



HEALESVILLE
UNIVERSITY OF THE THIRD AGE

U3A Healesville Inc. ABN: 73370385591

COURSES AND TIMETABLE

FOR

2022



*Healesville Court House
42 Harker Street, Healesville*

(the corner of Harker Street and Healesville-Kinglake Road)



Please note that both the 2022 Member Registration Form and the 2022 Member Course Enrolment Form are available on the website.

All members (both existing and new) will be required to fill in both of these forms, so if you are able we suggest you print them off from the website and complete them ready for registration and enrolment.

Forms will also be available at the Court House on Registration day.

U3A Member Registration & Enrolment Day

For 2022

WEDNESDAY 19TH JANUARY 2022

9.30am – 2.00pm

Healesville Court House

42 Harker Street, Healesville

(the corner of Harker Street and Healesville-Kinglake Road)

U3A TERM DATES FOR 2022

| Term Dates | Public Holidays |
|--|--|
| Term 1: Monday, January 31 – Friday, April 8 | Australia Day: Wednesday, January 26 Labour Day: Monday, March 14 Good Friday: April 15 Easter Monday: April 18 |
| Term 2: Tuesday, April 26 – Friday, June 24 | Anzac Day: Monday, April 25 Queen's Birthday: Monday, June 13 |
| Term 3: Monday, July 11 – Friday, September 16 | |
| Term 4: Monday, October 3 – Friday, December 9 | Melbourne Cup: Tuesday, November 1 Christmas Day: Saturday, December 25 |

PRESIDENT'S WELCOME 2022

A special welcome to all of our new members who have enrolled in U3A Healesville and also a warm welcome back to those members who are re-enrolling. I look forward to meeting as many of you as possible during the course of 2022, especially our new members. The Course Coordinator, George Doig, has put together an interesting and wide-ranging set of courses for 2022 and I am sure you will find something in this handbook that will interest you. I also encourage you to make the most of your membership by enrolling in as many courses as you can reasonably manage. One of the joys of belonging to U3A Healesville is meeting people and by enrolling in a variety of classes you will inevitably meet many more members. Our Course Leaders do a wonderful job and enjoy sharing their interests and passions with you. We also offer a number of social opportunities so that members get to know others outside your courses.

Despite the lockdowns of 2021 many of our courses continued throughout by one means or another and for that I am grateful to those course leaders who showed creativity and energy in finding ways to keep in touch with their members. Once we were able to gather again in face to face activities, the laughter and fun were palpable.

It is pleasing that our membership increased during 2021 to 259 members, our largest ever, and although four courses will no longer run in 2022, we have added eight new courses. So, the choice has increased. I encourage you to check our website (www.healesvilleu3a.org.au) for the most up to date information about courses and activities. Bob Willis has done a great deal of work in maintaining the website as well as managing 'UMAS for Members' which allows the website to be readily accessed on a smart phone. UMAS allows portability and uses large icons on the homepage for accessing information.

Your committee has worked hard to ensure that we commence 2022 on 31 January and I want to thank Barbara Woods (Vice President and Membership Officer), Rebecca Doig (Secretary), Bill Woods (Treasurer), George Doig (Course Coordinator), Wendy Veitch (Safety Officer and Courthouse Hire), Carol Taylor (Communications and Marketing) and Bob Willis (Website and Data Base Manager) for all that they have done to get us to this point of ensuring a smooth and Covid-Safe commencement to the year.

I cannot emphasise enough that the health and well-being of each and every member is paramount, and so being fully vaccinated, as defined by the Department of Health, is a prerequisite for belonging to a class/activity that is delivered face-to-face. Social distancing during courses, sanitising as we enter buildings, using the QR code or maintaining a Covid-safe register of attendance and deep cleaning after classes will continue to be a necessary part of how we operate. While mask wearing is not mandatory at this stage, I do encourage you to wear a mask, especially when indoors. The Chief Health Officer constantly reminds us that it is one of the most important things we can do to keep Covid at bay.

A feature of U3A Healesville is our sense of community. We live in a wonderful part of Victoria; we are a fortunate community. Enjoy each other's company in 2022 and may we grow together through our learning.

John Pascoe

NEW COURSES FOR 2022

- ❖ BOCCE – Lawn Bowls
- ❖ CARDS – Shanghai Rummy
- ❖ CRYPTIC CROSSWORDS – Experienced Level
 - ❖ HOW TO MAKE A “PHOTO BOOK”
- ❖ MEN'S HEALTH PROJECT: “I'm Alright, Mate!”
 - ❖ PHILOSOPHERS' LUNCH
 - ❖ ROMAN HISTORY
 - ❖ STRINGS N THINGS
 - ❖ WRITING FOR YOUR LIFE

ALPHABETICAL LIST OF ALL CLASSES FOR 2022

| | | |
|---|----------------------------------|------------------------------|
| ARMCHAIR TRAVEL | Leader: Terry Green | 0438 093 030 |
| ART & CRAFTS GROUP | Leader: Wendy Pascoe | 0410 537 097 |
| ARVO TEA | Leader: Heather Higgs | 0418 315 879 |
| BANJO CLUB | Leaders: Rod Thom Ron Roberts | 0409 930 750 0425 261 850 |
| BIKE RIDING GROUP | Leader: Keith Wade | (03) 5962 1882 |
| BOCCE | Leader: George Doig | 0459 179 811 |
| BUSHWALKING GROUP | Leader: Del Brown | 0418 179 921 |
| COURT HOUSE CLEANING | Leader: Bec Doig | 0425 787 597 |
| CARDS – SHANGHAI RUMMY | Leader: Carol Taylor | 0433 192 229 |
| CRYPTIC CROSSWORDS - ENTRY | Leader: David Payne | 0499 798 377 |
| CRYPTIC CROSSWORDS - EXPERIENCED | Leader: George Doig | 0459 179 811 |
| DANCE MOVES | Leader: Bec Doig | 0425 787 597 |
| DAY AT THE THEATRE | Leader: Alison Froud | 0409 028 029 |
| DAY TRAVEL GROUP | Leader: Margaret Farthing | 0418 505 327 |
| EXERCISE TO MUSIC | Leader: Dianne Kaufmann | (03) 5962 1872 |
| FRENCH CONVERSATION | Leader: Suzette Nassl | (03) 5962 5635 |
| FRIDAY BOOK GROUP | Leader: Joan Barlow | 0409 856 144 |
| GARDEN LOVERS | Leader: Heather Higgs | 0418 315 879 |
| GET SMART WITH TECHNOLOGY | Leader: Heather Higgs | 0418 315 879 |
| GUITAR CLUB | Leader: Doug Fudge | 0437 947 074 |
| HOW TO MAKE A “PHOTO BOOK” | Leader: Terry Green | 0438 093 030 |
| HISTORY OF HEALESVILLE | Leader: Bryn Jones | (03) 5962 4697 |
| HIT THE ROAD TOURING GROUP | Leader: Anne Catchpole | 0412 431 233 |
| KNIT WITS (Knitting Club) | Leader: Gianna Esposito | 0417 549 947 |

ALPHABETICAL LIST OF ALL CLASSES FOR 2022

| | | |
|--|--|----------------|
| LAUGHTER GROUP | Leader: Val James | (03) 5962 2237 |
| LIFE THROUGH THE TAROT (Advanced) | Leader: Terry Green | 0438 093 030 |
| LIFE THROUGH THE TAROT (Beginners) | Leader: Terry Green | 0438 093 030 |
| LINE DANCING | Leader: Mal Day | 0407 053 750 |
| MAHJONG | Leader: Sharron Hood | (03) 5962 5630 |
| MEN'S HEALTH PROJECT – I'm Alright Mate! | Leader: John Pascoe | 0410 537 097 |
| MOVE IT OR LOSE IT | Leader: | |
| MY MUSIC | Leader: Alison Froud | 0409 028 029 |
| PARTNER DANCING (No partner required) | Leader: Mal Day | 0407 053 750 |
| PHILOSOPHERS' LUNCH | Leader: Joan Barlow | 0409 856 144 |
| RECORDER FOR ALL | Leader: Helen Gillies | 0405 005 030 |
| ROMAN HISTORY | Leader: Martin Dix | 0412 002 234 |
| SCRABBLE IN THE LIBRARY | Leader: Liz Job | 0421 963 307 |
| SOCIAL ISSUES LEARNING CIRCLE | Leader: Sue Broman | 0429 351 714 |
| SOCIAL SCRABBLE | Leader: June Slater | 0490 831 740 |
| STRINGS N THINGS | Leader: Bob Willis | 0413 383 942 |
| THE GREAT TOURS: ESW | Leader: Bill Woods | 0411 226 736 |
| THEATRICAL PERFORMANCE GROUP | Leader: Lois Thwaites | 0418 371 596 |
| UKULELE FOR BEGINNERS | Leader: Doug Fudge | 0437 947 074 |
| UKULELE CLUB | Leader: Doug Fudge | 0437 947 074 |
| WALKING WITH POLES | Leader: Lorraine Sorrell | 0406 777 434 |
| WINE & CHEESE NIGHT | Leader: Paul Schilling | 0419 917 765 |
| WRITING FOR YOUR LIFE | Leaders: Simon Livingston Di Anderson | 0414 168 444 |

| COURSES BY DAY 2022 | TIME | VENUE | LEADER | CONTACT |
|---|-----------------|-----------------|-----------------|----------------|
| MONDAY | | | | |
| Cryptic - Entry Level <i>(Weekly)</i> | 9.30 – 10.45am | Court House | David Payne | 0499 798 377 |
| Cryptic - Experienced <i>(Weekly)</i> | 9.30 – 10.45am | Court House | George Doig | 0459 179 811 |
| Get Smart with Technology <i>(Second Monday of each Term)</i> | 11am – 1pm | Court House | Heather Higgs | 0418 315 879 |
| My Music <i>(Week 1)</i> | 1.00 – 3.00pm | Court House | Alison Froud | 0409 028 029 |
| History of Healesville <i>(Weekly - Term 4)</i> | 2.00 – 3.00pm | Senior Citizens | Bryn Jones | (03) 5962 4697 |
| Social Scrabble <i>(Weekly)</i> | 2.00 – 4.00pm | Private Home | June Slater | 0490 831 740 |
| The Great Tours <i>(Weekly)</i> | 3.15 – 4.15pm | Court House | Bill Woods | 0411 226 736 |
| TUESDAY | | | | |
| Tarot Advanced <i>(Week 1)</i> | 9am - Midday | Golden Wattle | Terry Green | 0438 093 030 |
| French <i>(Weeks 1,3)</i> | 9.30 – 11am | RSL | Suzette Nassl | (03) 5962 5635 |
| Men's Health Project <i>(Week 2)</i> | 9.30 – 11.15am | Court House | John Pascoe | 0410 537 097 |
| Ukulele Beginners <i>(Weeks 2,4)</i> | 11.30 – 12.30pm | Lions Club | Doug Fudge | 0437 947 074 |
| Ukulele Club <i>(Weekly)</i> | 11.30 – 12.30pm | Lions Club | Doug Fudge | 0437 947 074 |
| Art & Crafts <i>(Weekly)</i> | 1 – 3pm | Court House | Wendy Pascoe | 0410 537 007 |
| Mahjong <i>(Weekly)</i> | 1.30 – 3.30pm | RSL | Sharron Hood | (03) 5962 5630 |
| Tarot for Beginners <i>(Week 1)</i> | 1.30 – 2.30pm | Golden Wattle | Terry Green | 0438 093 030 |
| WEDNESDAY | | | | |
| Dance Moves <i>(Weekly)</i> | 9.30 – 10.30am | Senior Citizens | Bec Doig | 0425 787 597 |
| Guitar Club <i>(Weekly)</i> | 10.30 – 11.30am | Court House | Doug Fudge | 0437 947 074 |
| How to Make a Photo Book <i>(Weeks 1&3 – Terms 2&3)</i> | 10am – 12pm | Court House | Terry Green | 0438 093 030 |
| Social Issues Learning Circle <i>(Week 4)</i> | 10am – 12pm | Court House | TBA | |
| Garden Lovers <i>(Week 3)</i> | 10am – 12pm | Outdoors | Heather Higgs | 0418 315 879 |
| Move It or Lose It <i>(Weekly)</i> | 11am – 12pm | Senior Citizens | TBA | |
| Banjo | 12.30 – 1.30pm | Court House | Ron Roberts | 0425 261 850 |
| Exercise to Music <i>(Weekly)</i> | 1.30 – 3pm | Lions Club | Di Kaufmann | (03) 5962 1872 |
| Knit Wits <i>(Weekly Term 2&3)</i> | 1.45 – 3.15pm | Court House | Gianna Esposito | 0417 549 947 |
| Bocce <i>(Weekly Term 1&4)</i> | 3.30 – 5pm | Court House | George Doig | 0459 179 811 |

| COURSES BY DAY 2022 | TIME | VENUE | LEADER | CONTACT |
|--|----------------|----------------------|---------------------|----------------|
| THURSDAY | | | | |
| Walking With Poles <i>(Weeks 2,4)</i> | 9 – 10am | Outdoors variable | Lorraine Sorrell | 0406 777 434 |
| Bike Riding Group <i>(Weeks 1,3 - Terms 1,2 & 4)</i> | 9.30 am – 1pm | Outdoors variable | Keith Wade | (03) 5962 1882 |
| Scrabble in the Library <i>(Weekly)</i> | 10am – 12pm | Library | Liz Job | 0421 963 307 |
| Writing for Your Life <i>(Weekly – Term 2)</i> | 10am – 12pm | Court House | Simon Livingston | 0414 168 444 |
| Line Dancing <i>(Weekly)</i> | 10.30am – 12pm | Senior Citizens | Mal Day | 0407 053 750 |
| Theatrical Performance Group <i>(Leader to advise)</i> | 12.30 – 3pm | Senior Citizens | Lois Thwaites | 0418 371 596 |
| Partner Dancing: no partner required <i>(Weekly)</i> | 1.30 – 3pm | Lions Club | Mal Day | 0407 053 750 |
| Roman History <i>(Weekly)</i> | 2 – 3pm | Court House | Martin Dix | 0412 002 234 |
| Strings N Things <i>(Weeks 2,4)</i> | 7.30 – 9pm | Senior Citizens | Bob Willis | 0413 383 942 |
| FRIDAY | | | | |
| Bushwalking Group <i>(Week 1)</i> | 8.30 am – 2pm | Outdoors variable | Del Brown | 0418 179 921 |
| Day Travel <i>(Week 1)</i> | 10 – 11am | Court House | Margaret Farthing | 0418 505 327 |
| Friday Book Group <i>(Week 3)</i> | 10 – 11.30am | Court House | Joan Barlow | 0409 856 144 |
| Laughter <i>(Weekly)</i> | 11 – 11.30am | Queen's Park | Val James | (03) 5962 2237 |
| Recorder for All <i>(Weekly)</i> | 11.30am – 1pm | Court House | Helen Gillies | 0405 005 030 |
| Philosophers' Lunch <i>(Week 4)</i> | 1 – 2.30pm | Court House | Joan Barlow | 0409 856 144 |
| Cards – Shanghai Rummy <i>(Weeks 2&4)</i> | 2 – 4pm | Court House | Carol Taylor | 0433 192 229 |
| Wine & Cheese Night <i>(Week 3)</i> | 5 – 7pm | Court House | Paul Schilling | 0419 917 765 |
| VARIABLE | | | | |
| Armchair Travel <i>TBA</i> | 1 – 2pm | Various | Terry Green | 0438 093 030 |
| Arvo Tea <i>(TBA Terms 2,4)</i> | 2 – 3.30pm | Senior Citizens | Heather Higgs | 0418 315 879 |
| Court House Cleaning | TBA | Court House | Bec Doig | 0425 787 597 |
| Day at the Theatre <i>TBA</i> | 10am – 5.30pm | Variable | Alison Froud | 0409 028 029 |
| Hit the Road Touring Group | TBA | Outdoors variable | Anne Catchpole | 0412 431 233 |

SUMMARY OF CLASSES FOR 2022

ARMCHAIR TRAVEL

These presentations began as a U3A initiative for aged care people. Armchair Travel takes the audience to many locations around Australia through visual presentation. Presentations are professionally presented and take the audience to many great places including great events and characters of Australian history. They take place at nominated Aged Care locations February to November 2021 at facilities in Healesville and Warburton.

Attendance by U3A members is welcome; please check with Terry Green for dates, times and locations.

Leader: Terry Green – 0438 093 030

ART AND CRAFTS GROUP

The Arts and Craft Group share an interest and passion in many forms of artistic visual expression. Members currently practise water colour, acrylic and oil painting, pastel and pencil drawing and even quilt making. The range of skills varies, from beginner to semi-professional. Nobody is excluded and everybody is welcome to join and share their skills and ideas.

It's amazing to see the results achievable with a bit of assistance and encouragement. We also encourage our class to try new and unfamiliar mediums. Who knows what hidden talent you may discover? The most important part is to have fun and enjoy yourself for a few hours

Leader: Wendy Pascoe – 0410 537 097

ARVO TEA

All Healesville U3A members are welcome to come along to Afternoon Tea at the Senior Citizens Hall. This is a FREE event. Tea and coffee will be served along with some sweet or savoury treats. You may even be entertained by members of one of our classes. This is an opportunity to meet new people and make some friends outside of the classes that you attend.

There will be two events - one in Autumn and one in Spring - the dates will be advised nearer the time (please check the website!).

Leader: Heather Higgs – 0418 315 879

BANJO CLUB

Banjo Club is held to help non-novice banjo players expand their repertoire and practice their 'picking' and chord usage.

Leaders: Rod Thom – 0409 930 750

Ron Roberts – 0425 261 850

BIKE RIDING

The aim of this group is to bring people together to enjoy cycling and also to improve fitness as a part of a healthy lifestyle. The group needs a minimum of three people to make it worthwhile. The group will does not usually meet in Term 3 – the shorter days and wintry weather in the middle of the year are not conducive to pleasant cycling.

Leader: Keith Wade – (03) 5962-1882

NEW

BOCCE – (Lawn Bowls)

Best known in Italy, where you may see a group of retired Sicilians (or in this case Healesvillians) gathered in a town square for a daily afternoon game: the game is simple. It can be played by people of all ages and skill levels. You can use just about anything as a Bocce Court. In our case, the grass lawns of the Courthouse.

Check it out on GOOGLE – Looks like lots of fun.

While two people can play against each other, Bocce is a great team game. Simply form two teams with an even number of players – usually four on each team.

Sounds like a great pastime for a late afternoon during terms 1 and 4.

Non vedo l'ora di vederti li – Porta il tuo chianti

Leader: George Doig – 0459 179 811

BUSHWALKING

Bush-walkers walk at least 10km on bush tracks that are no more than one hour from Healesville.

Recent walks have been to Mt Evelyn; Andrew Hill; Track 11; Olinda Valley; Banyule Flats; Birdsland; Tree Fern; Gembrook.

Del would appreciate a volunteer who will share reconnaissance walks prior to the scheduled bushwalk.

Leader: Del Brown – 0418 179 921

NEW

CARDS – SHANGHAI RUMMY

Shanghai Rummy is a card game based around Gin Rummy, also known as Californian Rummy.

Check it out on GOOGLE – Looks like lots of fun.

A full game takes about 2 hours. A single game can include up to five people. All that is needed are packs of cards, which are provided. We can accommodate up to two games.

Leader: Carol Taylor – 0433 192 229

COURT HOUSE CLEANING

We require volunteers to assist in maintaining our U3A Healesville home, The Court House. This involves giving it a thorough clean during the first week of each month. This, along with the day to day cleaning up by the classes, helps in its maintenance. When you volunteer, I will put you on a cleaning roster with one other person. You only clean once a year. Please let me know if you have a particular month that suits you best and if you would prefer to do your cleaning with a particular person. I have a detailed list of jobs to be done and what equipment is available. The cleaning would take place when there is no class operating at the Court House. It is easiest to clean late in the afternoon, early morning or on a weekend. Any queries please contact me.

Leader: Bec Doig – 0425 787 597

CRYPTIC CROSSWORDS – ENTRY LEVEL

You are invited to take up the challenge and join in unraveling the mystery of cryptic crosswords. This class is ideal for the less experienced Cryptic Crossword solvers who have some basic knowledge of cryptic crossword techniques but would like guided practice in improving their skills. We work as a group in cracking compiler's tricky clues which give us a bit of 'mind-stretching' enjoyment.

Leader: David Payne – 0499 798 377

CRYPTIC CROSSWORDS – EXPERIENCED LEVEL

A group exercise for individuals who are reasonably experienced in the solving of cryptic crossword puzzles. We get together, as a group and attempt to solve some of the mysteries of these sometimes apparently unfathomable crossword clues. Hopefully end the class with a sense of achievement and wearing a smile on our face.

Leader: George Doig – 0459 179 811

DANCE MOVES

An hour of energetic dance moves including a warm-up and a cool-down. Your moves can either be low or high impact and lots of fun

Leader: Bec Doig – 0425 787 597

DAY AT THE THEATRE

We make day trips from Healesville to a theatre (usually in the City) several times throughout the year. Contact is by e-mail or 'phone' once you have enrolled.

Prices (pay before you go!) are not fixed because show ticket prices vary and bus costs depend on the number of people going. (Payment must be made into the U3A Day At The Theatre Account prior to each outing. Members will be advised of these details.)

The bus leaves at 1015 and arrives back around 1730. Members make their own arrangements (usually in small groups) for lunch.

Leader: Alison Froud – 0409 028 029

DAY TRAVEL GROUP

Join Margaret and the group on the 1st Friday of the month at the Court House in Healesville to discuss and decide the next outing.

The Group travels by public transport and car pool and has a wonderful time, often exploring new places, e.g., Johnson collection, exhibitions and gardens.

Leader: Margaret Farthing – 0418 505 327

EXERCISE TO MUSIC

Did you know that dancing can help reverse the signs of ageing in the brain, relieve stress, anxiety, depression and help with balance?

So, come along to our Exercise to Music class for a fun and enjoyable time which includes dancing, marching, Tai Chi and meditation - all to a large variety of music which all helps to keep the body moving as we age gracefully.

Leader: Dianne Kaufmann – (03) 5962 1872

FRENCH CONVERSATION

The aim of this course is to get together and talk in French, so it is assumed that participants have some knowledge of the language.

If there is a fifth Tuesday in a month then we meet at the Big Bouquet for French conversation.

Leader: Suzette Nassl – (03) 5962-5635

FRIDAY BOOK GROUP

We read a wide variety of books, a set of which we receive each month from the Library. Each of us pays \$35 per annum to cover the library's fee for this service.

Our discussions are always interesting and lively and are followed by a cuppa and snack.

Leader: Joan Barlow – 0409 856 144

GARDEN LOVERS

This is for people who like gardening, who like looking at gardens. You do not need to know a lot of technical information to join this group. It is purely for GARDEN LOVERS always with a cuppa afterwards.

Garden Lovers has been running for five years. Over this time, we have visited other people's gardens, visited nurseries or had nursery staff visit us with pruning demonstrations, visited some beautiful local professional gardens and had guided tours of wild flowers at Lake Mountain, Watts River from Coronation Park and the Brussel Sprout Farm at Coldstream. After each outing we always have morning tea and a chat. It is very laid-back and we just have fun with other like-minded people.

Leader: Heather Higgs – 0418 315 879

GET SMART WITH TECHNOLOGY – A Self Help Group

This class involves the use of Mobile Phone / Tablet (both Apple and Android). This is seen as a group of members willing to share information and skills related to some of today's technology.

Class participants will bring their own devices to the Court House and class members could help each other with applications; or class participants who know what their devices can do, but do not know how to do it, will be able to seek advice. People should come with prepared questions to ask, while others may have some helpful hints which they would like to share. It would be everyone helping each other.

Leader: Heather Higgs – 0418 315 879

GUITAR CLUB

Picture yourself as a Keith Richards or a Jimmy Hendrix? Or maybe on the other side of the spectrum - an Andrés Segovia or a John Williams? To all aspiring musicians, the Guitar Club is made up of beginners and experienced players. Learn to play the guitar or hone your already acquired skills in group activities.

We encourage anyone and everyone to join us and have some fun.

Leader: Doug Fudge – 0437 947 074

HISTORY OF HEALESVILLE

This eight week course will look at the development of Healesville from 1860 to the present day. For example, in Weeks 1 & 2 we will look at New Chum; Coranderrk; beginning of tourism; arrival of the railway and the boom and depression of the 1880s-90s. This course is open to flexibility, according to people's interests.

Leader: Bryn Jones – (03) 5962 4697

HIT THE ROAD TOURING GROUP

A relaxed informal group of U3A Healesville Members and/or Associate Members of other U3A groups who enjoy touring in Caravans, Camper Trailers, Tents etc., as well as Members who may wish to participate in the group as a passenger in a vehicle and/or may require accommodation. We would like to include these Members so, wherever possible, we will endeavour to arrange a vehicle and driver and also accommodation (e.g., cabins, guest houses, farm stays etc.).

It is envisaged the majority of tours will be within Victoria and initially, based on the response to a questionnaire, be of approximately 5 days duration. Manageable driving times will also be offered with regular breaks.

Initially September, March, May, each year, however, the frequency may alter should additional Camp Leaders be prepared to lead tour groups at other times. In order to obtain optimal, less crowded facilities and to also minimise costs, it is envisaged that the majority of these tours will take place outside of school holidays.

Leader: Anne Catchpole – 0412 431 233



HOW TO MAKE A “PHOTO BOOK”

This course is for people who would like to learn how to make a “Photo Book” using popular on-line programs such as ‘SNAPFISH’. The class will examine how to develop a project of your favourite photos such as special events and assemble them in a Snap Fish photo book, therefore creating a story of particular events such as Birthday, Wedding, Travel, Family Tree etc. Photo books will provide an opportunity to make a beautifully prepared gift for families and friends as a memory of those special times.

This course has proven, from past classes, to be lots of fun. It pays to have some knowledge of computers, however, all presentation material will be prepared and presented on a large screen during the class.

Leader: Terry Green – 0438 093 030

KNIT WITS

This course is really an informal get together for those of us who enjoy knitting or crocheting. If you want to learn, we will teach you. It is a good space for you to share your knowledge with others in the group. Or you might have a project that you need help with....Come along a get knitting!

Leader: Gianna Esposito – 0417 549 947

LAUGHTER GROUP

What can I say about this! Except that I know it's good for your health as well as being lots of fun. Laughter is the world's best medicine. You just need to be a person with a sense of humour and fun. Val also does some brain teasers and a couple of health movements. At 11.30am the group goes for coffee and work The Age crossword.

Leader: Val James -- (03) 5962 2237

LIFE THROUGH THE TAROT – ADVANCED CLASS

This course is for people who have previously studied Tarot and would like now to focus on 'story' interpretation - suited to those who have studied the Tarot with the leader previously. The class involves insights into life using the Rider-Waite deck of cards with the aim of constructing and interpreting life stories that emerge from the cards.

However, if you have knowledge of the three suits of cards (Majors, Minors and Court cards) you may also find interest in this class.

NB: Class requires a **minimum of 6** people to start.

Leader: Terry Green – 0438 093 030

LIFE THROUGH THE TAROT - BEGINNERS CLASS

This course will examine in detail the three Tarot suits of cards Majors, Minors and Court cards. Through the cards the course will explain aspects of the human condition and behaviour. This class will continue from the 2019 class, however, it is also suited to new students for 2020/21. Class members need to purchase their own set of Rider-Waite Tarot cards.

NB: Class requires a **minimum of 6** people to start.

Leader: Terry Green – 0438 093 030

LINE DANCING

It's great exercise for body and mind and with the lively company of other fun loving people – it's a great hit. Come along and give it a go!

Gold coin donation.

Leader: Mal Day – 0407 053 750

MAHJONG

Mahjong is very easy to learn. Scoring is a little complicated. You will be taught just the game to begin with and then progress with the scoring. All levels of experience welcome, beginners upwards.

Leader: Sharron Hood – (03) 5962 5630



NEW

MEN'S HEALTH PROJECT – "I'M ALRIGHT MATE!"

This series of monthly workshops is designed to provide knowledge, skills and ideas on 'the core of a man' – the engine room and the control room. It is designed to help 'tune up' your mind and body. Issues will largely be driven by the group but will include health issues, such as, managing dementia, minding the heart, 'cracking the stress code', getting 'out and about' again as well as possibly exploring intergenerational issues. Enjoy some fun. Explore more about what you know and discover something new.

The course is facilitated by Brian Mier, Project Manager of the Yarra Ranges Men's Health Project. Brian has more than 30 years of experience in facilitating adult health sessions and for the last eleven years has focused on older men's health and wellbeing.

Explore your:-

- Heart and Mind
- Fuel and Movement (diabetes, etc.?)
- The Land Down Under (prostate, etc.)
- Father/Son/Grandfather relationships

It is 2 hours a month and depending on numbers, an appropriate venue will be organized.

Leader: John Pascoe – 0410 537 097

Course Facilitator: Brian Mier – Yarra Ranges Men's Health Project

MOVE IT OR LOSE IT

This is a gentle exercise class, moving to gentle rhythms and also some upbeat music to stir the body into enjoying some dance moves. No previous experience is needed. Your brain will enjoy the sense of well-being and your body will appreciate the moves. We finish off with some gentle weights and a smidgeon of Tai Chi .

Leader: TBA

MY MUSIC

This class is for music lovers. Members will discuss music which has had an impact on them. It may be Classical, Opera, Jazz, Blues, Folk, Singers, Composers, movie themes, the 60's Pop that we all grew up with and other genres, cultural and historical. Come along to listen and learn. We meet monthly in a relaxed atmosphere to share our pleasure in music. Members are invited to present audio and video presentations.

Technical advice is offered

Leaders: Alison Froud – 0409 028 029

PARTNER DANCING (NO PARTNER REQUIRED)

This is a fun learning and exercise class that will be conducted in a relaxed style that should suit couples and people without dance partners who just want to dance.

The class will start with beginners and for those with less physical ability and later moving into a slightly more active/energetic dance style with possibly more advanced moves, etc. There is no need to have an exact amount of pairs as this will be adjusted as needed. This is progressive dancing and you will be moving on to a new partner on a very regular basis.

You will need a reasonable level of balance and fitness to be able to enjoy this class.

There will be progressive dances such as the "Barn Dance" and the "Military 2 Step" and a variety of other more modern dances of different styles from various genre of dance.

Leader: Mal Day – 0407 053 750

PHILOSOPHERS' LUNCH

If you love a lively and thought-provoking discussion, then this get-together is for you.

We'll use major ideas from the past and contemporary philosophers to prompt our discussion. Following Epicurus's idea of the value of simple fare, we'll each bring a small plate of finger food to share for lunch.

Leader: Joan Barlow – 0409 856 144



NEW

RECORDER FOR ALL

Have you ever thought that you would like to play a musical instrument? Would you like a new challenge?

For many of us the recorder brings back memories of Primary School and compulsory and rather painful music lessons. However, it can be a most enjoyable and rewarding group activity with a little application and practice.

This group welcomes all abilities from first-timers upwards and it is to be hoped, that after a short time, we will be able to make beautiful music together!!!

NB: You will need to bring your own recorder

Leader: Helen Gillies – 0405 005 030



NEW

ROMAN HISTORY

Once, you could travel safely from Scotland to Morocco, to the shores of the Black Sea and on to the banks of the Euphrates and back to Egypt. You could get away with one language, Latin/Romance, (though Greek would have been a great help in the east) and one currency. Rome, in the west, fell 1500 odd years ago, and in the east just over 500 years ago. Yet it still has a massive influence on our lives today, from our politics, to culture, lifestyles and language.....That part of the world we generally identify with, 'the west', may have seen the Roman Empire fall and a part of it aided that fall, yet it has been a recurring desire by many of the world's leaders, many from well beyond its old boundaries, from despots to Democrats, to, someday, somehow, recreate it.

Why? How did a raging gang of exiled criminals, outcasts and stick rustlers become the 'greatest empire ever'. To know Roman History, is to know about us. We'll go from the beginning to the end, wars, religion, the rich and powerful and those less so, the good and the bad, and the benefits of the first, documented so-called multi-cultural state.

Leader: Martin Dix – 0412 002 234

SCRABBLE IN THE LIBRARY

We will strive to follow the rules of the Victorian Scrabble Players Association so that we are all on the same wavelength and could, if we wished, play in the tournaments that are held regularly.

Leader: Liz Job – 0421 963 307

SOCIAL ISSUES LEARNING CIRCLE

Social Issues Learning Circle is the title for this group. It's self-explanatory in that the members research, lead and discuss topics of social matters affecting our society and the world we live in – political, social, matters of the heart.

Leader:

SOCIAL SCRABBLE

Exercise those brain cells! This is an enthusiastic group of players who meet to chat, have afternoon tea and play scrabble in a relaxed social setting.

New members are most welcome. Teaching of Scrabble is provided if needed.

Leader: June Slater – 0490 831 740

STRINGS N THINGS



NEW

Strings N Things has been happening in Healesville for around 10 years. It allows musicians of any level to come along and enjoy a Singalong in a totally relaxed and supportive setting.

We have musicians of every capability. Beginners are most welcome. Our new home, since 2021, is the Senior Citizens Hall in Green Street.

We meet on the 2nd and 4th Thursday of the month with a 7.30pm start. We usually finish up by about 8.50pm with a chat and coffee/tea

Leader: Bob Willis – 0413 383 942

THE GREAT TOURS: England, Scotland and Wales with a Twist

Sourced from *The Great Courses* company, this is a lecture style series of 36 DVD episodes, each running around 30 minutes.

After showing the week's video lecture, presented by the acclaimed Professor Patrick Allitt, a British born scholar, who now teaches at Emory University, USA, we will also watch one of the Rick Steves's travel series of England, Scotland, Wales and Ireland. After these videos the tutor will lead a discussion in which all are invited to participate. Whether you are planning a grand tour or just want to experience England, Scotland and Wales (and Ireland) from the comfort of your own chair, this visually immersive course and the more "touristy" slant from Rick's travel videos, brings Great Britain into your lives and gives you all the background you need to plan a trip of a lifetime.

You will be grounded in the history, the people, the land, the cultural touchstones and the tourist attractions, to enhance your understanding of this mighty nation, which although small, has had an outsized influence on the world's stage.

Leader: Bill Woods – 0411 226 736

THEATRICAL PERFORMANCE GROUP

We are a group of people who like to show off our acting and theatrical abilities. We have a lot of fun and end up staging a Variety Revue at the end of the year. A range of abilities is needed to complete staging a revue, e.g. singers, dancers, actors, crowd extras and those who can help with costume sewing.

We meet irregularly at the beginning of the year but more frequently closer to performance dates. As a guide, please schedule Thursdays 1230-1500. The leader will advise dates and times.

Leader: Lois Thwaites – 0418 371 596

UKULELE FOR BEGINNERS

If you feel the need to play music, the ukulele has several points in its favour: it is cheap to buy and easy to learn and I guarantee you will come away from lesson one with a song to play.

Leader: Doug Fudge – 0437 947 074

UKULELE CLUB

The ukulele club exists to provide an opportunity for established ukulele players who have reached a certain standard to enhance and develop their skills by playing alongside other players of similar ability. The objective is to develop repertoire, learn new skills and acquire the confidence to perform in public.

Leader: Doug Fudge – 0437 947 074

WALKING WITH POLES

This activity is for people who would like to walk reasonably fast, using walking poles. Poles help you use your upper body when walking, adding to energy (calorie) usage and fitness. You need only be a normal walker, capable of walking two to three kilometres without fatigue. However you will need to provide your own poles. If you need advice please email Lorraine. It is not for people who need poles or sticks to walk. It is for people who would like to do it. It will be for about an hour or less, depending on what people want.

We will meet at the Don Road Recreation Centre car park to set off for 9.00am sharp.

Leader: Lorraine Snell –0406 777 434

WINE AND CHEESE NIGHT

We enjoy social evenings where we gather in the private homes of the group's members and sample small amount of wine and cheese.

Although there is an opportunity for members to talk on their choice of wine and cheese, we don't want the meetings to turn into a Country Cooking Competition and so there is absolutely no pressure to do this. You are welcome to simply arrive with your offerings and listen to what is being said. If you don't eat cheese, but enjoy wine, feel free to bring a dip instead of the cheese.

It is asked that if you wish to attend one of these evenings you contact the nominated host so that numbers attending can be controlled relative to the size of the particular venue.

U3A provides drinking glasses – and the host provides biscuits to complement the cheese.

Leader: Paul Schilling – 0419 917 765

WRITING FOR YOUR LIFE



NEW

We are inviting you to focus on snapshots of memorable moments in your life which have contributed to the person you are today. The aim is to compile a collection of stories/vignettes of your personal life experiences.

Perhaps it may end up being a swashbuckling adventure, a sentimental romance, a treasured family experience or just something that has ingrained itself in your memory; but a legacy none the less. We envisage it would encompass the laughter, tears, and everything in between. Written in your own inimitable style.

We envisage a fun loving relaxed small group. No previous writing experience is necessary. So if this appeals to you, we would love for you to join us.

At this stage, it is planned for Term 2 only, with the venue to be advised.

Leaders: Simon Livingston – 0414 168 444 and Di Anderson

CLASS ATTENDANCE U3A MEMBER RESPONSIBILITIES 2022

MEMBERSHIP BADGES:

Members are expected to wear their membership badges when they attend a class. This assists with identification and allows new class members to learn other's names. It also shows the leader that the attendee has current membership. There are also insurance implications.

COVID SAFETY

For the safety of all, members are required to conform to all Covid-safe requirements. This includes social distancing, sanitizing on entry, completing a tracing register at the start of each activity and deep cleaning surfaces at the end of each activity. Where social distancing is not possible, for example car pooling, we recommend the wearing of masks.

TOTAL FIRE BAN DAYS:

In the event of a **total fire ban** day, some leaders may not be able to take their class as they may need to make other plans for that day. In this case it is important for students to contact the leader prior to attending a class. Some classes may choose to have a standing arrangement for such days. Also, if the temperature in Healesville exceeds 32°C classes are likely to be cancelled; leaders will advise (and please use the "phone tree" to disseminate information quickly.

CLASS PHONE TREE:

Class members are encouraged to develop a "phone tree" which shares the load of notifying class members in the case where a class has to be cancelled.

UNABLE TO ATTEND A CLASS:

If, for any reason, you are unable to attend a class, please notify your leader as the leader may decide to cancel the class on that day if numbers are very few.

ATTENDANCE SHEETS AND CLASS ENROLMENT:

Members should make sure they are listed on the relevant class list(s) as this is important for insurance. Members, please do not attend a class for which you are **NOT ENROLLED**.

U3A TUTORS AND U3A / VMIA INSURANCE:

Leaders and tutors, please ensure your student attendance sheet is up to date as U3A VMIA Insurance requires accurate details of student attendance. Please advise the U3A office of any additions or changes. U3A volunteers are covered by U3A Network/Victorian Government VMIA insurance cover. This is not a substitute for member personal insurance.

MEDICAL/HEALTH INSURANCE AND AMBULANCE COVER (if applicable):

Members are encouraged to make sure their medical health care insurance and ambulance subscriptions are current when undertaking classes. You are responsible for your own health care and safety.

DON'T FORGET TO CHECK OUR WEBSITE FOR ALL SORTS OF USEFUL INFORMATION

at www.healesvilleu3a.org.au

Please note that details of courses will be uploaded to the website either on or shortly before Registration & Enrolment Day.

Don't forget
Internet access is free at the local library

MEMBERSHIP DETAILS

U3A membership is \$50.00 for an individual per calendar year. Pro-rata rates apply for half-year membership. Membership entitles members to participate in any available class.

Note: Due to COVID-19, 2021 active members pay \$25 for membership in 2022.

2022 membership renewal, class information and enrolment will be available at the Registration Day on **Wednesday, 19th January, 2022, between 9.30am and 2.00pm**

You can enrol **on-line**, choose courses and pay membership either by EFT or PayPal. If you are unable to attend on that day, membership and class enrolment forms are available at the Office or from the website. The **U3A office** is open each **Thursday, during Term time, from 12 to 1pm**. Bring the completed forms and fee to the Office and your membership badge will then be forwarded to you.

To enrol in a class or classes, you can also contact the Class Co-ordinator, George Doig (*ph: 0459 179 811 email: classcoordinator@healesvilleu3a.org.au*). Note that Class Leaders cannot enrol you in their classes.

If you are a current member of a U3A *outside* of the Yarra Ranges, you can join as an associate member for a fee of \$20.

OER Combined Membership Program

As a registered U3A Healesville member, you can attend classes (subject to vacancies existing) at any other Outer Eastern Region (OER), for no extra charge. Go to the relevant website for course information and contact details.

There are five U3As in the scheme: Healesville, Yarra Ranges, Upper Yarra, Sherbrooke and Mount Dandenong.

U3A Yarra Ranges: www.u3ayarraranges.co.au

U3A Upper Yarra: www.upperyarrau3a.org.au

U3A Sherbrooke: www.sherbrookeu3a.org.au

U3A Mount Dandenong: www.u3amountdandenong.org

U3A OFFICE CONTACT DETAILS

Our office is located in: **The Old Healesville Court House, 42 Harker Street, Healesville** (corner of Harker Street and Healesville-Kinglake Road). The office is attended most Thursdays between 12 and 1.00pm. It is closed during school holidays.

Phone: 0490 917 975 (please leave a message if unattended)

Mail: PO Box 1017, Healesville 3777

E-mail: healesville.u3a@bigpond.com

U3A HEALESVILLE COMMITTEE MEMBERS

| | | |
|-------------------------------|---|--------------|
| President | : | John Pascoe |
| Secretary | : | Bec Doig |
| Vice-President | : | Barb Woods |
| Treasurer | : | Bill Woods |
| Class Co-ordinator | : | George Doig |
| Membership Officer | : | Barb Woods |
| Safety Officer: | | Wendy Veitch |
| Marketing and Promotions: | | Carol Taylor |
| Courthouse Hire: | | Wendy Veitch |
| Website and Database Manager: | | Bob Willis |