



U3A Ringwood Inc.

2021 Courses

8 August 2021

U3A Ringwood Inc. Contact Details

Parkwood Community Hub

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Art

21ART10: DRAWING AND SKETCHING FOR PLEASURE

Type: Long Course

Dates: 02/02/2021 - 30/11/2021

Frequency: Weekly, Tue 9:30 - 12:00

Location: Upper Lvl Kevin Pratt Pavilion 58-60 Mullum Mullum Road Ringwood

This class is directed toward developing and improving drawing skills in all its many forms. Record your leisure pleasures and adventures – memories are made of this!

No prerequisites. Your enrollment in this class will be wait listed, initially, because this class requires a certain skill level or class continuity.

21ART30: ART APPRECIATION

Type: Long Course

Dates: 03/02/2021 - 30/11/2021

Frequency: Weekly, Wed 9:30 - 11:00

Location: Parkwood Classroom 1 35-39 Tortice Drive Ringwood North

Appreciate the worlds finest paintings from the 14th century to the present day from Giotto to Jackson Pollack. Enjoy a range of paintings from the major art galleries of the world through DVD presentations reproductions films and discussion. You will gain a greater appreciation of Art in general.

No prerequisites.

21ART40: FILM APPRECIATION

Type: Long Course

Dates: 05/02/2021 - 03/12/2021

Frequency: Weekly, Fri 12:30 - 15:30

Location: Parkwood Classroom 2 35-39 Tortice Drive Ringwood North

For over 100 years the movie industry has thrilled entertained and employed millions of people across all ranges of society cultures and classes. It has endured challenges from radio television the internet censorship lawsuits disasters and scandals. This course is intended as a journey through the world of film and is designed to explain and analyse the many aspects of the movie industry including: - the history of the movies - the elements of film making - the political and social impacts of the movies - Recognition and awards - World cinema influences If you love the movies then this course will help you learn more about film analysis film reviews and discussions period genres and movements in film style and more. It will provide you an informed opinion that will hopefully make your enjoyment of the film medium deeper.

No prerequisites.

Information Technology

21COM10: COMPUTER HELP MONDAY PM

Type: Long Course

Dates: 01/02/2021 - 30/11/2021

Frequency: Weekly, Mon 13:30 - 15:00

Location: Parkwood Classroom 3 35-39 Tortice Drive Ringwood North

This class is for members with any kind of technology issue/question. There are many frustrations when it comes to technology such as: • I have a smartphone or tablet but how do I use it? • I have lots of great digital photos but need help • I have an email address but how do I send photos? • Do I need to replace my phone, desktop computer or laptop? • What happens when the NBN comes to me? • Something's wrong but I've no idea what to do? • My device says to upgrade but what do I do? • Where can I access the internet away from home? While we may not resolve all issues, we will try our best. You also do not need to stay for the entire class or attend every week. We recommend that you bring your own device so that you get the maximum benefit but it's not mandatory.

No prerequisites. Beginners welcomed. There is no additional fee for this class but you must be a financial U3A Ringwood member to join class.

21COM20: COMPUTER HELP TUESDAY AM**Type: Long Course****Dates: 02/02/2021 - 30/11/2021****Frequency: Weekly, Tue 11:00 - 12:30****Location: Parkwood Classroom 4 35-39 Tortice Drive Ringwood North**

This class is for members with any kind of technology issue/question. There are many frustrations when it comes to technology such as:

- I have a smartphone or tablet but how do I use it?
- I have lots of great digital photos but need help
- I have an email address but how do I send photos?
- Do I need to replace my phone, desktop computer or laptop?
- What happens when the NBN comes to me?
- Something's wrong but I've no idea what to do?
- My device says to upgrade but what do I do?
- Where can I access the internet away from home?

While we may not resolve all issues, we will try our best. You also do not need to stay for the entire class or attend every week. We recommend that you bring your own device so that you get the maximum benefit but it's not mandatory.

Beginners welcomed. There is no additional fee for this class but you must be a financial U3A Ringwood member to join class.

21COM80: BE CONNECTED 2 (Free for Public)**Type: Long Course****Dates: 01/02/2021 - 29/11/2021****Frequency: Weekly, Mon 10:00 - 11:30****Location: Parkwood Classroom 2 35-39 Tortice Drive Ringwood North**

This is a beginner's course for those aged 50 years and older. You will be given free help/mentoring and support to start using computers and the internet. You will also gain basic digital skills in topics such as using computers, smart phones and/or tablets plus accessing the internet. It doesn't matter what type of computer, smart phone and/or tablet you want to use. You can bring your own device or use ours. Places become available throughout the year as members complete the course. If course is full please try again later. You can join this class anytime during the year.

You do not need to be a member of U3A Ringwood to join this course, but you cannot join it online unless you are a U3A member. You also need to be registered in the Be Connected program with U3A Ringwood recorded as your support centre. If you cannot register on the Be Connected website, we can do it for you. Please call tutor on 0400443460 to register your interest in joining it. There are no class prerequisites.

21COM90: BE CONNECTED 4 (Free for Public)**Type: Long Course****Dates: 05/05/2021 - 01/12/2021****Frequency: Weekly, Wed 13:30 - 15:00****Location: Parkwood Classroom 2 35-39 Tortice Drive Ringwood North**

This is a beginner's course for those aged 50 years and older. You will be given free help/mentoring and support to start using computers and the internet. You will also gain basic digital skills in topics such as using computers, smart phones and/or tablets plus accessing the internet. It doesn't matter what type of computer, smart phone and/or tablet you want to use. You can bring your own device or use ours. Places become available throughout the year as members complete the course. If course is full please try again later. You can join this class anytime during the year.

You do not need to be a member of U3A Ringwood to join this course, but you cannot join it online unless you are a U3A member. You also need to be registered in the Be Connected program with U3A Ringwood recorded as your support centre. If you cannot register on the Be Connected website, we can do it for you. Please call tutor on 0400443460 to register your interest in joining it. There are no class prerequisites.

Crafts

21CRA10: CREATE-A-CARD**Type: Long Course****Dates: 05/02/2021 - 03/12/2021****Frequency: Weekly, Fri 12:00 - 16:00****Location: Parkwood Classroom 4 35-39 Tortice Drive Ringwood North**

Discover the art of designing and making cards for all occasions and seasons using this wonderful delicate Dutch layer method. There is a small charge for this class to cover cost of materials.

No prerequisites.

21CRA20: PATCHWORK & QUILTING**Type: Long Course****Dates: 02/02/2021 - 30/11/2021****Frequency: Tuesdays Weekly Except 3rd, Tue 13:00 - 15:30****Location: Parkwood Classroom 4 35-39 Tortice Drive Ringwood North**

This class is for members who are keen to learn share and/or update their quilting and patchwork skills. You can chat and learn as we sew by hand or machine. Bring along your unfinished blocks quilts and patchwork. This is the class if you want to finish them or to start a new project.

No prerequisites. Beginners and experts are welcomed.

Exercise

21EXE10: LINE DANCING (Non Beginner)**Type: Long Course****Dates: 03/02/2021 - 01/12/2021****Frequency: Weekly, Wed 11:15 - 12:15****Location: 7th Ringwood Scout Hall 49-51 Evelyn Road Ringwood North**

This class is not suited to Beginners. Line Dancing is an excellent exercise for both mind and body for those who are interested in keeping fit. Set patterns of dance steps are performed to music which enhances the enjoyment of the class. If you are wait-listed for this class it means the class is full. If a place becomes available during the year, preference will be given to members with prior knowledge of line dancing. This is to ensure class disruption is kept to a minimum.

It is a prerequisite that all class members wear sturdy shoes. This class is not suited to Beginners

21EXE20: EXERCISE TO MUSIC**Type: Long Course****Dates: 01/02/2021 - 29/11/2021****Frequency: Weekly, Mon 10:20 - 11:20****Location: Upper Lvl Kevin Pratt Pavilion 58-60 Mullum Mullum Road Ringwood**

The class consists of warm up stretch cardiovascular strength exercise simple dance routines and relaxation. The class consists of warm up stretch cardiovascular strength exercise simple dance routines and relaxation. The class alternates between chair-based exercise and on-your-feet exercise.

No prerequisites.

21EXE30: SHI-BA-SHI - WEDNESDAYS**Type: Long Course****Dates: 03/02/2021 - 01/12/2021****Frequency: Weekly, Wed 9:45 - 10:45****Location: Upper Lvl Kevin Pratt Pavilion 58-60 Mullum Mullum Road Ringwood**

Shi-Ba-Shi is a gentle form of keep fit exercises and not a martial art. The eighteen movements which are done slowly and smoothly will stretch muscles regulate blood circulation and breathing strengthen joints and improve balance and co-ordination.

No prerequisites.

21EXE35: SHI-BA-SHI - THURSDAYS**Type: Long Course****Dates: 04/02/2021 - 02/12/2021****Frequency: Weekly, Thu 10:30 - 11:30****Location: Lower Lvl Kevin Pratt Pavilion 58-60 Mullum Mullum Road Ringwood**

Shi-Ba-Shi is a gentle form of keep fit exercises and not a martial art. The eighteen movements which are done slowly and smoothly will stretch muscles regulate blood circulation and breathing strengthen joints and improve balance and co-ordination.

No prerequisites.

21EXE40: TAI CHI FOR BEGINNERS Type: Long Course
Dates: 03/02/2021 - 01/12/2021 Frequency: Weekly, Wed 11:00 - 12:00
Location: Lower Lvl Kevin Pratt Pavilion 58-60 Mullum Mullum Road Ringwood
Learn Tai Chi which consists of a series of continuous slow smooth & graceful moves. It provides excellent gentle exercise for the muscles and joints and relaxes the mind. Gentle Exercise - Not a martial art!
No prerequisites.

21EXE50: GENTLE YOGA Type: Long Course
Dates: 04/02/2021 - 02/12/2021 Frequency: Weekly, Thu 9:15 - 10:15
Location: Lower Lvl Kevin Pratt Pavilion 58-60 Mullum Mullum Road Ringwood
The class consists of stretching breath-work and postures.
No prerequisites.

21EXE55: YOGA FOR BEGINNERS Type: None
Dates: 04/02/2021 - 02/12/2021 Frequency: Weekly, Thu 12:00 - 13:00
Location: Lower Lvl Kevin Pratt Pavilion 58-60 Mullum Mullum Road Ringwood
The class starts with 15 minutes of relaxation lying on the floor, and Pranayama breathing practice, followed by 35-40 minutes of Asana (yoga postures) then finishes with a 15-minute meditation and breathing practice, which can include a Mudra (hand gesture or chanting) For beginners with no prior experience.

What to bring: A yoga mat Drink bottle Blanket Small cushion Loose comfortable clothing

21EXE60: TAI CHI Type: Long Course
Dates: 01/02/2021 - 29/11/2021 Frequency: Weekly, Mon 9:15 - 10:15
Location: Upper Lvl Kevin Pratt Pavilion 58-60 Mullum Mullum Road Ringwood
Tai Chi consists of a series of continuous slow smooth & graceful moves. It provides excellent gentle exercise for the muscles and joints and relaxes the mind – it is not a martial art.
Tai Chi experience or completion of Tai Chi Beginners course.

21EXE70: TABLE TENNIS - FRIDAY MORNING Type: Long Course
Dates: 05/02/2021 - 03/12/2021 Frequency: Weekly, Fri 9:00 - 11:45
Location: Lower Lvl Kevin Pratt Pavilion 58-60 Mullum Mullum Road Ringwood
Fun is the emphasis of the table tennis group and the bonus is - we get fitter all the time.
No prerequisites. We supply playing equipment or bring your own.

21EXE72: TABLE TENNIS - FRIDAY AFTERNOON Type: Long Course
Dates: 05/02/2021 - 03/12/2021 Frequency: Weekly, Fri 13:45 - 15:45
Location: Lower Lvl Kevin Pratt Pavilion 58-60 Mullum Mullum Road Ringwood
Fun is the emphasis of the table tennis group and the bonus is - we get fitter all the time.
No prerequisites. We supply playing equipment or bring your own.

Board and Other Games

21GAM10: MAHJONG

Type: Long Course

Dates: 02/02/2021 - 30/11/2021

Frequency: Weekly, Tue 13:00 - 15:00

Location: Parkwood Classroom 1 35-39 Tortice Drive Ringwood North

Beginners Welcome! Come and learn how to play this fascinating game of skill or if you are already a skilled "Mahjonger" contribute your knowledge and skills to help others to enjoy this great game.

No prerequisites.

21GAM20: CRYPTIC CROSSWORD

Type: Long Course

Dates: 04/02/2021 - 02/12/2021

Frequency: Weekly, Thu 9:30 - 10:30

Location: Parkwood Classroom 1 35-39 Tortice Drive Ringwood North

This class is for everyone interested in learning how to do cryptic crosswords and for those who wish to build on that knowledge.

No prerequisites.

21GAM30: SCRABBLE

Type: Long Course

Dates: 02/02/2021 - 30/11/2021

Frequency: Weekly, Tue 13:15 - 14:45

Location: Parkwood Classroom 2 35-39 Tortice Drive Ringwood North

Join this group to enjoy a friendly game of Scrabble.

No prerequisites

General

21GEN10: ARMCHAIR TRAVEL

Type: Long Course

Dates: 02/02/2021 - 30/11/2021

Frequency: Weekly, Tue 9:30 - 11:30

Location: Lower Lvl Kevin Pratt Pavilion 58-60 Mullum Mullum Road Ringwood

This is the way to travel - No tickets or no visas needed. Explore the world without taking a single step. It is far cheaper and all without the hassles of overseas travel. Learn the history, learn the geography and learn the culture.

No prerequisites.

21GEN20: LETS DO

Type: Long Course

Dates: 06/02/2021 - 28/11/2021

Frequency: See Course Description, Sat 9:00 - 14:00

Location: Locations decided by class

This class has monthly outings suggested by participants which include lunches, visits to gardens, historic buildings and other interesting places both local and in the city. Days and times vary to accommodate needs of the group and venues visited. Our Lets Do outings can be any day of the week. Transport to the venues is generally by train or car pooling. Members are advised by email day, time and where for each outing.

No prerequisites.

21GEN40: A TASTE OF LIFE	Type: Long Course
Dates: 24/02/2021 - 01/12/2021	Frequency: 4th Wednesday Monthly, Wed 14:30 - 16:30
Location: Parkwood Classroom 4 35-39 Tortice Drive Ringwood North	

This is an event for those who enjoy tasting wines of different styles, made from different grape varieties and from different wine growing regions both in Australia and around the world while having a nibble on food that complements the wine and of course a chat. The class is very informal and encompasses discussion about what we taste and what we like or dislike and why, and class members are actively involved in selecting what we taste and in leading discussion. From time to time the class has the benefit of a guest expert to help us better understand how the winemaker's skills, the grape, the "terroir" and seasonal issues combine to produce the wines we prefer. This direction of the course is determined by the class members and a small fee is charged to cover expenses.

No prerequisites.

21GEN50: SPEECHCRAFT	Type: Long Course
Dates: 05/02/2021 - 03/12/2021	Frequency: Weekly, Fri 9:30 - 11:30
Location: Parkwood Classroom 2 35-39 Tortice Drive Ringwood North	

Public speaking is something that can be learned by everyone and that is what all the course is about. You will be shown the way to self-expression and the acquisition of new skills without letting you fall into the pitfalls and traps of an untrained speaker.

No prerequisites.

21GEN60: TASTE TOUR OF SOUTHERN EUROPE WINES	Type: Long Course
Dates: 10/02/2021 - 01/12/2021	Frequency: 2nd Wednesday Monthly, Wed 14:30 - 16:00
Location: Parkwood Classroom 4 35-39 Tortice Drive Ringwood North	

This course will taste the wines of the great wine growing regions of the Mediterranean, Including Spain, France Italy and Greece. Course leader Ron Collins has visited vineyards in all these countries and has actually grown a number of grape varieties whose home is in southern Europe. Ron's knowledge of the wines of southern Europe and accompanying foods ensure a knowledgeable, friendly and enjoyable course for those who enjoy a tipple, would like to know more about these wines and pass an enjoyable hour so in good company

History

21HIS20: FAMILY HISTORY ON LINE	Type: Short Course
Dates: 01/02/2021 - 29/11/2021	Frequency: Weekly, Mon 10:00 - 11:30
Location: Parkwood Classroom 1 35-39 Tortice Drive Ringwood North	

Research your family tree, but also make your ancestors become real by exploring their lives and the places they lived, using databases and websites. Visits may also be made to archives, historical societies and libraries to explore resources held by organizations in Melbourne.

Bring your laptop or iPad etc.

Humanities

21HUM20: INTERNATIONAL AFFAIRS	Type: Long Course
Dates: 01/02/2021 - 29/11/2021	Frequency: 1st Monday then ALT Mondays, Mon 9:30 - 11:00
Location: Lower Lvl Kevin Pratt Pavilion 58-60 Mullum Mullum Road Ringwood	

For everyone interested in what's going on around the world and wants to keep up with current issues with special emphasis on those affecting Australian foreign policy. 1st MONDAY of term then alternate Mondays

No prerequisites.

21HUM30: NATIONAL AFFAIRS**Type: Long Course****Dates: 08/02/2021 - 29/11/2021****Frequency: 2nd Monday then ALT Mondays, Mon 9:30 - 11:00****Location: Lower Lvl Kevin Pratt Pavilion 58-60 Mullum Mullum Road Ringwood**

For everyone wanting to keep up with current issues of national importance. 2ND MONDAY of term then alternate Mondays

No prerequisites.

Languages

21LAN10: FRENCH 3 - ADVANCED**Type: Long Course****Dates: 05/02/2021 - 03/12/2021****Frequency: Weekly, Fri 10:00 - 11:45****Location: Parkwood Classroom 4 35-39 Tortice Drive Ringwood North**

The aim is to practice the four language skills: listening speaking reading and writing. The main text is Vite et Bien Book 2 published by Cle International. An audio CD of all the dialogues is included. While learning French the student discovers the reality of life in France today its culture and every-day modern French is encountered in the dialogues. More in-depth study of grammar or topics of interest are studied as encountered in each unit. Supplementary materials such as French songs films novel study poetry and word games enrich the course. Pre-requisite: Essential grammar foundation and the ability to speak and understand basic French.

Essential grammar foundation and the ability to speak and understand basic French.

21LAN15: FRENCH 1 - BEGINNERS**Type: Long Course****Dates: 01/02/2021 - 29/11/2021****Frequency: Weekly, Mon 13:30 - 15:30****Location: Parkwood Classroom 2 35-39 Tortice Drive Ringwood North**

This class is for those who are studying French for the first time. It will cover the pronunciation of French words and the four skills that underpin a language: reading, writing, speaking and listening. The course book that will be used is Talk French by the BBC with its accompanying CD. This can be obtained from Language International bookshop in Kew at a cost of about \$30. Some traveler's French and cultural aspects will be incorporated into the course.

No prerequisites other than course book.

21LAN20: FRENCH 2**Type: Long Course****Dates: 01/02/2021 - 03/12/2021****Frequency: Weekly, Mon 13:30 - 15:30****Location: Parkwood Classroom 1 35-39 Tortice Drive Ringwood North**

French 2 builds on skills developed in Beginners French and will continue using the BBC course book "Talk French Book2". This covers topics such as Daily Routine, Descriptions, Meals, Holiday plans and health. Continued attention will be paid to grammar and structure, developing verb and other skills.

21LAN50: ITALIAN FOR DIVERTIMENTO (FUN)**Type: Long Course****Dates: 05/02/2021 - 03/12/2021****Frequency: Weekly, Fri 13:00 - 14:30****Location: Parkwood Classroom 1 35-39 Tortice Drive Ringwood North**

This course was previously called "Italian For Travelers". It provides basic Italian communication learning.

You do not need any prior knowledge of the Italian language to attend this class. All you need is an interest and the desire to learn how to communicate on your travels in Italy.

Law

21LAW10: ELDERS AND THE LAW

Type: Long Course

Dates: 03/02/2021 - 01/12/2021

Frequency: Weekly, Wed 13:30 - 15:00

Location: Upper Lvl Kevin Pratt Pavilion 58-60 Mullum Mullum Road Ringwood

This course examines and discusses various aspects of the law that are of interest to and impact upon elders in our society. This may include: - the making of a will and the consequences of not having one - the granting of probate or letters of administration - powers of attorney - (various) directives - retirement villages and aged care consumer protection - business structures (including companies and trusts of various kinds partnerships sole proprietors etc.) - discrimination - superannuation - insurance - age carers' and disability pensions entitlements - ongoing changes - law reform and submissions constitutional matters(e.g. citizenship) and - national and international legal issues. Class members are encouraged to submit articles and topics of interest and actively participate in class discussion.

No prerequisites.

Literature

21LIT30: GREAT POEMS IN ENGLISH

Type: Long Course

Dates: 03/02/2021 - 01/12/2021

Frequency: Weekly, Wed 13:15 - 14:15

Location: Parkwood Classroom 1 35-39 Tortice Drive Ringwood North

Over the years the class has had two courses of great poems in English, a study of the poetry of Shakespeare's Macbeth and courses of Australian and American poetry. In 2019 American poetry concludes. In 2020 we start a new course on Great Poems in English. Class members will be provided with a set of class texts. An important element of the course is members' contribution to class discussion

There is no required background other than enthusiasm to learn. Our poetry discussion leads us into many interesting aspects of the life we share.

21LIT50: BOOK CLUB

Type: Long Course

Dates: 23/02/2021 - 30/11/2021

Frequency: 4th Tuesday Monthly, Tue 9:30 - 11:00

Location: Parkwood Classroom 1 35-39 Tortice Drive Ringwood North

Do you have a passion for reading and want to share your views with others and hear their thoughts on the book read by the group each month? Also do you want to be introduced to new texts and writers and have your life enriched? Why not join our Ringwood U3A Book Club which meets the 4th Tuesday of each month? There is a fee of \$35.00 for the full year to meet the cost of books which are provided by the Ringwood Library at Realm. This class is limited to 10 participants and meets once each month

No prerequisites.

21LIT60: ADVENTURES AT THE END OF A PEN

Type: Long Course

Dates: 01/02/2021 - 29/11/2021

Frequency: Weekly, Mon 12:00 - 14:00

Location: Parkwood Classroom 4 35-39 Tortice Drive Ringwood North

Perhaps you have already begun to write. Perhaps you have always thought of doing so. Perhaps you would now like to get into the habit of capturing observations, memories and inventions and turning them into pieces others will enjoy hearing. Although being published is not necessarily the point of writing, it is nice, perhaps even life-changing when it happens. In 'Adventures At The End Of A Pen' you are encouraged to experiment, and to learn techniques that support your own progress in the general direction of glory. The course is led by former journalist, author and adult educator Viki Wright Rivett. She has thick files of articles and magazine stories and a pretty big shelf of books by former students. These grew through many years of teaching writing in universities, colleges and less formal circumstances

No prerequisites.

Music

21MUS30: MUSIC APPRECIATION 2

Type: Long Course

Dates: 05/02/2021 - 03/12/2021

Frequency: Weekly, Fri 9:30 - 11:00

Location: Parkwood Classroom 1 35-39 Tortice Drive Ringwood North

The Music Appreciation class has just started excellent courses on Ten Great Composers, integrated with a course on the enjoyment of Opera. The course involves listening to music as well as learning its history. The course will continue throughout the year. The classes also involve a weekly 'swoon' and occasional classes entirely comprised of members' choices about which they are invited to briefly talk. There may be occasional music excursions.

No prerequisites.

31MUS20: MUSIC APPRECIATION 1

Type: Long Course

Dates: 04/02/2021 - 02/12/2021

Frequency: Weekly, Thu 10:45 - 12:15

Location: Parkwood Classroom 1 35-39 Tortice Drive Ringwood North

The Music Appreciation class has just started excellent courses on Ten Great Composers, integrated with a course on the enjoyment of Opera. The course involves listening to music as well as learning its history. The courses will continue throughout the year. The classes also involve a weekly 'swoon' and occasional classes entirely comprised of members' choices about which they are invited to briefly talk. There may be occasional music excursions

No prerequisites.
