

PROGRAM OF COURSES – TERM 1, 2025
28 January – 03 April

DAY	TIME & VENUE	TITLE & DESCRIPTION	COURSE LEADER
M O N D A Y	8:00 – 11:30 Monday 17th February Dress code applies Held at Men's Shed \$6	MEN'S SHED DIY WORKSHOP Come along to the Men's Shed and do the following: <ul style="list-style-type: none"> • Listen and learn about basic car awareness and maintenance • Discover some insights for home painting • Use tools to make and take home an object (to be decided) Material Cost: \$19 payable to the Men's Shed on the day	Harry Ellis 6-10
	9:00 – 10:00 <i>River Room</i> \$20	INTERMEDIATE UKULELE This class is for students wishing to increase their basic knowledge of ukulele playing and enjoy a sing-along at the same time (singing not mandatory)! Laughter and the ukelele seem to go hand-in-hand so join this fun-loving group. NEED: UKULELE	Lindy Cowie
	9:00 – 11:00 <i>Mangrove Room</i> \$20	PEN AND PENCIL DRAWING FOR BEGINNERS This course will cover the basics of pen and pencil drawing. Your Course Leader Steve says, "We will first cover some of the basic aspects of drawing and creating textures with pen and ink. Ink brings with it a certain timelessness and elegance that sets it apart from other forms of drawing. It's an accessible medium for beginners. With a fun attitude, adequate practice, and some resilience you will soon be creating works of art." All material will be supplied at an extra cost of \$30, payable to Steve in the first lesson.	Steve Hamblin
	10:00 – 12:00 <i>Bay Room</i> \$20	TABLE TENNIS A fun way to get some exercise and meet new friends, keeping the mind and body working together. All equipment provided or bring your own. Come and join in the fun!	Bert Boers

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T U E S D A Y	8:30 – 9:00 <i>Bay Room</i> \$20	<p style="text-align: center;">SEATED QIGONG</p> <p>Qigong dates back 1000s of years and has been practiced in various countries as a daily preventative practice to ward of illness and disease.</p> <p>Learn how to awaken your Qi (life-force energy) using easy to follow, effortless movements you can do while seated. This class will assist you to release tension, tightness, and pent-up stress throughout your entire body, so you have more energy and heal faster.</p> <p>This ½ hour class will be comprised of easy exercises you can do while seated to help strengthen and stretch the body.</p>	Caz Browning
	9:00 – 10:00 <i>Beachmere Bowls Club</i> \$20	<p style="text-align: center;">LEARN TO BOWL WITH A COACH</p> <p>Spend an hour with Geoff and be taught the basics of lawn bowls. This is a sport that is a fun and relaxing way to get fit. No special equipment required; the Beachmere Lawns Bowls group will provide everything needed.</p> <p>This class is for those who have never bowled before and for those who wish to renew their knowledge of a game they may not have played for years.</p>	Geoff Sanderson
	9:00 – 10:00 <i>Bay Room</i> \$20	<p style="text-align: center;">QIGONG</p> <p>Qigong is all about the body, mind and breath. It is a simple form of moving meditation that focuses on releasing stagnant energy in the body to allow healing energy to flow.</p> <p>If you suffer from brain fog, fatigue, stress, anxiety, depression, symptoms of menopause, body aches and pains etc, then Qigong can assist in eliminating or reducing some of these health issues in our lives.</p> <p>Moving meditation is a self-healing practice that gives you the power to monitor and regulate your health, physically and mentally.</p>	Caz Browning
	9:30 – 11:30 <i>The Deck</i> \$20	<p style="text-align: center;">FUN WITH PUZZLES</p> <p>Let's get our brain cells bouncing as we try to solve various word, number and logic puzzles. You will learn about number sequences, cryptic crosswords, word play and the meaning of words. The laughter that comes from this group is infectious so obviously it is a lot of fun.</p> <p>Who would have thought learning could be so enticing!</p>	Robyn Wheeldon

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T U E S D A Y	10:30 – 11:30 6-week course: Feb 11 – Mar 18 <i>River Room</i> \$15	SPREADSHEETS WITH MICROSOFT EXCEL – BEGINNER'S Join Jo in this 6-week introductory course as she takes you through “that other program” which comes with the Microsoft Office suite. Learn how to use Excel to be able to create a household budget and keep track of your savings; prepare a spreadsheet of your home contents for insurance purposes; use Excel to prepare an itinerary for your upcoming holiday. We will cover content such as entering, formatting and sorting numbers and text; formatting with borders and shading; using formulas to automatically calculate sums; and printing a spreadsheet. NEED: LAPTOP with EXCEL installed, plus a mandatory MOUSE	Jo Carpenter
W E D N E S D A Y	9:00 – 10:30 <i>Mangrove Room</i> \$20	CARDS 500 Come along and join this social group who enjoy playing Cards 500. This is a “trick” winning card game played in pairs on a table of 4. Try to outwit your opponents with newly learned skills and ultimately win the game.	Cate Absolon
	10:00 – 11:30 Wednesday 12 th February <i>River Room</i> \$2	CRIMINOLOGY/TRUE CRIME Shannen will host a stand-alone seminar to explore various criminal cases, including both well- and lesser-known cases and discuss the impact these cases have had on society. Shannen holds a Bachelor of Justice (Major in Criminology/Policing, with a Minor in Forensic Science) and a Master of Criminology. This seminar would be suitable for individuals with an interest in true crime and will mention deaths when discussing homicide cases.	Shannen Galavin- Chardon
	10.30 -12.00 <i>Bay Room</i> \$20	TABLE TENNIS This game of hand/eye co-ordination is a great way to improve your fitness. Whether you are new to the game or an old hand, this group will have you leaping around like a teenager (well, maybe a slight exaggeration)! All equipment is provided so bring your smile and come and enjoy.	Gaye Clayton

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T H U R S D A Y	9:30 – 10:00 Thursday 30th January 13th February 13th March <i>River Room</i> \$2 per session	AGED CARE ENTRY STRATEGIES Tony is an informed and engaging speaker who will discuss how to plan your affairs now while you are well in case you end up in Aged Care in the future.	Tony de Kort
	10:00 -12:00 Thursday 30th January <i>Mangrove Room</i> \$6	MOBILE PHOTOGRAPHY BASICS <i>Learn the basics of taking great photos with your Android or Apple device. We will discover how to use flash, focus, light levels, filters and more. Composition, zoom and photo editing will also be covered, as will how to sms and email photos.</i> Bring your charged devices and a notepad/pen.	Ula Grochala
	9:30 -11:00 Thursday 6th February <i>Mangrove Room</i> \$6	COLOUR & CONTRAST FOR CONFIDENCE WORKSHOP Join us for an interactive workshop designed and run by Rebecca Hissey from Hues in Harmony and owner of Seaweed and Sandals. Rebecca is a Certified Personal Colour Analysis Consultant using the Absolute Colour System. Discover the fundamentals of using colour in your everyday wardrobe to enhance your natural glow. Using undertone, value, contrast and intensity to choose our clothing, hair colour, and accessories like jewellery and handbags. A fun, visual event designed to brighten your palette.	Rebecca Hissey
	10.00 – 12.00 Thursday 13th February <i>Mangrove Room</i> \$6	INTRODUCTION TO THE IPAD Got an iPad but not sure how to use it? Join us to learn how to get started, create a pin or password, adjust settings to your liking, install apps and organise them. We'll also go through emailing, app notifications, and other questions you may have. Please bring your Apple account email and password if you know them. Don't forget to bring your iPad.	Ula Grochala
	10:00 -11:00 Thursday 20th February <i>River Room</i> \$2	MEMBER'S FORUM Everyone's story is important, and U3A Beachmere members have some very interesting stories to tell. My Life in Medicine Martin D'Arcy Evans is a retired obstetrician and gynaecologist. Although the title may suggest prestige, there are various aspects to consider. Attend Martin's talk to learn about his career and the journey that led him and his wife Lindy to settle in Beachmere.	Martin D'Arcy-Evans
	10:00 – 11:00 Thursday 6th March <i>River Room</i> \$2	ROAD SAFETY - a presentation by Dept of Transport & Main Roads The session will cover road rules, safe driving tips for seniors, how age can affect your ability to drive and medical requirements for drivers 75 years and over.	David Upperdine

DAY	TIME & VENUE	TITLE & DESCRIPTION	COURSE LEADER
F R I D A Y	9:00 – 10:15 <i>Community Hall Progress Street, Beachmere</i> \$20	GENTLE CHAIR YOGA A gentle stretch and strength, seated Yoga Class combining balance and brain exercises, finishing with standing, stretch and balance activities. NEED: A latex band, towel, water bottle and a ball. (Carol will advise the type of ball)	Carol Marshall

MEMBERSHIP BADGES MUST BE WORN AT ALL TIMES.

Tea and coffee is provided in the kitchenette for all members – please help yourselves!

(We only ask you kindly to clean up afterwards)

SOCIAL EVENT – TRIVIA NIGHT

FRIDAY 28TH FEBRUARY

6pm to 8pm

Beachmere Bowls Club

Entry Fee: \$5 per person (cash only)

Gather your team for an evening of trivia.

- Limited to 6 tables of 8. Bookings will close on 20th February, unless filled earlier.
- Book your table at the U3A Beachmere office. Monday to Thursday. 9am to 12noon.
- Arrive at 6pm to purchase a sausage sizzle from the Community Garden Club.
- The Beachmere Bowls Club will sell drinks (beer, wine, soft drinks) until 7:30pm.
- U3A Beachmere trivia game will take place from 6:30pm to 7:30pm.

WANTED – VOLUNTEERS

Do you have one morning a week or fortnight to help the office volunteers? If so, then please consider joining our U3A Beachmere team of volunteers.

You would be a friendly face to meet and greet members and chat to potential new participants and help to prepare the office and classrooms for the day.

Ideally you would be willing to learn the MyU3A computer program to assist with entering class enrolments, registering new members and taking payments.

Disclaimer: This program is correct at the time of printing

U3A Beachmere thanks Ariana Doolan MP (State Member for Pumicestone) for the printing of this Program.