



CLASS INFORMATION BOOKLET

SUMMER SCHOOL 2026

January 12 - 23



Ballarat U3A Contact Information

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1. Creative Arts and Crafts

1.1. SS - Glass fusing in the microwave

Try something different this summer with summer sessions available in "Glass Fusing in the Microwave". This is a simple process where glass is melted in a small 'kiln' in the microwave. You can make small glass pieces that can be used for jewellery, fridge magnets, mosaic components and other silliness. Please note I'm no expert, this is all about having a go and a bit of fun.

The process involves cutting glass and very high temperatures so please be aware of cut and burn risk. Any questions please email paulineslegh7@bigpond.com or give her a call on 0438 856 290

Things to bring:-As this is school hols the cafe won't be open so don't forget to bring lunch and /or snacks etc.

Closed shoes, safety glasses (or your normal specs), microwave kilns if you have them, glass cutting tools if you have them

If you have a 'crafting microwave' (ie one that is not used for food) and are prepared to bring it in that would be great. Please let Pauline know.

Location: Blake Gordon Manual Arts Workshop Norman St. Ballarat North 3350 VIC

Dates: 16 Jan 2026 & 23Jan 2026

Schedule: Weekly on Friday 12:30 PM - 3:00 PM

Class Fee: \$5

Leader: Pauline Sleigh,

1.2. SS - Wine and Design

Discover your talent in a fun, relaxed atmosphere. Wine, nibbles, tea and coffee supplied, bring a lunch. Basic instructions are given, your imagination does the rest. You will take your creation home to enjoy. Cost is \$10 and all materials will be provided. Please bring \$10 cash to the class.

Location: Hut 48, Long Room, Airport Rd, Mitchell Park 3352, VIC

Dates: Tuesday 13 Jan 2026

Schedule: One day only: 13 Jan 2026 11:00 AM - 3:00 PM

Class Fee: \$10

Leaders: Elena Tommasi, Mary Maloney, Barbara Burnett



2. English - Written and Spoken

2.1. SS - Cryptic Crossword Solved

The class will include the solving, for beginners, of a cryptic crossword using Barry Breen's class method in which you will be given hints to find solutions and eventually answers will be fully explained. Bring pen and scribble paper. Enquiries to Fran Hanrahan: fhanrah@gmail.com

Location: BNCC Yellow Room 702 Walker St, Ballarat North 3350 VIC

Dates: 12 Jan 2026 & 19 Jan 2026

Schedule: Weekly on Monday 10:00 AM - 11:30 AM

Leaders: Fran Hanrahan,

2.2. SS - How to Tell Your Life Story

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. Please bring a pen and notepad. Enquiries to Susan Pierotti, susan@creativetext.com.au, 0437 172 159

Location: BNCC Red Room 702 Walker St, Ballarat North 3350 VIC

Dates: 15 Jan 2026 & 22 Jan 2026

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

Leaders: Susan Pierotti,

2.1. SS - Two books that changed your life

Bring along one or two books which changed your life and be prepared to speak on them to the class.

Location: BNCC Red Room 702 Walker St, Ballarat North 3350 VIC

Dates: Friday 23 Jan 2026

Schedule: One day only: 23 Jan 2026 10:30 AM - 11:30 AM

Leaders: Greta Christie,



3. Games and Hobbies

3.1. SS - Canasta Tips

The first class will focus on player skills needed to play on your own 2/3 handed, and as part of a pair in a four player standard game. The second week will focus on playing 6 handed Canasta and refreshing skills learned in the first week.

Location: Hut 48, Long Room, Airport Rd, Mitchell Park 3352, VIC

Dates: 14 Jan 2026 & 21 Jan 2026

Schedule: Weekly on Wednesday 1:00 PM – 3.00 PM

Leaders: Roslyn McArthur,

3.2. SS - Introduction to Mahjong

This class is aimed at people who would like to join the Mahjong class, or just interested in learning Mahjong but have never played before. We will cover the basics of the game and give you a start on some hands so if you do join the class you will have a head start. Enquiries to Tutor Elena, elena.u3a@gmail.com

Location: Hut 48, Long Room, Airport Rd, Mitchell Park 3352, VIC

Dates: 15 Jan & 22 Jan 2026

Schedule: Weekly on Thursday

Leaders: Elena Tommasi,



4. Health and Physical Activities

4.1. SS - Movement, Music and Mayhem

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's, in different sequences, to provide both physical and mental exercise. Both weeks will include 7 - 8 easy and varied routines. Links to video clips of most routines will be emailed to you. Note the times of classes below.

Week 1 - Wednesday 4 - 10.15 - 11.30

Week 2 - Monday 19 - 9.00 - 10.15, Wednesday 21, 9.00 - 10.30

Location: BNCC Hall 702 Walker St, Ballarat North 3350 VIC

Dates: Ongoing class, first date: 14 Jan 2026

Leader: Kaye Leckie,

4.2. SS - Walkers and Coffee

Walkers and Coffee This walk is intended to promote your fitness level during the holidays. This walk is intended to promote your fitness level during the holidays. Walks start 10am - 12 noon Enquiries to: Chris Cullen Ph: 0485 331 241

Week 1: Monday 12th Start walk at Lake Esmond, Larter St, Ballarat East:

Wednesday 14th DeSoza Park., Buninyong;

Friday 16th Netball Courts, Cnr Eureka & Barkly Sts, Ballarat;

Week 2: Wednesday 21st Meet at Ballarat Leagues Club, 52 Humffray St Ballarat.

Location: Various, Ballarat 3350 VIC

Dates: Ongoing class, first date: 12 Jan 2026

Leader: Chris Cullen,

4.3. SS - Clogging

This class is for beginners and those who have done it in the distant past. Despite the name, cloggers do not wear wooden clogs!! Good runners will do. It is a fun way to get exercise. Clogging helps to build muscle and heart/lung capacity and improves balance and coordination. Its roots are in the traditional folk dances of Scottish, Irish, English and German immigrants to the USA and traditional dances of Native Americans and African-Americans. See what clogging is, on this video: <https://www.cloggingaustralia.com/welcome>.

Location: Hut 48 Common Room Airport Rd., Mitchell Park 3352 VIC

Dates: 15 Jan 2026 & 22 Jan 2026

Schedule: Weekly on Thursday 2:00 PM - 3:30 PM

Leader: Lorene Gottschalk,

4.4. SS - How are you feeling?

We will talk about how you are feeling now, how our feelings change.

Location: BNCC Red Room 702 Walker St, Ballarat North 3350 VIC

Dates: Friday 16 Jan 2026

Schedule: One day only: 16 Jan 2026 10:30 AM - 11:30 AM

Leader: Greta Christie

4.5. SS - Gentle Exercise

A 45-minute gentle exercise class (full body workout) to increase fitness, strength, mobility and general well-being in a fun atmosphere. Exercises (sitting or standing) include a warmup and stretches; strength with stretch band and light hand weights; isometric (muscle tightening); flexibility and balance exercises. Stretch/cool down exercises at end. Equipment required – wide (10-12cm), flat latex resistance band (approx. 1.2m length). Anko brand box of 3 bands (L/M/S pink, green, blue) available at K-Mart (approx. \$12) see white box with image of woman standing on end of band, other end in hand. Hand weights (1/2 or 1k max weight) available at Rebel Sports in Delacombe or Ballarat Central (or small, full water bottles). Small stress ball (purchase from me \$2). Clothing – loose/stretchy allowing full body movement, runners/trainers footwear. Bring water bottle and small hand towel. Enquires: Jude (tutor) 0429 894 333.

Location: BNCC Hall 702 Walker St Ballarat North 3350 VIC

Dates: 13 Jan 2026 & 20 Jan 2026

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

Leader: Jude Oliver,

4.6. SS - Gentle Exercise Plus Mat Work

A 45-minute gentle full-body workout to increase fitness, strength, mobility, balance and general well-being in a fun atmosphere. Exercises (done sitting, standing and on mats on floor) include warm up stretches, strength work (resistance band and light hand weights) isometric, flexibility and balance exercises, ending with cool-down stretches. Mat work exercises are based on yoga/Pilates.

Participants are encouraged to work to own physical/fitness capacity. Equipment: flat latex resistance band (approx 1.2m length, 10-12cms wide) Anko brand 3-pack (L,M,S, pink, green, blue, about \$12 at K-Mart- white box: image of woman standing on end of band, other end in her hand); 2 x hand weights (1/2-1k) at Rebel Sports in Delacombe or Ballarat Central, or 2 x small, full water bottles; small, hand-held stress ball (can buy from me for \$2-); comfortable floor mat; small hand towel, water bottle for hydration. Clothing: loose/stretchy (for full movement), footwear - runners/trainers. Must be able to get up/down off floor. Enquiries: Jude (tutor) 0429 894 333

Location: BNCC Hall 702 Walker St, Ballarat North 3350 VIC

Dates: 16 Jan 2026 & 23 Jan 2026

Schedule: Weekly on Friday 10:00 AM - 11:00 AM

Leader: Jude Oliver,

4.7. SS - Line Dancing for Absolute Beginners - A quick course

Line Dancing for Absolute Beginners. This short 5 session course is for the absolute beginner. We will learn the basic steps, and a few easy dances, This is to instil some knowledge and confidence in those new to line dancing. To reap the benefits of this course, you will need to commit to a one hour, 9.00 AM session, everyday, Monday - Friday, for one week only.

Commencing Monday 12th Jan, and concluding Friday 16th Jan.

Note: Monday 12, Wednesday 14, Thursday 15 - Class time 9.00am - 10.00am

Tuesday 13 & Friday 16 - Class time 9.00am - 9.45am

Location: BNCC Hall 702 Walker St,
Ballarat North 3350 VIC

Dates: 12 Jan 2026 - 16 Jan 2026

Schedule: Daily 9:00 AM - 10:00 AM

Leaders: Glenda Cairns, Joan Giles



4.8. SS - Mindfulness with a Twist

Mindfulness: an opportunity for deeper explorations and different perspectives? With some useful strategies, mindfulness may become an essential part of the personal journey and is enhanced by a gentle sharing with others. This is a 'taster' for 2026's Mindfulness course. Previous participants are welcome to partake of the repeated theme of 'Life as a work of art'. Our place in the landscape gives us one of starting points or a revisiting of a meditation practice. Participants are invited to bring their own art materials: paper and coloured pencils or pens.

Location: BNCC Red Room 702 Walker St, Ballarat North 3350 VIC

Dates: 12 Jan 2026 - 19 Jan 2026

Schedule: Weekly on Monday 9:30 AM - 11:30 AM

Leader: Susan Rolfe,

4.9. SS - Dragon Boating for fun and fitness

Give Dragon Boating a try on Lake Wendouree. We offer a morning of fun on the lake learning how to paddle in a dragon boat. Paddle and Lifejacket supplied. On land training and safety instruction and a session in the boat. The only equipment needed is closed toed shoes such as crocs or sneakers, shorts or gym pants and a comfortable T shirt, cap, sunscreen and water bottle. A complete change of clothes for travelling home is a good idea as it can sometimes get a bit splashy! There are change rooms if required. A payment of \$10 per person will secure you a place in the boat. Men and Women of all ability are welcome. Enquiries to Wendy Jacobs 0417329182 or wendy@archijac.com.au

The class will take place from the **Wendouree Ballarat Rowing Club**, Wendouree Parade opposite Mill Street.

Location: Dragon Boat, Lake Wendouree, Wendouree Parade

Dates: Wednesday 14 Jan 2026

Schedule: One day only: 14 Jan 2026 10:00 AM - 1:00 PM

Leader: Wendy Jacobs,



5. History

5.1. SS - Photographs of Ballarat

Kevin Williams from the Ballarat Historical Society will again do his magic with early Ballarat photographs. If you are new to Ballarat this is a chance to find out a bit about its glorious history!

Location: BNCC Hall 702 Walker St, Ballarat North 3350 VIC

Dates: Tuesday 20 Jan 2026

Schedule: One day only: 20 Jan 2026 1:00 PM - 2:30 PM

Leader: Nina Netherway,

5.2. SS - The Mystery of a Chair and a Book

How did a unique relic of Scottish Theo-political history of the first decade of the 17th century and a 1770 chair come to Portland in the 19th century?

This class will be of particular interest to those who are into religious history. The tutor, John Urquhart, will present two antiques that turned up in Portland, Victoria some decades ago. John will discuss the background and significance of each and take listeners through the steps that were taken to confirm the provenance of the items. What are these items? A very special book and a chair that once held a significant derriere. You'll have to come along to find out more.

Enquiries to John Urquhart: (junketurquhart@gmail.com).

This will be a two hour session on Wednesday 21 January at 9.30AM - 11.30AM in the Red Room at BNCC

Location: BNCC Red Room 702 Walker St, Ballarat North 3350 VIC

Dates: 21 Jan 2026

Schedule: See description

Leader: John Urquhart,

5.3. SS - The Amazing Story of Yvonne Atkinson

Yvonne Atkinson (1918 – 1990) was an Australian painter who lived in Castlemaine and whose work was greatly influenced by the life and 'deeds' of Captain Moonlite, a 19C bushranger.

Location: BNCC Blue Room 702 Walker St, Ballarat North 3350 VIC

Date: 22 Jan 2026

Schedule: One off session – 10.00 am – 12.00 pm

Leader: Luda Kedova

5.4. SS - The Ultimate Spy Story

Starting in Tasmania's Queenstown in 1907 and ending in Melbourne in 1997, it is an ultimate spy story.

Location: BNCC Blue Room 702 Walker St, Ballarat North 3350 VIC

Date: 23 Jan 2026

Schedule: One off session - 10.00 am – 12.00 pm

Leader: Luda Kedova

6. Humanities

6.1. SS - Good News

This class is for those wanting to discuss good news!

Location: BNCC Red Room 702 Walker St, Ballarat North 3350 VIC

Dates: Wednesday 14 Jan 2026

Schedule: One day only: 14 Jan 2026 10:30 AM - 11:30 AM

Leader: Greta Christie,

6.2. SS - Marketing - an A to Z for individuals, causes or groups

I'll share what I've learnt over years of professionally managing media and marketing for arts organisations, and as a volunteer for diverse community groups. The course will cover general principles of using the media to promote your organisation or project, writing media releases, using social media, and hands-on conducting radio and TV interviews. It will include a third session at Voice FM to watch and participate in the broadcasting of "Arts Incite".

This class will consist of two 2 hour sessions on each Thursday from 1.00pm to 3.00pm of Summer School.

Location: BNCC Blue Room 702 Walker St, Ballarat North 3350 VIC

Dates: 15 Jan 2026 & 22 Jan 2026 optional visit to Voice FM on Wednesday 28 January, 9.00am to 10.am

Schedule: Thursday 15 & 22 January, 1.00pm to 3.00pm

Leader: Merle Hathaway,



7. Music

7.1. SS - Sing'n the Blues; Blue Grass Country & Gospel

This course consists of 2 sessions:

The first we will look at Sing'n the Blues and exploring the 12 part Blues pattern.

The second session we will investigate Blue grass country & Gospel music.

Please bring along a stringed instrument of your choice.

Location: BNCC Red Room 702 Walker St , Ballarat North 3350 VIC

Dates: 13 Jan 2026 & 20 Jan 2026

Schedule: Weekly on Tuesday 11:00 AM - 12:30 PM

Leaders: Paul Olsen,

7.2. SS - Summer Singing

This class will provide an opportunity for people to sing together in a supportive and friendly choral group. We will learn some not-too-difficult songs in parts as well as unison. Some music reading ability would be an advantage, but is not essential.

Location: BNCC Hall 702 Walker St, Ballarat North 3350 VIC

Dates: 12 Jan 2026 & 19 Jan 2026

Schedule: Weekly on Monday 10:30 AM - 12 noon

Leaders: Anne Dwyer,

7.3. SS - Ukulele Strumming and Picking

This will be a chance to investigate more interesting and complex strumming and picking patterns on your ukulele, using well-known and fairly simple music. Enquiries to Sue McLachlan, smclachlan51@gmail.com

Location: BNCC Blue Room 702 Walker St, Ballarat North 3350 VIC

Dates: Wednesday 21 Jan 2026

Schedule: One day only: 21 Jan 2026 9:30 AM - 12:30 PM

Leaders: Susan McLachlan,

7.4. SS - Understanding Musical Theory

This 2 day course will look at the many aspects of musical theory so that musicians, both vocalists and instrumentalists, can maximise their understanding of musical scores. Participants will be encouraged to bring their instruments along and unravel aspects of musical theory in relation to chord structures, harmony, minor and major scales and so on. Prior to the classes the tutor would appreciate talking to each participant to ensure their specific needs are met.

The course length is two 3 hour sessions

Location: BNCC Blue Room 702 Walker St , Ballarat North 3350 VIC

Dates: Wednesday 14 Jan 2026 & Thursday 15 Jan 2026

Schedule: Time 10.00am – 1.00pm week 1

Leaders: Deborah Gilchrist,



8. Science

8.1. SS - Finding Out About the Wetlands in the Northern Ballarat Botanical gardens - Class 1

Meet at 9am in the Robert Clark Horticultural centre and join your guides (Both Friends BBG Guides and FBBG Wild Garden Carers group) for a morning discovery tour of this special area. We will be back at the horticultural centre by about 11am for a quick cuppa. This session is repeated on 19 January

Location: Ballarat Botanical Gardens Gillies St., Ballarat

Dates: 12 Jan 2026

Schedule: One morning on Monday 9:30 AM - 11:00 AM

Leaders: Terry O'Brien,

8.2. SS - Finding Out About the Wetlands in the Northern Ballarat Botanical gardens – Class 2

Meet at 9am in the Robert Clark Horticultural centre and join your guides (Both Friends BBG Guides and FBBG Wild Garden Carers group) for a morning discovery tour of this special area. We will be back at the horticultural centre by about 11am for a quick cuppa. This session is a repeat of the one offered on 12 January.

Location: Ballarat Botanical Gardens Gillies St., Ballarat

Dates: 19 Jan 2026

Schedule: One morning on Monday 9:30 AM - 11:00 AM

Leaders: Terry O'Brien,

8.3. SS - Gardening and wellbeing

This workshop will run for one day with the morning in the classroom, then the option of gathering at a Ballarat garden centre after lunch for some practical experience. You are free to have lunch where you choose and reconvene at the garden centre at 1.30pm. Carpooling may be possible if needed. The goal of the day is to introduce participants to the wellbeing benefits of gardening and being out in nature, as well as building confidence regarding choosing, planting and nurturing plants. The possibility of future sessions will be explored. Bring along note-making materials.

Enquiries: tzt56@yahoo.com.au

Location: BNCC Yellow Room 702 Walker St, Ballarat North 3350 VIC

Dates: Tuesday 13 Jan 2026

Schedule: One day only: 13 Jan 2026 9:30 AM - 12:30 PM (Lunch break) 1.30PM-3.30PM (optional at a garden centre in Ballarat)

Leaders: Tunde Meikle,



8.4. SS - Kokedama Pot Plants

Kokedama is the Japanese art of growing plants in twine covered balls of soil. They can be displayed on a decorative surface or hung by string in a window or hook. There will be a demonstration on making the Kokedama, then the class will make their own to take home. Cost will be \$10 per person which includes, gloves, chux, wrapping material, twine, soil and plants. Enquiries to Tutor: Coral Hiscock. coralhiscock@icloud.com

Location: BNCC Blue Room 702 Walker St, Ballarat North 3350 VIC

Dates: 13 Jan 2026 & 20 Jan 2026

Schedule: Weekly on Tuesday 930 AM - 11:30 AM

Class Fee: \$10

Leaders: Coral Hiscock,



