

Supported by the Victorian Government



U3A FRANKSTON INC.

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(*Melway Map 102, Ref G1*)

Class Booklet 2012

Version 4

U3A FRANKSTON

U3A Frankston commenced in 1985 and moved from its previous location to the Stella Maris Centre at John Paul College, McMahon's Road, Frankston in late 2010. We hold over 50 different courses and have 600 members. There is a dedicated classroom for computers and three rooms for other classes which cover languages, exercise, history, writing and other topics. We also have a members' room which has two computers for seniors' broadband learning.

It is an organization that brings together people who are over 50 and not working full-time. People meet for mental and physical stimulation, to continue learning or share common thoughts and ideas.

There are no paid staff at U3A Frankston – our tutors, office staff, committee members and other helpers are all volunteers and we always need people to help. Without these wonderful people giving a lot of their time, U3A would not exist. Our volunteers are the backbone of U3A.

Take the step and see what we can offer you, and at the same time have a cup of tea or coffee and talk to our members.

TERM DATES 2012

Term 1: Monday, 6 February to Friday 30 March.
Closed: Labour Day (Monday 12 March).

Term 2: Monday, 16 April to Friday, 29 June.
Closed: Easter (Friday 6 and Monday 9 April); Anzac Day (Wednesday 25 April) and Queen's Birthday (Monday 11 June).

Term 3: Monday, 16 July to Friday, 21 September.

Term 4: Monday, 8 October to Friday, 7 December
(Closed: Monday 5 November and Cup Day (Tuesday 6 November)).

ENROLMENT

At the end of each year, all classes are closed and members must re-enrol for the next year into every class of their choice.

Two rounds of enrolment are held and take place at Frankston U3A. The first one is usually in November of the current year and the second in January of the following year. Advice on enrolment dates will be advised through local papers and forms sent out as soon as possible to current members.

PLEASE NOTE

The following guidelines apply :

- In future, no early enrolments or mail enrolments will be accepted. If you cannot physically get to U3A on those days, then please make arrangements to give your forms and money to someone who will bring them in for you.
- No more than 3 enrolments (yourself and two others) will be accepted on the day.
- As you arrive, you will be given a priority number. All classes are arranged by these priority numbers. U3A Frankston has always had an enrolment policy of "first come, first served". Please do not expect that because you were in the class last year that you will be given first priority for the following year.

We believe this is the fairest way for all members as we have some very popular classes.

FEES

Membership Fee for Calendar Year (January to December) Payable on Enrolment :

- Frankston U3A members \$35
- Affiliated U3A members \$20

Class Fees:

Computer: \$30.00 per term
Digital Photography: \$30.00 per term
Photostory: \$18.00 for six week course

The above are payable in advance at the first lesson.

Choir: \$3.00 per session

All other classes: \$1.00 per class

Fees for Choir and other classes are collected weekly.

Please complete the following:

- Membership form and volunteer form (if applicable)
- Class enrolment (each form allows for up to 5 classes : you must include class name and number).

Membership fees must be paid before enrolment/s can be accepted. We do accept enrolments at the office during the year but you must recognise that with late enrolments, you may not get into your chosen subjects. The completed forms can be either brought to the office at Stella Maris Centre, John Paul College, McMahon's Road, Frankston, or posted to U3A Frankston Inc., PO Box 429, Frankston, Vic, 3199.

OFFICE HOURS

U3A Office is open Monday to Friday from 9.15am to 1.15pm during term times but closed for School Holidays.

OTHER INFORMATION

No. of Students

The maximum and minimum number in a class is dependent on the size of the classroom and at the discretion of the tutor. However, if a class size falls below four, the tutor may reserve the right to cancel the class. This will not occur if class members are sick or on holidays and have notified us.

Duration of Classes

Most computer classes run for six months. All other classes, unless advised, are for twelve months. The majority of the classes are weekly but those marked with an asterisk are fortnightly.

Waiting Lists

If a class is full, we will put your name on the waiting list if possible. However, for some subjects, it may be difficult to join a class after the starting date especially if you do not have some prior knowledge of the subject. We suggest that it would be advisable to enrol as early as possible so you won't be disappointed.

Attendance at Classes

If you know that you will not be attending your class the following week or more, please mark the roll with an "A" to show that you will be absent.

If you are away from class for a period of 3 weeks and have not advised the office that you are unable to attend classes, we will deem that you are not longer interested and will fill that place with another member from the waiting list.

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*Classes are weekly unless indicated by *.*

Volunteer Tutors

We are always looking for new subjects that would appeal to U3A members so if you have expertise in an area and would like to take on the role of a volunteer tutor, please advise the office.

CLASSES

1. ***Auslan: Signing for the Deaf***
Tutor: Marie Hanak
Commences: Thursday, 9 February
Venue & Time: Room 1, 2.45pm-4.15pm
Size: Maximum 10; Minimum 4

Learn to talk with deaf people. Learn the language and history of signing.

2. ***Belly Dancing***
Tutor: Diane Kemp
Commences: Thursday, 9 February
Venue & Time: Room 4, 1.15pm-2.45pm
Size: Maximum 12; Minimum 4

Fun, fitness, co-ordination combined with basic steps of this ancient form of dance. Suitable for beginners. Wear comfortable long skirt and hip scarf.

3. ***Big Ideas***
Tutor: Bill Puls
Commences: Wednesday, 8 February
Venue & Time: Room 3, 11.15am-12.45pm
Class Size: Maximum 22; Minimum 6

A loosely organised study of philosophy, and related issues and ideas, by way of lectures and discussion.

4. ***Bridge : Introduction***
Tutor: Allan Sundbery
Commences: Tuesday, 7 February
Venue & Time: Room 3, 9.30am-11.00am
Class Size: Maximum 20; Minimum 4

An introduction to Bridge at beginner's level with an explanation of standard bidding, conventions based on 5 card major suites, an outline of playing methods, and brief sorties into defensive mechanisms and actual card playing.

5. ***Bush Walking***

Co-ordinators: Claire Monod
Commences: Saturday, 4 February
Venue: Various
Size: Maximum Unlimited; Minimum 6

This group is combined with Mornington U3A. We do walks in the Mornington Peninsula and Eastern Suburbs, usually of 10 to 12 km length. A moderate state of fitness is required. Please bring you own lunch and water.

5A. **Chinese Chat Room**

Tutor: Keyan Li
Commences: Tuesday, 7 February
Venue & Time: Room 1, 1.30pm-2.40pm
Size: Maximum 16; Minimum 6

A discussion group to learn about the Chinese language, culture, costumes and cooking. With talk of family and customs, the exchange of ideas will promote the learning of language and cultures in both directions.

6. ***Choir***

Conductor: Wendy Allinson
Commences: Thursday, 2 February
Venue & Time: The Uniting Church, 18 High Street,
Frankston. 9.30am-12.00pm

The choir has a happy time singing songs, some in unison and some in parts. Members do not need to read music but the ability to do so is an advantage.

7A&B ***Computers Introduction*** (6 month course)
Tutor: **A&B** Maureen Hansen
Commences: Tuesday, 7 February
Venue & Time: **A:** Room 2, 9.30am-10.45am
B. Room 2, 11.15am-12.30pm
Class Size: Maximum 12; Minimum 4

Learn the basic components of a desktop computer, demystify jargon, discover differences between software & hardware, know what to look for in a new computer & be introduced to basic programmes, eg, word processing, emailing & internet browsing.

7C. ***Computers Introduction*** (6 month course)
Tutor: Wilton Rodrigues
Commences: Tuesday, 7 February
Venue & Time: Room 2, 1.15pm-2.45pm
Class Size: Maximum 12; Minimum 4

Learn the basic components of a desktop computer, demystify jargon, discover differences between software & hardware, know what to look for in a new computer & be introduced to basic programmes, eg, word processing, emailing & internet browsing.

8A&B ***Computers Intermediate*** (6 month course)
Tutor: **A.** Mark Dunn
B. Peter Stirling
Commences: **A.** Monday, 6 February
B. Thursday, 9 February
Venue: Room 2
Time: **A.** 1.00pm-2.30pm
B. 12.30pm-2.30pm
Class Size: Maximum 12; Minimum 4

Learn how to manage the computer "desktop", create shortcuts, file management practises (storage devices), create & format documents, create & use an email account, develop internet browsing techniques & download photos from a digital camera.

8C. ***Computers Intermediate*** (6 month course)

Tutor: John Layfield
Commences: Wednesday, 8 February
Venue: Room 2
Time: 11.30am-1.00pm
Class Size: Maximum 12; Minimum 4

Learn how to manage the computer "desktop", create shortcuts, file management practises (storage devices), create & format documents, create & use an email account, develop internet browsing techniques & download photos from a digital camera.

9A&B ***Computers Advanced*** (6 month course)

Tutor: **A.** Mark Dunn
B. John Layfield
Commences: **A.** Monday, 6 February
B. Wednesday 8 February
Venue: Room 2
Time: **A.** 2.45pm-4.15pm
B. 9.30am-11.00am
Class Size: Maximum 12; Minimum 4

Learn how to master the "desktop", find technical information, change settings, perform maintenance, understand file storage, more complex word processing functions, manipulate images, dabble in spreadsheets & slideshow presentations), use internet hyperlinks & email attachments, learn shortcut keys & menus.

10A&B ***Computers : Digital Photography*** (6 month course)

Tutor: Jenny Mirabella
Commences: Friday, 10 February
Venue & Time: **A:** Room 2, 9.30am-11.00am
B: Room 2 11.15am-12.45pm
Class Size: Maximum 12; Minimum 4

Learn how to download images from digital cameras, to store & name images, to back-up (protect) & enhance images, & attach to an email and copy to USB or CD/DVD device.

11. ***Computers : MS Word*** (6 month course) (Term 2)

Tutor: Jenny Love

Commences: Monday, 16 April
Venue & Time: Room 2, 11.15am-12.45pm
Class Size : Maximum 12; Minimum 4

A "how to" course on using MS Word efficiently, covering such things as shortcuts, fonts, dot points, page set-up and inserting tables, symbols and pictures.

12. ***Computers : Photostory*** (6 week course)

Tutor: Peter Stirling
Commences: Thursday, 9 February
Venue & Time: Room 2, 3.00pm-4.30pm
Class Size : Maximum 10; Minimum 4

Bring digital photos of grandchildren or holidays to life. Add background music & burn to a DVD to watch on TV. Please bring 50 photos on a memory stick or CD to first class. Would be helpful to be know how to burn a DVD but not essential.

13. ***Creative Writing 1***

Tutor: Margaret Ulbrick
Commences: Wednesday, 8 February
Venue & Time: Room 1, 9.30am-11.00am
Class Size: Maximum 15; Minimum 8

A new "creative writing" class for beginners. Here we learn how to write creatively through music, the arts, words and pictures.

14. ***Creative Writing 2***

Tutor: John Tinney
Commences: Thursday, 9 February
Venue & Time: Room 1, 9.00am-10.30am
Class Size: Maximum 16; Minimum 8

You only need a love of the English language, an imaginative mind and a sense of humour! So why not come along?

15. ***Criminology*** (Terms 1 & 2)

Tutor: Yvonne Landers
Commences: Tuesday, 14 February

Venue & Time: Room 4, 11.15-12.45pm
Class Size: Maximum 15; Minimum 8

Learn about general criminology: case law, case studies and includes suggestions from participants. No homework!

16. ***Crochet, Knitting & Other Crafts***

Tutor: Brenda Thurgar
Commences: Thursday, 9 February
Venue & Time: Room 3, 11.15am-12.45pm
Class Size: Maximum 15; Minimum 4

This is a self-help group where we share patterns and ideas.

17. ***Cryptic Crosswords***

Tutor: Iris Dale
Commences: Wednesday, 8 February
Venue & Time: Room 3, 9.30am-11.00am
Class Size: Maximum 20; Minimum 4

Have fun while we work on cryptic crosswords together.

18. ***Current Affairs*** (Fortnightly)

Co-ordinator: Jack Herbert
Commences: Friday, 10 February
Venue & Time: Room 3, 9.30am-11.00am
Class Size: Maximum 16; Minimum 6

Class discussion of international, national and local current affairs. Class members are encouraged to select topics for discussion.

19. ***Drawing for Pleasure***
Tutor: Suren Sorensen
Commences: Friday, 10 February
Venue & Time: Room 4, 9.30am-11.30am
Class Size: Maximum 25; Minimum 4

Suren, a master artist of almost 50 years' standing, invites you to join him on an adventure of discovery of your talents in a friendly and relaxed atmosphere. This course is suitable for all levels of experience from beginners to more advanced. Please bring your drawing pad and soft pencils.

- 20A&B. ***Exercise to Music***
Tutor: June Hewitt
Commences: **A.** Wednesday, 8 February
B. Monday, 6 February
Venue & Time: **A.** Room 4, 9.15am-10.30am
B. Room 4, 11.15am-12.15pm
Class Size: Maximum 20; Minimum 4

Movement to music for flexibility, strength, co-ordination. All arthritis sufferers catered for. ***(20A. only – includes Pilates for core strength)***.

- 21A&B ***French 1 Beginners***
Tutor: **A.** John Coombs
B. Lolita Sandrazie
Commences: Wednesday, 8 February
Venue: **A.** Room 3
B. Room 1
Time: 1.15pm-2.45pm
Class Size: Maximum 16; Minimum 4

Speaking, reading and listening to French at an elementary level.

22. ***French 1 Beginners Plus***
Tutor: John Coombs
Commences: Tuesday, 7 February
Venue & Time: Room 3, 11.15am-12.45pm
Class Size: Maximum 16; Minimum 4

For those who have some knowledge of French and wish to learn more!

23. ***French 2 Intermediate*** **Tutor:** Birgit Huss (Term 1)
Nicole Stinchcombe (Terms 2, 3 & 4)
Commences: Tuesday, 7 February
Venue & Time: Room 3, 1.15pm-2.45pm
Class Size: Maximum 15; Minimum 6

Jules Verne - l'île mystérieuse. Madame le prince, Dr Beaumont – la biue et la bête. Charles Perrouet – Le chat botte.

24. ***French 3 Advanced***
Tutor: Gilbert Charbonnier
Commences: Tuesday, 7 February
Venue & Time: Room 3, 2.45pm-4.15pm
Class Size: Maximum 20; Minimum 6

Reading of provided text and translations. French to English and English to French. Film and documentaries will be shown for comment. Grammar discussions, if required.

- 24A. ***Genealogy*** (Fortnightly)
Tutor: Jean Duffus
Commences: Friday, 10 February
Venue & Time: Room 1, 9.30am-11.00am
Class Size: Maximum 16; Minimum 6

To help people interested in their roots where to find out more about them. Fun with families!

25. ***German Beginners***
Tutor: Peter Weber

Commences: Thursday, 9 February
Venue & Time: Room 4, 11.15am-12.45pm
Class Size: Maximum 20; Minimum 6

German for beginners, including grammar, speaking, reading and writing.

26. ***German 2 Conversation***

Tutor: Heinz Tiemoreit
Commences: Thursday, 9 February
Venue & Time: Room 3, 1.15pm-2.45pm
Class Size: Maximum 16; Minimum 4

Main focus of the course is conversation between class members with verbal corrections by the tutor. Reading, writing and translation will also be practiced with grammar taught or revised.

27. ***Greek Mythology & Classical History*** (Fortnightly)

Tutor: Georgina Limnios
Commences: Monday, 6 February
Venue & Time: Room 1, 11.15am-12.45pm
Class Size: Maximum 15; Minimum 4

Learn about the creation, gods & heroes of Greek mythology, as well as the classical history about Leonidas, Perikles and the Persian Wars.

28. ***History: Ancient Civilisations (Egyptology)***

Tutor: Frank Mahr
Commences: Monday, 6 February
Venue & Time: Room 1, 9.30am-11.00am
Class Size: Maximum 15; Minimum 4

Discussions on gods, kings, life, architecture, creations and the *homes of ancient Egyptians*.

29. ***History : "From Russia with Love"***
(Russian History from Origins to Nicholas II)
Tutor: Murray Adamthwaite
Commences: Friday, 10 February
Venue & Time: Room 1, 1.15pm to 2.45pm
Class Size: Maximum 16; Minimum 6

"Russia is a riddle wrapped in a mystery inside an enigma" – Winston S Churchill. This course covers the history from its earliest beginnings to the fall of the last Tsar, Nicolas II, and the Revolution which overthrew the monarchy in the turbulent times of World War 1.

30. ***Introduction to the Legal System*** (Term 3 only)
Tutor: John Wadsley
Commences: Friday, 20 July
Venue & Time: Room 1, 2.45pm-4.15pm
Class Size: Maximum 16; Minimum 4

The aim is to discuss and dispel the mysteries of the Australian legal system in a language which is easy to understand. There will be plenty of opportunities for questions and discussions.

- 31A ***Italian 1 Beginners*** (no classes in July)
Tutor: Maureen Mirabella
Commences: Tuesday, 7 February
Venue & Time: Room 1; 11.15am-12.45pm
Class Size: Maximum 14; Minimum 4

This is a course for students who have no background in the Italian language or who have some basic knowledge on which to build.

- 31B ***Italian 1 Beginners*** (no classes in July)
Tutor: Maureen Mirabella
Commences: Wednesday, 8 February
Venue & Time: Room 1; 2.45pm-4.15pm
Class Size: Maximum 14; Minimum 4

This is a course for students who have no background in the Italian language or who have some basic knowledge on which to build.

32. ***Italian 2 Intermediate*** (no classes in July)
Tutor: Maureen Mirabella
Commences: Tuesday, 7 February
Venue & Time: Room 1, 9.30am-11.00am
Class Size: Maximum 16; Minimum 4

Italian 2 is designed to either extend the Italian 1 course, where the basic components to the language have been mastered, or to provide a forum for students who already have a basic working knowledge of Italian 1.

33. ***Jazz Appreciation***
Tutor: Peter Wright
Commences: Monday, 6 February
Venue & Time: Room 3, 9.30am-11.00am
Class Size: Maximum 20; Minimum 4

The course will feature coverage of various styles of jazz from traditional to modern but not the "avant garde". It will be listening based. No knowledge of music (or jazz) is required. Should be fun!!

34. ***Literature & Film Study***

Tutor: Margaret Mace
Commences: Thursday, 9 February
Venue & Time: Room 3, 9.30am-11.00am
Class Size: Maximum 24; Minimum 10

Term 1: Play "Twelve Angry Men" by Reginald Rose (must have own copy) plus the film starring Henry Fonda.

Term 2: Australian Literature short stories and poetry from the 1890s to today.

Term 3: The Great Gatsby by F. Scott Fitzgerald (must have own copy) plus the film.

Term 4: To be advised.

35. ***Mahjong Advanced*** (Fortnightly)

Tutor: Marian Elliott
Commences: Wednesday, 15 February
Venue & Time: Room 4, 1.15pm-4.15pm
Class Size: Maximum 20; Minimum 4

Players must have a good knowledge of the rules as in "The Game of Mahjong" by Max Robertson.

36. ***Mahjong Beginners*** (Fortnightly)

Tutor: Marian Elliott
Commences Monday, 6 February
Venue & Time: Room 3, 1.15pm-4.15pm
Class Size: Maximum 10; Minimum 4

No previous knowledge required. New students integrate in to the class gradually, two at a time.

- 36A. ***Marquetry***
Tutor: John Hassall
Commences: Thursday, 19 April
Venue & Time: Room 3, 2.45pm-4.15pm
Class Size: Maximum 18; Minimum 4

Learn to do marquetry with the use of different woods and coloured panels. More information to come.

37. ***Master Class Oil Painting*** (6 month course)
Tutor: Suren Sorensen
Commences: Tuesday, 7 February
Venue & Time: Room 4, 1.15pm-4.15pm
Class Size: Maximum 25; Minimum 4

A well established master artist will share his knowledge and expertise. Even if you are a beginner, you are very welcome to join and be surprised at what you can achieve. This course will initially be 6 months and may be extended. Bring brushes, tubes of oil paint, rags, turps & an oil painting pad to start.

38. ***Mystery and Meaning in Great Art*** (6 month course)
Tutor: Karen Bensley
Commences: Friday, 10 February
Venue & Time: Room 2, 1.15pm-2.45pm
Class Size: Maximum 18; Minimum 4

Learn about the meaning & purpose behind important works of historical art. Illustrated talks and discussions will introduce you to the pleasures of studying paintings and sculptures of many of the greatest artists.

39. ***Nuclear and Other Green Power Sources***
Tutor: John Tenison-Woods
Commences: Tuesday, 7 February
Time & Venue: Room 1, 2.45pm-4.15pm
Class Size: Maximum 20; Minimum 4

Learn about the mysteries of nuclear power and discussions of other green power sources.

40. ***Oil Painting Beginners***
Tutor: Jeannie Laine
Commences: Friday, 10 February
Venue & Time: Room 4, 1.15pm-4.15pm
Class Size: Maximum 12; Minimum 4

Students are offered practical, hands-on painting from day 1, with the painting of your choice. Detailed theory will be given on colour mixing, atmosphere, movement and style. You will be given a list of equipment at the start of the course.

41. ***Oil Painting Advanced***
Tutor: Jeannie Laine
Commences: Friday, 10 February
Venue & Time: Room 4, 1.15pm-4.15pm
Class Size: Maximum 12; Minimum 4

For those who have already tried this wonderful pastime, and would like to improve and add to their skills, theoretical information is supplied by the teacher with the aim to showing your work. Acrylic painters are most welcome.

42. ***Opera Appreciation*** (Fortnightly)
Tutor: David Abbott
Commences: Monday, 6 February
Venue & Time: Room 1, 1.15pm-4.15pm
Class Size: Maximum 16; Minimum 4

Enjoy three hours of listening to operas by the great composers, presented on DVDs with introduction and discussion sessions.

43. ***Photographic Discussion*** (Fortnightly)
Tutor: Peter Dean
Commences: Friday, 10 February
Venue & Time: Room 3, 11.15am-12.45pm
Class Size: Maximum 25; Minimum 6

Members present their photographs for group discussion. If desired, they can be manipulated "live". No minimum skills required.

44. ***Rambling All Over*** (2nd & 4th Wednesday)
Co-ordinator: Bill Blackham
Commences: Wednesday, 8 February
Time: 9.15am-2.30pm
Group Size: Unlimited

Easy gentle strolls around many of Melbourne's interesting places whilst meeting a nice chatty group.

45. ***Revolutions*** (Fortnightly) (1st, 3rd and 4th terms only)
Tutor: Tony Raphael
Commences: Friday, 17 February
Venue & Time: Room 3, 9.30am-11.00am
Class Size: Maximum 24; Minimum 6

Discussions on revolution through history and possible philosophy of the subject.

- 46A. ***Spanish Beginners***
Tutor: Luis Saez
Commences: Wednesday, 8 February
Venue & Time: Room 1, 11.15am-12.45pm
Class Size: Maximum 14; Minimum 6

Learn how to speak Spanish in an easy and fun way.

- 46B. ***Spanish Advanced***
Tutor: Luis Saez
Commences: Friday, 10 February
Venue & Time: Room 1, 11.15am-12.45pm
Class Size: Maximum 14; Minimum 6

Learn the more advanced aspects of Spanish.

47. ***Tai Chi Beginners/Intermediate***
Tutor: Zandra Daniels
Commences: Monday, 6 February
Venue & Time: Room 4, 9.30am-10.30am
Class Size: Maximum 16; Minimum 3

For those who have some experience. Zandra has experience in teaching gentle Tai Chi for Seniors.

48. ***Tai Chi Advanced***
Tutor: Zandra Daniels
Commences: Tuesday, 7 February
Venue & Time: Room 4, 9.30am-10.30am
Class Size: Maximum 16; Minimum 3

An advanced class for experienced Tai Chi pupils.

49. ***Water Colours 1 Beginners*** (Fortnightly)
Tutor: Jeannie Laine
Commences: Wednesday, 8 February
Time & Venue: Room 4, 1.15pm-4.15pm
Class Size: Maximum 12; Minimum 4

Your tutor will give you comprehensive information and hands on instructions to enable you to paint. A work material list will be given on the first day.

50. ***Water Colours 2 Advanced***
Tutor: Jeannie Laine
Commences: Monday, 6 February
Time & Venue: Room 4, 1.15pm to 4.15pm
Class Size: Maximum 12; Minimum 4

For those who have tried water colour painting and would like to extend their range of knowledge, styles, colour, texture and mood. There will also be discussions on composition. Bring your paints and join this happy group.

51. ***"Writing your Life"***

Tutor: Valerie Divers
Commences: Thursday, 9 February
Venue & Time: Room 1, 11.15am-12.45pm
Class Size: Maximum 12; Minimum 4

Your life is part of history and we all have different aspects to offer. It is good to share them.

52A ***Yoga : Relaxation***

Tutor: Madhumati Saraswati
Commences: Wednesday, 8 February
Time & Venue: Room 4, 11.15am-12.45pm,
Class Size: Maximum 12; Minimum 4

Learn to remain supple and relax with Yoga.

52B ***Yoga : Relaxation***

Tutor: Madhumati Saraswati
Commences: Thursday, 9 February
Time & Venue: Room 4, 9.30am-11.00am
Class Size: Maximum 12; Minimum 4

Learn to remain supple and relax with Yoga.

53. ***Writing Workshop***

Tutor: Margaret Mace
Commences: Thursday, 9 February
Time & Venue: Room 1, 1.15pm-2.45pm
Class Size: Maximum 16; Minimum 4

Introduction to short story writing with a look at various styles of some known authors, a study of the three main writing styles, power writing, knowing your audience, writing to a prompt and doing your own thing.