

Casey U3A. 2020 classes.

4 Medium Art Group

This class will cater for different mediums such as Watercolour, Pastel, Acrylic, and Mixed Medium. Both beginners and advanced artist are welcome. Learn to prepare the canvas, the use of colour and brushes. The tutor works with each student to enhance his/her skills. Students are encouraged to develop their own style in their medium of choice.

1.30 – 3.30pm. Fiddlers Green Craft Room. Tuesday. Weekly.

Art Appreciation.

This is a class with a difference. Once a month we take a City of Casey bus, visit 2 art galleries and enjoy a meal out. Most galleries are free, but sometimes there is an entrance fee.

Note: there will be a \$5 head charge per trip, to contribute towards bus costs.

1000am at Fiddlers Green. 4th Friday each month_

Arthritis Exercises

Gentle Exercise is one of the main components to manage the debilitating effects of Arthritis. This class moves the body gently using both western and eastern systems of body work. Some seated exercise is combined with standing and movement. Qigong (Chigong) breathing and movement are involved to make this class both relaxing and energising.

10.00 – 11.00am. Fiddlers Green Auditorium. Tuesday. Weekly.

Bicycle Club.

On Thursdays we would like to organise a bike ride that is not too taxing for the rider. The ride will depart from different places and will be about 20 - 30 KM in length with a stop for lunch and / or coffee halfway. Participants will have to be able to take their bike to the point of departure, as the rides will be in different locations. If the weather is not positive (rain or hard wind) we will give it a miss. The ride coordinator will advise on a weekly basis where the rides will depart from. The rides will start at **10:00 on each Thursday.**

Book Club (1).

An informal group of readers meets once a month to discuss books read. A good way to widen our knowledge of authors and subjects. An agreed book is made available free of charge for you to read over the next month.

7.00 – 9.00pm. Fiddlers Green Craft Room. 3rd Wed each month.

Book Club (2). “Between the Covers”

Casey/Cardinia Libraries provide a great book club service. Each month we get multiple copies of the same book to read and then we meet to discuss it. This is a great way to broaden your reading, discuss authors, plots etc., all in a beautiful building and with afternoon tea!

1.00 – 3.00pm. Old Cheese Factory, 1st Friday each month.

Book Club (3). Nossal Literature Circle.

The group is comprised of students and staff of Nossal High School and members of Casey U3A. The group will meet at three weekly intervals during school terms. This intergenerational group is encouraged to discuss which books they are reading in a friendly social environment.

1.15 – 2.30pm. Library at Nossal High School. Tuesday (3weeks between classes).

NEW BushWalking.

The Bushwalking group will take walks of between 3 and 4 hours including a break with possibility of one or two longer walks each year. We would include some urban walks. We might use car-pooling and/or public transport on occasion. Advice will be given regarding degree of difficulty of the walk. It is essential that members carry a drink and have good suitable footwear with soles that grip, Also sun hats and sun screen should be carried.

0930 am. Various Walks. 1st Monday each month.

Card Making.

This is a self help group whose members are interested in the art of Making Cards. Members will supply their own tools and materials and will assist each other with ideas and techniques. Two cards made each class and members help each other with ideas. Blank cards, envelopes and materials provided at cost of \$2 per class.

Class participants need to have scissors, glue stick and double sided tape.

11.15 – 12.30pm. Fiddlers Green Craft Room. Monday. Weekly.

NEW. 1230- 1.45pm. A second class on 1st & 3rd Tuesdays at Lynbrook Community Centre.

Casey U3A Chess Club

Learn to play the great game of Chess. Beginners and experienced players are most welcome.

2.00 – 4.00pm. Fiddlers Green Multi Purpose Room. Friday. Weekly.

Coffee & Discussion for Enquiring Minds.

We will discuss topics in depth that have been chosen by the participants. We cover a wide range including Philosophy, Science, Religion, World events and trends, politics and the Arts. Participants will spend time researching the topics prior to discussion. **We run two separate classes (1) on the 2nd & 4th Tuesdays each month and (2) on the 1st & 3rd Sunday of each month. Both classes are from 1.30pm to 3.30pm at a private Berwick address.**

Computer Forums.

This will be a discussion / lecture around pending issues in computers and computer technology with demonstrations of solutions and/or plans of attack. Possible topics include; computer attacks (malware, ransom ware or viruses), security dangers and how to avoid, what and when to backup and why and other issues as they arise.

10.00 – 11.30am. (Meeting Room 1). Selandra Community Hub. 1st, 3rd & 5th Thursday / month

NEW Conversations in English.

Do you like cooking? Do you sometimes find it difficult to follow a recipe written in English?

This 4 week course will help you understand all the English words for ingredients, measurements and methods.

Both men and women are welcome to this relaxed but informative class. For more information call Ann or Steve on 0419 349 39

1. 1130 – 1300. Craft Room, Fiddlers Green. Thursday. 4 sessions only

Cryptic Crosswords.

Cruciverbalist - (a person who is skilled in or enjoys solving crosswords)

Solving cryptic crosswords is excellent brain exercise and can give hours of fun (?) and frustration. Sharing, at a beginner's level, the aim of the class is to give students the skills to solve cryptic crosswords by firstly explaining and reviewing previously solved crosswords and then practice solving in a group environment.

1400 – 1600. Fiddlers Green MPR. Wednesday. Weekly.

Current Affairs.

Discuss local, national and overseas events and share knowledge and thoughts about them. The group also examines topics such as climate change, political processes and social questions. On occasion experts are invited to address the group on specific topics.

10.00 am – 11.00am Fiddlers Green Craft Room . Monday. Weekly.

Drawing.

Drawing with pencil or ink. All materials are provided by the students. All levels welcome –

The only criteria is that you like drawing. Support and assistance is provided by the tutor and other members.

10.00 – 11.30am. Old Cheese Factory. (Old Shop). Friday, Weekly.

NEW A second class. 10.00 – 1100am. Lynbrook Community Centre. Tuesday, Weekly. Starts 7 April

Flicks, Fun & Fellowship.

If you like to see a movie in company and spend a half hour or so afterwards for a chat, this could be a course for you. Once a month we will be watching films, mainly a mixture of vintage films chosen by the participants.

7.00pm - 10.00pm. Fiddlers Green Auditorium. 4th Wed / Month.

Games Club

This class will be held at a private home. Bring your own game to teach others or learn a new one. Games provided will include table tennis, pool/billiards, card games, board games, physical games like Jenga etc. The most popular game is "500" and the most common sound is laughter.

10.00 – 12.00. Private Berwick Address. Wednesday, Weekly.

Genealogy.

An informal group of family historians furthering their research under the guidance of two experienced genealogists and exchanging ideas. We aim to help people with their research whether they are beginners or experienced, to break through those brick walls frustrating our research and introducing the members to interesting records both on and off the net to broaden their research and understand their ancestors lives.

10.00 – 11.30am. Fiddlers Green craft Room. 2nd & 4th Thursday / month.

Golden Time Playgroup

An inter-generational playgroup between Fiddlers Green, Casey U3A and children that attend The City of Casey's Family Day Care Service. The children are pre-school ages and will be accompanied by their group educators. The playgroups will be overseen by a facilitator from the Family Day Care Service.

This playgroup will be a fantastic opportunity for the different generations to connect, build relationships and exchange knowledge as well as many other possibilities. The students of all ages will have the chance to play and interact with each other, an opportunity that they might not otherwise have.

Possible activities might be Play Dough, painting, reading stories, building, puzzles and many more.

Refreshments will be served.

0930 – 11.30. Fiddlers Green Auditorium. Friday. Fortnightly during School Terms.

RETURNING Keeping a Sketchbook

Learn to draw from direct observation. The Tutor will share her sketchbooks, tips, tools and materials. Urban Sketching, travel journals, visual diaries. For the first class bring a pencil, A5 paper, a board to draw on (and any other materials of choice). After the course is over those interested are invited to join previous course participants in informal monthly sketchmeets in the Berwick area.

(Tutors Sketch Blog <https://nowismystoryinsketches.blogspot.com.au/>)

1300 – 1500. Fiddlers Green Craft Room. Friday. Fortnightly for 6 sessions only.

Line Dancing.

This is an established lively group. It has everything – music – dancing laughter – and above all enjoyment. If you enjoy exercise and music, then come and give this a go. Numbers are limited due to the size of the dance floor.

10.00 – 11.30am. Fiddlers Green Auditorium. Wednesday. Weekly

Mahjong

Play the ancient game of Mahjong for fun and pleasure in a relaxed, friendly and non-competitive atmosphere.

The aim of the group is to enjoy a friendly game amongst friends with a similar interest.

2.00 – 4.00pm. Fiddlers Green Auditorium. Friday. Weekly.

Music – Keyboard.

This course is designed for people who have a desire to play an electronic keyboard. Sheet music used by the tutor is mainly the East Play music such as that produced by Hal Leonard. Students first learn the correct fingering followed by how to play chords, with instruction on how to read and play sheet music. Two classes available – Beginners and Advanced.

Beginners 9.30 – 11.00. Advanced 11.00 – 1.00pm. Private Beaconsfield Address. Wednesday. Weekly.

Painting – Oils.

This class offers inspiration and assistance alike. Members will use their knowledge to try different media and methods and encourage each other.

10.00 – 1200. Fiddlers Green Craft Room & Multi Purpose Room. Weekly.

Patchwork & Quilting.

This class is for both machine and hand patchworkers. The work includes traditional patterns and applique work. We make bed quilts, wall hangings, table mats, runners, bags etc. One sewing machine is available, also cutting boards, rulers and iron. Students are asked to bring their own cutters.

10.00 – 12.00. Fiddlers Green Craft Room. Friday. Weekly.

Philosophical Discussion.

Philosophy enters every aspect of life. We will discuss ideas rather than facts. We will ask questions, both related to everyday life and some of the so called “Big Questions”. Our aim will be to gain understanding while we seek, in discussion, some answers to these questions with the timeless vision of philosophy.

10.00 – 11.30. Fiddlers Green Multi Purpose Room. Thursday. Weekly.

Pyrographic Art.

Master the basic techniques of this decorative art. Learn how to transfer designs onto timber using a hot etching method. This technique can be used to produce a wide range of household items such as wall hangings, coasters, clocks and door signs.

1000 – 1130am. Lynbrook Community Centre. Weekly, Monday.

Qigong

Slow gentle exercises practised in China for thousands of years for meditation, balance and concentration. The exercises range from breathing techniques through gentle repetitive movements to more difficult sequences involving concentration, balance and flexibility. **Two separate classes available; (1) on a Monday at Fiddlers Green Retirement Village start and (2) on a Thursday at Selandra Community Hub. Both classes 10.00 – 11.00.**

Qigong – Moving & Still Meditation.

Members of this class learn an Eastern way of improving health of the body and mind. Members learn to combine breath, movement and mind intention to improve health on all levels of life. Qigong is gentle and complex, relaxing and energising. The list of benefits from practising Qigong are too many to list here, but can easily be researched on Google. Simply put - Life becomes more enjoyable.

11.00 – 12.00. Fiddlers Green Auditorium. Tuesday. Weekly.

NEW Social Media

Facebook, Twitter, Instagram, and other online social communication opportunities can provide connections to family, friends and people with similar interests all over the world. Learn how to access and participate SAFELY. Find groups about hobbies, current events, how those tweets get on Q and A.

1430 – 1600. Casey Tech School. 2nd & 4th Thursday / month.

Spirituality in the 21st Century.

This course is for those who believe that there is more to spirituality than religion, and should come with a warning that religious sensitivities will be challenged. Spirituality transcends tribal religions and at the same time can deepen your particular faith journey. The method of teaching is to play a series of DVDs and encourage participants to interrupt with comments and questions.

1.30 – 2.30. Fiddlers Green Craft Room. Monday. Weekly.

Strum Club

This class will cater for those who already play guitar and would like to join with others, or for those who have a guitar sitting at home that they would like to learn how to play. The class will provide a basic introduction to playing guitar by strumming. You'll learn to play a range of songs and those who can sing will be encouraged to sing along too. Playing a musical instrument is fun and rewarding in itself, but it's also a great brain booster!

1430 – 1630. Fiddlers Green Auditorium. 2nd & 4th Tuesday / month.

Taiqi.

Learn the Beijing 24 Form of Taiqi. Benefits are numerous for your body and mind. This form is suitable for all ages. Two classes available; Beginners & Advanced. _____

Beginners 10.00 – 11.00 and Advanced 11.00 – 12.00. Woodlands Park Retirement Village. Friday. Weekly.

NEW Tech Tasters

Explore Casey Tech Schools facilities over a series of four workshops focusing on STEM skills (Science, Technology, Engineering and Mathematics); including Robotics, 3D-Printing, DNA testing, and video creation using a green screen.

1530 – 1630pm. Casey Tech School. Tuesday. For 4 sessions Weekly only

The Literature Class.

For those who like to read novels, plays, poetry, and non fiction - and who enjoy the opportunity to raise questions and express opinions about meanings, themes, and interpretations. We include some classics as well as contemporary writing. Works are selected by the members of the group.

1000 – 1200. Fiddlers green Craft Room. Tuesday. Weekly.

RETURNING Try Bowls.

Try Bowls is short introduction to the game of lawn bowls. Bowls is an easy game to learn and like all worthwhile activities takes practice to master. The course will run for 6 weeks on Tuesday mornings. Number are limited to 8. Bowls are available at the village. Flat soled shoes or thick socks to protect the green are all that's needed. At the end of the course participants will have the opportunity to join the Fiddlers Green Bowling Club.

1000 – 1200. Fiddlers Green Bowling Green. Tuesday, Weekly for 6 sessions only.

Walking Group (1)

Wildlife, birds and trees are a delight to behold making a very pleasant journey for walkers. There is no pressure to compete or complete a given course. Come along and join this very friendly group. We walk in various local parks and reserves. We often go for coffee afterwards. You will be contacted with the meeting place details.

0930 – 1030. Various walks. Tuesday. Weekly.

Walking Group (2) & Dog Walking.

This dog walking class is an excellent social and exercise opportunity for both you and your doggy friends. Probable walking places will be Berwick Springs Wetlands, Wilsons Botanic Park, Acoonah Park, Kurll Park (1001 Steps). Walks will take place weekly on a Wednesday for approximately 1 hour. Walkers must clear up after their dog and show respect for the area. Contact Pam for more information. 0490 523 739

0930 – 1030. Various Walks. Wednesdays. Weekly.

Writing Creatively Workshops.

Do you like to write? Would you like to share what you write and listen to others sharing their work? Would you like to be given a topic or theme, or choose your own; and see where it takes you?

A bit like being at school really - only no exams or grades, just sharing with likeminded people. You will need an A4 or Foolscap Exercise Book or loose leaf folder, a pen and pencil, coloured pencils and whatever else you need to present your work for yourself and others to enjoy.

1400 – 1700. Private Berwick Address. 2nd Sunday / month.

LYNBROOK SERIES.

Zumba - Gold

Dance along to Latin inspired rhythms while getting fit and having FUN! This low impact class is led by a qualified Zumba instructor and is tailored for seniors. It relieves stress, improves heart health and helps increase balance and co-ordination. Tutor: Kerry Auch-Schwelk

12:30-1:30 Mondays (weekly) Venue: Hall1, Lynbrook Community Centre

Ukulele

If you've never played a ukulele before but are interested to learn the basics, then this is the class for you! Learn by playing songs and having FUN in a friendly supportive atmosphere. You will need your own ukulele. Feel free to ask for advice. Anyone with some previous experience is also welcome to come along. Tutor: Danny Hume
11:30-12:30 Tuesdays (weekly). Venue: Training Room, Lynbrook Comm. Centre

Pilates for Seniors

Build core strength and develop strong muscles while increasing flexibility and improving overall posture and balance. This weekly class designed for seniors is being conducted by a qualified Pilates instructor. Mats and balls will be available for use. Tutor: Anita McDonald.

2:00 – 3:00pm. Tuesdays (weekly). Venue: Hall 3, Lynbrook Comm. Centre

Table Tennis.

Combine exercise, laughter and a little friendly competition and what do you get? Table Tennis is the answer! Come along and play to your strengths in a friendly and fun atmosphere, meet new people and improve your game. Any level of player is most welcome – experienced or those who would like to learn.

11 ;00 – 1 ;00pm. Thursdays (weekly). Venue – Lynbrook Comm Centre.

Take Control.

Your finances. Your future. Join us for various workshops, games etc to explore ways to help you frame your financial decisions. These sessions will help keep you informed of trends that may affect your day to day financial choices. Talk and have fun while you learn. These fortnightly sessions are offered by Casey U3A in partnership with **Gamblers Help** and are completely FREE and open to anyone, no age limits. No membership required. For more info contact Clover Laurier, Gamblers Help Engagement Officer (9575 5311).

12:30 – 2:00pm. 2nd & 4th Tuesday each month. Lynbrook Comm. Centre.

See above – Card Making (2), Pyrographic Art and Drawing (2) also at Lynbrook C.C.

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BUNJIL PLACE LIBRARY SERIES

Class 1: Travel Around the World with Casey U3A

Starts Wed 4th March (first Wed per month) 1.00PM – 3.00PM with Mal Owens and Chris Trimnell.



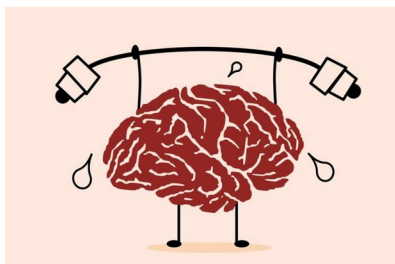
Have you been to Scotland, plan to go there or maybe you're just interested in finding out about different countries? If you answered yes to any of the above please come along! If you have any photos, or memorabilia you'd like to share bring that along too! There will be some time set aside for sharing and a couple of group trivia challenges!

Use this link to book in for World Travel:

<https://www.cclc.vic.gov.au/event/travel-around-the-world-with-casey-u3a/2020-03-04/>

Select 'BOOK NOW' and follow the prompts on the screen and/or view the 'help' steps attached.

Class 2: Brain Training with Casey U3A



Starts Thursday 5th March 1.00pm – 2.00pm (1st & 3rd Thursdays in each month) with Joan Gaudion, Judith Brown and Chris Trimnell

In these sessions you can learn how to keep your brain healthy and work on fun activities to stimulate those brain cells, including memory, creativity, problem-solving, positive thinking as well as mindfulness and how to de-stress.

Use this link to book in for Brain Training:

<https://www.cclc.vic.gov.au/event/brain-training-with-casey-u3a/2020-03-05/>

Select 'Book NOW' and follow the prompts on the screen and/or view the 'help' steps attached.

Class 3: Scrabble and/or Upwords with Casey U3A



Starts Thursday 5th March 2.00pm – 3.00pm (1st & 3rd Thursdays in each month) with Chris Trimnell

Scrabble needs no introduction. Come along, join in, test your word skills and compete in a friendly environment. No prizes for winning – just good fun!

Use this link to book in for Scrabble:

<https://www.cclc.vic.gov.au/event/scrabble-with-casey-u3a/2020-03-05/>

Select 'Book NOW' and follow the prompts on the screen and/or view the 'help' steps attached.

