



HEALESVILLE
UNIVERSITY OF THE THIRD AGE

U3A Healesville Inc. ABN: 73 370 385 591

COURSES AND TIMETABLE

FOR

2024



Healesville Court House

42 Harker Street, Healesville

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



Please note that both the 2024 Member Registration Form and the 2024 Member Course Enrolment Form are available on the website.

All members (both existing and new) will be required to fill in the relevant form, 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 HEALESVILLE COMMITTEE MEMBERS

President	John Pascoe
Secretary	Carol Taylor
Vice-President	Barb Woods
Treasurer	Bill Woods
Course Coordinator	George Doig
Course Coordinator Assistant	Lucia Messina
Enrolment Officer	Barb Woods
Marketing and Promotions	Michael Vassallo
Committee Member	Bec Doig
Committee Member	Phil Hipwell
Committee Member	Jane Judd
Courthouse Hire	George Doig
Website/Database Manager	Bill Woods

U3A TERM DATES FOR 2024	
Term Dates	Public Holidays
Term 1: Monday, January 29 – Thursday, March 28	Australia Day: Friday, January 26 Labour Day: Monday, March 11 Good Friday: March 29 Easter Monday: April 1
Term 2: Monday, April 15 – Friday, June 28	Anzac Day: Thursday, April 25 King's Birthday: Monday, June 10
Term 3: Monday, July 15 – Friday, September 20	
Term 4: Monday, October 7– Friday, December 6	Melbourne Cup: Tuesday, November 5

PRESIDENT'S WELCOME 2024

One of the joys of being President is seeing the energy and enthusiasm with which we start each new year. There are always new offerings to supplement the continuing courses from the previous year and there is the energy provided by new members yet to experience the U3AHealesville community. One of the myths about U3AHealesville is that it is only for seniors. While this is our focus the reality is we have members who are considerably younger and so age is no barrier to joining.

At the start of 2023 the Committee spent one day in January putting together a strategic plan to guide our development over the next three years. We put together a clear statement of our Vision, Purpose, Focus Areas and Values. This gave clarity of purpose as to how we move forward and clear sense of the journey we are on. Our values, as stated on the website, include being welcoming and friendly, supporting each other, being inclusive and diverse, seeking new opportunities for engagement with the wider community and, above all, respecting and valuing our community. These values guide who we are and it is in that spirit I welcome our new members and also welcome back those members who are re-enrolling. An exciting outcome of our planning is the development of a Facebook page which will provide yet another means, in addition to the Newsletter and website, for us to keep in touch with members and the wider community.

The Course Coordinator, George Doig, and his Assistant Coordinator, Lucia Messina, have put together an interesting and wide-ranging set of courses for 2024 and I am sure you will find courses that will keep you active both mentally and physically. One of the joys of belonging to U3AHealesville is meeting people and making friends and by enrolling in a variety of courses you will inevitably meet many more members. Our Course Leaders are enthusiastic 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 courses. It is pleasing that our membership increased during 2023 to in excess of 310 members, our largest ever. It is all very encouraging. I encourage you to check our website (www.healesvilleu3a.org.au) for the most up to date information about courses and activities. Bill Woods has done a great deal of work in maintaining the website as well as managing our data base.

Your committee has worked hard to ensure that we commence 2024 on Monday 29 January and I want to thank Barbara Woods (Vice President and Enrolments Officer), Carol Taylor (Secretary), Bill Woods (Treasurer and Data Base Manager), George Doig (Course Coordinator), Lucia Messina (Assistant Course Coordinator), Rebecca Doig, Jane Judd, Phillip Hipwell and Michael Vassallo (Marketing) for all that they have done to get us to this point of ensuring a smooth commencement to the year.

A feature of U3AHealesville is our sense of community. We live in a wonderful part of Victoria; we are a fortunate community. Enjoy each other's company in 2024 and may we grow together through our learning.

John Pascoe

NEW COURSES FOR 2024

- ❖ A TRIP TO THE MOVIES
- ❖ CREATIVE WRITING FOR THE SLIGHTLY SILLY
- ❖ PICKLEBALL
- ❖ RECORDER – FOR BEGINNERS
- ❖ STAGE STORIES
- ❖ UKULELE – FOR BEGINNERS

ALPHABETICAL LIST OF ALL CLASSES FOR 2024

ARMCHAIR TRAVEL	Leader: Terry Green	0438 093 030
ART & CRAFTS GROUP	Leader: Wendy Pascoe	0400 480 883
ARVO TEA	Leader: Heather Higgs	0418 315 879
A TRIP TO THE MOVIES	Leader: George Doig	0459 179 811
BANJO CLUB	Leaders: Rod Thom Ron Roberts	0409 930 750 0425 261 850
BIKE RIDING GROUP	Leader: Keith Wade	0434 674 479
BUSHWALKING GROUP	Leader: Don Ferries	0419 519 692
CARDS – SHANGHAI RUMMY	Leader: Carol Taylor	0433 192 229
COURT HOUSE CLEANING	Leader: Bec Doig	0425 787 597
CREATIVE WRITING FOR THE SLIGHTLY SILLY	Leader: Di Anderson	0414 168 444
CRYPTIC CROSSWORDS - INTERMEDIATE	Leader: David Payne	0499 798 377
CRYPTIC CROSSWORDS - EXPERIENCED	Leader: George Doig	0459 179 811
DANCE MOVES	Leader: Bec Doig	0425 787 597
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
GUITAR CLUB	Leader: Ron Roberts	0425 261 850
GYMNASTICS	Leader: Dru Troon	0438 625 221
HEALESVILLE COMMUNITY CHOIR	Leader: Ethne Pfeiffer Phil Hipwell	0411 478 111 0428 866 986
HISTORY OF HEALESVILLE	Leader: TBA	
HIT THE ROAD TOURING GROUP	Leader: Anne Catchpole	0412 431 233
LIFE THROUGH THE TAROT	Leader: Terry Green	0438 093 030

ALPHABETICAL LIST OF ALL CLASSES FOR 2024

LINE DANCING	Leader: Cheryl Barwick	0437 393 177
MAHJONG	Leader: Ed Lech	0437 219 006
MOVE IT OR LOSE IT	Leaders: Julie Stafford Colleen Hutson	0400 510 411 0401 254 797
MUSIC APPRECIATION	Leader: Alison Froud	0409 028 029
PARTNER DANCING (No partner required)	Leader: Mal Day	0407 053 750
PHILOSOPHER'S LUNCH	Leader: Joan Barlow	0409 856 144
PICKLEBALL	Leader: Bill Woods Fran Lech	0411 226 736 0437 219 006
QUIDDLER	Leader: Helen Gillies	0405 005 030
RECORDER FOR BEGINNERS	Leader: Michael Hill	0466 926 937
RECORDER FOR ALL	Leader: Michael Hill	0466 926 937
ROMAN HISTORY	Leader: Martin Dix	0412 002 234
SCRABBLE IN THE LIBRARY	Leader: Liz Job	0421 963 307
SOCIAL SCRABBLE	Leader: Chris Todd	0425 773 133
STAGE STORIES	Leader: Phil Stephenson	0480 191 058
STRINGS N THINGS	Leaders: Karen Roberts Ron Roberts	0410 124 857 0425 261 850
TAP DANCING (for beginners)	Leader: Ethne Pfeiffer	0411 478 111
THEATRICAL PERFORMANCE GROUP	Leader: Lois Thwaites	0418 371 596
UKULELE FOR BEGINNERS	Leader: Peter Broman	0498 286 729
UKULELE CLUB	Leader: Peter Broman	0498 286 729
WALKING WITH POLES	Leader: Lorraine Sorrell	0406 777 434
WINE & CHEESE NIGHT	Leader: Paul Schilling George Doig	0419 917 765 0459 179 811
YOGA	Leader: Vicki Young	0407 856 690

COURSES BY DAY 2024	TIME	VENUE	LEADER	CONTACT
MONDAY				
Cryptic - Experienced <i>(Weekly)</i>	9.30 – 10.45am	Court House	George Doig	0459 179 377
Cryptic – Intermediate <i>(Wkly)</i>	11am– 12.30pm	Court House	David Payne	0499 798 377
Music Appreciation <i>(Week 1)</i>	1.00 – 3.00pm	Court House	Alison Froud	0409 028 029
Philosophers’ Lunch <i>(Week 3)</i>	1.00 – 2.30pm	Court House	Joan Barlow	0409 856 144
Social Scrabble <i>(Weekly)</i>	2.00 – 4.00pm	Private Home	Chris Todd	0425 773 133
Pickleball <i>(Weekly)</i>	3.15 – 4.45pm	H’vle High BB Court	Bill Woods	0411 226 736
H’vle Comm Choir <i>(Weekly)</i>	6.45 – 8.30 pm	Memo Billiard Rm	Ethne Pfeiffer	0411 478 111
TUESDAY				
Recorder For Beginners <i>(Weekly)</i>	8.30 – 10.30am	Court House	Michael Hill	0466 926 937
Yoga <i>(Week 1,2&3)</i> <i>(Week 4)</i>	10 – 11.30am 9 – 10.30 am	Senior Citizens	Vicki Young	0407 856 690
French <i>(Weeks 1,3& 5)</i>	10.30 – Midday	RSL	Suzette Nassl	(03) 5962 5635
Ukulele Beginners <i>(Weekly)</i>	10.45 – 12.45pm	Court House	Peter Broman	0498 286 729
Ukulele Club <i>(Weekly)</i>	10.45 – 12.45pm	Court House	Peter Broman	0498 286 729
Gymnastics <i>(Weekly)</i>	1.30 – 2.30pm	H’vle High	Dru Troon	0438 625 221
Art & Crafts <i>(Weekly)</i>	1 – 3pm	Court House	Wendy Pascoe	0400 480 883
Mahjong <i>(Weekly)</i>	1.30 – 3.30pm	RSL	Ed Lech	0437 219 006
Quiddler <i>(Weekly)</i>	3.30 – 5.30pm	Court House	Helen Gillies	0405 005 030
WEDNESDAY				
Dance Moves <i>(Weekly)</i>	9.30 – 10.30am	Senior Citizens	Bec Doig	0425 787 597
Guitar Club <i>(Weekly)</i>	10.00 – 11.30am	Court House	Ron Roberts	0425 261 850
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	Julie Stafford	0400 510 411
Banjo Club <i>(Weekly)</i>	12.00 – 1.30pm	Court House	Ron Roberts	0425 261 850
Exercise to Music <i>(Weekly)</i>	1.30 – 3pm	Senior Citizens	Di Kaufmann	(03) 5962 1872
A Trip To The Movies <i>(Week 2)</i>	3.15 – 5.30pm	Court House	George Doig	0459 179 811
Pickleball <i>(Weekly)</i>	3.15 – 4.45pm	H’vle High BB Court	Fran Lech	0437 219 006
Stage Stories <i>(Weeks 1 & 4)</i>	3.30 – 5.00pm	Court House	Phil Stephenson	0480 191 058
Tap Dancing <i>(Weekly)</i>	6.00 – 7.00pm	Hub Liv Learn	Ethne Pfeiffer	0411 478 111

COURSES BY DAY 2024	TIME	VENUE	LEADER	CONTACT
THURSDAY				
Life Through Tarot (Week 1)	9am – 12pm	Court House	Terry Green	0438 093 030
Walking With Poles (Weeks 2,4)	9.00 – 10am	Outdoors variable	Lorraine Sorrell	0406 777 434
Bike Riding Group (Weeks 1,3 - Terms 1,2 & 4)	9.30 am – 1pm	Outdoors variable	Keith Wade	0434 674 479
Armchair Travel (Week 3)	12.15 – 1.45pm	Court House	Terry Green	0438 093 030
Scrabble in the Library (Weekly)	10am – 12pm	Library	Liz Job	0421 963 307
Line Dancing (Weekly)	10.30am – 12pm	Senior Citizens	Cheryl Barwick	0437 393 177
Theatrical Performance Group (Leader to advise)	12.30 – 3 pm	Senior Citizens	Lois Thwaites	0418 371 596
Partner Dancing: no partner required (Weekly)	1.30 – 3.00pm	Lions Club	Mal Day	0407 053 750
Roman History (Weekly)	2.00 – 3.00pm	Court House	Martin Dix	0412 002 234
Strings N Things (Weeks 2,4)	7.30 – 9.00pm	Senior Citizens	Karen Roberts Ron Roberts	0410 124 857 0425 261 850
FRIDAY				
Bushwalking Group (Week 4)	8.30 am – 2pm	Outdoors variable	Don Ferries	0419 519 692
Recorder for All (Weekly)	9 – 10.30 am	Court House	Michael Hill	0466 926 937
Friday Book Group (Week 3)	10.45– 12.15pm	Court House	Joan Barlow	0409 856 144
Creative Writing for the Slightly Silly (Weekly Term 2)	10.45 – 12.45pm	Court House	Di Anderson	0414 168 444
Cards – Shanghai Rummy (Weeks 1, 2 & 3)	2 – 4pm	Court House	Carol Taylor	0433 192 229
Wine & Cheese Night (Week 3)	5 – 7pm	Court House	Paul Schilling	0419 917 765
VARIABLE				
Arvo Tea (TBA Terms 1,3)	2 – 3.30pm	Senior Citizens	Heather Higgs	0418 315 879
Court House Cleaning	TBA	Court House	Bec Doig	0425 787 597
Hit the Road Touring Group	TBA	Outdoors variable	Anne Catchpole	0412 431 233

SUMMARY OF CLASSES FOR 2024

ARMCHAIR TRAVEL – AUSTRALIAN TRAVEL

Since year 2000 the presenter has travelled and photographed many Australian locations in this very beautiful country of ours. Each presentation will take you to an Australian location highlighting and considering its history and special features and events. Each presentation will be approximately an hour in duration, sometimes a little more and be held at the U3A Old Courthouse facility once each month using the large TV screen.

Leader: Terry Green – 0438 093 030

ART AND CRAFTS GROUP

The purpose of the Arts and Crafts group is to bring people together to share their interests in various arts and crafts - painting, beading, needlework, sketching, pen drawing, patchwork, knitting to name a few - even bringing along a sewing machine to learn from others how to use it (much laughter with that). The range of skills varies - some have taken opportunities to try something new, and those more experienced have provided advice and encouragement. There's always a lot of chatting and laughter – it's two hours of creativity and friendship.

Leader: Wendy Pascoe – 0400 480 883



NEW

A TRIP TO THE MOVIES

Feeling Nostalgic? Want to experience a trip to the good old days and enjoy a "Day at the Movies" with U3A reliving the Golden Days of Cinema? Each session starts with the Movie-Tone news, a cartoon and is then followed by the main feature film. Enjoy the experience with like-minded movie goers. It is open to all, at no cost, but is limited to a maximum audience of 25 at each showing. Should numbers exceed 25, places will be allocated on a "first in with an invitation reply" basis. In the first instance, we are running this event once a month on the second Wednesday of the month during Terms 2 and 3. If there is enough interest from members this can be increased to twice a month.,

Leader: George Doig 0459 179 811

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 and our Facebook page).

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 does not usually meet in Term 3 as the shorter days and wintry weather in the middle of the year are not conducive to pleasant cycling.

Leader: Keith Wade – 0434 674 479

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 and Gembrook. The leader, Don Ferries, would appreciate a volunteer who will share reconnaissance walks prior to the scheduled bushwalk.

Leader: Don Ferries – 0419 519 692

CARDS – SHANGHAI RUMMY

Shanghai Rummy is a card game based around Gin Rummy, also known as Californian Rummy. Check it out on GOOGLE – it is 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 takes 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



NEW

CREATIVE WRITING FOR THE SLIGHTLY SILLY

Comedian actor Robyn Williams once declared -

"You're only given one spark of madness, don't waste it, you mustn't lose it"

If you would like to ignite your spark, love writing and enjoy a laugh with likeminded people, this slightly off centre course may be for you.

The course is offered ONLY during SECOND TERM for 10 weeks, with one of the aims being the creation of your own unique book of musings.

No previous writing experience is necessary however an ability to see the world a little differently would be a distinct advantage.

Looking forward to meeting you.

Leader: Di Anderson 0414 168 444

CRYPTIC CROSSWORDS – INTERMEDIATE LEVEL

If you are familiar with cryptic crosswords and the basic types of cryptic clue, clue construction and the strategies involved, then this group will provide you with the opportunity to sharpen your skills and extend your knowledge of the cryptic crossword. Each session, one or two cryptic crosswords are solved as a group activity with discussion and explanation of **how each clue is solved**. This is an on-going group where having fun and a laugh is just as important as completing a cryptic crossword; new members will be made very welcome.

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 we 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 is always lots of fun

Leader: Bec Doig – 0425 787 597

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 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 and 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

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: Ron Roberts – 0425 261 850

GYMNASTICS

Come and join Drusilla - a certified Gymnastics Instructor, at the gymnasium at the local High School. It's a very individual activity which can be tailored to each person's ability and interest. The gym should be regarded as a big playground! There are skills to learn using ribbons, hoops, balls & ropes, which use hand eye co-ordination, are great fun and don't require athleticism. At our disposal is all the usual equipment: soft shapes, spring boards, low balance beams, bars, rings, ropes, & the whole room is carpeted & cushioned.

The activities available depend on what each person is capable of and interested in, and over Dru's years of coaching children and adults of all abilities, she has gained experience in providing individual guidance in using all of the equipment. The main aim of the class is not necessarily to gain fitness but rather to master interesting skills within an individual's ability and most importantly to have fun doing it!

Leader: Dru Troon – 0438 625 221

HEALESVILLE COMMUNITY CHOIR

Healesville Community Choir is a non-audition choir for everyone who loves to sing. All abilities, all levels of experience are welcome. Led by an experienced music director, the choir sings songs from various eras and genres. There are performance opportunities throughout the year – and the opportunity to increase your skill level if that interests you. Healesville Community Choir is a great way to have fun and sing your heart out with friendly locals.

Leader: Ethne Pfeiffer – 0411 371 596 **Assistant Leader:** Phill Hipwell – 0428 866 986

HISTORY OF HEALESVILLE

This eight week course will look at the development of Healesville from 1860 to the present day. We look at the development of the area; the beginning of tourism; the arrival of the railway and the boom and depression of the 1880s-90s. This course is open to flexibility, according to people's interests. Always a very popular course – so I suggest you get in early.

Leader: TBA –

HIT THE ROAD TOURING GROUP

A relaxed informal group of U3A Healesville Members and Associate Members of other U3A groups who enjoy touring in caravans, camper trailers, tents etc. We also accommodate members who may wish to participate in the group as a passenger in a vehicle and/or may require accommodation. Wherever possible we endeavour to arrange a vehicle and driver as well as accommodation (e.g., cabins, guest houses, farm stays etc.). It is envisaged that 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 held in March, May and September of each year, 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

LIFE THROUGH THE TAROT

The study of the 78 Tarot Cards that represent the human condition.

The 78 cards of the Rider-Waite Tarot deck of cards are a fascinating way to look at the many aspects of the Human Condition. Each card has a story that will be examined and overlaid with our own story.

This course studies all the cards considering the original artwork and the story that emerges will be studied and discussed. The artwork itself is clever and will be supported by handout notes. The story is the most important part of learning the cards. The artwork was painted in the 19th century by Pamela Coleman Smith, whose work is best appreciated in the themes and the story that grows from the cards. Although her work was very clever, she was never recognised as she died without a penny to her name. The themes and the stories have surprising similarities to today's experiences. Note this class is not about reading for the future or prophesising people's potential lives. Each presentation utilises a large TV screen for easy viewing.

Classes are held once a month and run for 3 hours starting 9:00am and concluding at 12:00 mid-day. The course is 10 months long during 2024 and is held at the U3A Court House on a Wednesday. Each class will be spent learning the cards and the discussion emerging from the stories.

Leader: Terry Green – 0438 093 030

LINE DANCING

The Line Dance Class in Healesville is enjoyed by a very friendly and diverse group of people. With numbers of line dancers ranging from around 20 in winter to the high 30s in summer, dances range from basic beginner to intermediate level. One dance from each level is taught each month, as well as revision of dances already learnt and requests from the class. It's all great fun. As one member of our class said - they weren't sure which was more important - the friendship in the class or the dancing!!!

A gold coin donation applies (Administration costs)

Leader: Cheryl Barwick – 0437 393 177

MAHJONG

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

Leader: Ed Lech – 0437 219 006

MOVE IT OR LOSE IT

This is a gentle exercise class, moving to gentle rhythms as well as 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 .

Leaders: Julie Stafford - 0400 510 411 Colleen Hutson – 0401 254 797

MUSIC APPRECIATION

Each month, a member will share their knowledge on the music they love, or music that has had an impact on them, by talking about its history, giving fun facts, anecdotes and showing videos and photos.

It may be Classical, Jazz, Blues, Folk, Singers, Songwriters, Movie Themes, Duos, Duets, Groups, 50's Rock & Roll, 60's Pop, 70's Rock, Soul, Opera, Marches, Protest, Swing, R&B, Country or other genres, cultural and historical.

When a member offers to present a talk, help is provided in all aspects of preparation.

There's no need for technical know-how as Class Leader Alison will download video clips from YouTube and operate the audio/visual equipment.

Leader: 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 move into a slightly more active/energetic dance style with possibly more advanced moves, etc. There is no need to have an exact number 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 genres of dance.

Leader: Mal Day – 0407 053 750

PHILOSOPHER'S LUNCH

If you love a lively discussion, then this monthly get-together is for you. We'll each bring a small plate of finger food to share (the philosopher Epicurus would approve of this simple fare) and then move onto the issue for discussion. Each month the major ideas of a philosopher will be outlined and their relevance, or otherwise, will be discussed.

Leader: Joan Barlow – 0409 856 144

NEW

PICKLEBALL-

Pickleball is a fun paddle sport, which you can learn in minutes and play for a lifetime. There is a low net, paddles and a lightweight ball and you can play singles or doubles. Pickleball is lower impact than tennis, with features of both table tennis and badminton. For younger, older or in-between, this game can be competitive or just fun and social. Pickleball will keep you active without being too energetic. If you want to get involved in a fun, social and active game, Pickleball is definitely for you.

So - put on those runners, come along and have a go. Here at U3A Healesville most who have come to 'just have a look' have stayed and are now regulars. We play on Monday afternoons from 3.30 to 4.45pm at the Healesville High School gymnasium (the building behind the Swim Centre) on one of their indoor basketball courts. All equipment is supplied.

Leader: Bill Woods – 0411 226 736

Fran Lech – 0437 219 006

QUIDDLER – (New Card Game)

Quiddler is a card game that is easy to learn and great fun for all. It can be played by groups of 3 - 8 with 4 being the best number of players per game.

Players compete by spelling English words from cards in hands of increasing size, each card worth various points. The game combines aspects of Scrabble and Gin Rummy.

U3A members of "Hit the Road" group enjoyed playing the game over the last few trips and a quick survey of current U3A members suggests a keen interest in this new course. If you need more information just google "Quiddler" and it will pop up.

Leader: Helen Gillies – 0405 005 030

NEW

RECORDER FOR BEGINNERS

Interested in learning how to read music? Did you learn an instrument when young and would like to play with like-minded U3A-ers? Perhaps you're quite new to music but want to know more about how music is written and played. If any of these describes you, then the U3A's new course in music might be for you.

Starting with the basics of rhythm and note reading, the course will take you through all aspects of music knowledge and practical music making. In the second part you'll have the opportunity to learn to play the recorder in a friendly group setting. Once you've completed the course you can decide if you'd like to join one of U3A's many music groups.

Leader: Michael Hill – 0466 926 937

RECORDER FOR ALL

Keeping your brain active is recommended to slow the effects of ageing and one of the activities suggested is learning to play a musical instrument. What better way to do this than to join a recorder group and come along each week to make music together. We play a variety of music, including classical, folk, popular and old favourites. We have sopranos, altos, tenors and bass and most pieces we play are in 3 or 4 parts.

If you have some experience with playing the recorder, please come along and give us a try!

Leader: Michael Hill – 0466 926 937

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 (although 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 some way, 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 discussing 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 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: Chris Todd – 0425 773 133



NEW

STAGE STORIES

A fun course for those would be Thespians among us. Have you ever wanted to learn more about all aspects of theatre including the backstage stories, how certain actors rose to fame and the history of musicals and theatre? Are there really ghosts in the theatre? How about reading a play with like-minded people? Well here is your chance. Meet with us at the Court House every first and last Wednesday of the month and enjoy the stage.

Leader: Phil Stephenson – 0480 191 058

STRINGS N THINGS

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

Leaders: Karen Roberts – 0410 124 857 Ron Roberts – 0425 261 850

TAP DANCING – (for beginners)

If you ever thought that tap dancing would be fun to try but never got around to it, now is your chance. Learn with enthusiastic beginners, enjoy the work-out, listen to your body and do what feels right for you. Each class includes a warm-up, learning technique, warm-down and creating a short routine for the end of the term.

Leader: Ethne Pfeiffer – 0411 478 111

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 12.30-3.00pm to attend. The leader will advise dates and times in due course.

Leader: Lois Thwaites – 0418 371 596



UKULELE BEGINNERS

New members are welcome. No experience is required for beginners. The beginner's course will soon have you playing well enough to join the Uke Believers. All music and music stands are provided and there are a few ukuleles to borrow if you are uncertain. The ukulele is a happy little instrument and easy to learn but does require practice, like any musical instrument. Our main purpose is to experience the joy of singing and playing together and the satisfaction of learning and improving.

There is also the opportunity to participate in performances during the year.

Leader: Peter Broman – 0498 286 729

UKULELE CLUB – (Uke Believers)

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. There is also the opportunity to participate in performances during the year.

Leader: Peter Broman – 0498 286 729

WALKING WITH POLES

Walking with Poles is a variation of Nordic Walking or Urban Poling. It is a fun and different way of walking which uses more muscles than ordinary walking and burns more calories. Suitable for all people with normal walking ability and you do not need to be super fit. Please bring your own poles

Leader: Lorraine Sorrell – 0406 777 434

WINE AND CHEESE NIGHT

We enjoy social evenings where we gather to sample a 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 George Doig 0459 179 811

YOGA CLASS

This gentle yoga class will help release tension, creating deep relaxation and slowing the busy mind. It is suitable for total beginners and those more experienced in yoga practices. Vicki Young is an accredited yoga instructor in the Satyananda tradition, which draws on Hatha and Raja yoga.

Classes will be held on Tuesdays of weeks 1,2,3 (10 – 11.30) & 4 (9 _ 10.30am)

Leader: Vicki Young – 0407 856 690

CLASS ATTENDANCE U3A MEMBER RESPONSIBILITIES 2024

MEMBERSHIP BADGES:

Members are expected to wear their membership badges when they attend a course. 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 that apply during the year. We recommend social distancing, the wearing of masks, sanitizing of hands on entry and the cleaning of surfaces at the end of each activity. Where social distancing is not possible, for example car pooling, we recommend the wearing of masks. If you are feeling unwell or experiencing any symptoms please do not attend classes.

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 members 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 is forecast to exceed 32°C courses are likely to be cancelled; leaders will advise (and please use the "phone tree" to disseminate information quickly).

CLASS PHONE TREE:

Course members are encouraged to develop a "phone tree" which shares the load of notifying members in the case where a course has to be cancelled and access to email is not available.

UNABLE TO ATTEND A CLASS:

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

ATTENDANCE SHEETS AND CLASS ENROLMENT:

Members should make sure they are listed on the relevant course list(s) as this is important for insurance.

Members, please do not attend a course for which you are **NOT ENROLLED**.

U3A TUTORS AND U3A / VMIA INSURANCE:

Leaders and tutors, please ensure your course attendance sheet is up to date as U3A VMIA Insurance requires accurate attendance details. 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 courses. 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 before
Registration & Enrolment Day.
Registration commences at 10am

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 course.

Registration Day: Wednesday 13 December between 10.00am and 2.00pm at the Court House OR

Enrol on-line, choose courses and pay membership either by EFT or PayPal.

Course enrolment forms: available at the Office or from the website.

www.healesvilleu3a.org.au

U3A Office Hours: Thursday, 11.00 to 12.00pm. (Term time only)

Contact:

Enrolment Officer: Barb Woods

Email: enrolment@healesvilleu3a.org.au

Associate Member

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 courses (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

Address:

The Healesville Court House

42 Harker Street, Healesville

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

Office Hours:

The office is attended most **Thursdays between 11.00 and 12.00pm.**

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

Website: www.healesvilleu3a.org.au

U3A Member Registration & Enrolment Day

For 2025

WEDNESDAY 11TH DECEMBER 2024

10.00am – 2.00pm

Healesville Court House

42 Harker Street, Healesville

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