

# HASTINGS U3A COURSES – **TERM 1 -2022 COURSES AND ACTIVITIES**

2022 Term dates: **Term 1 28<sup>th</sup> January -8<sup>th</sup> April**

CODES - **W**– Weekly, **F**-Fortnightly , **M**-Monthly, **T.B.A.** – To Be Announced **EMN** – Enrolled Members Notified

COURSES	MIN/MAX NO. IN CLASS	DAY/FREQUENCY	TIME	VENUE	TUTOR/LEADER/CONTACT	COMMENTS
<b>A</b>						
ACTIVE AGEING PROGRAM- includes Stay On Your Feet programs, Aqua and lots more	unlimited	Please confirm details with Pelican Park 1300850197		Pelican Park	The Shire offers modified exercise programs for seniors ranging from water based exercise to strength building and cardio activities	Fees required to be paid direct to Pelican Park
ART -ACRYLIC ART CLASS	10 +	WEDNESDAY -W	10.00-12.00	<b>Seniors Learning Hub – Training Room 2</b>	Denise Bond	Class fee
-WATERCOLOURS	20	THURSDAY - W	1.30-3.30	Uniting Church, Hastings	Helen Carmichael	Class fee \$3.00
ANGLING <b>seeking members</b>	4-12	FRIDAY-1 <sup>st</sup> Friday of each month	11.00-12.00	Westernport Angling Club Hastings Boat Ramp Marine Parade	Rod Ashton –park in gravel area near toilets	\$2.00 per meeting
ARMCHAIR TRAVEL	6-10	THURSDAYS - 3 <sup>RD</sup> WEEK OF EACH MONTH IN TERMS	1.00 – 3.00	Leaders are gauging the interest and will move the group to U3A base.	Thelma Gardner and Helga Crinis Please check with office following the January enrolment	\$2.00 course fee
<b>B</b>						
BOOK CLUB-	5-10	WEDNESDAY 1 <sup>st</sup> and 3 <sup>rd</sup> of each month	2.00-4.00	<b>Hastings Learning Hub – Training Room 2</b>	Leader to be appointed	\$2.00 per session
BOWLING – Barefoot Bowling	unlimited	WEDNESDAYS-W	6.00pm -	Hastings Bowling Club, Marine Parade Hasting	BBQ evening \$7.00 and Bare Foot Bowling \$3.00 per game	Membership not required
<b>C</b>						
CABIN/CARAVAN GROUP	Unlimited	Collect program at the office in February		Program will be available following a group BBQ	Dianne Ashton - contact 5979 8686	Seeking new leader

<b>C -Continued</b>						
CARDS—Meeting time altered playing 500	12		2.30-5.30	Hastings Seniors Learning Hub Training Room 2 – new base	Sabina Little	Members wanted/class fee
CARD GAME - Euchre Social (daytime card group) <b>EXPRESSION OF INTEREST-SEEKING MEMBERS</b>	8	WEDNESDAYS – commencement to be announced	2.00 – 4.00pm	Register your interest in this activity – complete an enrolment form	David Proctor	Class fee \$2.00
CHESS – Expression of Interest		Details to be announced		Register your interest – as above	We will contact each enrolled member with details prior to starting.	Class fee \$2.00
CREATIVE WRITING – seeking new leader	10			Hastings Seniors Learning Hub	Please contact U3A office should you be interested in leading the class or joining.	Class fee \$2.00
CRYPTIC CROSSWORDS (EXPERIENCED) –	4-8	TUESDAY 1 <sup>st</sup> /3 <sup>rd</sup> wks	11.15 -12.30	Hastings Club, Marine Pde Hastings	New leader to be announced	Class fee \$2.00
CURRENT AFFAIRS – Group 1	6-10	TUESDAY 1 <sup>sr</sup> /3 <sup>rd</sup> wks	2.00 – 4.00	Hastings Club, Marine Pde Hastings	Self help group, leader to be announced	Class fee as above
CURRENT AFFAIRS - Group 2	6-10	TUESDAY -2 <sup>nd</sup> /4 <sup>th</sup> wk	10.00-12.00	Hastings Club Marine Pde, Hastings	Self help group, leader to be announced	Class fee as above
CYCLING <b>NEW GROUP CHECK OUT THE NEWSLETTER</b>	Unlimited	<b>1.THURSDAYS 9.00</b> <b>2. SUNDAYS 9.30</b>	Cycling for approximately an hour	Varying sites, Hastings, Bittern, Crib Point and Somers	Mike Wright <b>1. Meet at the Pelikan Socit Cafe opposite the Hastings Pier</b> <b>2. Meet at Bittern Station</b>	
<b>D</b>						
DANCING FOR FUN AND FITNESS	35	WEDNESDAY -W	11.00 – 12.00	Hastings Community Hall	Sue Gibson /additional helpers	Class fee \$3.00
DAYTRIPPERS – Alternative Holidays	Limited to seating sold	Check out trips offered		Contact office on1300 274 880	Tours – Mornington ask for a brochure to be sent out monthly	No class fee/pay charges to operator

<b>E/F</b>						
FRENCH- Beginners	3-10	TUESDAY - W	1.30 -3.00	Hastings Seniors Learning Hub – Training Room 2	Marie T. White will coordinate the Tutors	Class fee \$2.00
FRENCH - Intermediate	3-10	TUESDAY - W	9.30 – 11.00	As above	Marie T. White	Class fee
FRENCH Advanced	3-10	TUESDAY-W	11.30-1.00	As above	Marie T. White	Class fee
<b>G</b>						
GARDENING -	Unlimited	THURSDAY – 1 <sup>st</sup>	See program	Various locations Programs available from U3A	Marylin Ransome	No class fee
GERMAN of Beginners	10	TUESDAY -W	1.30 – 3.00	Hastings Seniors Learning Hub Training Room 2	Peter Weber	Class fee \$2.00
GOURMET Group	Unlimited	Bi Monthly	Exciting Program at U3A office	Adjusted program available from the U3A Reception	Margaret Hunt	No class fee
<b>H – I –J-K-L</b>						
LUNCHEON SOCIETY	Unlimited	WEDNESDAY -M	See Program	Program available from our Reception.	Trish Kelly	No class fee
<b>M</b>						
MUSIC Appreciation <b>Room for addition members</b>	10	THURSDAY 2nd/4 <sup>th</sup> wks	1.45-4.00	18 Burke St, Hastings	Peter Dillon	Class fee \$1.00
<b>N-O-P</b>						
PLAY READING -	4-12	WEDESDAYS - Weekly	10.00-12.00	Hastings Seniors Learning Hub – Meeting Room	Pamela Tulen	\$ 2.00 per lesson
PHLOSOPHY	5- 12	FRIDAY 2 <sup>nd</sup> and 4th	10.00-11.00	Hasting Seniors Learning Hub		\$2.00 per session
PICKLEBALL - COMMENCING		MONDAYS TUEEDAYS WEDNESDAYS	9.30 -11.30 12.30-2.30 12.30-2.30	Somerville Recreation Centre 14 Edwards Str, Somerville	Social games, check out our newsletter for detailsU3A has bats and balls to lend to members	Enrol at office

<b>Q</b>						
QUAFFERS GROUP (Wine tastings)	12	SUNDAYS –refer to program	2.00pm	Members bring a covered mystery wine /small plate of nibbles.	Dianne Ashton 5979 8686 4 Kaz Crt, Hastings	Please advise if attending No course fee
<b>R-S</b>						
Scones on Hastings -community gathering		1 <sup>st</sup> . FRIDAY OF EVERY MONTH	10-11.30	Enjoy a chat and scones and a cuppa	Contact 0404 696 366 for further details	\$2.00
SCRABBLE <b>Seeking members</b>	Weekly	THURSDAYS	1.00-4.00	<b>Hastings Learning Hub – Training</b>	Duncan Ramsay	Class fee \$2.00\$2.00
SQUARE DANCING – <b>ONLY Mainstream (EXPERIENCED) SQUARE DANCERS ONLY</b>	24	Stay On Your Feet-Entry Level	9.00-12.00	Crib Point Community Centre	Lynn Anderson/Robert Dorr	Class fee \$3.00
<b>T</b>						
TABLE TENNIS GROUP 1	20	MONDAY -W	9.00-12.00	Hastings Community Hub	Norm Vicum	Fee \$3.00
TABLE TENNIS GROUP 2	20	FRIDAY - W	1.00-3.00	Hastings Community Hub	Norm Vicum	Fee \$3.00
THEATRE GROUP	12	MONDAY M – 2 <sup>nd</sup> Wk	10.30-11.30	<b>Seniors Learning Hub – Training Room 2</b>	Valerie Gregory	Class fee \$2.00
<b>U- V - W</b>						
WALKING- • FRIDAY GROUP	Unlimited	FRIDAY -1 <sup>st</sup> /3 <sup>rd</sup> Wks	9.00-11.30	Program available at Reception	Wendy Melling	No class fee
• SHORT WALKS seeking members	unlimited	Meet at U3A carpark at 1.00	1.00	Meet at the Hastings U3A Carpark	Seeking a person as a contact in the mean time call Di 5979 8686 or 0424 010 576	No class fee
<b>X-Y</b>						
YOGA	unlimited	FRIDAY - W	10-11	New venue -	Grace Cohen Contact Advance for more details on 5979 1398	<b>Gold coin activity fee</b>

**HASTINGS U3A 2022 COURSE DATES TERM 1 – 30<sup>th</sup> January – 8<sup>th</sup> April**

**COMPUTER CLASSES, MOBILE TELEPHONES, I-PAD/TABLET, CPR**

**MEMBERS ATTENDING CLASSES MUST BE FULLY VACCINATED**

COURSE NAME	CLASS NO.	DATE/TIME	VENUE	TUTOR	CHARGE	NOTE PAYMENT METHOD
Beginners Computers Windows 7 Wed and Fri	Min 2-4	10.00 March 9 <sup>th</sup> , 11 <sup>th</sup> , 16 <sup>th</sup> 18 <sup>th</sup>	U3A base	Dianne Ashton	\$3.00 per lesson	4 lessons in course, PAY TUTOR ON DAY
CPR – (cardiopulmonary	1-4	23 <sup>RD</sup> February `11.00AM	4 Kaz Crt, Hastings	Rod Ashton	\$3.00	Bring pillow, PAY TUTOR ON DAY
Easy Meals for One	2-4	25 <sup>th</sup> February 12.00	4 Kaz Crt, Hastings	Dianne Ashton	\$5.00	PAY \$5.00 on the day 2 course meal/recipes
Emailing and Internet Wed, Fri and Mon – 3 lessons	2 -4	11.30 AM March WED 16 <sup>TH</sup> /FRI 18 <sup>TH</sup> / MON 21 <sup>ST</sup>	U3A base	Dianne Ashton	\$3.00 per lesson	3 lessons in course PAY TUTOR ON DAY
Files and Folders – enrolled members will be contacted	2-4	Members will be notified	U3A base	Dianne Ashton	\$3.00 per lesson	3 lessons in course PAY TUTOR ON DAY
I-Pad and Tablet - choice of sessions	2-4	MARCH MONDAY 28 <sup>th</sup> FEBRUARY OR TUESDAY 5 <sup>TH</sup> Mar at 11.00am	Harcourts Real Estate	Jason Dowler and staff	\$3.00 per lesson	High Street, Hastings PAY U3A OFFICE
Mobile Telephone 3 separate classes per term <b>NEW TUTOR</b>	2-4	Enrolled members will be contacted re date/time	U3A base	Keith Adamson	\$3.00 per lesson	High Street, Hastings PAY U3A OFFICE
Windows 10 problem solving	One	Tutor will contact members direct	Arranged with member	Jim Booth	\$3.00 per lesson	Tutor to contact enrolled PAY TUTOR ON DAY

**COMMENCEMENT OF THE ABOVE CLASSES AND ACTIVITIES DEPENDS ON COVID RESTRICTIONS AND LOCKDOWNS. FOR FURTHER INFORMATION PLEASE CONTACT THE COURSE COORDINATOR DIANNE ASHTON ON 5979 8686 OR 0424 0120 576.**

**ALL MEMBER TO BE FULLY VACCINATED TO PARTICIPATE IN ALL U3A COURSE AND ACTIVITIES.**

Hastings U3A is always seeking Tutors and Leaders who wish to teach a course or activity. No qualifications are necessary only the desire to share their interested with like- minded members of our community. Contact our office and speak to our Course Coordinator

**.U3A Members Insurance responsibilities and exclusions:** Currently Hastings U3A is covered for Public Liability, Directors and Officers Liability, Entity Fidelity, Medical Indemnity and Personal Accident. This cover applies to Management, Committee Members, Patrons, Incorporated Bodies, Directors, Officers, Employees paid and unpaid Volunteers when on duty. COVER DOES NOT APPLY TO ORDINARY MEMBERS OF U3A. Their recourse should be through Medicare and /or Private Health cover. If it is necessary to call an ambulance, the patient is responsible for any charges.

Health Care and Pensioner Concession card holders are entitles to free ambulance travel to a Public Hospital. IN CASE OF EMERGENCY HOWEVER THEY ARE NOT COVERED FOR TRANSPORT BETWEEN PRIVATE HOSPITAL TO PUBLIC HOSPITALS AND REHABILITATION.

**CHARGES:** Course fees are in addition to your membership fee. Fees apply to the courses/activities/workshops to assist covering the outgoings; rent, consumables, power, gas and photocopying to name a few of our additional expenses. Fees may alter from time to time according to variables to our outgoings. All workshops/computer lessons are to be paid in advance. Fees apply when attending ongoing classes at our base at the Seniors Learning Hub (17 Herring Street, Hastings) including the Hastings Hall and any other venue designated by the Committee of Management. **ALL WORKSHOPS AND COMPUTER CLASSES ARE TO BE PAID ON THE DAY TO TUTOR..** MOBILE TELEPHONE, TABLET AND I-PAD TO BE PAID AT THE OFFICE IN ADVANCE.

HASTINGS U3A OFFICE IS NOW LOCATED AT THE **HASTINGS SENIORS LEARNING HUB,Cnr SALMON AND HERRINGS STREETS,,HASTINGS**

TELEPHONE: 59798585 OFFICE HOURS MON/TUES 10-1PM, THURS 1-4 PM CLOSED SCHOOL AND PUBLIC HOLIDAYS

EMAIL: [u3a@iinet.net.au](mailto:u3a@iinet.net.au) WEB ADDRESS: [www.hastingsu3a.org.au](http://www.hastingsu3a.org.au)