

U3A BALLARAT

CLASS INFORMATION

FEBRUARY-DECEMBER 2026



BALLARAT
UNIVERSITY OF THE THIRD AGE

Welcome to your U3A Ballarat classes for 2026.

To attend a class, you must be a financial member.

Please contact the Tutor/Facilitator or Class Convenor before enrolling in a class.

Name tags are to be worn to all classes. These are available at the U3A Office, BNCC, during office hours.

Please use Member Wizard or email your tutor to make an apology if you know you will miss a class.

The class information in this booklet is in category order.

Check the website, u3aballarat.org.au for all class information and updates.

Queries about classes: please email classcoordinator@u3aballarat.org.au

MAIN VENUES (See maps at the back of this booklet for our main venues.)

BNCC – Ballarat North Community Centre, 702 walker St, Ballarat North

BPAC – Ballarat Performing Arts Community, (former Neill St Uniting Church), 501-503 Neill St, Soldiers Hill

Hut 48 – at Ballarat Airport, Airport Rd, Miners Rest

Blake Gordon Manual Arts Workshop – Senior Campus, Ballarat Specialist School, Norman St, Ballarat North

Selkirk Stadium – cnr. Norman St and Dowling St, Ballarat North

OFFICE HOURS – Location: BNCC

Tuesday	10am-12pm
Wednesday	10am-2pm
Thursday	10am-2pm

2026 TERM DATES

TERM 1	Mon Feb 2-Thurs April 2
TERM 2	Mon April 20 – Fri June 26
TERM 3	Mon July 13 – Fri Sept 18
TERM 4	Mon Oct 5 – Fri Nov 27*
*Some classes extend until Fri Dec 11	

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1. CREATIVE ARTS
2. DIGITAL TECHNOLOGY
3. ENGLISH WRITTEN and SPOKEN
4. GAMES and HOBBIES
5. HEALTH and PHYSICAL ACTIVITIES

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7. HUMANITIES
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*denotes a new class for 2026

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1. CREATIVE ART

1.1. Art for Wellbeing (Term 1) In this 8-week program, we explore different ways of 'mark making' with a variety of mediums. Each week we learn skills together, so you do not require any prior experience to join in. The goal of sessions is to experience the stress-releasing flow state that comes from focus on an engaging task. A fee of \$8 per term helps cover printing and use of some materials. I recommend each participant purchase and assemble their own art kit for personal use during term and through the year. Email the Tutor (Tunde tzt56@yahoo.com.au) for a suggested art kit list.

Location: Ballarat Hockey/Tennis Centre, 59-79 Gillies St, Lake Wendouree

Dates: 2 Feb – 30 Mar

Schedule: Weekly on Monday 12:45 am-1:45 pm

Tutor: Tunde Meikle

1.2. Art for Wellbeing (Term 2) In this 8-week program, we explore different ways of 'mark making' with a variety of mediums. Each week we learn skills together, so you do not require any prior experience to join in. The goal of sessions is to experience the stress-releasing flow state that comes from focus on an engaging task. A fee of \$8 per term helps cover printing and use of some materials. I recommend each participant purchase and assemble their own art kit for personal use during term and through the year. Email the tutor (Tunde tzt56@yahoo.com.au) for a suggested art kit list.

Location: Ballarat Hockey/Tennis Centre, 59-79 Gillies St, Lake Wendouree

Dates: 20 April – 15 June

Schedule: Weekly on Monday 12:45 am -1:45 pm

Tutor: Tunde Meikle

1.3. Art for Wellbeing (Term 3) In this 8-week program, we explore different ways of 'mark making' with a variety of mediums. Each week we learn skills together, so you do not require any prior experience to join in. The goal of sessions is to experience the stress-releasing flow state that comes from focus on an engaging task. A fee of \$8 per term helps cover printing and use of some materials. I recommend each participant purchase and assemble their own art kit for personal use during term and through the year. Email the tutor (Tunde tzt56@yahoo.com.au) for a suggested art kit list.

Location: Ballarat Hockey/Tennis Centre, 59-79 Gillies St, Lake Wendouree

Dates: 13 July – 31 Aug

Schedule: Weekly on Monday 12:45 am -1:45 pm

Tutor: Tunde Meikle

1.4. Art for Wellbeing (Term 4) In this 8-week program, we explore different ways of 'mark making' with a variety of mediums. Each week we learn skills together, so you do not require any prior experience to join in. The goal of sessions is to experience the stress-releasing flow state that comes from focus on an engaging task. A fee of \$8 per term helps cover printing and use of some materials. I recommend each participant purchase and assemble their own art kit for personal use during term and through the year. Email the tutor (Tunde tzt56@yahoo.com.au) for a suggested art kit list.

Location: Ballarat Hockey/Tennis Centre, 59-79 Gillies St, Lake Wendouree

Dates: 5 Oct – 23 Nov

Schedule: Weekly on Monday 12:45 am-1:45 pm

Tutor: Tunde Meikle

1.5. Art of Geometry (Terms 1-3) The Greek philosopher Socrates lived his life asking questions. So, when he comes with a clear statement, it must be significant. He said: 'Geometry is the art of the ever true.' In this hands-on course we will explore the geometry that can be found in various traditions and religions across the world, in nature and the universe. Using the tools of compass, ruler and pencils, we will draw patterns from the big cathedrals, from Islam and Celtic art. We will have a look at plants and flowers around us and the movement of the planets above us.

Enquiries to Tutor: Rob Jorritsma (robjorritsma@hotmail.com).

Location: Sebastopol Community Hub, 11 Tuppen Dve, Sebastopol

Dates: 5 Feb– 17 Sept, not including school holidays

Schedule: 1st, 3rd, 5th Thursdays of each month, 1:00pm-3:00 pm

Tutor: Rob Jorritsma

1.6. Book and Paper Crafts (Terms 1-4) Class members make a range of craft projects using old books, maps, sheet music and magazines, as well as new craft and origami papers. Typical materials include a ruler, pencil, craft glue, craft knife, old paperback books, magazines, maps, music, craft and origami papers. Members of the group choose their own projects, sharing their ideas and skills with others who have similar interests in paper crafts. The group has a range of books and internet resources to assist in developing projects. Enquiries to Tutor: Anne Ottrey (amottrey@gmail.com).

Location: BNCC Blue Room, 702 Walker St, Ballarat North

Dates: 6 Feb - 4 Dec, including school holidays

Schedule: 1st, 3rd Fridays of each month, 9:00 am - 11:00 am

Tutor: Anne Ottrey

1.7. Calligraphy (Terms 1-4) Calligraphy is a writing skill which requires a lot of practice but is very satisfying when you get it right. Here is an opportunity to improve your skills and learn a new font or two. Enquiries to Tutor: Jill Filmer (jill.filmer@bigpond.com).

Location: BPAC Room 1 Neill St, Soldiers Hill

Dates: 5 Feb - 19 Nov, not including school holidays

Schedule: 1st, 3rd, 5th Thursdays of each month, 2:00 pm -4:00 pm

Leaders – Tutor: Jill Filmer, **Class Convenor:** Elaine Maberly

1.8. Ceramics (Terms 1-4) The class will consist of making items from earthenware clay (terracotta and white) using a variety of production methods. These include slab work, coil work, pinch work, slip casting and the pottery wheel. These items will be fired and glazed to earthenware temperatures.

Enquiries to Tutor, Robyn Thornton (robynthor9@gmail.com)

Location: Blake Gordon Manual Arts Workshop, Norman St, Ballarat North

Dates: 5 Feb - 10 Dec, not including school holidays

Schedule: Weekly on Thursday 1:00 pm - 2:30 pm

Tutor: Robyn Thornton

1.9. Fibre Arts with Spinning, Weaving and Felting (Terms 1-4) In this class we will explore a range of techniques with fibre, including dry felting, wet felting, nuno felting, spinning, inkle weaving, card weaving, and loom weaving. Many of these techniques are more interesting with your own prepared fibre, and accordingly we will look at methods of cleaning, combing, carding and dyeing fleece. The class will be somewhat informal, in that individuals may work on different techniques rather than following a formal curriculum. Contact tutors, BJ (BJ_spider@yahoo.com) or Pauline: (paulinesleigh7@bigpond.com)

Location: Blake Gordon Manual Arts Workshop, Norman St, Ballarat North

Dates: 11 Feb - 9 Dec, not including school holidays

Schedule: 2nd, 4th Wednesdays of each month, 9:30 am - 4:00 pm

Tutors: Beatrice Johnson (BJ) & Pauline Sleigh

1.10. Fine Art Photography (Terms 1-4) This group meets fortnightly to show our homework and photographs taken over the last two weeks at a venue where we have coffee. There is no judging our work only helping and self-learning. In good weather we look for interesting places to photograph. During Terms 3 and 4, we will meet in the Yellow room at BNCC. Enquires to Tutor: Gordon Harvey (0493 148 025).

Location: BNCC Yellow Room 702 Walker St, Ballarat North

Dates: 11 Feb - 25 Nov, not including term holidays

Schedule: 2nd, 4th Wednesdays of each month, 1:30 pm - 4:00 pm

Tutor: Gordon Harvey, **Class Convenor:** Sue Alexander

1.11. Introduction to Painting with Pastels (Term 3) Note: This class runs in Term 3 only. Pastels are commonly a misunderstood medium in art. This class will firstly discuss some of the history of pastels. Then the various types of pastels and their uses will be covered as well as looking at the surfaces commonly used with pastels. In addition, tips and hints for working with pastels will be discussed. The class is primarily theory, with hands-on experience being introduced in later classes.

Enquiries to Tutor, Joan Tallent (bowdee26@gmail.com)

Location: Sebastopol Community Hub, 11 Tuppen Dve, Sebastopol

Dates: Jul 13, 27, Aug 10, 24, 31, Sep 7

Schedule: 2nd, 4th, 5th Mondays of each month, 1:00 pm - 4:00 pm

Tutor: Joan Tallent

1.12. Islamic Geometric Patterns: Beginners (Terms 1-3) Note: This class will not run in Term 4. When we look closely at the Islamic art found in palaces and mosques, the artistry of the intricate designs is astonishing. However, when we look more closely, we discover the use of basic geometry. Starting with a circle as the symbol of unity, through the use of repetition and mirroring of one or more basic design units, symmetry and a sense of harmony are created. In this course we will explore a number of these harmonious patterns. No prior knowledge or skills are needed. Armed with a compass, ruler and pencils we will dive into this exciting world where Art and Mathematics meet. Enquiries to Tutor: Rob Jorritsma (robjorritsma@hotmail.com)

Location: Sebastopol Community Hub, 11 Tuppen Dve, Sebastopol

Dates: 5 Feb – 17 Sept, not including school holidays

Schedule: Weekly on Thursday 10:00 AM-12:00 PM

Tutor: Rob Jorritsma

1.13. Jewellery with Sterling Silver and Mixed Media (Terms 1-4) Jewellery

items will be made using a range of metals including Sterling Silver, Copper and Brass and utilising a variety of techniques. Items such as beads, stones, ceramic shards and wood can also be incorporated. Enquiries to Tutor: Robyn Thornton (robynthor9@gmail.com).

Location: Blake Gordon Manual Arts Workshop, Norman St, Ballarat North

Dates: 5 Feb - 10 Dec, not including school holidays

Schedule: Weekly on Thursday 11:00 am – 12:30 pm

Tutor: Robyn Thornton

1.14. Knitting, Sewing & Crochet (Terms 1-4) Members of this very friendly group knit, sew, crochet or do whatever other craft and help each other in the group if anyone has a difficulty or wants to learn something new. All are welcome.

Enquiries to Class Convenor: Sue Taylor (sj.taylor3@bigpond.com)

Location: BNCC Blue Room 702 Walker St, Ballarat North

Dates: 3 Feb - 1 Dec, including school holidays

Schedule: 1st, 3rd, 5th Tuesdays of each month 9:45 am - 12 pm

Facilitator: Jenny Woodward, **Class Convenor:** Sue Taylor

1.15. Leadlighting: Introduction (Term 1) In this introductory class you will learn the fundamentals of how to cut glass, draw your own designs, cut and solder lead to make your own window panels, side lights, door panels etc. Also, if needed you can learn to do your own lead light repairs. Each participant will be provided with a list of class of materials to purchase prior to class commencement. Enquiries to Tutor: Wayne Smith (gwaynesmith32@gmail.com).

Location: Blake Gordon Manual Arts Workshop, Norman St, Ballarat North

Dates: 4 Feb - 18 Mar, not including school holidays

Schedule: Weekly on Wednesday 1:00 pm - 3:30 pm

Tutor: Wayne Smith, **Class Convenor:** Lyndall Cooper-Smith

1.16. Mosaics (Terms 1-4) Mosaics is a relaxed class that provides tuition and encouragement for you to plan and create a unique piece of art. All levels of abilities are catered for. You tell us about your project and we will assist you to achieve it in a social, fun atmosphere. Enquires to Tutor. Jo Koenen (joko1@live.com.au).

Location: Blake Gordon Manual Arts Workshop, Norman St, Ballarat North

Dates: 6 Feb - 11 Dec, including school holidays

Schedule: Weekly on Friday 9:30 am - 12 pm

Tutor: Johanna Koenen, **Class Convenors:** Gail Desnoy & Lyn Ward

1.17. Painting and Drawing - AM group (Terms 1-4) This is a self-paced group of painters and drawers who work with a variety of media. Some prior experience is helpful because the group does not have a tutor. Members support newcomers, and the session focuses on creativity, social interaction and sharing ideas. Enquiries to Class Facilitator: Hugh Lees (steg1@bigpond.com).

Location: Hut 48 Long Room Airport Rd, Mitchell Park

Dates: 5 Feb - 26 Nov, not including school holidays

Schedule: Weekly on Thursday 10:30 am - 12:30 pm

Facilitator: Hugh Lees, **Class Convenor:** Pam Tobias

1.18. Painting and Drawing - PM group (Terms 1-4) This is a self-paced group of painters and drawers who work with a variety of media. Some prior experience is helpful because the group does not have a tutor. Members support newcomers, and the session focuses on creativity, social interaction, and sharing ideas. Enquiries to Tutor: Pam Tobias (pptobias7@gmail.com).

Location: Hut 48 Long Room, Airport Rd., Mitchell Park

Dates: 5 Feb - 26 Nov, not including school holidays

Schedule: Weekly on Thursday 12:30 pm - 2:30 pm

Facilitator: Pam Tobias

1.19. Patchwork and Quilting 1 (Terms 1-4) Release your inner creativity! Only basic machine sewing skills are required for this wonderful hobby! In this beginners' course, you will learn the basics of fabric, colour and pattern selection; machine piecing a variety of patterns; basic quilting techniques; adding sashings, borders and binding and backing your quilt. You will learn the 'quilt as you go' technique to put your blocks together. Participants will need to bring their sewing machine to class and be prepared to buy equipment and fabric. Men are especially welcome to this class. Beginners only please - 'Patchwork and Quilting 2' or 'Quilting Companions' are the classes for more experienced quilters. Enquiries to Tutor: Miriam Peck (miriamp.u3a@gmail.com).

Location: Blake Gordon Manual Arts Workshop, Norman St, Ballarat North

Dates: 13 Feb - 11 Dec, not including school holidays

Schedule: 2nd, 4th, 5th Fridays of each month, 12:15 pm – 2:30 pm

Tutor: Miriam Peck



1.20. Patchwork and Quilting 2 (Terms 1-4) This class is for those who already have some skills in patchwork and quilting but who want to learn new techniques or diversify their range of quilted items. Class members will be required to take a turn in showing a technique or sharing a pattern to help other class members advance their skills. Materials and equipment are to be self-supplied but sewing machines are available at the venue for use by class members. All those intending to join this class must contact the tutor prior to enrolling. Enquiries to Tutor: Miriam Peck (miriamp.u3a@gmail.com).

Location: Blake Gordon Manual Arts Workshop, Norman St, Ballarat North

Dates: 13 Feb - 11 Dec, not including school holidays

Schedule: 2nd, 4th, 5th Fridays of each month, 2:30pm-5:00pm

Tutor: Miriam Peck

1.21. Preserve Your Memories (Terms 1-4) Would you like to do something with those old or new photos you have in the drawer, to remember the wonderful holidays you've had, or simply leave a pictorial legacy for your family to enjoy, (Our grandchildren LOVE seeing themselves as babies!), then the Preserve Your Memories is the U3A class for you. You work on your own project/s so you can join us at any time. Enquiries to Irene Warfe 0419570664 (iwarfe51@gmail.com).

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 3 Feb - 1 Dec, including school holidays

Schedule: 1st, 3rd Tuesdays of each month, 1:00 pm - 4:00 pm

Tutor: Irene Warfe

1.22. Printmaking Advanced (Terms 1,2,4) NOTE: There is no class in Term 3. This advanced printmaking class is designed as a follow on from the introduction to printmaking. Participants will need to have previous printmaking experience and a desire to advance their skills in a variety of printmaking techniques. Participants are responsible for providing their own equipment for classes. Enquiries to Tutor: Suzanne Lyle (suzal64@gmail.com).

Location: Blake Gordon Manual Arts Workshop, Norman St, Ballarat North

Dates: 2 Feb - 7 Dec, not including school holidays

Schedule: 1st, 3rd Mondays of each month, 1:00 pm - 4:00 pm

Tutor: Suzanne Lyle, **Class Convenor:** Faye Heiningner

1.23. Quilting Companions (Terms 1-4) This class is for those who already have some experience with patchwork and quilting. The purpose is to learn together, sharing ideas and skills. Participants may choose to teach other class members a particular technique or even to instigate a group project. It is not a class for learning the techniques from scratch - 'Learn Patchwork and Quilting' is the class for beginners. Participants must be prepared to bring their own sewing machine, all fabrics and tools.

Enquiries to Facilitator: Anette Carpenter Ph: 0421 070 653 (please leave a message)

Location: Ballarat East Men's Shed, 730 Eureka St, Ballarat East

Dates: 6 Feb - 20 Nov, including school holidays

Schedule: 1st, 3rd, 5th Fridays of each month, 12:15 pm - 3:30 pm

Facilitator: Anette Carpenter

1.24. Silversmithing and Jewellery Workshop: AM group (Terms 1-4) New students will start by making a silver ring and progress to a ring with a gemstone. Progressing from there students embark on projects that are commensurate to your skills. Steve is there to assist you but not to do all the work for you. More experienced members of the class are usually very willing to offer advice and assistance too. Students build up a collection of jewellery making tools such as pliers, files and hammers. There are shared tools available. Other than the first ring you will need to buy your own silver. Some students work in copper initially and if successful make the jewellery in silver. The class operates as a workshop rather than structured lessons. Enquiries to Class Convenor: Terry Dixon (dixont409@gmail.com).

Location: Blake Gordon Manual Arts Workshop, Norman St, Ballarat North

Dates: 3 Feb - 8 Dec, including school holidays

Schedule: Weekly on Tuesday 9:30 am - 12 pm

Tutor: Stephen Walsh, **Class Convenor:** Terry Dixon

1.25. Silversmithing and Jewellery Workshop: PM group (Terms 1-4) A flexible introduction to designing and making silver jewellery. Students nominate their own projects and work under the expert guidance of tutor Steve Walsh. Ideas are shared among the class and support is given by the more experienced class members to beginners. A wide range of tools is available for class use but over time many students buy their own so they can also work at home. Students supply their own materials and contribute to the cost of shared class materials. Students also work in other metals such as copper. Enquiries to Class Convenor: Heather Wood (heather.wood@bigpond.com).

Location: Blake Gordon Manual Arts Workshop, Norman St, Ballarat North

Dates: 3 Feb - 8 Dec, including school holidays

Schedule: Weekly on Tuesday 1:00 pm - 4:00 pm, including school holidays

Tutor: Stephen Walsh, **Class Convenor:** Heather Wood

1.26. Sit and Stitch (Terms 1-4) This class is for those who enjoy any type of stitching. There are no formal lessons, just an opportunity to bring along your own projects working on them whilst enjoying the company of others sharing ideas and helping each other. You may bring your sewing machine, knitting, crocheting, patchwork, embroidery or any form of stitching. At times there may be demonstrations. Please contact Margaret if you are interested in joining this class by phone 0409021949 or email Tutor, Margaret Copping (margcopping@gmail.com).

Location: BNCC Blue Room, 702 Walker St, Ballarat North

Dates: 12 Feb - 10 Dec, including school holidays

Schedule: 2nd, 4th Thursdays of each month, 10:00 am - 3:00 pm

Facilitator: Margaret Copping, **Class Convenor:** Margaret McGarry

1.27. Woodwork (Terms 1-4) This course provides the opportunity to hone your woodworking skills using a range of hand and electrical tools. It is anticipated that students have some basic skills and that they have projects they want to complete.

For further information please contact the Tutor: Warren Coutts: (linandwaz@gmail.com).

Location: Blake Gordon Manual Arts Workshop, Norman St, Ballarat North

Dates: 2 Feb - 14 Dec, not including school holidays

Schedule: Weekly on Monday 9:30 am - 12:30 pm

Tutor: Warren Coutts, **Class Convenor:** Els Woesthuis



2. DIGITAL TECHNOLOGY

2.1. Computers (Terms 1-4) This class is geared towards one-on-one help, as there are several people to assist with your computer challenges. Laptop computer and power cord are required. Mouse is preferred. Help is available with MS Word; Excel and most other challenges you may have, but not all.

Enquiries to Tutor: Kerry Daniell
(kdaniell7@bigpond.com).

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 10 Feb - 24 Nov, not including school holidays

Schedule: 2nd, 4th Tuesdays of each month, 2:00 pm - 4:00 pm

Tutors: Kerry Daniell, Geoff Parr-Smith, Terry Charlton



2.2. iPhone Assistance (Terms 1-4) In this course we will spend a longer amount of time than with 'Know Your iPhone' on exploring and becoming familiar with various apps (both Apple and from private developers) which will enhance the user's iPhone utility. In addition we will spend more time on addressing students' iPhone issues. Enquiries to Tutor: David Berry (dgb3@me.com).

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 11 Feb - 25 Nov, not including school holidays

Schedule: 2nd, 4th and 5th Wednesdays of each month, 11:00 am - 12:30 pm

Tutor: David Berry

2.3. Know Your iPhone (Terms 1-4) The iPhone has led smartphone technology since its launch in 2007. Despite its ease of use, most owners use it in a fairly fundamental manner – a phone, a messaging device, a social media interface, a camera and using a handful of known applications. However, the iPhone is essentially a powerful computer and has much utility beyond what users either appreciate or are confident in using. This extensive course seeks to maximise the utility of this device and associated apps according to individual needs and thus leading to owners using them in a more powerful, productive and enjoyable manner! Enquiries to Tutor: David Berry (dgb3@me.com).

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 11 Feb - 25 Nov, not including school holidays

Schedule: 2nd, 3rd, 4th and 5th Mondays of each month, 2:30 pm – 4:00 pm

Tutor David Berry

3. ENGLISH WRITTEN and SPOKEN

3.1. Book Club 1 (Terms 1-4) This group meets each month, preferably face to face, but a Zoom link will also be available for use as needed. Members take turns to nominate a book and lead the discussion each month. Each member is responsible for borrowing or buying a paper or electronic copy of the book under discussion. Contact person for information is either Colleen (colhow1@gmail.com) or Kaye (kayek.bennett@gmail.com).

Location: BNCC Yellow Room, 702 Walker St, Ballarat North

Dates: 19 Feb – 19 Nov, not including school holidays

Schedule: 3rd Thursday of each month, 1:00 PM – 2:45 PM

Tutor: Colleen Howard, **Class Convenor:** Kaye Bennett

3.2. Book Club 2 (Terms 1-4) We are a group of people who meet to discuss a specific book each month and enjoy lively discussion and social interaction. Books are chosen from an extensive list of Fiction and Non Fiction provided by the Ballarat Central Library. Enquiries to Tutor: Yvette Nesire-McNeil (yvette3350@gmail.com).

Location: Bunch of Grapes Hotel, Pleasant St, Ballarat

Dates: 5 Feb - 2 Dec including school holidays

Schedule: 1st Thursday of each month, 1:30 PM - 3:00 PM

Leaders – Tutor: Yvette Nesire-McNeil, **Class Convenor:** Pat Scholz

3.3. Book Club 3 (Terms 1-4) This bookclub (3) meets monthly to discuss a specific book from Ballarat Central Library. Lively debate and social interaction is encouraged and enjoyed. Enquiries to Tutor: Rita Holt (ritaholt@hotmail.com).

Location: Western Hotel, 1221 Sturt St, Ballarat West

Dates: 5 Feb - 3 Dec including school holidays

Schedule: 1st Thursday of each month, 2:00 PM - 3:30 PM

Tutor: Rita Holt

3.4. Book Club 4 (Terms 1-4) Reading and discussing fiction and non-fiction books. Enquiries to Facilitator: Tim Tench (timtench12@gmail.com).

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 5 Feb - 5 Nov, including school holidays

Schedule: 1st Thursday of each month, 1:00 PM - 2:30 PM

Tutor: Tim Tench

3.5. Book Club 5 (Terms 1-4) This Book Club meets at BNCC on the first Thursday of each month. We read and discuss fiction and non-fiction books. Enquiries to Facilitator: Dianne Passalick (dpassalick@gmail.com).

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 12 Feb - 12 Nov, not including school holidays

Schedule: 2nd Thursday of each month, 1:30 pm - 3:00 pm

Tutor: Dianne Passalick

3.6. Essays and Ideas (Terms 1-4) We read two essays from anthologies written by renowned authors, politicians, journalists and autobiographers. We critique the essays and then reflect on how they impact on modern community values, everyday issues and our personal experiences. We do not write essays. Enquiries to Tutor: Mary Chappell (marry.chappell@bigpond.com).

Location: Ballarat Library, Room 3 Doveton St North, Ballarat Central

Dates: 9 Feb - 23 Nov, not including school holidays

Schedule: 2nd, 4th Monday of each month, 10:45 am - 12:15 pm

Tutor: Mary Chappell

3.7. Literature (Terms 1-4) Our class meets twice a month to complete a book. We have several tutors who select a book to be studied. It gives members an opportunity to be guided through the book and engage in discussion in depth together. We cover classics through to modern novels in an enjoyable and friendly manner. Enquiries to Facilitator, Robyn McKnight (rdmac1@optusnet.com.au).

Location: Selkirk Stadium Room 2, Norman St, Wendouree

Dates: 5 Feb - 19 Nov including school holidays

Schedule: 1st, 3rd Thursday of each month, 10:30 am - 12 pm

Facilitator: Robyn McKnight

3.8. Writing for Pleasure (Terms 1-4) Writing for pleasure provides an opportunity to share your writing with a supportive and friendly group of fellow writers of all abilities. We experiment with a range of genres and writing forms. It is a chance to obtain feedback on your work. Those engaged in lengthy projects can share an excerpt with everyone. The main objective is to learn a little and have some fun. Enquiries to Tutor: Jan Dunwoodie (jdunwoodie@hotmail.com).

Location: BNCC Blue Room, 702 Walker St, Ballarat North

Dates: 10 Feb - 8 Dec, including school holidays

Schedule: 2nd, 4th Tuesday of each month, 9:30 am - 11:30 am

Tutor: Jan Dunwoodie, **Class Convenor:** Vicki Hayward

4. GAMES and HOBBIES

4.1. 500 Card Game (Terms 1-4) "500" is a trick-taking game of skill and enjoyment. We play the classic version with four participants and the variants for three players (cutthroat), five and six players when we don't have exact multiples of four. Our group is suited to people who are familiar with the game, even if a bit rusty. It is not suitable for beginners. Enquiries to Tutor: Susan Alexander (susanalexander1604@gmail.com).

Location: Hut 48 Common Room, Airport Rd, Mitchell Park

Dates: 2 Feb - 14 Dec, not including school holidays

Schedule: Weekly on Monday 2:00 pm - 4:00 pm

Facilitator: Susan Alexander



4.2. Bridge Play Sessions (Terms 1-4)

The Bridge Play Sessions are suitable for participants who have completed a basic Beginner Bridge course either at U3A or elsewhere or have a good understanding of how the bidding system works. We use the Standard 5 Card Major System but users of other bidding systems are most welcome. Play sessions include competitive Duplicate Bridge as well as social Rubber Bridge. A Learnings session is conducted once a month where participants are instructed on new and/or conventional bidding systems and play strategies. Enquiries to Facilitator: Ann Agni (aagni@tpg.com.au).

Location: BNCC Hall, 702 Walker St, Ballarat North

Dates: 2 Feb - 30 Nov, not including school holidays

Schedule: Weekly on Monday 2:30 pm - 4:30 pm

Tutor: Ann Agni

4.3. Canasta (Terms 1-4) Canasta is a card game of skill that is played as an individual or with a partner. We rotate tables each week, playing with different people. Some months, a luncheon is organised at various venues. New participants are welcome, whether you know how to play or wish to learn. Enquiries to Tutor: Jennie Thomas (jenniemt@bigpond.com).

Location: Hut 48 Common Room, Airport Rd, Mitchell Park

Dates: 6 Feb - 27 Nov, not including school holidays

Schedule: Weekly on Friday 1:00 pm - 3:30 pm

Tutor: Jennie Thomas

4.4. Cryptic Crosswords (Terms 1-4) The class works through cryptic crosswords at levels from medium onwards. All answers are comprehensively explained and analysed. Discussion is enhanced by more experienced members. Enquiries to Tutor: Christine Migliorini (cemigliorini@gmail.com).

Location: Ballarat Library, Room 3, Doveton St North, Ballarat Central

Dates: 4 Feb - 25 Nov, not including school holidays

Schedule: Weekly on Wednesday 11:45 am - 1:30 pm

Tutor: Christine Migliorini, **Class Convenor:** Carmel Ryan

4.5. Mahjong: 1 (Terms 1-4) A social and fascinating game that entertains as well as keeping the mind active. Before long you could be chasing Dragons and Winds as you Pung and Chow to form a winning hand. New and experienced players welcome. New members that have not played before will not be accepted into the class after the end of 2nd term. Enquires to Tutor: Elena Tommasi (elena.u3a@gmail.com).

Location: Selkirk Stadium Room 3, Norman St, Wendouree

Dates: 5 Feb - 3 Dec, including school holidays

Schedule: 1st, 3rd Thursdays of each month, 10:00 am- 12 pm

Tutor: Elena Tommasi, **Class Convenor:** Angela Thomas

4.6. Mahjong: 2 (Terms 1-4) A social and fascinating game that entertains as well as keeping the mind active. Before long you could be chasing Dragons and Winds as you Pung and Chow to form a winning hand. New and experienced players welcome. New members that have not played before will not be accepted into the class after the end of 2nd term. Enquires to Tutor: Elena Tommasi (elena.u3a@gmail.com).

Location: Selkirk Stadium Room 3, Norman St, Wendouree

Dates: 5 Feb – 3 Dec, including school holidays

Schedule: 1st, 3rd Thursdays of each month, 1:00 pm - 3:00 pm

Tutor: Elena Tommasi, **Class Convenor:** Angela Thomas

4.7. Mahjong: 3 (Terms 1-4) Mahjong 3 enables U3A members to play Mahjong every Thursday morning when taken in conjunction with either Mahjong 1 or Mahjong 2. By regularly playing this challenging game the players employ a range of skills and strategies, that keep the brain challenged and active. Enquiries to Tutor: Carolie Kerry (carolie.kerry@gmail.com).

Location: Selkirk Stadium Room 3, Norman St, Wendouree

Dates: 12 Feb - 26 Nov, including school holidays

Schedule: 2nd, 4th, 5th Thursdays of each month, 10:00 am - 12 pm

Tutor: Carolie Kerry, **Class Convenor:** Ros McArthur

4.8. Scrabble (Terms 1-4) This is a friendly relaxed group who play enthusiastically, but not too seriously. We challenge our minds by learning lots of new words and their meanings. New players are always welcome. Enquiries to Tutor: Marlene Bell (bellmarlene19@gmail.com).

Location: BPAC Room, 501-503 Neill St, Soldiers Hill

Dates: 11 Feb - 25 Nov, including school holidays

Schedule: 2nd, 4th Wednesdays of each month, 1:30 pm-4:00 pm

Tutor: Marlene Bell, **Class Convenor:** John Elischer



5. HEALTH and PHYSICAL ACTIVITIES

5.1. Aerobics - Light Exercise (Terms 1-4) A 45-minute low to medium impact exercise session tailored for seniors, with a focus on, movement, balance and cardio fitness. Enquiries to Tutor: Pam Tobias (pptobias7@gmail.com).

Location: Hut 48 Long Room, Airport Rd, Mitchell Park

Dates: 3 Feb - 24 Nov, not including school holidays

Schedule: Weekly on Tuesday 9:30 am - 10:15 am

Tutor: Pam Tobias

5.2. Back On The Bike (Terms 1-4) Back on the Bike is a friendly, safe bike ride on scenic, easy paths around Ballarat, away from traffic. We ride along Yarrowee Trail, Skipton Rail trail, Lake path, Victoria Park and other enjoyable areas. Suitable for all riders. We meet at a location announced weekly via email. Cafes at the end point are varied for coffee and an enjoyable chat. Enquiries to Tutor: Christine Ellis (christineellis230@gmail.com).

Location: Various Ballarat locations

Dates: 5 Feb – 26 Nov, including school holidays

Schedule: Weekly on Thursday 10:00 am - 12 pm

Facilitator: Chris Ellis

5.3. Bushwalkers (Terms 1-4) This group offers varied walks in Ballarat and surrounding areas, with an occasional walk in Melbourne. We also have camps twice a year. Walks are generally between 6-10 kms and graded A to C according to the conditions and degree of difficulty. BYO morning tea and possibly lunch. There will be no walks on days of Total Fire Ban. Walkers should dress appropriately for the conditions. Information on each walk is posted to the Blog at <http://bushwalkersu3aballarat.blogspot.com>. Walkers are advised to check the blog a day prior to the walk for possible changes. Enquiries to Tutor: Helen Bosher 0425 708 918.

Location: Various Ballarat locations

Dates: 12 Feb - 10 Dec, including school holidays

Schedule: 2nd, 4th Thursdays of each month, 9:30 am - 4:00 pm

Tutor: Helen Bosher, **Class Convenor:** Libby Todd

5.4. Clogging (Terms 1-4) Note: The tutor for this class will not be present during winter but the class will probably continue by using her YouTube channel while she is away.

Have fun and keep fit through dance. Clogging is suitable for all levels of fitness and ages and is a fun way to get exercise. Clogging has its roots in the traditional folk dances of Scottish, Irish, English and German immigrants to the USA and traditional dances of Native Americans and African-Americans. Any form of dancing is an effective way to reduce stress and improve mental health. Clogging helps to build muscle and heart/lung capacity and improves balance and coordination. Despite the name, cloggers do not wear clogs!! Good runners will do. See what clogging is on this video: <https://www.cloggingaustralia.com/welcome.php>. Enquiries to Tutor: Lorene Gottschalk (0427 051 361).

Location: Hut 48 Common Room Airport Rd, Mitchell Park

Dates: 5 Feb - 26 Nov, not including school holidays

Schedule: Weekly on Thursday 1:30 pm - 3:30 pm

Tutor: Lorene Gottschalk

5.5. Community of Declutterers (Terms 1-4) If you want a say in what happens to your stuff and make life easier in your 'third age' and beyond, join in to share the journey of managing decluttering with other supportive folks. We will reflect on the meaning of stuff in our lives, learn about popular methods, share tips, make discoveries and hope to provide a gentle non-judgmental place for the mixed emotions arising from the process, (no shame, no blame, no insta competition). Classes are on week 2 and 4 of each month of term. Please bring personal notetaking materials. Please note that this class is not intended to address the therapeutic needs of people trying to manage a hoarding or related disorder. Enquiries to Tutor: Tunde Meikle (tzt56@yahoo.com.au).

Location: Ballarat Hockey/Tennis Centre, 59 - 79 Gillies St, Lake Wendouree

Dates: 9 Feb - 23 Nov, not including school holidays

Schedule: 2nd, 4th Monday of each month, 10:30 am - 12 pm

Tutor: Tunde Meikle

5.6. Cycling Group (Terms 1-4) The Cycling Group invites cyclists to participate in a range of cycling activities. These include: weekly rides around Ballarat and districts, weekends away with an emphasis on cycling and socialising and multi day tours both on roads and rail trails. In past years members have also organised overseas cycling trips. Weekly rides are led by members of the group and all members are encouraged to take on this role either by themselves or with the assistance of more experienced leaders. U3A members coming back to cycling after a long break or newer cyclists will be given assistance with selection of bikes, bike set up, bike maintenance, safe riding and riding apparel. The weekly Friday rides vary in length and degree of ease/difficulty. The group aims to cater to a range of fitness levels and skills. All rides finish at a local cafe for a cuppa and chat. Enquiries to Tutor: Tim Bosher (tdbosher@gmail.com) Ph: 0425718795.

Location: Various Ballarat locations

Dates: 6 Feb - 11 Dec, not including school holidays

Schedule: Weekly on Friday 8:00-9:30 am start, varied finish times, not including school holidays

Tutor: Tim Bosher, **Class Convenor:** Sandra Lawrie

5.7. Dance 4 Fun and Fitness: Monday (Terms 1-4) Dance 4 Fun and Fitness is a low impact dance class using music and dance steps to promote fitness. Previous dance experience is NOT necessary. Routines are easy to follow and learn. You control the level of intensity by making it as easy or hard as YOU would like. Participants have a lot of fun dancing while exercising. Be prepared for plenty of laughter. Everyone is welcome. All you need is comfortable casual clothing including a pair of soft, flat shoes and water. Does not require a high level of fitness. Enquiries to Tutor: Bec Black (bec.u3a@gmail.com).

Location: BNCC Hall, 702 Walker St, Ballarat North

Dates: 2 Feb - 30 Nov, not including school holidays

Schedule: Weekly on Monday 12:15 pm - 1:45 pm

Tutor: Rebecca Black

5.8. Dance 4 Fun and Fitness: Wednesday (Terms 1-4) Dance 4 Fun and Fitness is a low impact dance class using music and dance steps to promote fitness. Previous dance experience is NOT necessary. Routines are easy to follow and learn. You control the level of intensity by making it as easy or hard as YOU would like. Participants have a lot of fun dancing while exercising. Be prepared for plenty of laughter. Everyone is welcome. All you need is comfortable casual clothing including a pair of soft, flat shoes and water. It does not require a high level of fitness. Enquiries to Tutor: Bec Black (bec.u3a@gmail.com).

Location: BNCC Hall, 702 Walker St, Ballarat North

Dates: 2 Feb - 30 Nov, not including school holidays

Schedule: Weekly on Wednesday 11:30am - 1:00 pm

Tutor: Rebecca Black

5.9. Dining Out Group (Terms 1-4) Dining Out is an informal group meeting monthly for lunch in a variety of hotels and restaurants in and around Ballarat. We try to find venues that are easily accessible and have a varied menu and a welcoming ambience. In the summer months we may try an evening meal but you will be contacted every month to advise the venue. Members wishing to join the group are asked to contact the facilitator, Roz Wilkie, by email (rosalind.wilkie49@outlook.com).

Location: Various Ballarat locations

Dates: 8 Feb - 13 Dec, not including school holidays

Schedule: 2nd Sunday of each month 12 pm - 2:00 pm

Facilitator: Rosalind Wilkie

5.10. Gentle Exercise Plus Mat Work (Term 3) Note: This class is for Term 3 only.

Offering a full body workout in a fun atmosphere, this class includes warmup, flexibility, core and strength training using resistance bands and light weights, yoga/Pilates based exercises on mats, balance work and cool down stretches. Essential equipment: an exercise mat, 2 x light hand weights (1/2 kilo to 1 kilo), a flat, wide latex resistance band (1.2 m long), a water bottle, small stress ball and a small hand towel. Unsuitable for anyone unable to do floor exercises on a mat. This class is a replacement for Basic Pilates, while the tutor of that class is away in Term 3. Other interested members are welcome to enrol in the class if there are vacancies. Enquiries to Tutor: Jude Oliver 0429 894 333

Location: BPAC, Room 1, 501-503 Neill St, Soldiers Hill

Dates: 2 Feb - 30 Nov, not including school holidays

Schedule: Weekly on Monday 11:30 am - 12:30 pm

Tutor: Jude Oliver

5.11. Gentle Exercise: Friday (Terms 1-4) Offering a full body workout in a fun atmosphere, this class includes warmup, flexibility, core, and strength training using resistance bands and light weights, balance work and cool down stretches. Essential equipment: 2 x light hand weights (1/2 kilo to 1 kilo), a flat, wide latex resistance band (1.2 m long), a water bottle, small stress ball, and a small hand towel. Clothing: stretchy or loose and comfortable enabling a full stretch, exercise shoes (runners/trainers). Enquiries to Tutor: Jude Oliver 0429 894 333

Location: Hut 48 Long Room, Airport Rd, Mitchell Park

Dates: 6 Feb - 11 Dec, not including school holidays

Schedule: Weekly on Friday 9:45 am - 10:45 am

Tutor: Jude Oliver

5.12. Gentle Exercise: Thursday (Term 3) Note: : This class runs in Term 3 only.

Offering a full body workout in a fun atmosphere, this class includes warmup, flexibility, core, and strength training using resistance bands and light weights, balance work and cool down stretches. Essential equipment: 2 x light hand weights (1/2 kilo to 1 kilo), a flat, wide latex resistance band (1.2 m long), a water bottle, small stress ball, and a small hand towel. Clothing: stretchy or loose and comfortable enabling a full stretch, exercise shoes (runners/trainers). Enquiries to Tutor: Jude Oliver 0429 894 333.

Location: Ballarat Hockey/Tennis Centre, 59 - 79 Gillies St, Lake Wendouree

Dates: 16 Jul - 17 Sep, not including school holidays

Schedule: Weekly on Thursday 2:00 pm - 3:00 pm

Tutor: Jude Oliver

5.13. Hiking Group (Terms 1-4) The Hiking Group conducts weekly walks in the Ballarat Region. The group continues to operate during school holiday. Walks are 10 - 15km long and will suit people with a good level of fitness. Regular attendance at two or more walks per month is recommended to maintain fitness. This group has a very high focus on risk management and safety and there will be important safety rules that, by participating, each hiker agrees to abide by. Walk details are emailed to members on the Monday prior to the hike. It is essential that new members contact the Tutor (Andrew 0418 562 977) or Class Convenor (Gordon 0429 949 0670) before enrolling.

Location: Various, Ballarat locations

Dates: 5 Feb - 10 Dec, including school holidays

Schedule: Weekly on Thursday 7:30 am - 2:00 pm

Leaders – Tutor: Andrew Parker, **Class Convenor:** Gordon Talbett



5.14. Jazzacise (Terms 1-4) Our class offers a fun combination of Jazz dance and exercise, also a bit of Latin American music. It is an ongoing class so some dance experience is preferable. Enquiries to Tutor: Ann Forster (annmarieforster@icloud.com).

Location: BNCC Hall, 702 Walker St, Ballarat North

Dates: 6 Feb - 11 Dec, not including school holidays

Schedule: Weekly on Friday 11:15 am - 12:30 pm

Tutor: Ann Forster

5.15. Line Dancing: Beginners - Intermediate (Terms 1-4) Continuing from last year, but welcoming beginners. We will continue to learn and practise the steps used in line dancing, and learn new dances exploring different rhythms and genres. Enquiries to Tutor: Glenda Cairns (Glendacairns2@gmail.com).

Location: BNCC Hall, 702 Walker St, Ballarat North

Dates: 3 Feb - 24 Nov, not including school holidays

Schedule: Weekly on Tuesday 9:15 am - 10:30 am

Tutor: Glenda Cairns, **Class Convenor:** Joan Giles

5.16. Line Dancing: Intermediate (Terms 1-4) Designed specifically for dancers who have already mastered the basics and are looking to challenge themselves further. This class focuses on more complex choreography, quicker tempo, precision footwork and timing. Enquiries to Tutor: Ann Agni (aagni@tpg.com.au).

Location: BNCC Hall, 702 Walker St, Ballarat North

Dates: 3 Feb - 8 Dec not including school holidays

Schedule: Weekly on Tuesday 12:40 pm - 1:45 pm

Tutors: Ann Agni & Jimmy Chan, **Class Convenor:** Pam Tobias

5.17. Mindfulness with a Twist (Terms 1-4) Memories, Journeys and Reflections – many ways to enter the state of mindfulness, and it is always about the personal journey. We are continuing the journey with more of Eckhart Tolle's writings through his book 'A NEW EARTH, Create a Better Life'. This text is about our place in the ever changing and challenging world we live in. How to live a peaceful life is a big question. We will explore and practise different strategies that have been suggested by recognised experts in the fields of brain science and meditation practices. Enquiries to Tutor: Susan Rolfe (susan5.sr66@gmail.com).

Location: BPAC, Room 1, 501-503 Neill St, Soldiers Hill

Dates: 2 Feb - 30 Nov, not including school holidays

Schedule: Weekly on Monday 9:30 am - 10:30 am

Tutor: Susan Rolfe

5.18. Music, Movement and Mayhem (Terms 1-4) The aim is to maintain our body and our minds agility and fitness whilst having fun. Music from varying eras provides the soundtrack for different routines. We combine a variety of steps and tempo, in different sequences, to provide both physical and mental exercise. Each week the program will vary and include one new routine. Links to video clips of most routines will be emailed to you. Enquiries to Tutor: Kaye Leckie (kayedoodts@hotmail.com).

Location: BNCC Hall, 702 Walker St, Ballarat North

Dates: 4 Feb - 9 Dec, not including school holidays

Schedule: Weekly on Wednesday 9:30 am - 11:00 am

Tutor: Kaye Leckie

5.19. Petanque (or French Boules) (Term 1) NOTE: This class runs in Term 1 only.

Pétanque (“peh-tonk”) is French in origin and the name means “anchored feet”. One throws a boule (ball) from a standing position to get nearest a jack (similar to lawn bowls). Easy to learn and play, it is a game for all ages and abilities. Pétanque involves gentle exercise and is good for improving one’s balance and flexibility. It is played outdoors, making it a very viable option when considering COVID and flu factors. Pétanque is a game that is usually played in pairs or in a triple. Come and meet some new friends who love the game. Enquiries to Tutor: Don Collins: (hyphen31@me.com).

Location: Ballarat Petanque Club, 300 Bradshaw St, Golden Point

Dates: 3 Feb - 31 March

Schedule: Weekly on Tuesday 10:00 am - 11:30 am

Tutors: Don Collins & Joe Bolza

5.20. Pilates - Basic (Terms 1 & 2) Note: This class runs in Terms 1 & 2 only.

Basic Pilates. The ABC of this standing & floor exercise routine focuses on: A. (Alignment - or Posture), B. Breathing & Balance, and C. Core (tum + bum) & Co-ordination. The one-hour class is a full-body workout to improve muscle flexibility & strength. After 60 minutes you’ll come away feeling 2cm taller. Please bring flat (yoga-type) floor mat, water bottle & small weights (.5kgs to max 1.5kgs) if you have them. Alternatively, water bottles filled with sand. PLEASE NOTE: This program requires participants to independently get down to, and up from the floor.

Enquiries to Tutor, Monica McCormack (monicamccormack54@gmail.com).

Location: BPAC, Room 1, 501-503 Neill St, Soldiers Hill

Dates: 2 Feb - 15 Jun, including school holidays

Schedule: Weekly on Monday 11:30 am - 12:30 pm

Tutor: Monica McCormack

5.21. Pole Walking (Terms 1-4) Nordic Pole Walking is regular walking made more effective by using two trekking poles. It is suitable for most people, particular those who wish to improve balance and enhance forward movement, whilst giving stability and support. Once familiar with the technique, the group walks for about an hour covering a distance of 3-4km, so a reasonable level of fitness is required. New members are welcome, with or without poles. Enquiries to Class Convenor, Mike Maloney (maloney28@southernphone.com.au) or 0431 971 955.

Location: Various Ballarat locations

Dates: 3 Feb - 8 Dec, not including school holidays

Schedule: Weekly on Tuesday 10:00 am - 11:00 am

Tutor: Mike Maloney

5.22. Scottish Country Dancing (Terms 1-4) Scottish Country Dancing is a social form of dance in Scotland, and it is enjoyed by people all over the world. A good level of fitness is required as this dance form challenges the body and the brain. A sense of rhythm and dancing experience are an advantage. Soft shoes are preferred, not sneakers. Partners are not necessary. New dancers are welcome to join in the fun by arrangement. Enquiries to Tutor: Helen Ross (heathermross2021@outlook.com)..

Location: BNCC Hall, 702 Walker St, Ballarat North

Dates: 5 Feb - 26 Nov, not including school holidays

Schedule: Weekly on Thursday 11:15 am - 12:45 pm

Tutor: Heather Ross **Class Convenor:** Kaye Leckie



5.23. Tai Chi: Beginner Level (Terms 1-4) The Tai Chi Beginner Level course is designed for participants who have little or no knowledge of Tai Chi. Through gentle movement, the course aims to improve breathing, balance, posture and general health and wellbeing. Students will be introduced to the Sun and Yang styles of Tai Chi as well as some Qi Gong exercises. Enquiries to Tutor: Ann Agni (aagni@tpg.com.au).

Location: BNCC Hall, 702 Walker St, Ballarat North

Dates: 6 Feb - 27 Nov, not including school holidays

Schedule: Weekly on Friday 2:15 pm - 3:15 pm

Tutor: Ann Agni

5.24. Tai Chi: Intermediate (Terms 1-4) The Tai Chi Intermediate Level course is designed for participants who have completed the Beginner course either at U3A or elsewhere. The class will focus on the Sun 73 Form, and completing the Yang 24 Form started in the beginner course during 2025. Enquiries to Tutor: Ann Agni (aagni@tpg.com.au).

Location: BNCC Hall, 702 Walker St, Ballarat North

Dates: 6 Feb - 27 Nov, not including school holidays

Schedule: Weekly on Friday 1:00 pm - 2:00 pm

Tutor: Ann Agni

5.25. Topographical maps and Bush Navigation (Term 2) Note: This class will run in term 2 only, with possible extension to later terms. Learn how to read topographical maps to enable efficient navigation in the bush. Be able to understand what all those squiggly lines mean! Also an introduction to the navigation sports of Orienteering and Rogaining and how to get involved. These sports, being a perfect mix of mental and physical activity, are ideal for keeping dementia at bay. Finish with a small navigation exercise in the Ballarat area and information as to how to get involved in these sports. Copies of orienteering and Rogaining maps will be provided. Enquiries to Tutor, Rob Taylor (wartookrise135@gmail.com).

Location: BPAC, Room 1, 501-503 Neill St, Soldiers Hill

Dates: 20 Apr - 25 May

Schedule: Weekly on Monday 12:45 pm - 2:15 pm

Tutor: Rob Taylor

5.25. Walkers and Coffee (Terms 1-4) This group meets Wednesdays: Weeks 1 and 4, 10.00 – 12 noon. Walk location varies. While usually in and around Ballarat city, we occasionally walk in nearby towns. Walkers require a reasonable level of fitness to meet undulation and unsealed tracks. During the walk the group stops at a Café for coffee, cake and chat. Then arrive back at our starting point within two hours of starting. Walk locations are distributed through U3A email, also a hard copy hand out. The Leader is Chris Cullen. Enquiries to Class Convenor: Ruth Nunn (0419 518 504).

Location: Various Ballarat locations

Dates: 4 Feb - 2 Dec

Schedule: 1st, 4th Wednesday of each month 10:00 AM - 12 noon

Tutor: Chris Cullen, **Class Convenor:** Ruth Nunn

5.26. Walkers'n'Talkers (Terms 1-4) This is a small group of social walkers who walk each week for 1 hour then share conversation over coffee. Walks are in various locations around Ballarat and surrounds, averaging between 4-6kms. As part of the Walkers'n'Talkers program, during the year, there are usually 2 x 3 overnight excursions, in various parts of Regional Victoria. These excursions include suitable walks in the area, social interaction & activity. The excursions are usually held in the seasons of Spring & Autumn and are optional with all costs involved to be paid by the individual. Enquiries to Tutor: Madelene O'Halloran (madeleneoh43@gmail.com).

Location: Various Ballarat locations

Dates: 5 Feb - 10 Dec, not including school holidays

Schedule: Weekly on Thursday 9:30 am - 11:30 am

Tutor: Margaret O'Neill, **Class Convenor:** Susan Alexander

5.27. Walking with your dog (Terms 1-4) Each week we will begin at a designated spot and walk for an hour along footpaths or walking tracks, returning to where we started. Week one will begin and end in the BNCC carpark. From then the tutor, Marion, will give instructions as to the starting place for the next week. Dogs must be on a lead and well behaved. If you don't have a dog you are welcome to enrol as a walker. Enquiries to Tutor: Marion Littlejohn (marionlittlejohn@yahoo.com.au).

Location: Various Ballarat locations

Dates: 3 Feb - 24 Nov, not including school holidays

Schedule: Weekly on Tuesday 10:00 am - 11:00 am

Tutor: Marion Littlejohn

5.28. Yoga: Beginners/Progressive Beginners (Terms 1-4) Many of the yoga postures in this class will be practised in a chair and some will be standing. Minimal floor postures and these will be optional. Classical yoga breathing techniques/relaxation/meditation will complete each session. Suitable for absolute beginners and those with some experience, perhaps returning after a break, or just wanting a gentle approach. Enquiries to Tutor: Lori Hutton (kalima.39@gmail.com)

Location: Hut 48 Long Room, Airport Rd, Mitchell Park

Dates: 2 Feb - 30 Nov, not including school holidays

Schedule: Monthly 1st, 3rd, 5th week of month on Monday 11:00 AM - 12:15 PM

Tutor: Lori Hutton, **Class Convenor:** Michelle Parker

5.28. Yoga: Intermediate (Terms 1-4) Some yoga experience is required here, but many yoga practices offered in this class can be adapted to suit individual needs. We will cover a range of classical yoga practices from the physical to the breath through to relaxation/meditation. Enquiries to Tutor: Lori Hutton (kalima.39@gmail.com).

Location: Hut 48 Long Room, Airport Rd, Mitchell Park

Schedule: Monthly 1st, 3rd, 5th week of month on Monday 9:30 AM - 10:45 AM

Dates: 2 Feb - 30 Nov, not including school holidays

Tutor: Lori Hutton

6. HISTORY

6.1. Alexander the Great (Terms 1-4) This unit will look at Alexander the Great origins, his life and conquests. It will then consider their survival after his early death. Enquiries to Tutor: Ian McKee (anneianmckee@ozemail.com.au).

Location: BNCC Blue Room, 702 Walker St, Ballarat North

Dates: 3 Feb 6. - 24 Nov 6, not including school holidays

Schedule: Weekly on Tuesday 11:45 am – 12:45 pm

Tutor: Ian McKee

6.2. Art: Exploring Contemporary Art (Terms 1-4) Exploring Contemporary Art provides an overview of art from the start of the 20th Century up to the present day. Given the complex evolution of art over this time, attention will be given to selected artists, themes, subjects, issues, and movements. Attendance at earlier Exploring Contemporary Art classes is not a pre-requisite. Enquiries to Tutor: Geoff Wallis (geoffnola@gmail.com).

Location: Selkirk Stadium Room 2, Norman St, Wendouree

Dates: 6 Feb - 4 Dec, not including school holidays

Schedule: 1st, 3rd Friday of each month, 9:30 am - 11:00 am

Tutor: Geoff Wallis

6.3. Australian History (Terms 1-4) This is a hybrid class in which class members and outside speakers are invited to present appropriate topics which show the development of an aspect of Australian history over the years. If you enjoy history, or enjoy finding out about the personalities and events in our past, you will enjoy this class. Classes are enhanced by the use of audio-visual presentations and afternoon tea in the classroom provides a great opportunity to chat to other members. Members can choose whether they Zoom in or physically come to class. Enquiries to Tutor: Nina Netherway (ninan06@bigpond.com)

Location: BNCC Blue Room, 702 Walker St, Ballarat North

Dates: 5 Feb 6. - 19 Nov, not including school holidays

Schedule: 1st, 3rd Thursday of each month, 12:30 pm - 2:30 pm

Tutor: Nina Netherway, **Class Convenor:** Bev Bartsch

6.4. Australia's Convict Heritage (Terms 1-4) This class is intended for those new to the area of history and/or have a personal or family interest in researching the topic. The course will examine background factors in Britain, the impact of exile upon individuals and families as well as examining the way transportation contributed to the development of Australia. Maximum benefit to class members may be achieved with a preparedness to research, interact with the group with research findings and a presentation to the group relating to transportation and/or some personal family ancestor involvement. Enquiries to Tutor: John Olsen (olsen44@bigpond.net.au).

Location: BNCC Blue Room, 702 Walker St, Ballarat North

Dates: 11 Feb 6. - 25 Nov 6, not including school holidays

Schedule: 2nd, 4th week Wednesday of each month, 9:30 am - 11:00 am

Tutor: John Olsen

6.5. Byzantium (Terms 1-4) Long before the Roman General Constantine chose Byzantium as the centre of his empire, this commanding Greek city on the Bosphorus had come to be seen as the eastern extremity of the Roman Empire. In this course we will follow the development of Constantinople as the power house of the entire Roman Empire, and the centre of Christian belief, as Rome crumbled. We will explore the reasons why it was able to survive for more than 1000 years despite threats from within and without until the 15th century when it finally succumbed to the Ottoman Empire. Enquiries to Tutor, Jill Blee (jillblee1@gmail.com).

Location: BNCC Blue Room, 702 Walker St, Ballarat North

Dates: 5 Feb - 19 Nov, not including school holidays

Schedule: 1st, 3rd Thursday of each month, 9:30 am - 11:00 am

Tutor: Jill Blee, **Class Convenor:** Janine Lucato

6.6. First Nations or What We Never Learnt at School (Terms 1-2) This Semester-length course will introduce you to the First Australians and how they came here. Because archaeologists and historians have made some remarkable discoveries over the past 50 years, our knowledge of the First Australians has grown exponentially. We will, through video, books and guest speakers, explore and discuss how new knowledge impacts on our attitudes. Enquiries to Tutor: Ros McArthur (rosmcarthur@icloud.com).

Location: BNCC Blue Room, 702 Walker St, Ballarat North

Dates: 9 Feb - 25 May, not including school holidays

Schedule: 2nd, 4th Monday of each month, 11:00 am - 12:45 pm

Tutor: Roslyn McArthur

6.7. Genealogy and Family History (Terms 1-4) Do you want to learn how to trace your family back several generations? Have you already been bitten by the 'genie bug' but want to know more tips and tricks for finding, organising and storing valuable information? Then this class is for you. Topics include searching for records in the 'Big 4' online databases, using genealogy software to store and organise your data, making and storing genealogy records, using Trove to find old Australian newspaper articles, mapping your ancestors and more. Although the principles apply to all cultures, reference is made solely to British and Australian records. Class members are encouraged to research and tell the story of one of their ancestors or ancestor families. Enquiries to Tutor: Miriam Peck (miriamp.u3a@gmail.com).

Location: Hut 48 Long Room, Airport Rd, Mitchell Park

Dates: 10 Feb - 24 Nov, not including school holidays

Schedule: 2nd, 4th Tuesday of each month, 10:30 am - 12:30 pm

Tutor: Miriam Peck



6.8. How To Tell Your Life Story (Term 1) NOTE: This class runs in Term 1 only.

Over three 2-hour workshops, we will learn the why, how, what, where and when of documenting your life and memories. Got lots of genealogical material but don't know where to start? Your grandkids want to know more about you, but you think your life is boring? Think again! In a series of writing exercises, sharing and interviewing, we will learn to craft an engaging story that will not only fascinate your family members but might also be valuable for your local historical society, footy team or dog club. Enquiries to Tutor: Susan Pierotti (susan@creativetext.com.au).

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 12 Feb - 12 Mar

Schedule: 2nd, 4th Thursday of Feb and March, 10:00 am - 12 pm

Tutor: Susan Pierotti

6.9. How To Tell Your Life Story (Term 2) NOTE: This class runs in Term 2 only and is a

repeat of the Term 1 course. Over three 2-hour workshops, we will learn the why, how, what, where and when of documenting your life and memories. Got lots of genealogical material but don't know where to start? Your grandkids want to know more about you, but you think your life is boring? Think again! In a series of writing exercises, sharing and interviewing, we will learn to craft an engaging story that will not only fascinate your family members but might also be valuable for your local historical society, footy team or dog club. Enquiries to Tutor: Susan Pierotti (susan@creativetext.com.au).

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 14 May – 11 June

Schedule: 2nd, 4th Thursday of May and June, 10:00 am - 12 pm

Tutor: Susan Pierotti

6.11. Keen Genies (Terms 1-4) This class will be for those who are actively undertaking Genealogy and would benefit from a self-help group approach. Class members will bring their laptops, charts, notebooks etc to class with the idea of progressing with their task, asking advice from other class members or offering to show others 'how to' or assist with their 'road blocks'. This is not a class to learn how to go about doing Genealogy. 'Genealogy and Family History' is the class for that purpose. Those intending to enrol in this class must contact the initial facilitator: Miriam Peck (miriamp.u3a@gmail.com).

Location: Selkirk Stadium Room 3, Norman Street, Wendouree

Dates: 6 Feb – 27 Nov, not including school holidays

Schedule: Weekly on Friday 10:00 – 12 pm

Initial Facilitator: Miriam Peck

6.12. Let's Meet Japan Together (Term 1) Note: This class is for Term 1 only

The blending of Japan's deeply spiritual relationship with nature, its scenic beauty, traditions, arts and 'food life' combine to make today's Japan. After several centuries of isolation, in 1868 Japan adopted and adapted Westernisation, transforming itself from a weak, agricultural nation into an industrialized world power. Its defeat in 1945 was the birth of Japan as we know it today. Living in Japan for eight years between 1974 and 1985, the Urquhart family experienced unexpected joys, revelations and a love of Japan. Combining my work in the meat industry and wife Lois' love of arts and crafts meant we travelled to every prefecture. If you are planning to visit Japan for the first time, the course will whet your appetite for new itinerary ideas. Enquiries to Tutor: John Urquhart (junketurquhart@gmail.com).

Location: BPAC Room 1, 501-503 Neill St, Soldiers Hill

Dates: 4 Feb - 1 Apr

Schedule: Weekly on Wednesday 11:15 am – 1:15 pm

Tutor: John Urquhart

6.13. New Chums: Ballarat's History 1851-1920 (Terms 1-2) NOTE: This class runs over Terms 1 and 2. New Chums explores Ballarat's golden history from 1851-1920. It will be presented as a narrative with the first week being a class lesson and the second week, a walk in the appropriate area of the city. This continues for ten topics as we set out to literally explore why Ballarat is as it is. The course runs for the first two terms of the year and is held at The Old Wesleyan Church, 224 Scotchmans Lead Rd, Buninyong. Enquiries to Tutor: Doug Bradby (dougbradby503@gmail.com).

Location: Buninyong Schoolhouse, 224 Scotchmans Lead Rd, Buninyong

Dates: 4 Feb - 24 Jun, not including school holidays

Schedule: Weekly on Wednesday 10:45 am - 12 pm

Tutor: Doug Bradby

6.14. Phoenicians and Carthaginians, an Overview (Terms 1 and 2) Note: This class runs only in Terms 1 and 2. This course will be an overview of the history of Phoenicia from earliest Bronze Age times through to Carthage and the Western Mediterranean sphere of influence leading up to the Punic wars against Rome. Enquiries to Tutor: Jim Thomson (thomsonjim74@gmail.com).

Location: Selkirk Stadium Room 2, Norman Street, Wendouree

Dates: 12 Feb - 11 Jun, not including school holidays

Schedule: 2nd, 4th Thursday of each month, 1:30 pm - 3:00 pm

Tutor: Jim Thomson

6.15. World War 1 (Terms 1-4) This course will cover:

1: The Western Front: Gallipoli, Battle of Hamel, the role of General John Monash in ending World War I.

2: Background to World War I: Napoleon 3, Franco Prussian War 1870, powder-keg of the Baltic states, the Arms Race to war. Enquiries to Tutor: Paul Webster (pmwebby1@gmail.com).

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 4 Feb - 18 Nov, not including school holidays

Schedule: 1st, 3rd Wednesdays of each month, 11:00 am - 12:15 pm

Tutor: Paul Webster

7. HUMANITIES

7.1. Big Questions, Lively Minds: An Introduction to Philosophy (Terms 1-2)

Note: This class will run in Terms 1 and 2 with a possibility of extension for the second half of the year. This course will explore a number of themes providing a general introduction to philosophy. Themes include the nature of reality and existence; truth and knowledge; and the nature of good and evil. Participants need have no prior philosophical knowledge. Although the course explores big and deep questions, it is not a technical course. The course is for those who have an open mind, a deep curiosity about the world and what it means to be human and a willingness to listen and share respectfully with others. The “doing” of philosophy in this course is built on the “community of inquiry” model where all participants are on a journey to get closer to the truth (whatever that is). Enquires to Tutor: Peter Foord (petermfd@gmail.com).

Location: BPAC Room 1, 501-503 Neill St, Soldiers Hill

Dates: 3 Feb - 16 Jun, not including school holidays

Schedule: 1st, 3rd Tuesday of each month, 9:30 am- 11:30 am

Tutor: Peter Foord

7.2. Book Club- Dystopian Fiction (Terms 1-4) We'll read and discuss dystopian fiction from across the decades. An initial reading list will be provided but group members can nominate additional titles as the year progresses. Participants need to source their own copy of the book each month. Enquiries to Facilitator: Colleen Howard (colhow1@gmail.com).

Location: BPAC Room 1, 501-503 Neill St, Soldiers Hill

Dates: 26 Feb - 26 Nov, not including school holidays

Schedule: 4th Thursday of each month, 1:00 pm - 2:30 pm

Tutor: Colleen Howard

7.3. Classic Cinema (Terms 1-4) The aim of this class is to build an understanding and appreciation of a wide range of different types of films, and to put them into their social and political context. The theme for 2026 will be ‘Early and Late’, tracing the careers of various film directors. While preference will be given to returning class members, please register for the class if you are interested as vacancies may arise during the year. The class usually starts with an all-day session on the last Tuesday of January. Enquiries to Class Convenor: Kerren Thorsen 53382607.

Location: Ballarat Hockey/Tennis Centre, 59 - 79 Gillies St, Lake Wendouree

Dates: 27 Jan - 10 Nov, not including school holidays

Schedule: 2nd, 5th Tuesday of each month, 1:15 pm - 4:00 pm

Tutor: Shirley Faull, **Class Convenor:** Kerren Thorsen

7.4. Classics Reading Group (Terms 3&4) Note: This class runs in Terms 3 and 4 only. Many of us would like to read the ancient classics, but they often go to the bottom of the pile e.g. The Iliad, The Odyssey, The Aeneid. This course runs for two hours via Zoom, and each person reads in turn during the session. In 2026 we will read Emily Wilson's much lauded translation of The Odyssey, with reference to other classical sources when appropriate. There will be two or three short breaks for questions and/or discussion. Past experience has shown that reading out loud is both satisfying and instructive, and a great way to engage with these wonderful stories. Enquiries to Tutor: Karen Sparnon (karenandkensparnon@gmail.com).

Online via Zoom

Dates: 16 July- 26 Nov, not including school holidays

Schedule: Weekly on Thursday 2:00 pm-4:00 pm

Tutor: Dr Karen Sparnon

7.5. Current Affairs (Terms 1-4) We start with GOOD NEWS or experiences that have brought happiness into your life. Then we move on to the topic for discussion. Members are contacted before the meeting and supplied with articles, A/V programs etc. to read and suggested further areas of research. We focus on areas of concern in our local, state, federal & international spheres. Every member will be asked for their opinion. Enquiries to Tutor: Ros McArthur (rosmcarthur@icloud.com).

Location: BNCC Blue Room, 702 Walker St, Ballarat North

Dates: 2 Feb - 16 Nov, not including school holidays

Schedule: 1st, 3rd Monday of each month, 11:00 am - 12:15 pm

Tutors: Roslyn McArthur & Axel Scholtz, **Class Convenor:** Mary Chappell

7.6. Favourite Films - AM (Terms 1-4) Note: This class runs in the **morning** on 5 Mondays of each term. Bryan Putt's film courses are legendary. In 2026 Bryan is presenting his own personal favourite films. Screening in the commercial quality Cinema Eureka Ballarat East, students will experience a range of superb movies from a breadth of eras and genres. The course will run for the first five weeks of each term giving students exposure to 20 films in 2026. To meet demand the course will be presented on Mondays with two identical sessions per day (10am & 2pm). This booking is for the 10am class. Places limited to 16 per class. Enquiries to Tutor: Bryan Putt (bryanmeganpictures@gmail.com).

Location: Private Cinema Eureka St, East Ballarat

Dates: 2 Feb - 2 Nov, not including school holidays

Schedule: Weekly on Monday 10:00 am - 12:30 pm

Tutor: Bryan Putt

7.7. Favourite Films - PM (Terms 1-4) Note: This class runs in the **afternoon** on 5 Mondays of each term. Bryan Putt's film courses are legendary. In 2026 Bryan is presenting his own personal favourite films. Screening in the commercial quality Cinema Eureka Ballarat East, students will experience a range of superb movies from a breadth of eras and genres. The course will run for the first five weeks of each term giving students exposure to 20 films in 2026. To meet demand the course will be presented on Mondays with two identical sessions per day (10am & 2pm). This booking is for the 2pm class. Places limited to 16 per class. Enquiries to Tutor: Bryan Putt (bryanmeganpictures@gmail.com).

Location: Private Cinema Eureka St, East Ballarat

Dates: 2 Feb - 2 Nov, not including school holidays

Schedule: Weekly on Monday 2:00pm – 4:30 pm

Tutor: Bryan Putt

7.8. Jung's Psychological Reflections: an Exploration (Terms 1-4) We shall be using Jung's Psychological Reflections as the starting point for discussion and debate. Jung invites us to examine our culture, ideas, beliefs and values and this course offers such an exploration. Please contact tutor before enrolling: Alice Mills: 0403283666.

Location: Buninyong Community House, 407a Warrenheip St, Buninyong

Dates: 2 Feb - 16 Nov, not including school holidays

Schedule: 1st, 3rd Monday of each month, 10:30 am- 12 pm

Tutor: Alice Mills, **Class Convenor:** Yvette Nesire-McNeill

7.9. Meditation: Ongoing (Terms 1-4) This class continues on from previous years, exploring meditation techniques and yoga nidra, drawn from Yogic and Buddhist practices. Session will also include a few yoga stretches and breathing techniques. Enquiries to Tutor: Lori Hutton (kalima.39@gmail.com).

Location: Ballarat Hockey/Tennis Centre, 59 - 79 Gillies St, Lake Wendouree

Dates: 6 Feb - 20 Nov, not including school holidays

Schedule: 1st, 3rd Friday of each month, 1:30 pm - 3:00 pm

Tutor: Lori Hutton, **Class Convenor:** Jude Oliver

7.10. Philosophy (Terms 1-4) The course will consist of a series of philosophical topics relating to contemporary life and living. Classes will be presented in turn by a select team of tutors who have each researched a particular aspect of the course. Presentations will be followed by a coffee break and discussion. The class does not run during the school holidays. Enquiries to Class Convenor: Bridget Carlson (cbridget270@gmail.com).

Location: Ballarat Hockey/Tennis Centre, 59 - 79 Gillies St, Lake Wendouree

Dates: 2 Feb - 7 Dec

Schedule: 1st, 3rd Monday of each month, 2:00 pm - 4:00 pm

Tutor: Ann Bouts, **Class Convenor:** Bridget Carlson

7.11. Philosophy of Mind (Terms 1-4) This course will focus on philosophical theories about the human mind and its functions, with particular reference to our capacity for reflexive consciousness, or the ability to be critically aware of our own thoughts. Reference will also be made to scientific studies of the mind and its relation to the brain. Places on the course will be limited to ten people. Essential reading to prepare for the course: Blackmore, Susan (2017) *Consciousness: A very short introduction*. OUP. \$21.95. Enquiries to Tutor: Dr. Helen Besemeres (atlenisb@bigpond.com).

Location: BPAC Room 1, 501-503 Neill St, Soldiers Hill

Dates: 6 Feb - 20 Nov, including school holidays

Schedule: 1st, 3rd Friday of each month, 9:30 am - 11:00 am

Tutor: Dr. Helen Besemeres

7.12. Poetry (Terms 1-4) In this course we shall look at poetry in English from Chaucer onwards, using the Norton Anthology of Poetry or equivalent. I expect to discuss one poet in each session (with a few remarkable exceptions). Enquiries to Tutor: Alice Mills, 0403283666.

Location: Buninyong Community House, 407a Warrenheip St, Buninyong

Dates: 2 Feb - 16 Nov, not including school holidays

Schedule: 1st, 3rd Monday of each month, 2:00 pm - 3:30 pm

Tutor: Alice Mills

7.13. Positive Practices Positive People - 1 (Terms 1-2) NOTE: This class runs over Terms 1 and 2. We explore positive attitudes, life strategies & skills via TED talks, lively discussion, and relevant research. Participants have the opportunity to help shape course content and to experience a positive energy to support their practices if they wish. Topics include Gratitude, Acceptance, Humility, Constructive Journalism (Good news at last!), Zero-Waste living, the power of habits and more. \$10 fee covers handout printing costs. Ideally, participants would have internet access and an email address as much of the material is also conveyed via e-copies and article links. Facebook page <https://www.facebook.com/positivepracticespositivepeople/>. Enquiries to Tutor: Madonna Quixley (pos.practices.pos.people@gmail.com).

Location: Selkirk Stadium Room 3, Norman Street, Wendouree

Dates: 12 Feb - 25 Jun, not including school holidays

Schedule: 2nd, 4th Thursday of each month, 1:00 pm - 3:00 pm

Tutor: Madonna Quixley

7.14. Positive Practices, Positive People - 2 (Terms 3-4) NOTE: This class runs over Terms 3 and 4. We explore positive attitudes, life strategies & skills via TED talks, research, a book club, and discussion. Participants may help shape course content and experience a positive energy to support their practices if they wish. Term 3 and 4 topics build on Terms 1 and 2 but can be taken independently. The theme is Peace and its links to Compassion, Environmentalism and more. \$10 fee covers handout printing costs. Ideally, participants would have internet access and an email address - much of the material is also conveyed via e-copies and article links. Facebook page <https://www.facebook.com/positivepracticespositivepeople> or email Madonna Quixley (pos.practices.pos.people@gmail.com).

Location: Selkirk Stadium Room 3, Norman Street, Wendouree

Dates: 23 Jul - 26 Nov, not including school holidays

Schedule: 2nd, 4th Thursday of each month, 1:00 pm - 3:00 pm

Tutor: Madonna Quixley

7.15. Psychology An overview of our behaviours, how we react and alternatives, meeting out basic needs and dealing with past issues. Ways of looking at and handling trauma. Problematic thinking and challenging beliefs, ageing, depression and anxiety and neuroscience. Cognitive behavioural approaches and mindfulness. There will be a psychoeducational element and an interactive emphasis. Could even mean some form of homework! Different aspects of the course could be explored in more detail depending on the interest of the class. Enquiries to Tutor: David Hyatt (dchyatt@gmail.com).

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 6 Feb – 27 Nov, not including school holidays

Schedule: Weekly on Friday, 9:30 am – 11:00 am

Tutor: David Hyatt, **Class Convenors:** Jennifer Barton, Edwina Miller

7.16. Shakespeare in Film No prior knowledge of Shakespeare is required. Enjoy the film adaptations of the world's greatest comedies and tragedies in our monthly sessions. The first meeting will be a general introduction to Shakespeare's life and work. From session 2, we will watch a film after a short introduction. We should have time for a tea break and a short de-brief afterwards. Proposed Films: Romeo and Juliet, A Midsummer Night's Dream, Much Ado About Nothing, As You Like It, Twelfth Night, Macbeth, Hamlet, Richard III, The Merchant of Venice. Enquiries to Tutor: Bryan Dwyer 041731159, (kelvin22a2017@gmail.com).

Location: BPAC Room 1, 501-503 Neill St, Soldiers Hill

Dates: 10 Feb - 8 Dec, not including school holidays

Schedule: 2nd Tuesday of month, 1:00 pm - 4:00 pm

Tutor: Bryan Dwyer

7.17. Subversive Children's Literature (Terms 1-4) We shall be revisiting some classics of children's literature with a critical eye. I shall aim to explore one book each month, not so much from the standpoint of today's values and expectations but looking at what may be quietly subverting the text from within. Enquiries to Tutor: Alice Mills 0403283666.

Location: Buninyong Community House, 407a Warrenheip St, Buninyong

Dates: 9 Feb - 9 Nov, not including school holidays

Schedule: 2nd Monday of each month, 10:30 am - 12 pm

Tutor: Alice Mills, **Class Convenor:** Yvette Nesire-McNeil

7.18. Understanding the 21st Century - The World in 2026 (Terms 1-4) This course extends earlier explorations of geopolitics, history, and economics. In 2025, the theme was "The World in 2025", with varied presenters covering listed topics (see the 2025 Course Guide). In 2026 we begin with "A Review of the Trump Presidency" followed by "Alternatives to Capitalism", with later sessions shaped by volunteers. New members must be prepared to present a topic of their choice, share background readings/videos (ChatGPT is acceptable), and lead a discussion, ideally with PowerPoint. Enquiries to Tutor: Chris Dickinson (c.a.d.invermay@gmail.com).

Location: Private home, Invermay

Dates: 27 Feb - 26 Nov, not including school holidays

Schedule: 4th Friday of each month, 10:00 am - 1:00 pm

Tutor: Chris Dickinson

7.19. Wine Appreciation (Terms 1-4) Discussion of all things pertaining to wine: theory and weekly tasting/comparison. The class will be held weekly, including school holidays. Enquiries to Class Convenor: Elaine Maberly (egm154@me.com).

Location: BNCC Yellow Room, 702 Walker St, Ballarat North

Dates: 6 Feb - 11 Dec, not including school holidays

Schedule: Weekly on Friday 1:30 pm - 3:00 pm

Tutor: Hunter Maberly, **Class Convenor:** Elaine Maberly

7.20. Yoga Philosophy, Yoga & Meditation, The Bhagavad Gita (Terms 1-4)

Our text is an ancient Hindu scripture, part of the larger Mahabharata. The Gita is a synthesis of the teachings contained in the Upanishads. Gandhi referred to it often, especially in times of crisis. It is a guide for living life with ideas that are still relevant today, irrespective of nationality or religion. Part of each session will include some simple yoga practices and meditation. Enquiries to Tutor: Lori Hutton (kalima.39@gmail.com).

Location: Ballarat Hockey/Tennis Centre, 59 - 79 Gillies St, Lake Wendouree 3350

Dates: 13 Feb - 27 Nov, not including school holidays

Schedule: 2nd, 4th Friday of each month, 9:30 am - 11:00 am

Tutor: Lori Hutton

8. LANGUAGES

8.1. French: A Little Bit of French (Terms 1-4) Designed to cater for those with about two years of French. The emphasis is on conversation and culture. This class is suitable for those with a little school French who would like to revisit the language. Please note that the class will not be held during the following dates:

Term 2: April 7 - May 5 inclusive

Term 3: July 7 - Aug 4 inclusive

Term 4: Oct 6 - 20 inclusive

Enquiries to Tutor: Helen Harrison (helenharrison1950@gmail.com).

Location: Wendouree Community Hub, Banksia Room Holly Gve, Wendouree

Dates: 3 Feb - 24 Nov, not including school holidays or dates listed above

Schedule: 1st, 2nd, 3rd & 4th Tuesdays of each month, 12:30 pm - 2:00 pm

Tutor: Helen Harrison

8.2. French: Le Mot Juste (Terms 1-4) Participants need to be able to speak, understand and hold a conversation in French. We read extracts from novels and magazine articles and we discuss French news. We also learn new vocabulary, study aspects of grammar and complete relevant exercises. We aim to speak only in French, in a friendly, enjoyable and relaxed atmosphere. Enquiries to Tutor: Bernard Catrice

(bernardcatrice@vic.australis.com.au).

Location: Wendouree Community Hub, Banksia Room Holly Gve, Wendouree

Dates: 3 Feb - 24 Nov, not including school holidays

Schedule: Weekly on Tuesday 9:15 - 10:45

Tutors: Bernard Catrice, Heather Tellis

8.3. French: Pardon my French (Terms 1-4) This course is for those who have a passion for learning the French language and already possess a good understanding of French grammar with an accompanying level of vocabulary. Anyone wishing to join the course should also be able to speak in French about basic concepts. The aim of the course is to improve the ability to speak French in everyday situations. Much of each lesson is conducted in French by the tutor with all members of the course being required to respond or discuss subjects in French. Enquiries to Tutor: Don Mackay 0429 863 155.

Location: Wendouree Community Hub, Banksia Room Holly Gve, Wendouree

Dates: 3 Feb - 24 Nov, not including school holidays

Schedule: Weekly on Tuesday 11:00 am - 12:30 pm

Tutor: Don Mackay, **Class Convenor:** Judy Glaubitz

8.4. French: Reading in French (Terms 1-4) Have we got some good reading for you!

This French reading class reads and discusses articles written in modern French. The articles are chosen by participants, are mainly at an intermediate level and cover a diverse range of subjects. These subjects often include French culture, history, arts politics etc. Each participant takes a turn in reading part of the text and then translating into English. The other participants help with translation and pronunciation when needed. Some conversation in French is optional. Enquiries to Tutor: Warren Clarkson (clarksonwarren@yahoo.com.au).

Location: BPAC Room 1, 501-503 Neill St, Soldiers Hill

Dates: 4 Feb - 25 Nov, not including school holidays

Schedule: Weekly on Wednesday 9:30 am - 11:00 am

Tutor: Warren Clarkson

8.5. German (Terms 1-4) The emphasis of the class is on further developing reading, speaking and listening in a range of everyday contexts and written texts. Participants should have sufficient knowledge of basic German grammar (and English grammar) to be able to construct sentences and understand German. Knowledge of and familiarity with basic passive and active vocabulary is also required. Enquiries to Tutor: Edmund Heemann (edheemann@gmail.com).

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 2 Feb - 30 Nov, not including school holidays

Schedule: Weekly on Monday 10:00 am - 12 pm

Tutor: Edmund Heemann

8.6. Italian: Amiamo l'Italiano 1 (Terms 1-4) This class is for participants with little or no prior knowledge of the Italian language and the aim is to have them become gradually proficient in reading, writing, speaking and listening to it as well as enjoying themselves. Enquiries to Tutor: David Berry (dgb3@me.com).

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 9 Feb - 23 Nov, not including school holidays

Schedule: 2nd, 3rd, 4th, 5th Monday of each month, 12:30 pm - 2:00 pm

Tutor: David Berry

8.7. Italian: Amiamo l'Italiano 2 (Terms 1-4) This course is for returning students or those with some knowledge of the Italian language and the aim is to have them become more proficient in reading, writing, speaking and listening to it as well as enjoying themselves. Enquiries to Tutor: David Berry (dgb3@me.com).

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 4 Feb - 25 Nov, not including school holidays

Schedule: Weekly on Wednesday 9:15 am - 10:45 am

Tutor: David Berry

8.8. Italian: Amiamo l'Italiano 3 (Terms 1-4) This class is for returning participants or those with some knowledge of the Italian language and the aim is to have them become more proficient in reading, writing, speaking and listening to it as well as enjoying themselves. Enquiries to Tutor: David Berry (dgb3@me.com)

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 4 Feb - 25 Nov, not including school holidays

Schedule: Weekly on Wednesday 3:00 pm - 4:30 pm

Tutor: David Berry

8.9. Italian: Amiamo l'Italiano 4 (Terms 1-4) This course is for returning students who have completed the first three levels of Amiamo l'italiano or with previous commensurate Italian competency or experience. The aim is to have them become even more proficient in reading, writing, speaking and listening, including further grammar and conversation to improve competency and fluency. As well, enjoyment is a must. Enquiries to Tutor: David Berry (dgb3@me.com).

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 4 Feb - 25 Nov, not including school holidays

Schedule: Weekly on Wednesday 1:00 pm - 2:30 pm

Tutor: David Berry

8.10. Lasst uns Deutsch Sprechen (Let's Speak German) (Terms 1-2) Note: This class runs in terms 1 and 2 only. Keen to practise or learn basic German? This course will focus on the spoken word, in particular phonics and pronunciation through a series of approaches: vocal warmups, mastering useful, everyday phrases and vocabulary, posing simple questions, and listening to or reading short passages/conversations out loud. We might even sing. Good aural skills, a willingness to 'have a go' and preparedness to do homework are useful assets. Designed for those who've had some German experience, know they can do better, are considering a trip to Germany, or wish to communicate with German-speaking relatives and friends. Enquiries to Tutor: Monica McCormack (nee Jäger). (monicame60@hotmail.com).

Location: BNCC Yellow Room, 702 Walker St, Ballarat North

Dates: 3 Feb - 16 Jun, including school holidays

Schedule: Weekly on Tuesday 12:30 pm - 2:00 pm

Tutor: Monica McCormack

8.11. Latin 2 (Terms 1-4) Latin 2 is a class for students continuing from Latin for Beginners. Class members will need a copy of 'Cambridge Latin Course, Book II', Fourth Edition (not the recently published Fifth edition). Copies of the Fourth edition are readily available on-line. New members may join the class provided that they have completed 'Cambridge Latin Book I' or equivalent and they speak to Gordon Talbett before enrolling. Enquiries to Tutor: Gordon Talbett (milverton13@outlook.com.au).

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 3 Feb - 24 Nov, not including school holidays

Schedule: Weekly on Tuesday 11:00 am - 12 pm

Tutor: Gordon Talbett

8.12. Latin 5 (Terms 1-4) Latin 5 is a class for students continuing from Latin 4. Class members will need a copy of 'Cambridge Latin Course, Book V', Fourth Edition (not the recently published Fifth edition). Copies of the Fourth edition are readily available on-line. New members may join the class provided that they have completed 'Cambridge Latin Book IV' or equivalent and they speak to Gordon Talbett before enrolling. Enquiries to Tutor: Gordon Talbett (milverton13@outlook.com.au).

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 3 Feb - 24 Nov, not including school holidays

Schedule: Weekly on Tuesday 9:30 am - 10:30 am

Tutor: Gordon Talbett

8.13. Linguistics: An Introduction (Terms 1-2) Linguistics is NOT learning to speak many languages. It is a scientific study of the nature of language: what its constituents are, how human language came to be, how it develops and changes, laws governing its development, language family groups etc. Two other topics will be covered: history of the English Language and History of Writing. Enquiries to Tutor: Luda Kedova (ludakedova@yahoo.com).

Location: BNCC Red Room, 702 Walker St, Ballarat North

Dates: 6 Feb - 19 Jun, not including school holidays

Schedule: 1st, 3rd Fridays of month, 12:15 pm - 1:45 pm

Tutor: Luda Kedova

8.14. Spanish: Intermediate Level (Terms 1-4) This is an ongoing intermediate class and is not suitable for beginners. It is participant led and there is no formal teaching. We practise Spanish through conversation, reading and translating Spanish texts and playing language based games. Anyone joining this class will need to be confident speaking Spanish in a group situation, have a wide Spanish vocabulary and an extensive working knowledge of Spanish grammar (at B1 to B2 level). For acceptance into this class, prospective students must contact Martin Mittag (mwmittag1@bigpond.com).

Location: BNCC Blue Room, 702 Walker St, Ballarat North

Dates: 6 Feb - 11 Dec, not including school holidays

Schedule: Weekly on Friday 11:15 AM - 12:45 PM

Tutor: Martin Mittag, **Class Convenor:** Melanie Hill



MUSIC

9.1 Ceilidh: A Social and Musical Gathering Ceilidh class is designed to replicate an Irish session but also help people play their instruments in context. Enquires to Tutor: Charlie Maguire (ryamag@hotmail.com).

Location: BNCC Hall, 702 Walker St, Ballarat North

Dates: 5 Feb - 26 Nov, not including school holidays

Schedule: Weekly on Thursday 9:30 am - 11:00 am

Tutor: Charles Maguire, **Class Convenor:** Kaylene Latimer

9.2. Celebration of French Song (Terms 1-4) This class is for those who have an interest in the French language and who enjoy singing. In this class, we hope to explore a wide range of well-known (and not so well-known) French songs and singers – from Aznavour to Stromae to Zaz... and do a lot of singing in French! It could also serve as a useful complement to your French studies. Classically trained voices are not a pre-requisite! Just a love of singing and experiencing the joy and romance of the voice in French. Enquiries to Tutor: John Maguire (johnanddot@hotmail.com).

Location: Selkirk Stadium Room 3, Norman St, Wendouree 3355 VIC

Dates: 13 Feb - 27 Nov, not including school holidays

Schedule: 2nd, 4th Friday of each month, 1:30 pm - 3:15 pm

Tutor: John Maguire

9.3. Celtic Band (Terms 1-4) The focus is on the enjoyment of playing and singing in a band setting. While repertoire is drawn mainly from the Celtic tradition, other musical styles are also included. Enquiries to Tutor, Corrie Olsen phone: 0447343911.

Location: BNCC Hall, 702 Walker St, Ballarat North

Dates: 2 Feb - 30 Nov, not including school holidays

Schedule: Weekly on Monday 9:30 am - 12 pm

Tutors: Corrie Olsen & Rosalind Lawson, **Class Convenor:** David Young

9.4. Chorale (Terms 1-4) The Chorale is a non-auditioned choir – we welcome anyone who loves to sing! But most members have a musical background and read musical notation. We sing a wide range of repertoire, including Renaissance, Classical and Romantic musical eras (some in other languages) and also contemporary works. Mostly we sing in four parts (Soprano, Alto, Tenor, Bass). Rehearsals are held for 90 minutes on Tuesday mornings at BNCC. We present about five performances each year. Social connections are encouraged, with lunches held after rehearsal once a month. We focus on quality of performance but also on the joy of singing. Enquiries to Tutor: Jill Francis (jjyfrancis@icloud.com).

Location: BNCC Hall, 702 Walker St, Ballarat North

Dates: 3 Feb - 8 Dec, not including school holidays

Schedule: Weekly on Tuesday 11:00 am - 12:30 pm

Tutor: Jill Francis, **Class Convenor:** Julie Pittard

9.5. Choristers (Terms 1-4) The U3A Choristers is a group that meets weekly to share the joy and fun of singing together in a relaxed and happy musical environment. The group sings a wide range of choral repertoire – with songs in unison and in parts. The ability to read music is helpful in rehearsals but not essential as support will be given to choristers to develop their confidence in reading and understanding music. Audio recordings of parts and accompaniments are provided for choristers to practise at home. We welcome all singles - those with choral experience and those who have never sung in a choir but have always wanted to. Enquiries to Class Convenor: Elizabeth Bren 0407 528 04.

Location: BNCC Hall 702 Walker St, Ballarat North

Dates: 3 Feb - 8 Dec, not including school holidays

Schedule: Weekly on Tuesday 2:00 pm - 3:30 pm

Tutor: Mary O'Driscoll, **Class Convenors:** Robyn Pierce, Elizabeth Bren

9.6. Film Musicals (Terms 1-4) The film musicals class watches old movies and some newer ones as well. An email is sent to the class in the week before the class giving some details about the film to be screened that week. There will be a talk about the film before it is screened and during afternoon tea, after the film, if necessary. Enquiries to Tutor: Bob Whitten (ibobdown@hotmail.com).

Location: Ballarat Hockey/Tennis Centre 59 - 79 Gillies St, Lake Wendouree

Dates: 6 Feb - 4 Dec, not including school holidays

Schedule: 1st, 3rd, 5th Friday of each month, 1:00 pm - 4:00 pm

Tutor: Robert Whitten

9.7. Guitar for Beginners (Terms 1-4) This course will provide basic techniques for learning to play guitar or getting back into it after a long break. It will include a range of styles over several music genres. The aim will be for learners to progress to whatever level or style they wish to pursue. Enquiries to Tutor, John Currell: (johncurrell20@gmail.com).

Location: BPAC Room 1, 501-503 Neill St, Soldiers Hill

Dates: 6 Feb - 4 Dec, not including school holidays

Schedule: 1st, 3rd, 5th Friday of each month, 11:15am – 12:45 pm

Tutor: John Currell

9.8. Music Appreciation (Terms 1-4) There is no regular tutor for this class as the members share in presenting programs on special music, composers or instruments. All genres are enjoyed from classical to jazz. There is room for more members at our present location with good acoustics. Enquiries to Facilitator: Janice Cook (janicecook152@gmail.com).

Location: Selkirk Stadium Room 2, Norman Street, Wendouree

Dates: 6 Feb - 4 Dec, including school holidays

Schedule: 1st Friday of each month, 2:00 pm - 4:00 pm

Facilitator: Janice Cook

9.9. Rapt in Singing for Fun (Terms 1-4) We are a friendly group who meet weekly to enjoy singing a wide range of songs together. The only requirement to join the group is a love of singing - not how well you sing! Enquiries to Class Convenor: Robyn Clark: (robynm.1947@gmail.com).

Location: BNCC Hall, 702 Walker St, Ballarat North

Dates: 6 Feb - 11 Dec, not including school holidays

Schedule: Weekly on Friday 9:30 am - 11:00 am

Tutor: Alison Round, **Class Convenor:** Robyn Clarke

9.10. Recorder Ensemble (Terms 1-4) The U3A recorder will continue in 2026. We meet weekly at 9.30am each Friday during term time at Hut 48 (Ballarat Airport.). The group numbers 20 players and all recorders from the great consort, soprano, alto, tenor, bass, great bass and contra bass are part of the recorder ensemble. Repertoire includes music from all periods of music, Renaissance through to 20th and 21st century. We will not be conducting a beginners' class in 2026 but if you are interested in learning the recorder please contact June Johnstone 0429345326 or if you have played the recorder in the past and are interested in joining the group please ring June for further information. Enquiries to Tutor: June Johnstone (june.graeme@bigpond.com).

Location: Hut 48 Common Room, Airport Rd, Mitchell Park

Dates: 6 Feb – 27 Nov, not including school holidays

Schedule: Weekly on Friday 10:00 am – 12:00 pm

Tutor: June Johnstone, **Class Convenor:** Lyn Schubert

9.11. Singin' the Blues (Term 1) Note: This class is to run in Term 1 with possible extension to other terms. First we will investigate, examine and explore the 12 bar blues pattern and structure, listening to various artists on CD and adapting accordingly to suit the group's level of music ability. While becoming familiar with the major and minor blues scale we (as a group) will incorporate the pentatonic scale into composing melody and writing lyrics to the '12 bar blues'. Should be a lot of fun! Secondly, blue grass, country and gospel will be a comprehensive study of all things 'bluegrass' and we will delve into the gospel genre of the deep south. Enquiries to Tutor, Ollie Olsen, 0402 694 338.

Location: BPAC Room 1, 501-503 Neill St, Soldiers Hill

Dates: 4 Feb - 18 Mar

Schedule: 1st, 3rd Tuesday of each month, 11:45 am - 1:15 pm

Tutor: Paul (Ollie) Olsen

9.12. Song Writing for Guitar Players The singer / song writing for acoustic guitar is designed to provide the basic tools for the emerging songwriter. It provides practical advice and tuition combined with some basic theoretical foundations. Participants will need to be reasonably competent guitarists. Enquiries to Tutor: Peter Sheen (petesh7@gmail.com), 0400 186 418.

Location: BPAC Room 1, 501-503 Neill St, Soldiers Hill

Dates: 2 Feb - 30 Nov, not including school holidays

Schedule: Weekly on Monday 2:30 pm – 4:30 pm

Tutor: Peter Sheen

9.13. Ukulaliens (Term 1-4) A small group of ukulele players and singers performing well-rehearsed songs to a high standard. Successful applicants to join this group will be able to demonstrate the ability to sing and play at an acceptable level. All members will need an iPad or tablet for music sheets which can be downloaded from a cloud storage link. Members with the ability to do so are encouraged to research, teach and lead new songs for the group. Enquiries to Tutor: Andrew Parker 0418 562977 email: u3aukes@gmail.com.

Location: York St Church of Christ, 410 York St, Ballarat Central

Dates: 3 Feb - 8 Dec, not including school holidays

Schedule: Weekly on Tuesday 1:30 pm - 3:30 pm

Tutor: Andrew Parker,

Class Convenor: Trevor Day



9.14. Ukulele for Beginners (Terms 1-4) This is a course for people who would like to play the ukulele but have little or no previous experience. It is a beginner's course covering basic techniques, chords, strumming and learning some songs to play and sing along to. The only requirements are a basic ukulele and a tuner (contact the tutor for advice before purchasing). Enquiries to Tutor: Andrew Parker (canlodge@gmail.com).

Location: Hut 48 Long Room, Airport Rd, Mitchell Park

Dates: 4 Feb - 25 Nov, not including school holidays

Schedule: Weekly on Wednesday 10:30 am - 11:30 am

Tutor: Andrew Parker

9.15. Ukulele Minstrels (Terms 1-4) If you enjoy playing the ukulele and singing songs, to entertain in such situations as care homes, markets and U3A events such as dances, this group is for you. The class is made up of two sections, preparing music for performances before a tea break, and an open mic session and free choice time afterwards. This is a supportive class of players of a variety of standards although completion of a beginners course is a prerequisite. Preference will be given to returning members. Enquiries to Tutor: Susan McLachlan (smclachlan51@gmail.com).

Location: Hut 48 Long Room, Airport Rd, Mitchell Park

Dates: 4 Feb - 9 Dec, not including school holidays

Schedule: Weekly on Wednesday 1:00 pm - 4:00 pm

Tutor: Susan McLachlan, **Class Convenor:** Carolyn Waddington

9.16. Ukulele Minstrels' Workshop (Terms 1-2) Note: This class will run in Terms 1 and 2 only.

This is a class for players who would like some assistance to bridge the gap between Beginners and Minstrels. Current members of the Minstrels looking for a bit of extra support are also welcome. This class will be held prior to the Minstrels' regular session, with time for a cuppa and snack in between. Enquiries to Tutor, Sue McLachlan (smclachlan51@gmail.com).

Location: Hut 48 Long Room, Airport Rd, Mitchell Park

Dates: 4 Feb - 17 Jun, not including school holidays

Schedule: Weekly on Wednesday 12:00 pm - 12:45 pm

Tutor: Susan McLachlan, **Class Convenor:** Carolyn Waddington

9.17. Ukulele Two Little Ducks (Terms 1-4) This class is for intermediate ukulele players. A minimum of two years' experience is required. Players are expected to sing and we learn ukulele to accompany singing. Enquiries to Tutor: Jacqueline Cleverley (jaccle53@outlook.com).

Location: Hut 48 Common Room, Airport Rd, Mitchell Park

Dates: 2 Feb - 30 Nov, not including school holidays

Schedule: Weekly on Monday 1:00 pm - 3:00 pm

Tutor: Jacqueline Cleverley

10. SCIENCE

10.1. DNA for Genealogy (Terms 1 &2) NOTE: This class runs in Term 1 and 2 only.

This course is for those who have taken a DNA test or who are considering taking one (any company). We will cover: the basics of genetics, testing companies, ethnicity estimates, techniques for tracing family members, DNA websites and ancient DNA. A true-life case study will run throughout the course and through homework exercises, class members will have the opportunity to apply techniques using their own list of DNA matches (if applicable). Enquiries to Tutor: Miriam Peck (miriamp.u3a@gmail.com).

Location: Hut 48 Long Room, Airport Rd, Mitchell Park

Dates: 10 Feb - 9 Jun, not including school holidays

Schedule: 2nd, 4th Tuesday of each month, 1:00 pm - 3:00 pm

Tutor: Miriam Peck

10.2. Gardening Interest Group (Terms 1-4) If you enjoy gardening and visiting gardens, this group will interest you. Our activities usually occur on the first Tuesday of each month, when we will visit a variety of gardens, both public and private, or plant nurseries. Some venues will be in or near Ballarat but we may travel to Melbourne or other regional centres on occasions. We may also undertake workshops on some occasions. These visits will usually involve car travel where you may offer to drive or have the opportunity to be a passenger as carpooling will be arranged. Some visits may include guided tours and most will involve costs. As walking will be involved a moderate level of fitness will also be required. Hopefully we will learn new things and be inspired but, most importantly, we can enjoy each other's company and share our love of gardening and horticulture. Enquiries to Tutor: Geoff Howard (geoff.howard60@gmail.com).

Location: Various Ballarat locations

Dates: 3 Feb - 1 Dec, including school holidays

Schedule: 1st Tuesday of each month, 9:00 am - 3:00 pm

Tutor: Geoff Howard,

Class Convenor: Rick Holt



10.3. Native Orchids (and Fungi) in the Field (Terms 1-4) This class is only for students who have been enrolled in a previous native orchids class and are familiar with the expectations and requirements of safe bush exploration. It will entail travel to various field sites around Victoria up to two hours distant from Ballarat. Students can negotiate with others in the class for car-pooling. The tutor will contact students to arrange meeting points. Enquiries to Tutor: BJ Johnston (bj_spider@yahoo.com).

Location: Various Ballarat locations

Dates: 4 Feb - 2 Dec, including school holidays

Schedule: 1st Wednesday of each month, 8:30 am - 5:00 pm

Tutor: Beatrice Johnson (BJ)

10.4. Native Terrestrial Orchids: Introduction (Term 1) NOTE: This class runs in Term 1 only.

Native orchids are of increasing interest to many, and in some areas are in danger of being 'loved to death'. As such, this class will explore native orchids, the environments in which they are found, and how we might enjoy them without endangering them. Enquiries to Tutor: BJ Johnston (bj_spider@yahoo.com).

Location: BNCC Blue Room, 702 Walker St, Ballarat North

Dates: 18 Feb - 18 Mar

Schedule: 3rd Wednesday of each month, 9:30 am - 12 pm

Tutor: Beatrice Johnson (BJ)

10.5. Science (Terms 1-4) This course has been attended by keen participants for more than 15 years under the guidance of the late Brenda Beck. We are in discussion with another potential tutor. When more details are available, the entry for this class will be updated on the website. In the mean time, enquiries to Class Convenor: Doug Rutherford (druther40@outlook.com).

Location: Ballarat Hockey/Tennis Centre, 59 - 79 Gillies St, Lake Wendouree

Dates: 3 Feb - 17 Nov, not including school holidays

Schedule: 1st, 3rd Tuesday of each month, 1:00 pm - 3:00 pm

Tutor: TBA , **Class Convenor:** Doug Rutherford

10.6. Sharing the Journey of Your Garden(Term 4) NOTE: This class runs only in Term 4.

Do you love your garden and would like to share your gardening journey with other U3A members in spring? Host gardeners will provide a tour and offer insights into the history of their gardens. This will be followed by a shared afternoon tea that is provided by all class members. You may also join the class if you are unable to share your gardening journey. Enquiries to Class Convenor – Leonie Benson (leonie.swanbenson@gmail.com).

Location: Various Ballarat locations

Dates: 9 Oct - 27 Nov, not including school holidays

Schedule: Weekly on Friday, 2:00 pm - 4:00 pm

Tutor: Carrin Greenbank, **Class Convenor:** Leonie Benson

11. TRAVEL

11.1. Armchair Travel (Terms 1,2,4) Note: This class will not run in Term 3.

Do you enjoy travel and learning about different places and cultures but prefer to do it without getting on a plane? Join us to experience distant lands through media such as travel books, documentaries, podcasts and photos. Enquiries to Tutor: Rita Holt (ritaholt@hotmail.com).

Location: Selkirk Stadium Room 2, Norman Street, Wendouree

Dates: 13 Feb - 13 Nov, including school holidays

Schedule: 2nd Friday of each month, 9:30 AM - 11:00 AM

Tutor: Rita Holt



Swap tables – first Saturday of each month

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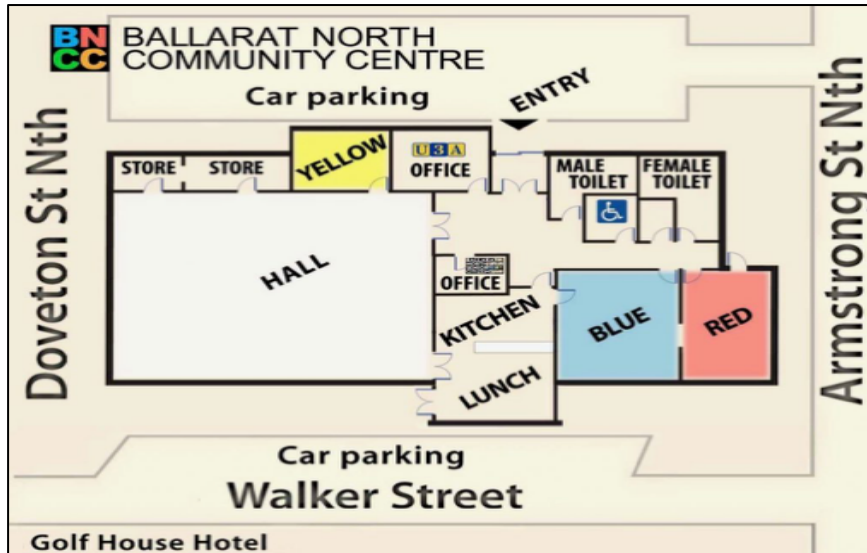
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Official opening of the Blake Gordon Manual Arts Workshop

OUR VENUES

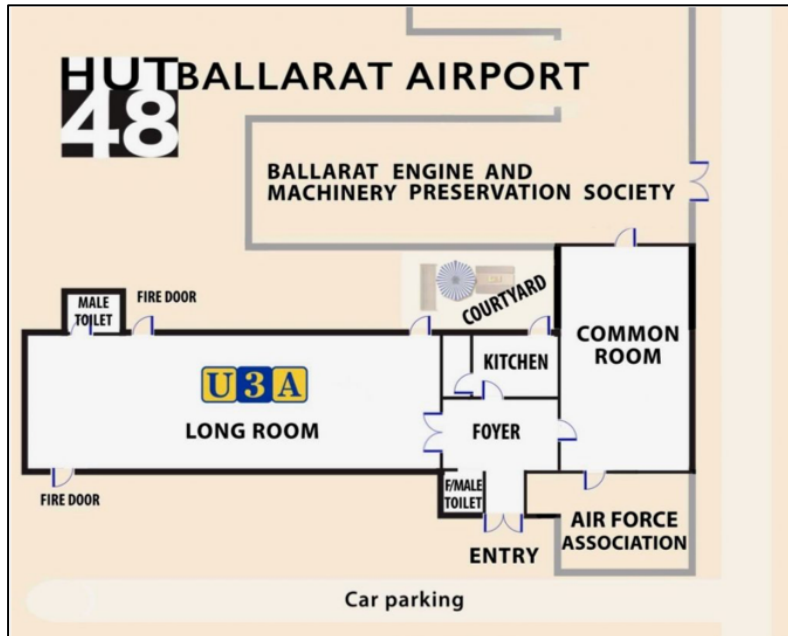
Ballarat North Community Centre, 702 Walker St, Ballarat North



The Blake Gordon Manual Arts Workshop, Ballarat Specialist School, Senior Campus, Norman St, Ballarat North



Hut 48 at Ballarat Airport, Airport Dve, Mitchell Park



Hut 48

