am

Leader: Archie Kaan

A gentle reminder for members who attended the Photo Editing Course in the past. Classes are intended for those who are interested in refreshing what they have learnt and/or interested in moving forward with their photo editing skill.

Prerequisites: Members should have learnt and worked with photo editing software. Basic photo editing will not be taught in these sessions.

24ART076: Photography as a Hobby

Dates: 05/02/2024 - 18/11/2024

Location: Meeting Room 4 NCH

Type: Long Course

Weekly, Mon 12:30pm - 2:00pm

Leader: Archie Kaan

For anyone who has a digital camera and is interested in learning how to use it to take nice photos. Prior knowledge of camera technique is not essential. Sessions will start from basic photography. Members are encouraged to submit weekly homework throughout the year.

24ART079: Picture Framing 1

Dates: 06/02/2024 - 20/02/2024

Location: Venue Advised

Type: Short Course

Weekly, Tue 9:30am - 11:30am

Leader: Michael Chan

The course is free but students need to pay a nominal fee of \$10 to the class leader for materials used in practice session. The A3 print provided during practice is free and students can take home their finished works. The first session is on introduction and orientation whilst the second session is on practice. The third and final session will concentrate on projects. Students have to pay for materials used for their own project. The course is mainly hands on under the guidance and supervision of the leader. The workshop is equipped with semi-automatic pneumatic machines for use in designs, cutting, joining and fitting. Safety is paramount in the workshop and all students take responsibilities for their own safety. Students have to sign an indemnity form when they enter the workshop. The workshop has public liability insurance with APIA for injuries that occur in the workshop. Student should wear comfortable attires and no smoking is allowed on the premises. Safety gears e.g. protective goggles, earplugs and work aprons are provided. Parking spaces are available at the front of the workshop and adjacent nature strip parking.

Students have to disclose to the class leader any medical conditions that may affect the operation of machines. Venue 10A Taparoo Road Templestowe

24ART090: Quick Lessons on Photography

Dates: 09/02/2024 - 23/02/2024

Location: Meeting Room 4 NCH

Type: Short Course

Weekly, Fri 11:15am - 12:45pm

Leader: Vicki Wilson

This short class is designed to help you take better happy photos; point and shoot. Week one: Making your photos interesting Week two: Composition of the photo and how it makes a difference Week three: The tricks the professional photographers use to make their photos look stunning.

24ART103: Sketching & Drawing, starting in Art

Dates: 16/04/2024 - 19/11/2024

Location: Studio 3 NCH

Type: Long Course

Weekly, Tue 9:15am - 10:30am

Leader: Carol Griffiths

A friendly class to give you the building blocks for your adventures in the media of your choice. We will look at form shadow and composition, then sketch various subjects.

Materials you'll need: Simple pencils HB, 2B and 4B. Eraser and pencil sharpener. A4 or larger sketch pad.

24ART106: Watercolour 1

Dates: 05/02/2024 - 18/11/2024

Location: Studio 8 NCH

Type: Long Course

Weekly, Mon 1:15pm - 3:15pm

Leader: Col Glendinning

This is not a class for beginners. It is a self-help class with all members sharing their skills.

Some notes on prerequisites for this class will be emailed to you upon request.

24ART109: Watercolour 2

Dates: 05/02/2024 - 18/11/2024

Location: Pottery Studio NCH

Type: Long Course

Weekly, Mon 1:30pm - 3:30pm

Leader: Mel Rashleigh

This is not a class for beginners. It is a self-help class with all members sharing their skills.

Please bring your watercolour paints etc plus a container for water.

24ART112: Women in the Art World: A History

Dates: 05/02/2024 - 18/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Mon 1:00pm - 2:00pm

Leader: Martin Roulston

This class will look at women artists through history, their opportunities, influences, styles, techniques and struggle to be accepted. The depiction of women in art through history. Prehistoric art through to modern art.

COMPUTERS AND DIGITAL TECHNOLOGY

24COM001: Anything about Windows Computers

Dates: 06/02/2024 - 19/11/2024

Location: Zoom

Type: Long Course

Weekly, Tue 2:30pm - 4:00pm

Leader: Dennis Bareis

Do you know everything you need to know about your Windows desktop or Laptop? If not, this Zoom course, running all year, may be just what you need. Learn how Windows is evolving, what settings you should change, and how to get out of trouble! This course includes the Windows operating system and the Apps/Programs you may be interested in using. Not only will you learn from the syllabus, but you are also invited to put any Windows-related question to the Leader. The Leader will send you his email address when the course starts. This course is open for new enrolments anytime during the year.

This is for Windows computers, not Apple Macs. Zoom links and instructions will be sent to accepted members prior to the start of the class. The Leader reserves the right to cancel a course with less than 4 members, so get your friends to join also. There will also be some days when the Leader won't be able to teach (on holidays, sick etc): Members will be informed as early as possible prior if that occurs.

24COM004: Anything Android (not iPhones or iPads).

Dates: 07/02/2024 - 20/11/2024

Location: Zoom

Type: Long Course

Weekly, Wed 2:30pm - 4:00pm

Leader: Dennis Bareis

This Zoom course, running all year, is about learning more about your smart phone or tablet (not Apple iPhones/iPads). This course covers the operating system (Android) and apps you may be interested in finding out more about (basically anything you may do on an Android phone or tablet). Not only will you learn from the syllabus, but are also invited to put any Android related question to the Leader. The Leader will send you his email address when the course starts. This course is open for new enrolments anytime.

As well as using your Android Smartphone or Tablet to practise and follow along during the course, you should try and access a separate Windows or Mac computer (a second device with a larger screen) to participate in the Zoom session. Zoom links and instructions will be sent to accepted members prior to the start of the class. The Leader reserves the right to cancel a course with less than 4 members, so get your friends to join also. There will also be some days when the Leader will not be able to teach (on holidays, sick etc): Members will be informed as early as possible if that occurs.

24COM007: Questions and Answers

Dates: 08/02/2024 - 21/11/2024

Location: Zoom

Type: Long Course

Weekly, Thu 1:00pm - 3:00pm

Leader: Helen Smith

This course is open for new enrolments anytime. In these sessions, I will attempt to answer your computer questions on any topic you need help with. (possible exception, Android devices). I would appreciate an email with your questions prior to the session as this will allow me to prepare and group related questions together. However, if time permits I will answer questions on the spot. The online "notice board" will continue to be used to advise the topics requested, so you can choose to attend or not. Class limits have been set high, so you can enrol even if you just want to attend one session.

Occasional special sessions on security topics are part of this course. No additional enrolment for these sessions is required. Suitable for everyone who goes online, whether by computer, tablet or smartphone. Zoom links will be sent to enrolled members close to the start of the class and no later than the day before.

24COM101: Android Smartphones for Beginners

Dates: 09/02/2024 - 01/03/2024

Location: Studio 3 NCH

Type: Short Course

Weekly, Fri 2:00pm - 4:00pm

Leader: Tom Wong

This course is for those who have been struggling with their Android phones and who want to learn more on how to use the basic functions. We will cover very basic phone setup, internet browsing, download apps, email, text messaging, setup contacts and how to use the camera. Users who wish to learn more about other mobile functions not mentioned here are recommended to enrol in the "Android Advanced" course being offered in Term 2 Android users who currently have some specific problems with using their phones, can list them down and bring them to the class. We will attempt to resolve them (if possible) either during the weekly sessions or towards the end of the 4 weeks course.

You will need to bring a fully charged Android phone (not Apple iPhone or iPad!)

24COM102: Backup your Devices

Dates: 20/03/2024 - 27/03/2024

Location: Zoom

Type: Short Course

Weekly, Wed 1:00pm - 3:00pm

Leader: Helen Smith

Backups are essential for recovering from hardware disasters and hacking attacks. But it's easy to put off those essential backup tasks until it's too late! This two-week session, leading up to World Backup Day, will show you how to ensure you have backups of all your devices. We'll start with mobile devices. Then we'll address specifics of Windows backups and step you through the types of backups you need, and show you how to take backups using either the EaseUS free tools or the (paid) Macrium Backup. We will explore ways of scheduling backups to simplify the task. Topics: Why backup, the 3-2-1 backup rule, backing up your mobile device, Windows image vs file backups, preparing to backup, backing up with EaseUS free version and with Macrium Reflect, scheduling your backups, creating rescue media, checking your backups worked.

Suitable for everyone who uses an online device. However, the bulk of the sessions will be suitable for users of Windows computers. Prerequisites: For Windows backups you will need at two external (USB) hard drives with at least twice the capacity of your internal hard drive. Also bring along notebook/paper to write notes down, as this is a hands-on class activity without any handouts.

24COM104: Could I program a computer?

Dates: 07/02/2024 - 21/02/2024

Location: Studio 5 NCH

Type: Short Course

Weekly, Wed 2:00pm - 4:00pm

Leader: Volker Ankenbrand

Did you ever wonder how computers work? What is a computer program doing? This short course will give you a basic understanding of the principles of programming. You will understand the concept of a computer program and how it works on the operating system. You learn about different programming languages and tools, and key programming concepts. After the course you will have a basic understanding about how programs interact with the computer hardware, about how software is designed and developed. For the people who want to do hands on exercises, access to a cloud-based software development system is given during the duration of the course. The example programs will be written in Python, a modern high level scripting language.

Prerequisites: You should have a basic understanding of how to use a computer. If you want to participate in the optional hands-on exercises, you need to bring a Windows or Linux laptop.

24COM107: Excel for Beginners

Dates: 06/02/2024 - 12/03/2024

Location: Meeting Room 3 NCH

Type: Short Course

Weekly, Tue 10:30am - 12:30pm

Leader: Linda McCluskey

This class is for beginners. Together we will explore Excel in a supportive environment. Learn practical skills to create and format a spreadsheet. Spreadsheets can be used in so many ways; from budgeting for Christmas, planning an overseas trip or keeping track of your expenses.

This course is for those with little or no knowledge of Excel. You should have basic computer skills including how to use a keyboard and mouse, but extensive computer knowledge is not required,. This is a hands-on course, so bring your laptop. Please ensure your computer has had Microsoft Excel installed.

24COM110: Introduction to iPhone

Dates: 13/02/2024 - 26/03/2024

Location: Studio 4 NCH

Type: Short Course

Weekly, Tue 2:00pm - 4:00pm

Leader: Helen Smith

Learn to use your iPhone effectively. Learn to manage your mobile data usage as well as how to share photos, use mail and messaging, manage your contacts and download apps. Tweak the settings to personalise your phone to your own style of working. Topics will be chosen to suit the interests of the group but are likely to include managing photos, listening to podcasts and a range of productivity apps, such as calendars. Explore some of the extensive range of built-in and third party applications that can make your iPhone an indispensable tool and a source of fun as well.

Bring your fully charged iPhone (Apple devices only - not Android) and the password for your Apple ID to each session. Please update your iPhone's software to the latest version of iOS. If you don't know how to do this, we will cover it in the first lesson. WIFI is available in the classroom. This course is aimed at beginners - or those who only use the phone and SMS features. No other previous experience required. Members who enrol will get further detailed joining instructions prior to the first class.

24COM112: Security Audit

Dates: 08/02/2024 - 08/02/2024

Location: Zoom

Type: One Day

1 Day, Thu 1:00pm - 3:00pm

Leader: Helen Smith

How safe are you online? This session will review the main current risks to our security and help you review the areas where you need to take more action. A good starting point for identifying the security classes you should attend. You will join in with the ongoing Questions and Answers (Q&A) class for this session. Q&A members should not enrol in this class as they are already covered.

Suitable for everyone who connects online from any device. Recommended not only for members new to online security sessions, but also for those who have attended classes previously.

24COM113: Travel Apps for Smartphone or Tablets

Dates: 08/02/2024 - 15/02/2024

Location: Studio 3 NCH

Type: Short Course

Weekly, Thu 2:00pm - 3:30pm

Leader: Wayne Henry

Many Apps that come with, or are available for your smartphone or tablet, can make your device a very useful, even indispensable, travel companion. In this short (2 week) course we will explore a range of Apps that are generally available for both Apple and Android devices. Apps that can help you to plan, manage and enjoy your trip - with confidence. - investigate options, plan an itinerary, make bookings and manage documents. - find and manage transport and accommodation - navigate around unfamiliar places - on foot, by bicycle or car - keep in touch with friends, family and events back home - manage your money and keep track of your spending - keep a record of your adventures - photos and videos, etc. - relax - (Music, movies, books and magazines, or your favourite game) There will also be ample opportunity for participants to share experiences and knowledge with one another.

Participants should bring their own smart device, i.e. smartphone, iPad, android tablet, etc., and be familiar with its operation. Make sure that the battery is sufficiently charged for the duration of the class.

24COM116: Windows for Beginners

Dates: 22/02/2024 - 28/03/2024

Location: Studio 3 NCH

Type: Short Course

Weekly, Thu 2:00pm - 3:30pm

Leader: Wayne Henry

Not everyone had the opportunity to grow up with computers. This workshop is for people who have never really used a computer before and might find them a little scary. Computers aren't terrifying or to be avoided, but are an incredibly useful tool for communicating, shopping, getting information and entertaining yourself. We will walk you first through the basics of what a computer is, what its components are and how it's operated. We'll teach you how to use a mouse and keyboard. Then we'll put those skills to good use to create your first document on the computer, and perhaps do a little web surfing along the way.

Please bring your Windows Laptop computer, have an email account (and know its password) and bring a notepad and pen.

24COM201: Advanced Android Mobile Users

Dates: 19/04/2024 - 10/05/2024

Location: Studio 3 NCH

Type: Short Course

Weekly, Fri 2:00pm - 4:00pm

Leader: Tom Wong

This course is for those who wish to learn more about preventing the tech giants like Google, from tracking you when using your mobile. Users will learn to turn on/off certain settings in their mobiles. We will attempt to assist users of all Android mobile makes and models but be aware class attention will focus on the common mobile functions, namely those related to Samsung models. This is not a beginner course, and members must have a basic understanding in using their mobiles. We suggest beginners should first attend the Android Beginners course offered during Term 1, to get themselves acquainted with the very basic functions of an Android mobile.

You will need to bring a fully charged Android phone (not Apple iPhone or iPad!) to practise during the 4 weeks course. Also bring along any notebook/paper to write notes down, as this is a hands-on class activity without any handouts. This course will suit Android mobile users who may have already attended the beginners course offered during Term 1 or already know their way around using their mobiles. The advanced course will not be covering the basic features and functionalities of your mobile.

24COM204: Artificial Intelligence (AI)

Dates: 22/05/2024 - 05/06/2024

Location: Studio 5 NCH

Type: Short Course

Weekly, Wed 2:00pm - 4:00pm

Leader: Volker Ankenbrand

AI is in the news a lot. In this short course we will discuss the original ideas behind it, the current state of development and what the future may bring. We will cover the application of AI and its various components and discuss some of the benefits and risks of this new technology. We use a "chatbot" as a tool to show uses for this new technology and show you how to use one yourselves. After the course you will understand what AI is, and what components it has. You will be able to use a chatbot to play with this new technology to better understand the benefits and potential risks.

You don't need to bring a computer to this course. Just a notebook and pen.

24COM207: Getting the most from your iPad

Dates: 14/05/2024 - 04/06/2024

Location: Studio 4 NCH

Type: Short Course

Weekly, Tue 2:00pm - 4:00pm

Leader: Tony Widdows

We will cover the basics of using your iPad, showing how it can perform all the functions many of us need without having to buy or upgrade a computer. The course includes email, the iCloud, web searching, on-line shopping and banking services, taking and storing photos, accessing streaming services, note-taking and many other topics.

Suitable for beginners and those more familiar with the iPad. This is a hands-on course, so bring your fully-charged Apple iPads, and bring your Apple ID and its password. Not suitable for Android devices.

24COM210: Gmail and Google Calendar

Dates: 16/04/2024 - 07/05/2024

Location: Studio 4 NCH

Type: Short Course

Weekly, Tue 2:00pm - 4:00pm

Leader: Tony Widdows

Gmail is the world's most popular email service. It has the best Junk Mail filter and can be used together with your other email addresses. This teaching and demonstration course will cover how to use Gmail on computers, tablets and smartphones. Google Calendar is a simple and free tool to store appointments on all our devices, and to share with a spouse, friend or family members. Keeping an electronic calendar takes stress out of managing events in our lives. The course is suitable for beginners and experienced users of Gmail, and for those contemplating moving to Gmail. No Google Calendar knowledge will be assumed.

Please sign up for a free Google account if you don't already have one and bring these login credentials with you. If you wish, bring either a laptop/Mac or a tablet (either iPad or Android, fully charged) as we will be using Gmail's 'web' interface accessed through your browser. Or if you wish, you can attend this course without a device and practise at home later.

24COM213: Making a digital photo album

Dates: 17/04/2024 - 15/05/2024

Location: Studio 5 NCH

Type: Short Course

Weekly, Wed 2:00pm - 4:00pm

Leader: Meg Lowery

A photo album is a beautiful way to show off your photos to friends and family. It also makes a wonderful gift. Find out how to use the popular program 'Albumworks', which is free to download and not difficult to understand. In 5 weeks you will be guided step by step on how to arrange your photos and ways to personalize your album. Your finished album will be reasonably priced, on average about \$70 for size 20cm x 20cm (40 pages) or about \$90 for 30cm square (also 40 pages). In this course you will be guided through making a practice album in class using your own photos and experimenting with ways to layout your photos and adding personal touches. We'll think about who the photobook is for and choose the photos and layout to suit. We'll explore using various backgrounds for the pages and designing a theme to make a professional-looking album.

You will need to be confident with your computer, know how to make folders, to save your photos and how to open and close programs. You will need to bring a laptop computer to class. (iPads and Android tablets are not suitable). Larger screens are better as the program has a lot of detail and you will want to see your page clearly. You could try to download the software before the first class. Go to the website "albumworks.com.au" and click the "Create Now" button.

24COM216: Windows Beginners Plus

Dates: 02/05/2024 - 06/06/2024

Location: Studio 3 NCH

Type: Short Course

Weekly, Thu 2:00pm - 3:30pm

Leader: Wayne Henry

This course will extend your elementary Windows computer knowledge and introduce you to more things you can do with your computer, including writing simple documents, making a spreadsheet and organising your files. The course assumes you are familiar with using a mouse and keyboard. We'll also look at using the internet and email safely.

This course would be suitable for anyone who has done the Windows Beginners course offered in Term 1, or others who understand the very basics already. Please bring your Windows Laptop computer, have an email account (and know its password) and bring a notepad and pen.

CRAFT

24CRA001: Air Dry Paper Clay Modelling

Dates: 09/02/2024 - 22/11/2024

Location: Meeting Room 2 NCH

Type: Long Course

Weekly, Fri 2:20pm - 3:30pm

Leader: Sophia Liu

This will be a fun class where you can learn how to model with Light air-dry clay. Air-dry paper clay is soft and clean, easy to model and can make very interesting gifts for Mother's Day or Birthdays etc. The class is free (except for air dry clay and modelling tools, some decoration materials that can be bought in Daiso or from an art material supplier).

24CRA004: Beading

Dates: 05/02/2024 - 18/11/2024

Location: Studio 4 NCH

Type: Long Course

Weekly, Mon 9:30am - 11:00am

Leader: Daisy Lazarus

Beading is a relaxed and peaceful activity with no basic skills needed. These classes are a fun relaxed way to learn a new skill, while creating opportunities to form friendships, alleviate isolation, increase confidence and develop team working skills. Students will also learn to explore different ways to use beads to create beautiful pieces of jewellery as well as meaningful artwork, by using simple steps. Beading in any form will inspire and encourage you to express your hidden talents and uniqueness. Students will also enjoy an added advantage of having a calming, peaceful and therapeutic experience, while working with a combination of different sizes, shapes, patterns, colours and textures of beads.

The first class will be an introductory one, getting to know each other and what you would like to achieve from the class. The leader will supply the first sessions materials, as you will be making a simple piece of jewellery.

24CRA007: Bonsai Workshop Term 1

Dates: 08/03/2024 - 15/03/2024

Location: Pottery Studio NCH

Type: Short Course

2 Weeks, Fri 1:30pm - 3:00pm

Leader: Victor Byrby

I will need to determine your level of skill and ability so please arrive 10 minutes before the class commencement time. This will frame the scope of planning and your progress during the program. The scope of works will depend on your bonsai and your skills. Over the course of the two sessions, we will work on your bonsai doing seasonal work, autumn, then winter and spring. There may be an opportunity to modify or improve your bonsai. You will be doing any work under my guidance. Bonsai soil mix, mesh and wire will be provided at a reasonable cost.

If you have any bonsai tools bring them along. We will be using tools and wire when working on the bonsai. You are welcome to use my tools. You may like to provide yourself with surgical type gloves. I will have plastic sheeting on your table. At the end of the session please tidy up your area and workspace. A large bin will be at our disposal.

24CRA010: Bonsai Workshop Term 2

Dates: 07/06/2024 - 14/06/2024

Location: Pottery Studio NCH

Type: Short Course

2 Weeks, Fri 1:30pm - 3:00pm

Leader: Victor Byrby

I will need to determine your level of skill and ability so please arrive 10 minutes before the class commencement time. This will frame the scope of planning and your progress during the program. The scope of works will depend on your bonsai and your skills. Over the course of the two sessions, we will work on your bonsai doing seasonal work, autumn, then winter and spring. There may be an opportunity to modify or improve your bonsai. You will be doing any work under my guidance. JUNE FOCUS : Winter care and repotting of deciduous trees e.g., Maples, Elms, Cotoneasters, fruiting and flowering trees. Bonsai soil mix, mesh and wire will be provided at a reasonable cost.

If you have any bonsai tools bring them along. We will be using tools and wire when working on the bonsai. You are welcome to use my tools. You may like to provide yourself with surgical type gloves. I will have plastic sheeting on your table. At the end of the session please tidy up your area and workspace. A large bin will be at our disposal.

24CRA019: Card Making

Dates: 07/02/2024 - 20/11/2024

Location: Studio 9 NCH

Type: Long Course

Weekly, Wed 11:15am - 1:00pm

Leader: Leonie Scott

You will have the opportunity to make greeting cards and other paper crafts (on occasion). Projects and ideas are shared by the class, with the leader demonstrating skills and new techniques. Attendees will need to provide their own resources, and card making equipment.

24CRA022: Crochet for Beginners

Dates: 05/02/2024 - 21/06/2024

Location: Studio 3 NCH

Type: Short Course

Weekly, Mon 9:15am - 11:00am

Leader: Alison Phillips

This is a structured, progressive, skill building class. Understanding fibres and tools, pattern and chart reading, basic stitches, common beginnings and endings, common increases and decreases; basic finishing. At times there may be homework set to provide the basis for the work in the following class. Class projects may be set. Terms 1 & 2 only.

Class Materials: Notebook and writing materials, loose leaf folder, 1 x 200g Bendigo Woollen Mills Classic 8-ply in a pale colour eg 602 Almond, 659 Magnolia, 669 Rosebud or 694 Maize. This can be ordered from the Mill online or by telephoning 5442 4600. 4mm and 4.5mm crochet hooks (old UK 8 and 7), preferably metal. Other tools will be discussed in class. Please do not purchase the Boyle hooks which some stores carry as these are in USA sizes and not necessarily accurate in metric terms.

24CRA025: Crochet Intermediate

Dates: 15/07/2024 - 18/11/2024

Location: Studio 3 NCH

Type: Short Course

Weekly, Mon 9:15am - 11:00am

Leader: Alison Phillips

Students will be expected to have at least basic skills and be able to read patterns and charts. The course will look at more advanced techniques and complex stitches. Topics to be covered as time permits include 'Chainless' foundation stitches, colour work, cables, lace, other fancy stitches, edgings, modular work, beads, Tunisian crochet, garment shaping and construction and finishing techniques. Terms 3 & 4 only.

Class Materials: Notebook and writing materials, loose leaf folder, Bendigo Woollen Mills Classic 8 ply in at least 2 contrasting colours, appropriate hooks. Students will be encouraged to choose a project to challenge their skills during the course of the classes.

24CRA028: Knitting Beginners

Dates: 06/02/2024 - 18/06/2024

Location: Meeting Room 2 NCH

Type: Short Course

Weekly, Tue 11:45am - 1:30pm

Leader: Alison Phillips

This is a structured, progressive, skill-building class. Understanding fibres and tools, pattern reading, basic stitches, common beginnings and endings, common increases and decreases, basic finishing. At times there may be homework set to provide the basis for the work in the following class. Terms 1 & 2 only.

Class Materials: Notebook and writing materials, loose leaf folder, 1 x 200g Bendigo Woollen Mills Classic 8-ply in a pale colour eg 602 Almond, 659 Magnolia, 669 Rosebud or 694 Maize. This can be ordered from the Mill online or by telephoning 5442 4600. 4mm (old UK size 8) and 4.5mm knitting needles, preferably metal or smooth wood. As the course progresses students may choose to start a project and will be assisted with this.

24CRA031: Knitting Intermediate

Dates: 16/07/2024 - 19/11/2024

Location: Meeting Room 2 NCH

Type: Short Course

Weekly, Tue 11:45am - 1:30pm

Leader: Alison Phillips

Students will be expected to have at least basic skills and be able to read patterns. Topics to be covered as time and interest permits: More unusual beginnings and endings, colour work, cables, lace, other fancy stitches, charts, edgings, modular knitting, circular knitting, mobius knitting, beads, garment shaping and construction, finishing techniques. Terms 3 & 4 only.

Class Materials: Notebook and writing materials, loose leaf folder, 1 x 200gm ball Bendigo Woollen Mills Classic 8 ply in at least 2 contrasting colours, appropriate needles both straight and double pointed (circular). Students will be encouraged to choose a project to challenge their skills during the course of the classes.

24CRA034: Knitting Advanced

Dates: 06/02/2024 - 19/11/2024

Location: Studio 8 NCH

Type: Long Course

Weekly, Tue 9:15am - 11:00am

Leader: Beverley Wright

This class is for more advanced knitters and will include the Art, History and Advanced techniques of Knitting. Tapestry and Wool Embroidery will also be covered.

24CRA037: Making Baskets from Plastics

Dates: 18/03/2024 - 01/04/2024

Location: Studio 9 NCH

Type: Short Course

Weekly, Mon 9:30am - 12:00noon

Leader: Cindy Lam

This class will teach you how to make baskets or bags using recycled plastic wrappers instead of them going to land fill. This class will run for three weeks. Please DO NOT enrol if you are unable to attend all three classes.

You will be required to bring a pair of scissors, staples and size 10 staplers and cleaned used wrappers (eg, chip bags, noodle or pasta wrappers, coffee sachets etc.)

24CRA040: Needlework

Dates: 08/02/2024 - 14/11/2024

Location: Meeting Room 2 NCH

Type: Long Course

Weekly, Thu 11:45am - 1:45pm

Leader: Leonie Clyne

Designed to inspire needleworkers at any level to enjoy a variety of needlework projects.

24CRA043: Paper Craft Beginners

Dates: 07/02/2024 - 19/06/2024

Location: Meeting Room 2 NCH

Type: Short Course

Weekly, Wed 9:30am - 11:00am

Leader: Kitty Wong

Learn to make simple, interesting paper craft models and Christmas ornaments. In early November, you will join members from the Advanced class to decorate the U3A Christmas tree with your Christmas masterpieces. Suitable for members with no experience. Projects covered in the past will be repeated. Terms 1 & 2.

Leader requests that well fitted masks be worn during class.

24CRA046: Paper Craft Advanced

Dates: 17/07/2024 - 20/11/2024

Location: Meeting Room 2 NCH

Type: Short Course

Weekly, Wed 9:30am - 11:00am

Leader: Kitty Wong

Learn to make more challenging paper craft models and Christmas ornaments. In early November, you will join members from the beginners class to decorate the U3A Christmas tree with your Christmas masterpieces. Only suitable for experienced members. Terms 3 & 4.

Leader requests well fitted masks to be worn during class.

24CRA049: Patchwork 1

Dates: 06/02/2024 - 19/11/2024

Location: Meeting Room 2 NCH

Type: Long Course

Weekly, Tue 9:30am - 11:30am

Leader: Lorraine Salter

This class will focus on many and varied patchwork techniques. Each student may or may not use the technique being studied each semester for their own personalised project. Students new to Patchwork will be introduced to various basic blocks. Machine and/or hand piecing may be used.

24CRA052: Patchwork 2

Dates: 08/02/2024 - 21/11/2024

Location: Meeting Room 2 NCH

Type: Long Course

Weekly, Thu 9:30am - 11:30am

Leader: Meryl McEwen

A group for those who have some experience with patchwork. Individual projects at various skill levels using a variety of techniques. Class projects each term, suggested by class members. Both hand and /or machine piecing may be used.

24CRA055: Patchwork 3

Dates: 07/02/2024 - 20/11/2024

Location: Meeting Room 3 NCH

Type: Long Course

Weekly, Wed 10:00am - 12:00noon

Leader: Tina Whelan

Co-Leader: Vicki Price

The class leaders will set projects each term. There will also be the opportunity for discussion on projects you may be working on at home. Leaders: Tina Whelan and Vicki Price

24CRA058: Sugar Craft

Dates: 07/02/2024 - 20/11/2024

Location: Meeting Room 2 NCH

Type: Long Course

Weekly, Wed 11:15am - 1:00pm

Leader: Kitty Wong

Learn the art of making sugar flowers, simple figurines and basic icing and Chocolate techniques. Great for decorating that special cake and dessert or a table decoration. This class will also include some cooking demonstrations undertaken by class members. Only suitable for experienced members

Leader requests well fitted masks to be worn during class.

24CRA061: Tatting

Dates: 08/02/2024 - 21/11/2024

Location: Studio 4 NCH

Type: Long Course

Weekly, Thu 2:15pm - 3:45pm

Leader: Yvonne De Sousa

Tatting is a lace composed of knots made with a shuttle and a ball of thread. It is unlike crochet, knitting or macrame and other lace making techniques. Patience and endurance are sometimes required to make the first correct knot. However, once you have mastered this the possibilities are endless and very satisfying.

DANCE

24DAN001: Ballroom Dancing Beginners

Dates: 05/02/2024 - 18/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Mon 3:30pm - 4:30pm

Leader: Paul Piggott

This is a beginners class for those wishing to experience the joy of ballroom dancing. Dances covered will be Modern, Latin and New Vogue. Rubber soled shoes and sport shoes are unsuitable for dancing.

24DAN003: Ballroom Dancing 1

Dates: 05/02/2024 - 18/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Mon 10:45am - 12:15pm

Leader: Marco Ng

Co-Leader: Grace Chung

Leaders: Marco Ng and Grace Chung. This is not a beginners class. Australian New Vogue sequence dances. Lessons and social dance. It is preferable to come with a partner and they must also be a financial member of U3A Nunawading. Participants should be able to dance some basic sequence dances as well. Single ladies must learn to dance a man's steps. Rubber soled shoes and sport shoes are unsuitable for dancing.

24DAN004: Ballroom Dancing 2 (Sequence Dancing)

Dates: 06/02/2024 - 19/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Tue 10:30am - 11:30am

Leader: Liza Ng

Co-Leader: Paul Piggott

This is a beginners class for those wishing to experience the joy of ballroom dancing. Australian New Vogue and other ballroom sequence dances will be taught. Great for memory retention and flexibility. Rubber soled shoes and sport shoes are unsuitable for dancing.

24DAN007: Ballroom Dancing 3 (Evening Class)

Dates: 10/01/2024 - 11/12/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Wed 7:45pm - 9:45pm

Leader: Beng Lee

This is a social sequence class for experienced dancers. There is no formal teaching and we learn through mutual exchange of knowledge and plenty of practice. The operative motto is 'Everlasting joy comes from continuous self-improvement'

24DAN010: Ballroom Dancing 4(Practice Opportunity)

Dates: 05/02/2024 - 18/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Mon 11:00am - 12:30pm

Leader: Mike Davies

An opportunity for Ballroom dancers to practice their skills in the areas of modern, new vogue and Latin dancing. People should bring a partner and they must also be a financial member of U3A Nunawading. The session is not to teach how to dance. It is to practice what you are learning or have learnt. Rubber soled shoes and sport shoes are unsuitable for dancing

24DAN013: Ballroom Dancing 5 (Evening Class)

Dates: 13/01/2024 - 14/12/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Sat 7:45pm - 9:45pm

Leader: Beng Lee

This is a social sequence class for experienced dancers. There is no formal teaching and we learn through mutual exchange of knowledge and plenty of practice. The operative motto is 'Everlasting joy comes from continuous self-improvement'

24DAN018: Improving Your Belly Dancing Techniques

Dates: 08/02/2024 - 21/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Thu 11:45am - 12:45pm

Leader: Gabrielle P

This is a follow on course from my previous belly dance technique classes. It is for intermediate and experienced belly dancers wanting to revise, refine, and practise their belly dance technique, with a focus of improving individual presentation skills, for performance. Participants will be encouraged to look at the finer details of the shapes and poses they make (with various body parts) while dancing. We will be reviewing techniques and dances learnt previously, and learning new choreography, from the Experienced Belly Dance Class repertoire. We will also look at costuming; adapting dances to suit your own taste when performing solo; using video as a tool for improving presentation and practise; and learning with the help of the internet.

Bring your water bottle, a notebook and pen, your mobile phone, and your costume (including cane and veil). This course is for dancers who have already learnt belly dance technique basics, such as those who have completed beginners belly dance technique with me or another teacher. Generally, enrolments will not be accepted after week 4 of Term 1.

24DAN019: Belly Dancing Experienced

Dates: 05/02/2024 - 18/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Mon 2:15pm - 3:15pm

Leader: Maria Makrides

A class for the experienced Belly Dancer. This class is not suitable for beginners.

24DAN025: Chinese Dance Beginners

Dates: 07/02/2024 - 20/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Wed 2:15pm - 3:15pm

Leader: Evelyn Tan

Co-Leader: AhFan Fan

Come and learn the basic Chinese classical dance and some ethnic dances such as Fan Dance. This class is very good for your posture, movement and memory retention as well as the understanding of Chinese culture. Soft soled shoes to be worn.

24DAN028: Chinese Dance Experienced 1

Dates: 05/02/2024 - 18/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Mon 2:00pm - 3:15pm

Leader: Ying Zhao

Co-Leader: Evelyn Tan

Consolidate your Chinese classical dance techniques and learn more Chinese ethnic dances. This class will help improve your posture, flexibility and memory retention as well as deepen your understanding of Chinese culture. Soft soled shoes to be worn.

24DAN031: Chinese Dance Experienced 2

Dates: 07/02/2024 - 20/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Wed 3:30pm - 4:30pm

Leader: Ying Zhao

Consolidate your Chinese classical dance techniques and learn more Chinese ethnic dances. This class will help improve your posture, flexibility and memory retention as well as deepen your understanding of Chinese culture. Soft soled shoes to be worn.

24DAN032: Dance Free Style

Dates: 08/02/2024 - 21/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Thu 3:30pm - 4:30pm

Leader: Daisy Lazarus

Freestyle dance is a self led dance which is free flowing and free moving. It is your unique and spontaneous movement of art that you create with your body to sound or music. Freestyle gives you freedom to dance and move at your own pace, to be who you want to be in that moment. There is no right or wrong way to this dance, as well as no rules and instructions to follow. It is a no pressure dance but a FUN one in a safe environment. It is a therapeutic dance style which improves mood, mental and physical health. Come, enjoy and feel the difference.

24DAN034: Greek Dancing

Dates: 05/02/2024 - 18/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Mon 12:45pm - 1:45pm

Leader: Maria Makrides

Co-Leader: Dianne Hardy

For those who enjoy dancing in a relaxed atmosphere. Beginners welcome. Leaders Maria Makrides & Dianne Hardy.

DANCE: LINE DANCING – Restricted

Note: You may only enrol in one 24DANLR Restricted Class

24DANLR1: Line Dancing Beginners 1

Dates: 09/02/2024 - 22/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Fri 1:00pm - 2:00pm

Leader: Eric Lin

Co-Leader: Lyrene Lin

This is a class for real Beginners who would like to learn the basic steps of Line Dancing in a friendly atmosphere. Soft soled shoes must be worn for your safety. No new Beginners accepted in Terms 3 & 4.

24DANLR3: Line Dancing Upper Beginners/Improvers

Dates: 05/02/2024 - 18/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Mon 5:00pm - 6:00pm

Leader: Ewah Lee

You need to have completed at least one year of a beginners class. Dancers must be adapt at the beginner level and are looking to improve their line dancing skills further. Practice at home is expected. Ideally, dancers should be able to dance to the beat of different speeds and genres of music, and remember dance routines.

No Absolute beginners in 2024. Soft soled shoes to be worn.

24DANLR5: Line Dancing Beginners plus with Alan

Dates: 08/02/2024 - 21/11/2024

Location: Stadium NCH

Type: Long Course

Weekly, Thu 2:45pm - 3:45pm

Leader: Alan Tiet

Line dancing is always a fun and non-stressful way to get everyone onto the dance floor. Its easy to get and follow through, and doing it with other people makes it even more entertaining. Members will practice with various styles of line dance like Rumba, Cha Cha, Waltz, Tango, Jive etc. Tags and restarts will start to feature more with more complex moves.

You need to have completed at least one year of a Beginners class. It is designed to help participants further improve their skills. Soft soled shoes must be worn for your safety.

24DANLR6: Line Dancing Improver to Easy Inter.

Dates: 05/02/2024 - 18/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Mon 9:30am - 10:45am

Leader: Marie Pietersz

Improver to easy intermediate level line dancing for all ages. No partner required. This light cardio workout has many health benefits if done regularly, such as memory retention, flexibility and balance, and is sociable and fun. To enrol, members must have previously completed a beginner class. Dancers should be able to dance to the beat of different speeds and genres of music, recognise dance tags and restarts, and remember dance routines. Not suitable for absolute or new beginners.

Suitable footwear which allows movement and soft soles should be worn. Definitely no sandals, open toe shoes or slippers. Closed toe shoes are best.

24DANLR7: Line Dancing Experienced

Dates: 08/02/2024 - 21/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Thu 2:00pm - 4:00pm

Leader: Lan Tiet

Co-Leader: Alan Tiet

Dancing is a unique form of exercise because it provides heart-healthy benefits as well as training us how to maintain our balance while moving to the beat. Forget the old fashioned country image, as Line dancing these days teaches dances to different types of music. Soft soled shoes to be worn.

To attend this class, you should have been line dancing before. You are expected to memorise longer dances and be able to turn frequently, knowing the basic terms of Line dancing. Tags and restarts will start to feature more with more complex moves. There are a wide variety of dances to be introduced at this level, therefore this class is for the experienced Line Dancer only. Proper Dancing shoes are required.

DANCE Restricted

Note: You may only enrol in one 24DANR Restricted Class

24DANR01: Dance Exercise

Dates: 05/02/2024 - 18/11/2024

Location: Stadium NCH

Type: Long Course

Weekly, Mon 1:15pm - 2:15pm

Leader: Chris Winterbine

This is a fun and enjoyable workout class to get your body moving and to invigorate your energy level. It integrates easy-to-learn routines designed to tone your body and improve your cardio fitness. No dance experience is necessary as the class is designed for everyone. You just need a willingness to move to the music and have fun. Light clothing and soft soled shoes are to be worn. **BYO** water bottle and towel.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this course. If in doubt, members should consult their health professional.

24DANR03: Dance Fitness Fun

Dates: 12/02/2024 - 18/11/2024

Location: Stadium NCH

Type: Long Course

Weekly, Mon 12:00noon - 1:00pm

Leader: Betsy Gumma

Let's have fun and do a dance fitness workout to hits from the 60s, 70s, 80s, etc. You will also be dancing to music styles from around the world such as Latin, Bollywood. This is a low to medium impact workout that mixes fitness variations and dance moves. No prior dance experience is required. Anyone can pick up the easy to follow moves. Just relax and move your body to the music, have fun and bring your smiles. Light comfortable clothing and soft soled shoes are to be worn. **BYO** water bottle and towel.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this course. If in doubt, members should consult their health professional. This class does not start until 12th Feb, 2024.

24DANR05: Zumba 1

Dates: 06/02/2024 - 19/11/2024

Location: Stadium NCH

Type: Long Course

Weekly, Tue 12:15pm - 1:15pm

Leader: Paulina Chong

This is a fun and enjoyable workout class to get your body moving and invigorate your energy levels, making you feel empowered. It is based on Latin and International dance rhythms which integrates easy-to-learn routines designed to enliven your senses and improve your cardio fitness. Blend it with toning your body by using light weights (optional) with modified Zumba moves. **BYO** drink bottle, towel and light weights (0.5 kg to 1 kg each). Soft soled shoes are to be worn. Closed toe shoes are recommended

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this course. If in doubt, members should consult their health professional.

24DANR07: Zumba 2

Dates: 13/02/2024 - 19/11/2024

Location: Stadium NCH

Type: Long Course

Weekly, Tue 1:30pm - 2:30pm

Leader: Betsy Gumma

Zumba is a fun and enjoyable workout class to get your body moving and invigorate your energy levels. It is a Latin-inspired workout class, incorporating dance/fitness routines to Latin and international rhythms. With its easy-to-follow routines, no dance experience is necessary as Zumba is designed for everyone. Just relax and move your body to the music, have fun and bring your smiles. Light comfortable clothing and soft soled shoes are to be worn **BYO** water bottle and face towel.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this course. If in doubt, members should consult their health professional. This class does not start until 13th February 2024.

DANCE: ROCK N ROLL - Restricted

Note: You may only enrol in one 24DANRR Restricted Class

24DANRR1: Rock 'n' Roll Beginners

Dates: 12/03/2024 - 19/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Tue 1:00pm - 2:00pm

Leader: Skip Lam

Co-Leader: Cindy Lam

Learn the craft of Rock and Roll in a social relaxed atmosphere. You will also find this class will benefit your fitness on many levels. Soft soled shoes to be worn.

24DANRR3: Rock 'n' Roll Intermediate 1

Dates: 12/03/2024 - 19/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Tue 11:45am - 12:45pm

Leader: Skip Lam

Co-Leader: Cindy Lam

This is a class for those members who have attended the beginner's class in 2023 or have been identified as having the skills to move into an intermediate class.

Soft soled shoes to be worn

24DANRR5: Rock 'n' Roll Intermediate 2

Dates: 12/03/2024 - 19/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Tue 2:15pm - 3:15pm

Leader: Skip Lam

Co-Leader: Cindy Lam

This class is for members who have attended the intermediate class in 2023 or have been identified as having the skills to move into an intermediate class.

Soft soled shoes to be worn.

EXERCISE GENERAL FITNESS

24EXEF01: Balance Exercise Beginners

Dates: 06/02/2024 - 19/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Tue 10:30am - 11:45am

Leader: Suu Chee

This class is a Gentle Balance Exercise class for beginners or those who may have had a fall. It will help you regain your balance confidence. We will do strengthening exercises in various upright positions that challenge our standing balance. Soft soled shoes to be worn.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

24EXEF04: Balance Exercise Experienced

Dates: 07/02/2024 - 20/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Wed 1:30pm - 2:30pm

Leader: Suu Chee

This continues on from the Balance exercise class held in 2023. The focus of this exercise group is balance training with an additional focus on pelvic floor muscles. We will do strengthening exercises in various upright positions that challenge our standing balance. Soft soled shoes to be worn.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

24EXEF07: Chair Based Exercise

Dates: 07/02/2024 - 20/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Wed 10:45am - 11:30am

Leader: Karen Postill

This class is for Members who may have limited mobility but would still like to be fit and healthy. The class includes warm-up; stretching; cardio; balance and relaxation, all set to music at a pace suitable for you. Even if you have not exercised for some time you will be surprised how much you can still do! You will require weights (dumbbells) and theraband(stretch band). Chi balls and tennis balls will be provided. Soft soled shoes to be worn. Drink bottle to be brought to class regardless of the weather.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

24EXEF13: Legs Strength Training

Dates: 09/02/2024 - 22/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Fri 11:45am - 12:45pm

Leader: Siu Hoi So

We seniors are all encountering issues such as knees and hips Osteo-arthritis pains, Sciatica back pains, Sarcopenia gradual muscle losses etc. These are the major reasons accounting for the majority of aged persons' falls that have caused injuries such as bone fractures etc. Also seniors may have posture issues and exercises such as Squats, Pilates and Tabata aim to improve the strengths of our legs and core muscles to promote physical and cardiovascular fitness, balance and good upright postures. These help to ease various pain issues.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional. Soft soled shoes to be worn.

24EXEF15: Tabata for Men
Dates: 19/02/2024 - 18/11/2024
Location: Stadium NCH

Type: Long Course
Weekly, Mon 10:45am - 11:45am
Leader: Dianne Michael

Join with like-minded men to maintain or improve on general fitness. This class includes cardio, resistance and strength training. You will need to provide an exercise mat, drink bottle, hand weights and theraband. A small cushion or pad to support the head when laying on the exercise mat may be required to keep the head in the correct postural position. It is essential you have the ability to get safely down on and up from the floor. Soft soled shoes to be worn.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

EXERCISE GENERAL FITNESS Restricted

Note: You may only enrol in one 24EXEFR Restricted Class

24EXEFR1: Gentle Exercise
Dates: 07/02/2024 - 20/11/2024
Location: Studio 1 NCH

Type: Long Course
Weekly, Wed 9:30am - 10:30am
Leader: Karen Postill

The class includes warm-up, stretching, cardio, balance, strength training and relaxation, with no mat work involved, all set to music at a pace suitable for you. Even if you have not exercised for some time, you will be surprised how much you can do! You will require weights (dumbbells) and therabands (stretch bands); from time to time chi balls, tennis balls and balance equipment will be provided.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional. Soft soled shoes to be worn and a drink bottle should be brought to every class regardless of the weather.

24EXEFR2: Moderate Active
Dates: 08/02/2024 - 21/11/2024
Location: Studio 2 NCH

Type: Long Course
Weekly, Thu 10:00am - 11:00am
Leader: Barb Ryder

Cardio work is included for up to eight minutes each week. Also included is Tabata, Core Strength, Balance, Mat work and stretching. BYO Set of Weights (dumbbells), Stretch Bands, Mat and drink bottle. It is recommended that you attend regularly to gain the most from your exercise. Soft soled shoes to be worn.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class if in doubt, members should consult their health professional.

24EXEFR5: Movin & Groovin to Music
Dates: 05/02/2024 - 18/11/2024
Location: Studio 2 NCH

Type: Long Course
Weekly, Mon 9:30am - 10:30am
Leader: Bev Baseden

This energetic exercise class offers interval training including Tabata, Balance and Weights plus fun dance based exercises to music. BYO Set of Weights (dumbbells), Stretch Bands, Mat and drink bottle. Mat work requires that you are able to get up and down from the floor. It is recommended that you attend on a regular basis to get the most out of your exercise. soft soled shoes to be worn.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

EXERCISE MOVEMENT & MEDITATION

24EXEM01: Cantonese Opera Performance Movement

Dates: 06/02/2024 - 19/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Tue 3:30pm - 5:00pm

Leader: Lai Chee Lee

Cantonese Opera is a traditional art form that uses music, singing, acting, acrobatic and martial arts to tell a story. This program covers the fundamental movements of the hands, legs and body needed for opera performance.

24EXEM04: Feldenkrais: Functional Mobility

Dates: 08/02/2024 - 21/11/2024

Location: Meeting Room 5 NCH

Type: Long Course

Weekly, Thu 2:30pm - 3:30pm

Leader: Vlad Solowiej

This class is based on the Feldenkrais Method - a form of neuromuscular re-education of our bodies. While this involves most aspects of our physical functioning, coordination and flexibility are the key benefits. The class engages both mind and body and at the same time teaches us how to use our bodies with the least amount of effort and maximum efficiency. Whilst the class is suitable for all age groups, seniors and those with compromised mobility, discomfort or pain are the ones most likely to derive most benefit. The classes will focus on daily tasks and functions.

Participants need to be loosely dressed, for example a tracksuit, and bring either a blanket or mat to lie on. However not all classes will require a horizontal positions and some will be sitting in chairs or standing. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

24EXEM07: Laughter Yoga

Dates: 06/02/2024 - 19/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Tue 2:15pm - 3:45pm

Leader: June Cheung

Laughter Yoga suits any age. It combines Laughter with Yoga breathing while we exercise. In Laughter Yoga we laugh a lot, sometimes real laughter, sometimes forced laughter because your brain doesn't know if laughing is real or fake and still releases a 'happy hormone' when we practise Laughter Yoga. The various movements and stretching combined with laughter can relax stress, enhance immunity, improve mood, prevent physical decline, improve personal health and make people happy.

Please wear comfortable clothes and flat shoes.

24EXEM10: Meditation

Dates: 07/02/2024 - 20/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Wed 10:45am - 12:15pm

Leader: Carmen Bongailas

This class will teach and guide you to totally relax and look after your health and fitness. We start with exercise and breathing and go into meditation. If time permits there will be discussion.

24EXEM13: Moving, Breathing, Sensing with Yoga

Dates: 07/03/2024 - 21/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Thu 5:30pm - 6:30pm

Leader: Gillian Teo

This class aims to develop deeper awareness of our body, our movement and our breathing. We will practise exploring and learning to 'listen' to our bodies. We will practise moving and breathing mindfully. We will learn to move our bodies and use props to support us. Each participant should bring an appropriate firm yoga mat and a medium-sized towel. Participants will be advised on the use of other props such as foam blocks and straps in class.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional. This class does not start until 7th March in 2024

24EXEM16: Pilates/Fit Ball

Dates: 20/02/2024 - 19/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Tue 9:30am - 10:15am

Leader: Dianne Michael

Strengthen entire core, develop long strong muscles while increasing flexibility and improving overall posture and balance. This class uses Fitballs. You will be required to provide your own Pilates mat and Fit Ball. NB fit ball will be used every 2nd class. Weighted balls and TheraBand's are also used in some classes to increase intensity of movement. Information on this equipment will be provided at the first class.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

24EXEM19: Self Defence

Dates: 08/02/2024 - 20/06/2024

Location: Studio 9 NCH

Type: Long Course

Weekly, Thu 10:00am - 11:00am

Leader: Tony Susac

Participants will learn self-defence techniques and awareness through theory and practical application as well as fitness, with emphasis on maintaining and regaining balance, strength, mobility, cardio and flexibility. The instructor has been a Taekwondo instructor for over 40 years. Suitable for both men and women. Terms 1 & 2

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

24EXEM22: Self Defence: A practical guide

Dates: 07/02/2024 - 20/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Wed 9:30am - 10:30am

Leader: Wendy Clark

This is a practical, hands-on class where you will learn various techniques in self defence including pressure points, breaking out of holds and various other techniques. You will also learn how to stand and move with good balance, coordination, muscle strengthening in thighs, your core and arms as well as improve your flexibility. Loose or flexible, comfortable clothing and soft shoes.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

24EXEM25: Tai Chi an Introduction

Dates: 17/07/2024 - 11/09/2024

Location: Studio 1 NCH

Type: Short Course

Weekly, Wed 1:00pm - 2:00pm

Leader: Rita Chew

Co-Leader: Sue Ebert

This is a short class (1 Term) for members who have no experience in Taichi but would like to learn something about it. It includes different types of stance, how to shift weight, improve balance and how to circulate the health-giving chi. The 8 basic Taichi moves will be taught and this will enable you to progress to the Taichi Simplified 24 Yang form in 2025.

As numbers are limited, please do not enrol if you cannot commit to the whole term.

24EXEM31: Tai Chi 1 Simplified Yang 24 Form

Dates: 07/02/2024 - 20/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Wed 11:45am - 12:45pm

Leader: Rita Chew

This is a class is for those who have completed the introductory Taichi 8 course and for those who wish to repeat the 24 form.. You will continue to improve and learn more about balance and distribution of "chi" as you learn to execute the 24 movements. For your success, a high degree of commitment is required for this course

For those who have had more than 2 years experience in the 24 form and would like to repeat, please enrol in Term 2.

24EXEM34: Tai Chi 1A Simplified 24 Form

Dates: 07/02/2024 - 20/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Wed 12:15pm - 1:15pm

Leader: Seng Goh

This class is suitable for beginners and those who have done a little bit of Tai Chi. The emphasis is on the basic Tai Chi movements, breathing and mindfulness techniques. You will learn how to improve your balance, relaxation, and regulate your 'chi' through the simplified 24 Form routine, for maintaining and improving your health and fitness.

24EXEM37: Tai Chi 2 Shibashi

Dates: 08/02/2024 - 21/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Thu 11:15am - 12:15pm

Leader: Evelyn Bowman

A gentle and beautiful Oriental exercise.

24EXEM40: Tai Chi 3A Qigong

Dates: 09/02/2024 - 22/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Fri 9:30am - 10:15am

Leader: Stella Pak

Qigong uses Tai Chi principles but does not involve learning a specific form. It involves the integration of physical movement, mental concentration, and regulated breathing to help build and direct the flow of Chi (Qi) life force around the body. This enhances health and wellbeing. We do several different sets of Qigong exercises including Shibashi, Lotus, 5 Elements and 8 Golden Brocade exercises. The class does not require previous experience and students can adapt for levels of physical ability. However, if in doubt, seek medical advice about participating

24EXEM43: Tai Chi 3B Qigong

Dates: 09/02/2024 - 22/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Fri 10:30am - 11:15am

Leader: Stella Pak

Qigong uses Tai Chi principles but does not involve learning a specific form. It involves the integration of physical movement, mental concentration, and regulated breathing to help build and direct the flow of Chi (Qi) life force around the body. This enhances health and wellbeing. We do several different sets of Qigong exercises including Shibashi, Lotus, Lohan and 8 Golden Brocade exercises. The class does not require previous experience and students can adapt for levels of physical ability. However, if in doubt, seek medical advice about participating

24EXEM49: Taiji Fan

Dates: 05/02/2024 - 18/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Mon 12:45pm - 1:45pm

Leader: Lan Tiet

Co-Leader: Ping Ly

Taiji Fan is a very beautiful practice that teaches connected movements with fine hand motions. The fan forms are unique for adding elements of surprise with their brilliant displays of colour and loud popping noises made when the fan opens. During the exercise, movements are designed to align the body and keep it in rhythm with the mind and spirit, which is said to have benefits in physical health and stress as well as improving coordination. The class will go through a short, fun Taiji Fan form. This is ideal for those wishing to study the Moving Stillness Fan form

This class is for new starters who would like to explore Taiji fan and also for those who would like to fine tune their skills.

24EXEM52: Walking Qigong 1

Dates: 07/02/2024 - 20/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Wed 2:45pm - 3:45pm

Leader: Jasmine Teen

Co-Leader: Agnes Wong

Walking stimulates the Qi or vital energy in the body, just like Qigong builds Qi (energy) and dissolves stress and builds up our cardio. Just 30 minutes a day can increase cardiovascular fitness, strengthen bones, reduce excess body fat and boost muscle power and endurance.

This class includes 30 mins walking (for cardio) and 30 mins cool down with Qigong concentrating on tendons and muscles.

24EXEM55: Walking Qigong 2

Dates: 09/02/2024 - 22/11/2024

Location: Studio 1 NCH

Type: Long Course

Weekly, Fri 9:15am - 10:30am

Leader: Jasmine Teen

Walking stimulates the Qi or vital energy in the body, just like Qigong builds Qi (energy) and dissolves stress and builds up our cardio. Just 30 minutes a day can increase cardiovascular fitness, strengthen bones, reduce excess body fat and boost muscle power and endurance.

This class includes 30 mins walking (for cardio) and 30 mins cool down with Qigong concentrating on tendons and muscles.

24EXEM58: Yang Family Taiji Quan Beginner

Dates: 07/02/2024 - 20/11/2024

Location: Stadium NCH

Type: Long Course

Weekly, Wed 12:45pm - 1:45pm

Leader: Frank Chai

An introduction to the traditional 103 postures Long Form of the Yang Family School of Taiji Quan, as was taught by Yang Cheng Fu. Students will be instructed on Part 1 and Part 2 of the Long Form which consists of 54 postures, as well as the Eight Section Brocade and Lotus Qigong forms. Proficiency and health benefits will only be achieved through regular attendance and practice.

24EXEM61: Yang Family Taiji Quan Intermediate

Dates: 07/02/2024 - 20/11/2024

Location: Stadium NCH

Type: Long Course

Weekly, Wed 2:00pm - 3:00pm

Leader: Frank Chai

This class is not for Beginners. Students must have completed the Beginner Level class or equivalent. Students will be instructed on Part 3 of the Long Form completing the 103 postures of the traditional Yang Family Long Form. Students can expect to further improve their form and proficiency as well as develop a greater understanding of the full benefits of Taiji. If there is time, the Yang Family Senior (26) Form may also be taught.

24EXEM64: Yang Family Taiji Quan Advanced

Dates: 08/02/2024 - 21/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Thu 12:30pm - 1:45pm

Leader: Frank Chai

This class is restricted to only those students who have completed the Intermediate Level class and have demonstrated an acceptable level of proficiency and commitment. Students will be instructed on the Dao Yin Yang Sheng Qigong form and the Tung Family Taiji Quan Fast Form. To further improve and develop proficiency and skill, the Mirror Form of the Long Form will be practised, as well as some Push Hands (Tui Shou) exercises. (Please note that due to accommodation limits student numbers are strictly limited in this class)

EXERCISE MOVEMENT & MEDITATION Restricted

Note: You may only enrol in one 24EXEMR Restricted Class

24EXEMR1: Stretch & Strengthen.

Dates: 14/02/2024 - 20/11/2024

Location: Stadium NCH

Type: Long Course

Weekly, Wed 9:00am - 10:00am

Leader: Liz Bednall

This gentle exercise class is designed for beginners. Set to soothing music, the class draws from both yoga and Pilates, with a key emphasis on gently stretching all parts of the body to increase flexibility. Also included are weight bearing poses which build strength and balancing exercises to improve balance. A short relaxation is held at the end of the class. Bring your own yoga mat..

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional. This class starts 14th February 2024

24EXEMR3: Yoga and Relaxation

Dates: 06/02/2024 - 19/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Tue 8:45am - 10:15am

Leader: Carola Lehmer

This class introduces new students to the practice of Yoga. It is the right class for you if: - you have never done Yoga before - you would like to explore how Yoga can help you to maintain mobility and balance throughout your senior years - you have done Yoga before but due to injuries, illness and body restrictions you would like to learn safe and accessible alternatives to traditional Yoga poses. The class is designed to find Yoga poses that suit your body. Physical awareness, breathing, balancing and relaxation exercises will be part of this class.

Bring a thick Yoga mat and a cushion. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

24EXEMR5: Yoga Beginners

Dates: 05/02/2024 - 18/11/2024

Location: Stadium NCH

Type: Long Course

Weekly, Mon 2:30pm - 3:30pm

Leader: Lan Tiet

This beginners class introduces fundamental principles of alignment, and breath work. Members will be introduced to Yoga postures through step-by-step verbal description and demonstration. Emphasis is placed on member understanding, safety, and stability within each pose. To get the most out of your Yoga session you need to be able to squat and rise from the floor comfortably.

Bring a Yoga mat. Note: It is each members own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

24EXEMR7: Yoga with Yvonne

Dates: 05/02/2024 - 18/11/2024

Location: Stadium NCH

Type: Long Course

Weekly, Mon 9:30am - 10:30am

Leader: Yvonne Woon

This class is suitable for members with a moderate level of physical fitness. It's a combination of Flow Yoga poses accompanied by various options with an emphasis on techniques to achieve stretching, strengthening & toning the muscles and improve the flexibility and balance. To get the most out of your Yoga session you need to be able to squat and rise from the floor comfortably. BYO Yoga mat (not spongy mat), Yoga blocks and Yoga strap.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

EXERCISE SPORT

24EXES01: Badminton

Dates: 09/02/2024 - 22/11/2024

Location: Stadium NCH

Type: Long Course

Weekly, Fri 12:30pm - 3:00pm

Leader: Jean Tomlinson

If you have any racquet skills, play tennis, squash or badminton, come along to a fun class. All standards welcome. You will need sports attire including white soled sports shoes. The class is designed for members to have fun and improve fitness. Must bring your own racquet. \$2 per week to cover cost of shuttles. Leaders: Jean Tomlinson, Graham Haynes, George Wilson.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt members should consult their health professional.

24EXES04: Golf

Dates: 05/02/2024 - 18/11/2024

Location: Morack Golf Course

Type: Long Course

Weekly, Mon 7:00am - 12:00noon

Leader: George Thomson

Experienced players only. Come along and enjoy an early morning social game. Meet at Pro Shop. Green fees are \$16.00 for Seniors for nine holes. Bookings need to be made so each player must confirm attendance by email with the Leader.

Venue: Morack Golf Course cnr Morack and East Roads Vermont South

24EXES07: Lawn Bowls-Introduction Term 1

Dates: 07/02/2024 - 27/03/2024

Location: Blackburn North Bowling Club

Type: Short Course

Weekly, Wed 1:00pm - 3:00pm

Leader: John Blasetti

Lawn Bowls is a royal and ancient outdoor/indoor game of skill and fellowship. This class is an entry level program for both the novice and the lapsed bowler. Accredited coaches will introduce students to the basics of the game. Each session will include theory and hands-on practice, on the following topics: # Terminology, rules and etiquette # The bio-mechanics of delivering a bowl # Tactical considerations # Formats of play - Singles, Pairs, Triples and Pennant

The Club will provide all necessary equipment. Participants are required to wear flat-soled footwear (runners / trainers) or go barefoot. Note: Students are only entitled to participate free of charge for a single U3A term per year. Should they wish to continue thereafter, the Club offers an Associate Membership with full access / playing rights for a fee of \$80.00 per year. VENUE: Blackburn North Bowling Club. 93 Springfield Road (opposite Blackburn High School - access to parking and entry via Heppner Street)

24EXES19: Table Tennis

Dates: 16/01/2024 - 10/12/2024

Location: Kilsyth Sports Centre

Type: Long Course

Weekly, Tue 9:30am - 12:00noon

Leader: Colin Smith

Co-Leader: Ken Mavin

Very informal and friendly group that can cater for beginners to experts. This group will commence playing 16th January, 2024 and usually runs through the school holidays, ending 10th December 2024. Cost per week \$5.00.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional. Venue: Kilsyth Sports Centre 115 Liverpool Rd, Kilsyth

EXERCISE WALKING GROUPS

24EXEW01: Marvellous Melbourne Year 1

Dates: 07/02/2024 - 06/11/2024

Location: Venue Advised

Type: Long Course

Monthly, Wed 10:00am - 12:00noon

Leader: Maria Ryan

Co-Leader: Lyn Alexander

Marvellous Melbourne: Be a tourist in your own city on the first Wednesday each Month. An opportunity for reasonably active people, with a sense of curiosity, to explore places of interest in and around Melbourne. At times, imagination will be required to look beyond what we see and hear today to seek out the hidden stories in the landscape. We will travel to places such as Naarn, Batmania and Bearbrass; to the haunts of Squizzy Taylor and the sleaze of Little Lon; to the wonder of Coles Book Arcade; to the extravagance of gold rich Melbourne.

Pre-Requisites: Most activities will involve negotiating some or all of the following: trains, trams, buses, escalators, steps and uneven ground. Participants must therefore be independently mobile. Full details of destination and other specific requirements will be provided before each walk. Some outings might require the payment of an admission ticket or the services of a guide. An introductory session will be held at U3A Nunawading at the beginning of 2024 before the outings begin in March. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

24EXEW04: Marvellous Melbourne Year 2

Dates: 21/02/2024 - 20/11/2024

Location: Venue Advised

Type: Long Course

Monthly, Wed 10:00am - 12:00noon

Leader: Maria Ryan

Co-Leader: Lyn Alexander

Marvellous Melbourne: Be a tourist in your own city on the third Wednesday of each month. These walks are for those who completed the first series of walks in 2023. Eight new destinations will be available. An opportunity for reasonably active people, with a sense of curiosity, to explore places of interest in and around Melbourne. At times, imagination will be required to look beyond what we see and hear today to seek out the hidden stories in the landscape.

Pre-Requisites: Most activities will involve negotiating some or all of the following: trains, trams, buses, escalators, steps and uneven ground. Participants must therefore be independently mobile. Full details of destination and other specific requirements will be provided before each walk. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

24EXEW07: Marvellous Melbourne Year 3

Dates: 14/02/2024 - 13/11/2024

Location: Venue Advised

Type: Long Course

Monthly, Wed 10:00am - 12:00noon

Leader: Maria Ryan

Co-Leader: Lyn Alexander

Marvellous Melbourne: Be a tourist in your own city on the second Wednesday each Month. This new series of walks is designed for those who have completed the two previous years of walks. An opportunity exists for reasonably active people with a sense of curiosity to explore places of interest in and around Melbourne.

Pre-Requisites: Participants must be able to access various types of public transport as well as uneven ground. Participants must therefore be independently mobile. It is each members own responsibility to ensure they have an appropriate level of health and fitness before attending these walks. If in doubt, they should consult their health professional.

24EXEW10: Walking - Bush

Dates: 19/02/2024 - 18/11/2024

Location: Venue Advised

Type: Long Course

Monthly, Mon 8:00am - 4:00pm

Leader: Gillian Wainwright

Co-Leader: Ian Cook

A preliminary walk is required. The leader will contact you by email or phone or you can contact Gillian on 0438 512 900 to organize the preliminary walk and let you know requirements. Walks are organized on a monthly basis, (generally the third Monday of the month, but may vary due to public holidays). In the rare case of cancellation, members will be contacted. Please allow a full day for the walk. Venues will be emailed or phoned to you. U3A heat policy applies. Day walks usually about 12 km depending on terrain and in bush locations. Tracks may be steep, rocky or muddy. Public toilets or picnic tables for lunch are not generally available during the walk. You will receive a list of essential gear and will need stout walking boots/shoes and wet weather gear. We meet at 8:00 am to arrange car pooling. A good guide to fitness is the ability to walk up the Kokoda steps at Ferntree Gully.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

24EXEW13: Walking - Nordic

Dates: 06/02/2024 - 19/11/2024

Location: Venue Advised

Type: Long Course

Weekly, Tue 9:30am - 11:00am

Leader: Susan Rafferty

Nordic walking is fitness using walking poles. U3A poles supplied first term. You must be able to walk 5km/hour for two hours. Weather conditions may mean the class will be cancelled at the discretion of the Leader or the Course Administrator. You will be contacted if the class is cancelled. Leader will email participants each Term the program of walks, or you can pick up one from the U3A Reception desk. U3A Heat Policy Applies.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

24EXEW16: Walking - Short Day Walks

Dates: 15/02/2024 - 21/11/2024

Location: Venue Advised

Type: Long Course

Monthly, Thu 10:00am - 3:00pm

Leader: Ann Janssen

These monthly walks are in various locations, reached by public transport. The walks are held on the third Thursday of the month unless advised otherwise. Most walks are about 7km long, with a stop for lunch. The first monthly walk will be in February. Details of the Walks program, including transport, will be available from U3A Reception in the leaders folder from February 6. U3A Heat Policy Applies.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

24EXEW19: Walking Group 1

Dates: 07/02/2024 - 20/11/2024

Location: Venue Advised

Type: Long Course

Weekly, Wed 10:00am - 12:00noon

Leader: Adrienne Jardine

Walking is one of the best weight-bearing exercises to keep you fit and healthy. Join this friendly group and explore new territories. List of venues will be emailed to you or available from the Leader's Folder at Reception. U3A Heat Policy Applies.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

24EXEW22: Walking Group 2

Dates: 07/02/2024 - 20/11/2024

Location: Venue Advised

Type: Long Course

Weekly, Wed 9:30am - 12:00noon

Leader: Glenn Claiden

Co-Leader: Ken Briscoe

Walking is one of the best weight-bearing exercises to keep fit and healthy. In this group, we do varied walks of 6-8km, over about 2 hours, and usually within a 10-30 minutes drive from Nunawading. Optional coffee or lunch follows. List of venues will be emailed to members, and a reminder with the parking map will be sent out each week. U3A Heat Policy Applies. Note that during February 2022, walks will start at 9.30am and may be shortened to beat the heat. Start time will revert to 10.00am from March.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

24EXEW25: Walking Group 3

Dates: 07/02/2024 - 20/11/2024

Location: Venue Advised

Type: Long Course

Weekly, Wed 10:00am - 12:00noon

Leader: Robert Vecci

Co-Leader: Debbie Vecci

Walking is one of the best weight-bearing exercises to keep fit and healthy. In this group, we do varied walks of 7-8km (or 4km per hour), over about 2 hours, and usually within a 10-30 minutes drive from Nunawading. Participants will need to consider that walks will not necessarily be always on flat ground. Walkers should use appropriate footwear which can be discussed during the first few walks. In warm weather walkers are encouraged to carry some water. A detailed list of venues/walks will be emailed to members, including parking suggestions. U3A Heat Policy Applies. Note that during February and March 2023, walkers will meet at 9:15 sharp for a 9:30 start and may be shortened to beat the heat. Start time will revert to 9:45 arrival for 10:00 am start from 1 April.

Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

FINANCE AND INVESTMENT

24FIN001: Economics

Dates: 06/02/2024 - 19/11/2024

Location: Meeting Room 5 NCH

Type: Long Course

Weekly, Tue 1:00pm - 2:15pm

Leader: Andrew Gee

To present an outline of economic issues and challenges in a discussion environment. This is not intended to be a complete or definitive program on economics, but rather to provide a background to various issues facing Australia and encourage discussion on the issues presented. It is specifically non-political, so persons with a political agenda need not attend!

24FIN004: Share Trading & Investing 1

Dates: 05/02/2024 - 18/11/2024

Location: Zoom

Type: Long Course

Weekly, Mon 9:30am - 11:00am

Leader: Eric Kratzer

A discussion group for those who have a knowledge of investing and share trading. This is not a class advising you what to do with your money but purely a discussion group. Amongst other items, discussion may be centred around weekly financial events.

24FIN007: Share Trading & Investing 2

Dates: 09/02/2024 - 22/11/2024

Location: Zoom

Type: Long Course

Weekly, Fri 9:30am - 11:00am

Leader: Eric Kratzer

A discussion group for those who have a knowledge of investing and share trading. This is not a class advising you what to do with your money but purely a discussion group. Amongst other items, discussion may be centred around weekly financial events.

24FIN010: Share Trading & Investing 3

Dates: 06/02/2024 - 19/11/2024

Location: Meeting Room 4 NCH

Type: Long Course

Weekly, Tue 2:15pm - 3:45pm

Leader: Werner Ebert

A discussion group for those thinking about getting started in investing and share trading. This is not a class advising you what to do with your money but purely a discussion group. Amongst other items, discussion may be centred around weekly financial events. There will be some discussion on the basics in the first sessions to get everybody up to speed and to be able to participate in the group.

24FIN013: Share Trading & Investing 4

Dates: 07/02/2024 - 20/11/2024

Location: Meeting Room 4 NCH

Type: Long Course

Weekly, Wed 2:30pm - 4:00pm

Leader: Sue Ebert

Co-Leader: Ken Briscoe

A discussion group for U3A members who have both experience and knowledge as share traders and/or investors. The class focus is the Australian market of shares and investment. This is not a teaching group and topics discussed should never be perceived as professional advice

Previous experience with share trading and/or investing is essential for this group.

24FIN016: Share Trading with Computers

Dates: 07/02/2024 - 20/11/2024

Location: Zoom

Type: Long Course

Weekly, Wed 8:30am - 11:00am

Leader: Eric Kratzer

This is a hands on beginners class, not suitable for members who have attended this class in previous years. Learn to research, find important Company data, interpret charts & the difference between fundamental & technical interpretations. Use a charting program to monitor your share trading. Does not include financial advice or recommendations for investing your savings. This class will be for the whole year (4 terms)

Prerequisites: Ability to efficiently use keyboard & mouse together with experience in using the Internet. This is a teaching class rather than a discussion group. We also have a Zoom discussion group (23FIN005) on Friday mornings from 9.30 to 11.00am.

GAMES

24GAM001: Card Game Hand & Foot

Dates: 07/02/2024 - 20/11/2024

Location: Meeting Room 4 NCH

Type: Long Course

Weekly, Wed 11:15am - 2:15pm

Leader: Barb Ryder

If you enjoy playing Hand & Foot or want to learn how to play this card game, you are welcome to join this group. Some knowledge of cards is necessary. If you have played Canasta you will soon pick up Hand & Foot.

24GAM004: Chess

Dates: 07/02/2024 - 20/11/2024

Location: Studio 9 NCH

Type: Long Course

Weekly, Wed 1:30pm - 3:30pm

Leader: Alan Gray

All levels are welcome from beginners to advanced players. Come and enjoy a friendly challenge.

24GAM007: Chinese Chess (Xiangqi)

Dates: 07/02/2024 - 20/11/2024

Location: Studio 5 NCH

Type: Short Course

Weekly, Wed 11:00am - 1:00pm

Leader: George Sik

Chinese chess or better known as Xiangqi is a board game with 16 chess pieces. It is very similar to the board game of International chess. The game of Xiangqi is played by millions of enthusiasts around the world and the rules of the game are very similar to International chess. Open to beginners, Intermediate, Advanced levels.

24GAM010: Contract Bridge

Dates: 05/02/2024 - 18/11/2024

Location: Meeting Room 2 NCH

Type: Long Course

Weekly, Mon 1:00pm - 4:00pm

Leader: Gilbert Foster

If you are experienced in the playing and have a knowledge of Contract Bridge you are welcome to join like-minded people and improve your skills in a friendly supportive environment.

This is not a training class for beginners.

24GAM013: Cryptic Crosswords

Dates: 06/02/2024 - 18/06/2024

Location: Studio 5 NCH

Type: Short Course

Weekly, Tue 12:45pm - 1:30pm

Leader: Margaret Lawlor

If you enjoy doing crosswords but find cryptic crosswords puzzling, then this class is for you. You will learn about the different types of cryptic crossword clues, solve some simple clues and then move on to solving simple cryptic crossword puzzles. Runs in Terms 1 & 2 2024

24GAM016: Fishing for Fun

Dates: 05/02/2024 - 18/11/2024

Location: Studio 3 NCH

Type: Long Course

Weekly, Mon 12:45pm - 2:15pm

Leader: Mike Davies

This class will cover fish species, where to fish, when to fish, tackle to use, rigs, knots, fishing freshwater, fishing saltwater - rocks, piers, beach, bait and learn to think like a fish.

24GAM019: Mah Jong Eastern

Dates: 06/02/2024 - 19/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Tue 12:00noon - 2:00pm

Leader: Herbert Yim

Co-Leader: Stella Yim

Leaders Herbert and Stella Yim and Doris and George Chan. This is a tile based game, developed in China and now popular throughout the World. Enjoy the class in a relaxed social atmosphere. Beginners welcome.

24GAM022: Mah Jong Western

Dates: 05/02/2024 - 18/11/2024

Location: Meeting Room 2 NCH

Type: Long Course

Weekly, Mon 9:30am - 11:30am

Leader: Val Lynch

This is a fascinating ancient Chinese game played with small decorated tiles. Come and enjoy a sociable and pleasant session. Beginners welcome.

24GAM025: Scrabble

Dates: 06/02/2024 - 19/11/2024

Location: Meeting Room 2 NCH

Type: Long Course

Weekly, Tue 2:00pm - 3:45pm

Leader: Lyn Arnold

Co-Leader: Chris Pollock

Recent Canadian research has shown that playing Scrabble may lower the risk of mental illness, make you happy, reduce blood pressure, improve the immune system, and improve memory. So come along and join in this stimulating and exciting game.

HISTORY

24HIS001: Ancient Egyptian History**Dates: 05/02/2024 - 18/11/2024****Location: Meeting Room 5 NCH****Type: Long Course****Weekly, Mon 12:00noon - 1:00pm****Leader: Joan Kelleher**

This class will take us from the pyramids to the golden treasures of Tutankhamun to Cleopatra and the end of Pharaonic Egypt. Pyramids, mummies, mystery and mayhem - Ancient Egypt had it all. Discover the marvels of this ancient, vibrant and fascinating civilisation.

24HIS004: Australian History 1**Dates: 09/02/2024 - 22/11/2024****Location: Meeting Room 4 NCH****Type: Long Course****Second and Fourth weeks, Fri 1:00pm - 2:30pm****Leader: Maria Ryan**

This class will continue to explore various aspects of the history of Australia with a focus this year on the first half of the 20th century. Social, cultural, economic and political aspects will be explained. The experiences and perspectives of the ordinary person, as well as the key players, will be included. A range of historical interpretations and perspectives will be examined. Second and fourth Friday of the month.

24HIS007: Australian History 2**Dates: 09/02/2024 - 22/11/2024****Location: Studio 3 NCH****Type: Long Course****Second and Fourth weeks, Fri 10:45am - 12:15pm****Leader: Maria Ryan**

This class will continue to explore various aspects of the history of Australia with a focus this year on the first half of the 20th century. Social, cultural, economic and political aspects will be explained. The experiences and perspectives of the ordinary person, as well as the key players, will be included. A range of historical interpretations and perspectives will be examined. Second and fourth Friday of the month.

24HIS010: Australian Hist, Focus on First Nations**Dates: 16/02/2024 - 15/11/2024****Location: Meeting Room 4 NCH****Type: Long Course****First and Third weeks, Fri 2:45pm - 3:45pm****Leader: Maria Ryan**

Many Australians today, both those born here and those who have made Australia their home, recognize that their knowledge and understanding of our First Nations people is quite limited. "Why were we not taught this in school?" and "My grandchildren in primary school know more than I do" are commonly expressed concerns. This class will explore aspects of First Nations cultures and social structures to enrich our appreciation of the oldest continuous human culture on earth which is a significant part of our nation. This knowledge will help deepen our awareness of the ongoing impact of European settlement

24HIS013: British History**Dates: 08/02/2024 - 21/11/2024****Location: Meeting Room 4 NCH****Type: Long Course****Weekly, Thu 11:15am - 12:45pm****Leader: Ivan Glynn**

Using a range of visual and documentary material, this class will take you on a journey through British History from the Norman Conquest through the Middle Ages to the Tudors and Stuarts. In addition, from time to time we will look at the life and history of different regions in Britain and at the art, literature and politics of each of the five nations which make up the British Isles.

24HIS016: European History 20th Century

Dates: 06/02/2024 - 19/11/2024

Location: Meeting Room 4 NCH

Type: Long Course

Weekly, Tue 11:15am - 12:15pm

Leader: Tony Walther

This class will discuss various topics of European History. There will be a different topic each week.

24HIS019: Family History Genealogy Beginners

Dates: 09/02/2024 - 22/11/2024

Location: Meeting Room 5 NCH

Type: Long Course

Weekly, Fri 2:00pm - 4:00pm

Leader: Ingrid Nelson

This class is for the Beginner Genealogists / Family historians.

24HIS022: Family History Genealogy Experienced

Dates: 09/02/2024 - 22/11/2024

Location: Meeting Room 5 NCH

Type: Long Course

Weekly, Fri 11:30am - 1:30pm

Leader: Ingrid Nelson

This class is for the Experienced and Advanced Genealogists / Family historians.

Prerequisites: Must have attended the Beginners class for 1 year prior to attending the experienced class

24HIS025: Film and History

Dates: 07/02/2024 - 20/11/2024

Location: Meeting Room 5 NCH

Type: Long Course

Weekly, Wed 1:45pm - 4:00pm

Leader: Ivan Glynn

This class will provide you with the opportunity to appreciate and discuss a range of films set in the past and to learn about the events on which they were based.

24HIS031: History of Tea

Dates: 06/02/2024 - 19/11/2024

Location: Studio 3 NCH

Type: Long Course

Weekly, Tue 2:30pm - 4:00pm

Leader: Jane Xu

This class is for those who have an interest and appreciation of tea and the various varieties, styles, regions, property and stockpiles etc. There will be a selection of black, white, oolong, green, yellow and dark flower teas from local and overseas for the members of the class to taste. There will be a small cost payable to the leader to cover the supply of the teas. You are welcome to bring your own tea pot. The leader is a native speaker from China and she will be accompanied by an English speaker who can interpret when necessary.

24HIS034: Jane Austen: Her Life, Times & Work

Dates: 05/02/2024 - 18/11/2024

Location: Meeting Room 5 NCH

Type: Long Course

Weekly, Mon 1:15pm - 2:15pm

Leader: Joan Kelleher

We will engage with Jane's juvenilia letters and novels. We will also explore the social and historical background to her life and writings. In 2024 we will be concentrating on the novels "Sense and Sensibility" and "Persuasion"

24HIS037: Mainly Shakespeare

Dates: 16/02/2024 - 15/11/2024

Location: Meeting Room 4 NCH

Type: Long Course

First and Third weeks, Fri 1:00pm - 2:30pm

Leader: Maria Ryan

Shakespeare is considered the greatest poet and dramatist of all time. His works explore the universal truths about the human condition, as relevant today as when he was writing. As John Bell says, 'We must not allow Shakespeare to simply become a lovely antique'. You will read and discuss a range of works and the classes will be accessible to all - from the long term aficionado, a newcomer to the Bard, or anywhere in between. At times the class will be enhanced by relevant DVD's and theatre outings. We might also venture into the works of other playwrights.

This class runs weeks 1 and 3 of the month

24HIS040: Military History

Dates: 08/02/2024 - 22/11/2024

Location: Meeting Room 4 NCH

Type: Long Course

Weekly, Thu 9:15am - 11:00am

Leader: Gilbert Foster

This class will cover topics from early classical times to present day. It includes weaponry, strategy, tactics, the reasons for battles, campaigns and wars on land, sea and air. Class members are encouraged to take an active role in presenting topics.

24HIS043: Movies through the Decades

Dates: 09/02/2024 - 22/11/2024

Location: Meeting Room 5 NCH

Type: Long Course

Weekly, Fri 9:00am - 11:15am

Leader: Mervyn Seeney

Co-Leader: Linda Briscoe

Throughout the year we will view and discuss a broad range of films from different genres and eras as well as those involved in bringing them to the screen. Class members are encouraged to suggest films for viewing. Join us for this Friday morning 'Movies with Friends'.

HUMANITIES

24HUM001: Current Affairs 1
Dates: 05/02/2024 - 18/11/2024
Location: Meeting Room 5 NCH

Type: Long Course
Weekly, Mon 10:45am - 11:45am
Leader: Mike Turner

Participate in a lively discussion and debate on topical issues in a friendly atmosphere.

24HUM004: Current affairs 2
Dates: 07/02/2024 - 20/11/2024
Location: Meeting Room 5 NCH

Type: Long Course
Weekly, Wed 11:15am - 12:15pm
Leader: Andrew Lockwood

Participate in a lively discussion and debate on topical issues in a friendly atmosphere.

24HUM007: Current affairs 3
Dates: 07/02/2024 - 20/11/2024
Location: Meeting Room 4 NCH

Type: Long Course
Weekly, Wed 9:30am - 10:45am
Leader: Allan Brownrigg

Participate in a lively discussion and debate on topical issues in a friendly atmosphere.

24HUM010: Current affairs 4
Dates: 06/02/2024 - 19/11/2024
Location: Meeting Room 4 NCH

Type: Long Course
Weekly, Tue 1:00pm - 2:00pm
Leader: John Rogan

Participate in a lively discussion and debate on topical issues in a friendly atmosphere. A wide range of views is encouraged.

24HUM013: Current Affairs 5
Dates: 05/02/2024 - 18/11/2024
Location: Studio 8 NCH

Type: Long Course
Weekly, Mon 12:00noon - 1:00pm
Leader: Lindsay Glen

Participate in a lively discussion and debate on topical issues in a friendly atmosphere.

24HUM016: Empowerment
Dates: 05/02/2024 - 18/11/2024
Location: Studio 8 NCH

Type: Long Course
Weekly, Mon 10:30am - 11:45am
Leader: Paulina Chong

How much did you learn about how to have a great life on the inside? Most of us only learn about the things that are outside of us when the real education we need is about 'how do I make my mind work for me instead of against me?' Come and join me as we explore how you create your own reality, to know yourself better and to create an even more fulfilling life you cherish. This is an invitation to stop living life on the surface and start living life deep. Bring along a frame of mind based on curiosity, exploration and some fun.

24HUM019: Finding your Creative Writing Voice

Dates: 07/02/2024 - 20/11/2024

Location: Studio 3 NCH

Type: Long Course

Weekly, Wed 1:00pm - 2:30pm

Leader: Merrilyn Velcek

This class will introduce you to # How to get started # Feeling free to write # Observations # Finding ideas and brainstorming # Building characters # Beginnings and endings # Making story compost and putting it all together.

Suggested material to bring: A blank A4 scrapbook or blank art book to use as a journal, a keeper of ideas. Blue/black pen or dark grey lead, that is easy to read, lined paper or exercise book and a dictionary/thesaurus - this could be a phone app, or the book version.

24HUM025: Improve Chronic Pain Management (T3)

Dates: 17/07/2024 - 11/09/2024

Location: Studio 4 NCH

Type: Short Course

Weekly, Wed 1:45pm - 3:45pm

Leader: Neil Reid

One in five Australians are expected to suffer from chronic pain in their lifetime. The Leader, Neil Reid, shares his recovery from chronic pain along with his knowledge and experience as a myotherapist. He demystifies pain and offers hope for recovery. It will cover how to manage, improve and hopefully, recover from chronic pain using evidence based non-pharmacological approaches. N.B. This course does not constitute medical advice

24HUM028: Keep Your Brain Active: Terms 1 & 2

Dates: 06/02/2024 - 18/06/2024

Location: Meeting Room 4 NCH

Type: Short Course

Weekly, Tue 9:30am - 11:00am

Leader: Tom Edwards

It is as important to maintain cognitive function as we age as it is to maintain our bodily health. It is necessary to have a variety of types of stimuli and not just the one eg crosswords. This we can achieve with the many types of logic puzzles available: the misuse of probabilities and statistics; optical illusions; magic tricks; any phenomena that makes us think outside the box, that gives us an Ah Ha moment. This course will make you think but it will not be stressful: it will be great fun. The class will run in terms 1 (Part A) and 2 (Part B). The class will be repeated in terms 3 (Part A) and 4 (Part B). Part B can be taken before Part A.

24HUM031: Keep Your Brain Active: Terms 3 & 4

Dates: 16/07/2024 - 19/11/2024

Location: Meeting Room 4 NCH

Type: Short Course

Weekly, Tue 9:30am - 11:00am

Leader: Tom Edwards

It is as important to maintain cognitive function as we age as it is to maintain our bodily health. It is necessary to have a variety of types of stimuli and not just the one eg crosswords. This we can achieve with the many types of logic puzzles available: the misuse of probabilities and statistics; optical illusions; magic tricks; any phenomena that makes us think outside the box, that gives us an Ah Ha moment. This course will make you think but it will not be stressful: it will be great fun. This class will run in Terms 3 (Part A) & 4 (Part B) and is a repeat of the class run in Terms 1 (Part A) & 2 (Part B). Part B can be taken before Part A. Members from that class may also enrol in this repeat course if they wish to continue, but it is also open to new members.

24HUM034: Learning to Speak in Public

Dates: 05/02/2024 - 18/11/2024

Location: Meeting Room 4 NCH

Type: Long Course

Weekly, Mon 9:15am - 10:30am

Leader: Keith Graham

Co-Leader: Pat Abrahams

Learning to speak in Public is a proven method of building self-confidence, raising personal morale and enhancing the ability to participate in and to enjoy social activities. Experienced speakers and learners are welcome. Participants must be able to communicate clearly in the English language. Meetings will follow an established programme.

24HUM037: Literature Appreciation

Dates: 16/02/2024 - 15/11/2024

Location: Studio 3 NCH

Type: Long Course

First and Third weeks, Fri 10:45am - 12:15pm

Leader: Lorraine Spiteri

Using a selection of texts we discuss a wide range of works of fiction and non-fiction. Ideas and themes are examined, as well as ways in which writers use settings, characterization, plot and imagery. Members may offer to present a book and lead discussion. Members will need to source their own copy of chosen texts. First and Third Friday of the month.

24HUM040: Mindfulness (Term 1)

Dates: 05/02/2024 - 25/03/2024

Location: Meeting Room 5 NCH

Type: Short Course

Weekly, Mon 2:30pm - 3:30pm

Leader: Bronwyn Roberts

This 7 week course combines mindful meditation practice with discussion on a range of evidence based mindfulness concepts. The aim of this course is to help you create an effective daily mindfulness practice that will suit your mindfulness needs and help you discover the positive impact mindfulness can have on your health and happiness.

24HUM043: Mindfulness (Term 3)

Dates: 15/07/2024 - 09/09/2024

Location: Meeting Room 5 NCH

Type: Short Course

Weekly, Mon 2:30pm - 3:30pm

Leader: Bronwyn Roberts

This 8 week course combines mindful meditation practice with discussion on a range of evidence based mindfulness concepts. The aim of this course is to help you create an effective daily mindfulness practice that will suit your mindfulness needs and help you discover the positive impact mindfulness can have on your health and happiness.

24HUM046: Numerology (T2): Daily number workout

Dates: 16/04/2024 - 18/06/2024

Location: Studio 3 NCH

Type: Short Course

Weekly, Tue 1:15pm - 2:15pm

Leader: Ursula Kolecki

This advanced numerology course identifies how to use the influence of each day to motivate you to take action adding to your life's satisfaction. Each week examines the characteristics of a number from 1-9 and the Master Numbers 11/22. In an interactive workshop you reflect on what needs, desires and goals would enrich your daily lifestyle. Learn the best days, months and years to act on your plans and dreams.

24HUM049: Numerology (T1): Make every day count

Dates: 06/02/2024 - 26/03/2024

Location: Studio 3 NCH

Type: Short Course

Weekly, Tue 1:15pm - 2:15pm

Leader: Ursula Kolecki

What is numerology? The science of numbers. The best part of numerology is you don't need to be a mathematician to work the numbers. You just need to be interested in learning more about yourself. The secret life of you can be revealed through your birth date. If your aim is to benefit from more go with the flow energy, then recognising the influence of numbers can offer you a more satisfying and peaceful life.

24HUM052: Numerology(T3): Make every day count

Dates: 16/07/2024 - 10/09/2024

Location: Studio 3 NCH

Type: Short Course

Weekly, Tue 1:15pm - 2:15pm

Leader: Ursula Kolecki

What is numerology? The science of numbers. The best part of numerology is you don't need to be a mathematician to work the numbers. You just need to be interested in learning more about yourself. The secret life of you can be revealed through your birth date. If your aim is to benefit from more go with the flow energy, then recognising the influence of numbers can offer you a more satisfying and peaceful life.

24HUM055: Numerology (T4): Daily number workout

Dates: 08/10/2024 - 19/11/2024

Location: Studio 3 NCH

Type: Short Course

Weekly, Tue 1:15pm - 2:15pm

Leader: Ursula Kolecki

This advanced numerology course identifies how to use the influence of each day to motivate you to take action adding to your life's satisfaction. Each week examines the characteristics of a number from 1-9 and the Master Numbers 11/22. In an interactive workshop you reflect on what needs, desires and goals would enrich your daily lifestyle. Learn the best days, months and years to act on your plans and dreams.

24HUM061: Philosophy Phor Phun Discussion

Dates: 07/02/2024 - 20/11/2024

Location: Meeting Room 5 NCH

Type: Long Course

Weekly, Wed 12:30pm - 1:30pm

Leader: Sam Au

Philosophy can guide us in understanding this increasingly complex world. How does one live a good life? How can one be free? Do humans have free will? What does it mean to know something? How does one know what is true? What is real? Topics relevant to these and other important questions are discussed. Members are welcome to suggest topics they wish to discuss.

Please check out the following blog for topics discussed: <http://philosophyphorphun.blogspot.com/>

24HUM064: Poetry for Pleasure

Dates: 05/02/2024 - 18/11/2024

Location: Studio 5 NCH

Type: Long Course

First and Third weeks, Mon 2:15pm - 3:45pm

Leader: Colin Browne OAM

Read your favourite poets for pleasure. After reading the poetry aloud it will be discussed in terms of historical context, meaning and literary value. Also write and bring along some poems of your own. First, Third and Fifth Monday of the month.

24HUM067: Poetry Writing

Dates: 06/02/2024 - 19/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Tue 9:00am - 10:15am

Leader: Mary Edgar

Based on a knowledge of how to read and appreciate published poetry through the ages, we explore the use of poetic forms and devices. With these skills, we develop the craft in writing our own poetry and constructively critique class work in a friendly atmosphere.

24HUM070: Political Science - A Fourth Revolution

Dates: 27/02/2024 - 19/11/2024

Location: Meeting Room 5 NCH

Type: Long Course

Weekly, Tue 2:30pm - 4:00pm

Leader: June MacDonald

This class will research, discuss and explore our changing 'World Order' through the lenses of Political Science, Social Justice, Climate Change and the Fourth Revolution - 'Good Government'. You need to purchase the text '50 Politics Classics' by Tom Butler-Bowden. Review readings by political thinkers, leaders, activists and the ideas of contemporary commentators. Analyse world events, past and present. This is not current affairs program but rather aimed at gaining insights of great political philosophers. Learn how political scientists seek and scrutinize evidence in politics and other areas of your life. This helps protect from misinformation and manipulation. Learn some of the fundamental principles of politics as well as core concepts: - Define politics, social justice, climate change and good government. - Define public policy, public interest, and power. - Define political science and describe the systematic study of politics. - Explain normative and empirical political science.

Prerequisites: Fluent in English. An inquiring mind and a respect for different points of view. Be prepared to do the weekly reading to enable you to contribute to the discussion. Prepare by reading chapter 42 ("The Jungle") in the text before the first class.

24HUM073: Psychology, Sociology of Advertising

Dates: 17/04/2024 - 20/11/2024

Location: Studio 4 NCH

Type: Short Course

Weekly, Wed 9:00am - 10:30am

Leader: David Bednall

Psychology, Sociology and Ethics of Advertising. Children and adults are exposed to 1000s of ads each week, e.g. for charities, U3A itself, medicines, alcohol, Covid-safety, consumer goods and politics, among others. Some ads are deceptive, exploitative or harmful. How should society deal with this? How do ads affect decision making? How do advertisers use psychology and sociology to design their ads and does this work? Each week these issues will be discussed and illustrated by a series of banned, funny, gross, amazing and banal ads. This class starts in Term 2, has a break in Term 3, then continues in Term 4.

24HUM076: Spirituality101: Dare to be curious

Dates: 07/02/2024 - 20/11/2024

Location: Studio 3 NCH

Type: Short Course

Weekly, Wed 11:15am - 12:45pm

Leader: Colin Carter

It is possible to move through your ego-identity and identify with a "Self" that is more honest, stable, peaceful, loving, content, complete. This is a Self-Enquiry practice with minimum meditation to find who you really are. With this knowledge you can be persistently happy for no reason at all; and with some related practices, directly dissolve negative feelings that get in the way.

24HUM079: Tarot Beginners

Dates: 06/02/2024 - 19/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Tue 11:45am - 1:00pm

Leader: Thais Brown

Help increase your intuition and go on a personal development journey through the Tarot. Learn what each of the 78 cards means and start learning how to use the cards to provide potential directions to resolve issues. Learn a bit about the basics of Astrology, Numerology and Psychology types using Myers Briggs.

You will need a Rider Waite Colman Tarot Deck

24HUM082: Tarot Cards Advanced

Dates: 06/02/2024 - 19/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Tue 1:15pm - 2:15pm

Leader: Thais Brown

This class is for those who have attended the Beginners introduction class in previous years or who have prior knowledge of the Tarot and wish to further their knowledge.

24HUM085: Travel Tips

Dates: 15/02/2024 - 21/11/2024

Location: Studio 5 NCH

Type: Short Course

Weekly, Thu 2:30pm - 3:30pm

Leader: Valerie Vernon

Co-Leader: Agnes Wong

The aim of this class is to create confidence and enjoyment when travelling, and to ensure you stay safe when travelling solo. Learn from discussing with other members in the class about their experiences. Explore offers on trips, travel insurance and airlines. First and third Thursday of the month

24HUM088: Wine Appreciation

Dates: 06/02/2024 - 19/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Tue 2:30pm - 4:00pm

Leader: Philippe De Montignie

This class will suit those who have an interest in wine and wish to improve their general knowledge of varieties, styles and regions etc. There will be a selection of red, white, sparkling and dessert wines from local and overseas wineries and tastings at the end of each class. Participants will need to make a contribution to the cost of the wine tasted each week.

LANGUAGE-CHINESE

24LANC01: Chinese Mandarin Beginners

Dates: 08/02/2024 - 21/11/2024

Location: Studio 8 NCH

Type: Long Course

Weekly, Thu 9:00am - 10:00am

Leader: Sylvia Chuah

Suitable for students with little or no knowledge of the Mandarin language. No text book, but students are required to bring writing materials. You will learn to read Chinese characters and simple text provided by the teacher. Simple conversation will also be covered.

If you attend this class it is desirable that you do not you cannot attend any other Chinese class

24LANC04: Chinese Level 1

Dates: 08/02/2024 - 21/11/2024

Location: Studio 5 NCH

Type: Long Course

Weekly, Thu 9:00am - 10:00am

Leader: Beulah Gardiner

This class includes improving your writing characters and Pinyin. Students should purchase a Chinese English dictionary which must include The Radical Index. Bring writing materials to this class. Text book: NiHao Book 1

24LANC07: Chinese 2A-Intensive Spoken Chinese

Dates: 08/02/2024 - 21/11/2024

Location: Meeting Room 5 NCH

Type: Long Course

Weekly, Thu 12:00noon - 1:00pm

Leader: Jane Pearlgood

This Language class is a new approach to Learning Chinese. Continuing Text book: Ni Hao; Intensive Spoken Chinese: New approach to learning. Available on-line or International Text Books. ISBN 978-7-8005-577-3

24LANC10: Chinese Level 2B

Dates: 06/02/2024 - 19/11/2024

Location: Studio 5 NCH

Type: Long Course

Weekly, Tue 2:30pm - 3:30pm

Leader: Scarlett Cheng

This class will learn from Ni Hao Book 2. In addition, there will be practice in conversation and learning to increase one's vocabulary through songs and other resources, which will be made available periodically.

Pre-requisite: Only members who have completed Ni Hao Book 1 are eligible for this class. It is essential that members have Ni Hao Book 2.

24LANC13: Chinese Level 3A

Dates: 08/02/2024 - 21/11/2024

Location: Studio 8 NCH

Type: Long Course

Weekly, Thu 10:15am - 11:30am

Leader: Jane Pearlgood

Students should have a reasonable basic understanding of the Chinese language and have studied at least 2 years of the Language. There will be greater emphasis on character reading and oral presentation. Continuing Text Book: Ni Hao Book 3

24LANC16: Chinese Level 3B Hanyu Pinyin

Dates: 06/02/2024 - 19/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Tue 10:30am - 11:30am

Leader: Kim Brooks

Continuation in the use of text in the '3 in 1' series, written by a Beijing instructor. Revision and pronunciation of Hanyu Pinyin alphabets will be conducted in this class.

Students do not need to purchase any text books as material for each lesson will be scanned and sent to you by email before each class. Students who have studied or used this text in previous years will be given priority in the 2024 class.

24LANC17: Chinese Level 3C

Dates: 06/02/2024 - 19/11/2024

Location: Studio 4 NCH

Type: Long Course

Weekly, Tue 12:30pm - 1:30pm

Leader: Lisa Li

This class is an intermediate level 3 class. You should have studied at least 2 years or have a good understanding of the Chinese language. Text book: Ni Hao Book 3 Intermediate. The leader is a native speaker with competent English.

You should have studied at least 2 years or have a good understanding of the language.

24LANC19: Chinese Level 4A

Dates: 05/02/2024 - 18/11/2024

Location: Studio 4 NCH

Type: Long Course

Weekly, Mon 11:15am - 12:45pm

Leader: Lilee Chen

A class for those who have studied at least four years of Chinese language classes with U3A and have completed text book Ni Hao Book 3 and Pinyin spelling. Text book for 2024 is Ni Hao book 4.

24LANC22: Chinese Level 4B

Dates: 08/02/2024 - 21/11/2024

Location: Meeting Room 5 NCH

Type: Long Course

Weekly, Thu 9:00am - 10:00am

Leader: Kheng Lau

Continuation of textbook Ni Hao book 5. Other material will be used and provided to complement each lesson. Students are expected to have a reasonable knowledge of the commonly used Chinese characters as well as Pinyin. The leader is not a native speaker

24LANC25: Chinese Level 5

Dates: 08/02/2024 - 21/11/2024

Location: Studio 8 NCH

Type: Long Course

Weekly, Thu 12:00noon - 1:00pm

Leader: Joan Yang

Members of this class should have at least Chinese Level 4 competency. Classical stories, poetry, traditional cultures, various Chinese culinary cuisines, with an introduction of China geography and tourist attractions will be covered. This will be a fun class with interactive subject matters.

24LANC28: Chinese Level 6

Dates: 05/02/2024 - 18/11/2024

Location: Studio 4 NCH

Type: Long Course

Weekly, Mon 1:00pm - 2:30pm

Leader: Margaret Riseley

The Leader is from Taiwan where authentic Mandarin is spoken. This class aims to improve the Mandarin oral skills of the participants. Intending members should have an intermediate Chinese literacy level. Each week a subject is given in advance for subsequent in-class discussion or role play. Talking topics include daily activities, Chinese culture, history and philosophy.

24LANC31: Chinese Level 7

Dates: 08/02/2024 - 21/11/2024

Location: Meeting Room 5 NCH

Type: Long Course

Weekly, Thu 10:15am - 11:45am

Leader: Rongping Press

This class is an advanced level class with focus on the Chinese characters, tradition and customs.

LANGUAGE-EAL

24LANE01: EAL English ABC

Dates: 08/02/2024 - 21/11/2024

Location: Meeting Room 3 NCH

Type: Long Course

Weekly, Thu 1:00pm - 2:00pm

Leader: Rongping Press

This special English class is specifically designed for Chinese Seniors in Australia who face difficulties in learning English. It introduces some simple, practical and memorable learning methods, so that everyone can learn and improve together. Live a more convenient, healthy and happy life while learning English! Everyone is welcome.

24LANE03: EAL Basic English

Dates: 09/02/2024 - 22/11/2024

Location: Meeting Room 3 NCH

Type: Long Course

Weekly, Fri 10:00am - 11:00am

Leader: Lisa Li

This class is designed for those who have no basic English skills. Asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged, along with the reading of simple texts. New vocabulary, including Australian expressions and idioms will be introduced as well as learning some informal grammar.

24LANE07: EAL Beginners 2

Dates: 08/02/2024 - 21/11/2024

Location: Meeting Room 3 NCH

Type: Long Course

Weekly, Thu 10:00am - 11:00am

Leader: Linda Hallowell

This class is designed to develop basic English skills. It is desirable that you have at least some knowledge of spoken English. You will have opportunities to develop confidence with your conversation skills in a relaxed and friendly environment using simple sentences, asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged, along with the reading of simple texts. New vocabulary, including Australian expressions and idioms will be introduced as well as learning some informal grammar.

24LANE13: EAL Beginners 4

Dates: 05/02/2024 - 18/11/2024

Location: Meeting Room 1 NCH

Type: Long Course

Weekly, Mon 12:30pm - 1:30pm

Leader: Maree Odgers

This class is designed to develop basic English skills. It is desirable that you have at least some knowledge of spoken English. You will have opportunities to develop confidence with your conversation skills in a relaxed and friendly environment using simple sentences, asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged, along with the reading of simple texts. New vocabulary, including Australian expressions and idioms will be introduced as well as learning some informal grammar.

24LANE16: EAL Beginners 5

Dates: 06/02/2024 - 19/11/2024

Location: Meeting Room 3 NCH

Type: Long Course

Weekly, Tue 12:45pm - 1:45pm

Leader: Chesa Cap

This class is designed to build on basic English skills. It is desirable that you have at least some knowledge of spoken English. You will have opportunities to develop confidence with your conversation skills in a relaxed and friendly environment using simple sentences, asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged, along with the reading of simple texts. New vocabulary, including Australian expressions and idioms will be introduced as well as learning some informal grammar.

24LANE17: EAL Beginners 6

Dates: 08/02/2024 - 21/11/2024

Location: Meeting Room 3 NCH

Type: Long Course

Weekly, Thu 11:15am - 12:15pm

Leader: Kim Brooks

This class is designed to develop basic English skills. It is desirable that you have at least some knowledge of spoken English. You will have opportunities to develop confidence with your conversation skills in a relaxed and friendly environment using simple sentences, asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged, along with the reading of simple texts. New vocabulary, including Australian expressions and idioms. Leader is able to translate in Mandarin.

24LANE18: EAL Beginners Plus

Dates: 06/02/2024 - 19/11/2024

Location: Meeting Room 3 NCH

Type: Long Course

Weekly, Tue 2:00pm - 3:00pm

Leader: Veronica Gee

This class is for members who already speak English, and are seeking to improve their grammar, reading skills and conversation. You will have opportunities to develop confidence with your conversation skills in a relaxed and friendly environment using simple sentences, asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged, along with the reading of simple texts. New vocabulary, including Australian expressions and idioms will be introduced as well as learning some informal grammar.

24LANE19: EAL Intermediate 1

Dates: 07/02/2024 - 20/11/2024

Location: Meeting Room 1 NCH

Type: Long Course

Weekly, Wed 10:00am - 11:30am

Leader: June MacDonald

This class offers you an opportunity to improve your pronunciation and increase your confidence when speaking English by discussing stories, local events, current affairs and Australian culture using more complex sentence structures. Some grammar will be included along with reading, new vocabulary and writing short texts. Classes are small, relaxed and friendly.

You need to be able to speak English with some degree of fluency. Bring a notebook and folder.

24LANE22: EAL Intermediate 2
Dates: 05/02/2024 - 18/11/2024
Location: Meeting Room 1 NCH

Type: Long Course
Weekly, Mon 10:45am - 12:00noon
Leader: Anne Fortune

This class offers you an opportunity to improve your pronunciation and increase your confidence when speaking English by discussing stories, local events, current affairs and Australian culture using more complex sentence structures. Some grammar will be included along with reading, new vocabulary and writing short texts. Classes are small, relaxed and friendly.

You need to be able to speak English with some degree of fluency.

24LANE25: EAL Intermediate 3
Dates: 06/02/2024 - 19/11/2024
Location: Meeting Room 1 NCH

Type: Short Course
Weekly, Tue 11:00am - 12:00noon
Leader: Elizabeth Sloan

This class offers you an opportunity to improve your pronunciation and increase your confidence when speaking English by discussing stories, local events, current affairs and Australian culture using more complex sentence structures. Some grammar will be included along with reading, new vocabulary and writing short texts. Classes are small, relaxed and friendly. Terms 3 and 4.

You need to be able to speak English with some degree of fluency.

24LANE28: EAL Intermediate 4
Dates: 05/02/2024 - 18/11/2024
Location: Meeting Room 3 NCH

Type: Long Course
Weekly, Mon 12:45pm - 1:45pm
Leader: Marg Junor

The aims of this small, friendly class are to increase your understanding of both spoken and written English and to develop your confidence when you want to communicate using English. Pronunciation, vocabulary, understanding of grammar and different sentence structures will be continually improved through discussion and conversation as well as short reading and writing tasks. Topics for discussions will depend on what happens during the year as well as the needs and interests of class members. (Some examples: travel, families, festivals, behaviour and language for formal occasions, the arts, sport, song lyrics, Australian humour, some history of Australia, comparing cultures, food!)

You need to be able to speak and understand everyday English fairly well. Class information and any written work will be emailed if you have to miss a class.

24LANE31: EAL Intermediate 5
Dates: 05/02/2024 - 18/11/2024
Location: Meeting Room 1 NCH

Type: Long Course
Weekly, Mon 2:00pm - 3:00pm
Leader: Maree Odgers

This class offers you an opportunity to improve your pronunciation and increase your confidence when speaking English by discussing stories, local events, current affairs and Australian culture using more complex sentence structures. Some grammar will be included along with reading, new vocabulary and writing short texts. Classes are small, relaxed and friendly.

You need to be able to speak English with some degree of fluency.

24LANE34: EAL Advanced 1

Dates: 05/02/2024 - 18/11/2024

Location: Meeting Room 3 NCH

Type: Long Course

Weekly, Mon 10:45am - 12:00noon

Leader: Lola Lane

This course is suitable for students with a reasonable English vocabulary and is designed to give you confidence and an opportunity to increase your conversation skills. By discussing various topics and reading out aloud you will improve your grammar and pronunciation. We discuss a range of topics ranging from current affairs, Australian culture, to questions about everyday living in Australia. Classes are small, relaxed and very supportive.

Students must have English capable of conversation and writing skills

24LANE37: EAL Advanced 2 Zoom

Dates: 05/02/2024 - 18/11/2024

Location: Zoom

Type: AZoom Long

Weekly, Mon 3:30pm - 5:00pm

Leader: Margaret Barwell

This class is suitable for students with a reasonable English vocabulary and is designed to give you confidence and an opportunity to increase your conversation skills. By discussing various topics and reading out aloud you will improve your grammar and pronunciation. We discuss a range of topics ranging from current affairs, Australian culture, to questions about everyday living in Australia. Classes are small, relaxed and very supportive.

Students must have English capable of conversation and writing skills.

24LANE40: EAL Advanced 3

Dates: 07/02/2024 - 20/11/2024

Location: Studio 5 NCH

Type: Long Course

Weekly, Wed 9:30am - 10:45am

Leader: Marie Trembath

This course is suitable for students with a reasonable English vocabulary and is designed to give you confidence and an opportunity to increase your conversation skills. By discussing various topics and reading out aloud you will learn more about grammar and practice correct English pronunciation. We discuss a range of topics ranging from current affairs, Australian culture, to questions about everyday living in Australia. Classes are small, relaxed and very supportive.

You must have English capable of conversation and some writing skill.

24LANE43: EAL Advanced 4

Dates: 05/02/2024 - 18/11/2024

Location: Meeting Room 3 NCH

Type: Long Course

Weekly, Mon 2:15pm - 3:30pm

Leader: Lola Lane

This course is suitable for students with a reasonable English vocabulary and is designed to give you confidence and an opportunity to increase your conversation skills. By discussing various topics and reading out aloud you will improve your grammar and pronunciation. We discuss a range of topics ranging from current affairs, Australian culture, to questions about everyday living in Australia. Classes are small, relaxed and very supportive.

Students must have English capable of conversation and writing skills.

LANGUAGE-FRENCH

24LANF01: French Level 1

Dates: 05/02/2024 - 18/11/2024

Location: Studio 5 NCH

Type: Long Course

Fortnightly, Mon 12:15pm - 1:45pm

Leader: Chantale Lam

Co-Leader: Shane Sexton

This French class is designed for members who are interested in communicating in the French language. French culture and French songs are included. Textbooks: Ca Roule Coursebook 2 and Ca Roule Workbook 2. Author: Carolyn Sudlow. Publisher: Pearson. Regular homework will be given to assist class participation and aid progress in the French language.

Prior knowledge: Students should have completed Beginners French in 2023, or equivalent.

24LANF04: French Level 2A

Dates: 07/02/2024 - 20/11/2024

Location: Meeting Room 5 NCH

Type: Long Course

Weekly, Wed 9:45am - 11:00am

Leader: Brigitte Ciurleo

This course is for those who have completed two years of French study. Through the use of "Colloquial French, The Complete Course For Beginners", by Valerie Demouy and Alan Moys, you will cover basic structures & vocabulary of everyday situations which you are likely to encounter in France & French speaking countries. You will need to prepare for each lesson at home and participate in listening, reading, speaking and writing tasks in class, in a supportive environment.

24LANF07: French Level 2B

Dates: 07/02/2024 - 20/11/2024

Location: Studio 8 NCH

Type: Long Course

Weekly, Wed 1:15pm - 2:15pm

Leader: Ilsa Rose

This class began as a beginner's class several years ago and will suit those people who wish to continue their learning of French and also those who already have a basic knowledge of French grammar and verb tenses. Communication and aspects of grammar will be involved along with cultural background.

24LANF10: French Level 3

Dates: 07/02/2024 - 20/11/2024

Location: Studio 8 NCH

Type: Long Course

Weekly, Wed 2:30pm - 3:30pm

Leader: Ilsa Rose

This is a lower intermediate class for people who have studied French for a number of years and are familiar with the grammar and verb tenses. We will use dialogues relating to real situations and extend our knowledge of French grammar, vocabulary and culture. Taking part in your own dialogues will be encouraged. Text: Communication progressive du Francais. Niveau Intermediaire. A2-B1 Claire Miquel.

24LANF13: French Level 4

Dates: 05/02/2024 - 18/11/2024

Location: Meeting Room 4 NCH

Type: Long Course

Weekly, Mon 10:45am - 12:15pm

Leader: Brigitte Ciurleo

A higher Intermediate level class for those who have studied French in the past. Two texts will be used: Communication Progressive du Francais, Niveau Intermediaire and Civilisation en Dialogues (Debutant). Through these texts, you will have direct contact with real situations of communication relating to daily life whilst exploring French grammar, vocabulary and culture. You will need to prepare for each lesson at home and participate in listening, reading, speaking and writing tasks in class, in a supportive environment.

24LANF16: French Level 5

Dates: 06/02/2024 - 19/11/2024

Location: Studio 5 NCH

Type: Long Course

Weekly, Tue 11:15am - 12:30pm

Leader: Ilsa Rose

This class is at an intermediate/advanced level for people to enrich and deepen their French Language skills. French grammar and its practical applications are discussed. Topics of general interest are also covered using a variety of sources. Text: Practice Makes Perfect; Complete French Grammar. Annie Heminway.

24LANF19: French Conversation Level 3A

Dates: 05/02/2024 - 18/11/2024

Location: Meeting Room 5 NCH

Type: Long Course

Weekly, Mon 9:00am - 10:30am

Leader: Thierry Mauran

This French conversation class is designed for members who have a reasonable level of fluency and who want to improve their French conversation through texts, current affairs articles and relevant grammar.

24LANF22: French Conversation Level 3B

Dates: 07/02/2024 - 20/11/2024

Location: Studio 3 NCH

Type: Long Course

Weekly, Wed 9:30am - 11:00am

Leader: Thierry Mauran

This French conversation class is designed for members who have a reasonable level of fluency and who want to improve their French conversation through texts, current affairs articles and relevant grammar.

24LANF25: French for Travellers

Dates: 06/02/2024 - 19/11/2024

Location: Studio 4 NCH

Type: Long Course

Weekly, Tue 11:15am - 12:15pm

Leader: Owen Crombie

This Class is to help you feel confident to travel in France, and to provide a low key introduction to French language

Requirements: Sense of humour, no prior French experience needed

LANGUAGE-GERMAN

24LANG01: German for Travellers L1 Beginners

Dates: 09/02/2024 - 22/11/2024

Location: Studio 5 NCH

Type: Long Course

Weekly, Fri 11:30am - 12:30pm

Leader: Dieter Markworth

This is a class for Beginners, with absolutely no knowledge of German being assumed. German is especially easy to learn for people who speak English. This is because both English and German belong to the same language group. Many of the most common English words have a German equivalent. Pronouncing German is especially easy from a written text. It always sounds as it is written and written as it sounds. Even if your grammar is less than perfect, the Germans will understand you and communication is what matters.

24LANG04: German for Travellers L2/3 Interm/Adv

Dates: 09/02/2024 - 22/11/2024

Location: Studio 5 NCH

Type: Long Course

Weekly, Fri 1:00pm - 2:15pm

Leader: Dieter Markworth

This class follows on from the Beginners class and for 2024 combines Intermediate and Advanced classes. The vocabulary will continue to emphasise the common Germanic origins of both English and German that makes German an easy language to learn. There is opportunity to explore word structure and grammar. Texts will describe travel in various settings and concentrate on German vocabulary that is useful while travelling and exploring.

24LANG07: German Level 1 Beginners

Dates: 19/04/2024 - 22/11/2024

Location: Studio 4 NCH

Type: Long Course

Weekly, Fri 9:15am - 10:30am

Leader: Peter Griffiths

This is a class for beginners or those with a little German knowledge, covering grammar, vocabulary and practice in understanding and speaking German. There will be some emphasis on expanding one's knowledge of grammar and vocabulary and rather less on conversation. Text: Grammatik'A' : Buschia and Szita.

Note: This class will not start until Term 2 in 2024.

24LANG10: German Level 2 Intermediate

Dates: 19/04/2024 - 22/11/2024

Location: Studio 4 NCH

Type: Long Course

Weekly, Fri 10:45am - 12:15pm

Leader: Peter Griffiths

This class will cover a mixture of conversation, culture and history, with sometimes a brief look at German Grammar.

Note: This class will not start until Term 2 in 2024.

LANGUAGE-ITALIAN

24LANI01: Italian Beginners Level 1

Dates: 06/02/2024 - 19/11/2024

Location: Studio 4 NCH

'Ciao Tutti' is a beginners class with no previous knowledge of the Italian Language necessary. A simple Italian dictionary is required. Text: Italian Conversation - Marcel Danesi, 3rd edition. If you are joining after Term 1 you will need to have a small amount of knowledge of the language.

Type: Long Course

Weekly, Tue 9:30am - 11:00am

Leader: Earle Ludekens

24LANI04: Italian Level 2A

Dates: 05/02/2024 - 18/11/2024

Location: Studio 3 NCH

This is a continuing class for higher level beginners. Suitable for anyone with some knowledge of the Italian language. Text: To Be Advised

Type: Long Course

Weekly, Mon 11:15am - 12:30pm

Leader: John Finlayson

24LANI07: Italian Level 2B Zoom

Dates: 08/02/2024 - 21/11/2024

Location: Zoom

A class for anyone who has at least 1 year experience learning the Italian language. We will be focussing on grammatical concepts, reading comprehension and conversation practise. Text: Italian made simple by Christina Mazzoni. This class is held on Zoom

Prerequisites: You will need a working computer and a reliable internet connection.

Type: Long Course

Weekly, Thu 2:00pm - 3:30pm

Leader: Linda Froelich

24LANI10: Italian Level 3 Zoom

Dates: 08/02/2024 - 21/11/2024

Location: Zoom

A class for those who have studied Italian for three or more years, have a love for the Italian Language and would like to advance their knowledge of Italian further. Text Book; Italian Made Simple by Christina Mazzoni. This class will be held on Zoom in 2024

Prerequisites: At least 3 years of Italian study and a working computer with reliable internet connection.

Type: Long Course

Weekly, Thu 12:00noon - 1:30pm

Leader: Linda Froelich

24LANI13: Italian Level 4

Dates: 08/02/2024 - 21/11/2024

Location: Studio 3 NCH

This class concentrates on extending your knowledge of Italian beyond the text books to practising real-time speaking, reading, and translation. The aim is to converse in Italian like an Italian. Some homework will need to be undertaken.

Type: Long Course

Weekly, Thu 9:30am - 11:00am

Leader: Carl DiGiovine

24LANI16: Italy - Culture and Conversation

Dates: 07/02/2024 - 20/11/2024

Location: Studio 4 NCH

Suitable for anyone who has completed 5 or more years of Italian studies, or has a knowledge of the Italian language through heritage. This is a class about all things Italian, with a strong focus on conversation. It will be conducted mainly in Italian and as such, participants are actively encouraged to converse in Italian. Material may be in the form of written articles, film or music. Grammar will also be incorporated as required.

Type: Long Course

Weekly, Wed 12:15pm - 1:30pm

Leader: Linda Hammond

Co-Leader: Arlene Hoeks

LANGUAGE-JAPANESE

24LANJ01: Japanese Level 1-Basic Beginners

Dates: 09/02/2024 - 22/11/2024

Location: Meeting Room 2 NCH

Type: Long Course

Weekly, Fri 11:15am - 12:15pm

Leader: Meryl Teather, Co-Leader: Athalie Brooks

This course is an introduction to the Japanese language for absolute beginners. We will slowly introduce, hiragana, (a set of symbols used to write Japanese words), Japanese vocabulary and grammar, and Japanese culture. Students are required to bring the textbook and an exercise book. The textbook is: Japanese from Zero Book 1, By George Trombley and Yukari Takenaka. Edition 7 It can be purchased as either a hard copy or a Kindle version (much cheaper) from Amazon Australia

24LANJ04: Japanese Level 2

Dates: 09/02/2024 - 22/11/2024

Location: Studio 5 NCH

Type: Long Course

Weekly, Fri 10:15am - 11:15am

Leader: Toshie Burke

This class is the continuation of Japanese beginners 2023 for those who understand simple sentence.

24LANJ07: Japanese Level 3

Dates: 08/02/2024 - 21/11/2024

Location: Studio 4 NCH

Type: Long Course

Weekly, Thu 12:30pm - 2:00pm

Leader: Yvonne De Sousa, Co-Leader: Megs Yokota

This is an ongoing class. The students in this class must be able to read and write sentences and short passages in Hiragana and Katakana. Thanks to Megumi Yokota we are able to conduct listening exercises and put an emphasis on conversations. New topics are introduced each lesson. Text Book: "Japanese for Busy People Book 1." Revised edition 3. New members to this class must acquire a Kana Version of the book. As the class is nearing completion of this book, it will move on to Book 2 Edition 3. (Reading Hiragana and Katakana is compulsory for Book 2).

Students must be able to introduce themselves in Japanese and use "survival Japanese".

24LANJ10: Japanese Level 4

Dates: 09/02/2024 - 22/11/2024

Location: Studio 5 NCH

Type: Long Course

Weekly, Fri 9:00am - 10:00am

Leader: Toshie Burke

This class is the continuation of Level 3 2023, for those who can express daily things in Japanese.

24LANJ13: Japanese Level 5

Dates: 07/02/2024 - 20/11/2024

Location: Studio 8 NCH

Type: Long Course

Weekly, Wed 9:30am - 10:30am

Leader: Toshie Burke

This class is the continuation of Level 4 2023, for those who can communicate in Japanese using various grammar patterns.

24LANJ16: Japanese Level 6

Dates: 09/02/2024 - 22/11/2024

Location: Meeting Room 2 NCH

Type: Long Course

Weekly, Fri 9:30am - 11:00am

Leader: Chieko Kawakami, Co-Leader: Yvonne De Sousa

This class is ongoing, for those who can read and write Hiragana and Katakana fluently. Some knowledge of Kanji characters would be beneficial. Emphasis will be placed on conversations. We use the text book Japanese for Busy People' Book 3 (revised 3rd edition) to introduce some new grammar and to reinforce previously learnt grammar. The book provides good examples and numerous exercises to consolidate new topics. Other resources will also be provided.

Students should be able to converse quite well in Japanese. It is essential to endeavour to keep pace with what is being done in class.

LANGUAGE-RUSSIAN

24LANR01: Russian for Travel-Advanced

Dates: 07/02/2024 - 20/11/2024

Location: Meeting Room 3 NCH

Type: Long Course

Weekly, Wed 1:15pm - 3:15pm

Leader: Vera Kalashnikova

We study grammar, reading and writing at an advanced level in Russian. We also get acquainted with the sights, culture and geography of Russia.

LANGUAGE-SPANISH

24LANS01: Spanish Level 1 Beginners

Dates: 07/02/2024 - 20/11/2024

Location: Studio 8 NCH

Type: Long Course

Weekly, Wed 11:30am - 1:00pm

Leader: Nena Stojkovic

Welcome to the Spanish for beginner Learners Begin your Spanish journey, learn key vocabulary, basic structures and immerse yourself in a new culture. Having fun while learning is an ABSOLUTE MUST!!! No previous knowledge of Spanish required! Text book required: Easy Spanish Step-by-Step Premium Second Edition by Barbara Bregstein (Author)

24LANS03: Spanish Level 3

Dates: 08/02/2024 - 21/11/2024

Location: Studio 5 NCH

Type: Long Course

Weekly, Thu 11:30am - 1:00pm

Leader: Elvira Cifaratti

Students must have completed Spanish L2 Advanced Beginners or have a good knowledge of the Spanish Language. Textbook: 'Spanish Made Simple' by Eugene Jackson & Antonio Rubio. (Can be purchased online).

24LANS05: Spanish Level 4: Grammar

Dates: 06/02/2024 - 19/11/2024

Location: Studio 3 NCH

Type: Long Course

Weekly, Tue 12:00noon - 1:00pm

Leader: David Secomb

This Spanish class which began in 2023, will continue in 2024 with the same members. It aims to cover all key areas of Spanish Grammar over the two year period. Text book: Easy Spanish Step-By-Step (McGraw Hill 2006), followed by Advanced Spanish Step-By-Step (McGraw Hill 2012), both by Barbara Bregstein. The text books will be augmented by materials from other sources, including the internet.

24LANS07: Spanish Level 5

Dates: 06/02/2024 - 19/11/2024

Location: Studio 3 NCH

Type: Long Course

Weekly, Tue 10:45am - 11:45am

Leader: Pili Jenkin

A class for those who wish to practise conversing in the Spanish Language.

MUSIC

24MUS001: Cantonese Opera

Dates: 09/02/2024 - 22/11/2024

Location: Meeting Room 4 NCH

Type: Long Course

Weekly, Fri 9:00am - 11:00am

Leader: Yin Wong

Co-Leader: Agnes Wong

Cantonese Opera, an art form inscribed onto the UNESCO list of Intangible Cultural Heritage of Humanity in 2009, is one of the main categories in Chinese Opera. It is a traditional art form with music, singing and acting. Join us to learn the skill of utilising Gong Chi score and singing techniques.

24MUS004: Chinese String Instruments ErHu Group 1

Dates: 06/02/2024 - 19/11/2024

Location: Studio 9 NCH

Type: Long Course

Weekly, Tue 11:45am - 1:15pm

Leader: Kum Fong Lee

This class is for members who attended the 'Er HU Exp' class in 2023. Suitable for those with some music knowledge and experience playing Er Hu. Share and enjoy the beauty of this traditional musical instrument. You will need to bring your own Er Hu instrument.

24MUS007: Chinese String Instruments ErHu Group B

Dates: 06/02/2024 - 19/11/2024

Location: Studio 9 NCH

Type: Long Course

Weekly, Tue 2:00pm - 3:30pm

Leader: Kum Fong Lee

This class is for members who attended ERHU Beginners in 2023. one of the traditional Chinese string instruments used in Cantonese Opera Music. Share and enjoy the beauty of this traditional musical instrument. You will need to bring your own Er Hu instrument

24MUS010: Choir

Dates: 07/02/2024 - 20/11/2024

Location: Studio 2 NCH

Type: Long Course

Weekly, Wed 10:45am - 12:00noon

Leader: Bette Opitz

Co-Leader: Loretto Perkins

The choir comes together to enjoy a repertoire of music from all eras. Popular, Folk, Musicals and Christmas themes. There is an opportunity for singing in harmony and unison.

24MUS013: Exploring Music

Dates: 09/02/2024 - 22/11/2024

Location: Studio 4 NCH

Type: Long Course

Weekly, Fri 12:30pm - 2:30pm

Leader: Kerry Sole

Explore the many by-ways of music; from the less-known works of the great masters to discovering fine works of less-well-known composers. As well as classical music we will also look at some lighter music. Emphasis will be on listening to music. Class discussion welcome/.

24MUS019: Guitar Beginners 1

Dates: 09/02/2024 - 22/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Fri 11:00am - 12:00noon

Leader: Masa Ike

This is a class for people who are absolute beginners to the guitar. You do not have to be able to read music, just the desire to get some nice sounds out of your instrument. We will cover the basics from how to tune your guitar, playing chords, finger picking, as well as playing basic leads and solos. You will need to bring your own six string guitar. It can be classical (nylon string), acoustic (steel string), or electric. Please note if you are bringing an electric guitar, you will also need to provide your own small practice amp. If you have not purchased an instrument yet, please contact the Course Leader (masaike3109@gmail.com) to discuss before spending any money.

24MUS022: Guitar Beginners 2

Dates: 09/02/2024 - 22/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Fri 12:30pm - 1:30pm

Leader: Masa Ike

This is a class for people who are absolute beginners to the guitar. You do not have to be able to read music, just the desire to get some nice sounds out of your instrument. We will cover the basics from how to tune your guitar, playing chords, finger picking, as well as playing basic leads and solos. You will need to bring your own six string guitar. It can be classical (nylon string), acoustic (steel string), or electric. Please note if you are bringing an electric guitar, you will also need to provide your own small practice amp. If you have not purchased an instrument yet, please contact the Course Leader (masaike3109@gmail.com) to discuss before spending any money.

24MUS025: Guitar Beginners 3

Dates: 09/02/2024 - 22/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Fri 2:00pm - 3:00pm

Leader: Masa Ike

This is a class for people who are absolute beginners to the guitar. You do not have to be able to read music, just the desire to get some nice sounds out of your instrument. We will cover the basics from how to tune your guitar, playing chords, finger picking, as well as playing basic leads and solos. You will need to bring your own six string guitar. It can be classical (nylon string), acoustic (steel string), or electric. Please note if you are bringing an electric guitar, you will also need to provide your own small practice amp. If you have not purchased an instrument yet, please contact the Course Leader (masaike3109@gmail.com) to discuss before spending any money.

24MUS028: Guitar Improvising for Beginners

Dates: 08/02/2024 - 21/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Thu 2:45pm - 3:45pm

Leader: Masa Ike

This class is for people who want to learn how to improvise melodies using the guitar. You do not have to be able to read music. You will need to bring your own six string guitar which can be classical (nylon string), acoustic (steel string), or electric. Please note if you are bringing an electric guitar, you will also need to provide your own small practice amp.

24MUS031: Guitar Intermediate

Dates: 09/02/2024 - 22/11/2024

Location: Studio 9 NCH

Type: Long Course

Weekly, Fri 12:15pm - 1:15pm

Leader: Bob Hayes

This class provides the opportunity for playing folk and popular music on the guitar. To join this class, you will need to be able to read and play simple melody, harmony lines and basic chords. All members are expected to have the Hal Leonard Guitar Method Complete Edition. While additional music will be provided, Members are encouraged to play their own music. Before admission to this Class, prospective new Members will need to discuss their relevant experience with the Class Leader.

24MUS034: Guitar Sessions for Boomers

Dates: 19/04/2024 - 22/11/2024

Location: Studio 9 NCH

Type: Long Course

Weekly, Fri 1:30pm - 3:00pm

Leader: Fred Wachtel

Co-Leader: Ruth Wachtel

Increase your repertoire with 7 new songs from the Baby Boomer era introduced each week. Songs with lyrics and chords are sent a week in advance via email and can be printed off or uploaded to a tablet. Songs are played and sung together as a group. You do not need to be able to read music but will need to know basic guitar chords. You will need a music stand, tuner and a capo. Commences Term 2.

24MUS040: Silver Grove Swing Band

Dates: 06/02/2024 - 19/11/2024

Location: Studio 9 NCH

Type: Long Course

Weekly, Tue 9:00am - 11:30am

Leader: Geoffrey Moore

This group has the format of the classic Big Band of the Swing era. As the numbers and types of instruments required are dictated by the commercially available arrangements we use, there are limited opportunities for new members. Musicians need to be reasonably experienced to participate. If you have not been a member of this class in 2023 you will need to contact the Course Administrator to discuss possibilities of joining.

Prerequisites: Must have your own instrument and be able to read music charts.

24MUS043: Ukulele Group 1

Dates: 07/02/2024 - 20/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Wed 1:45pm - 3:15pm

Leader: Steve Burch

The aim of this class is to improve yourself as a Solo Ukulele player and also enjoy making music together in a group. Through your attendance in this class you will learn Chords, a variety of Strumming patterns, Right hand Finger picking and Melodies. Beginners welcome. BYO Ukulele

24MUS046: Ukulele Group 2

Dates: 07/02/2024 - 20/11/2024

Location: Studio 6 NCH

Type: Short Course

Weekly, Wed 12:30pm - 1:30pm

Leader: Steve Burch

The aim of this class is to improve yourself as a Solo Ukulele player and also enjoy making music together in a group. Through your attendance in this class you will learn Chords, a variety of Strumming patterns, Right hand Finger picking and Melodies. Beginners welcome. BYO Ukulele

SCIENCE

24SCI001: Cosmology

Dates: 08/02/2024 - 21/11/2024

Location: Studio 3 NCH

Type: Long Course

Weekly, Thu 11:15am - 12:15pm

Leader: Tony Heyes

The greatest story told - Evolution: The Big Bang to the brain. The evolution of galaxies, stars, planets, life and us. Learn not just the facts but how the facts were ascertained. For example, how to measure distance to the stars. How to measure speed of light. How the heavier elements were synthesized. How to make a nuclear reactor. How life originated and how humans evolved.

24SCI004: Earth's Atmosphere: a molecular view.

Dates: 14/02/2024 - 20/11/2024

Location: Studio 4 NCH

Type: Long Course

Weekly, Wed 10:45am - 12:00noon

Leader: Christina Hart

Earth's atmosphere consists mostly of nitrogen and oxygen molecules, plus some molecules of water vapour and tiny amounts of carbon dioxide and other gases. There is also some particulate matter such as dust, as well as water droplets in clouds. In this class we will unpack the roles that these ingredients play in various atmospheric phenomena, answering questions such as: What is it about carbon dioxide molecules that makes this substance a greenhouse gas? Why is the sky blue? What causes a sea breeze? Why are tropical areas warmer than regions at higher latitudes? What causes a monsoon in tropical areas? Why is that, away from the tropics, the weather is generally warmer in summer than in winter? What is a synoptic weather map, and how does the information in it help explain the weather we experience?

This class is intended for those who have no background in the sciences. However, participants do need to be prepared to do a (little) bit of homework.

24SCI007: Geology

Dates: 08/02/2024 - 21/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Thu 9:30am - 11:00am

Leader: Peter Jackson

This class will include presentations on rocks and minerals, physical geology of Australia and overseas, surface processes and ore processes. A one week excursion will be held late in the year.

24SCI010: Inventions that Changed the World

Dates: 05/02/2024 - 18/11/2024

Location: Studio 6 NCH

Type: Long Course

Weekly, Mon 11:30am - 12:30pm

Leader: Martin Roulston

Inventions and discoveries that changed the World. A look at the history behind the ideas (big and small) that changed the world we live in.
