

U3A Bermagui - Term 3 Program 2024

Course	Description	Sessions	Location	Contact
A Conversation with Local Author Bruce Nash	Local author Bruce Nash, in conversation with Wendy Tucker, will discuss his current release "All The Words We Know", which has received strong reviews from publications such as The Guardian, Spectrum, Good Reading Magazine and The Triangle. Bruce's latest novel is a highly creative "who-dunnit" set in an aged-care facility, with language, dementia, love and loss at its centre. Bruce's delightful use of language jumps off the page and brings a sense of both mischief and reality to this very moving tale. "All The Words We Know", along with Bruce's two earlier novels, will be available to purchase from the Candelo Books pop up bookshop. Cash or card welcome. This U3A presentation is open to members and the general public. Enrolment is essential. Cost: \$3. Min: 20. Max: 40. Contact: Ruth Perrett.	Fri 23-Aug 10:30 am - 12pm	Bermagui Mens Shed	Ruth Perrett 0408 786 546
An Introduction to Croquet with Chris T	On a sunny Sunday morning come and try your hand at the enjoyable but brain-stimulating game of croquet, on the lawn behind the Bermagui Country Club. No prior experience is necessary, just the ability to hit a stationary ball with a wooden mallet. It's time to stretch your legs and challenge your mind! Wear flat-soled shoes, bring water and a hat. All equipment provided. COVID compliant. Cost: \$3. Min: 1. Max: 10. Contact: Chris T.	Sun 18-Aug 10am - 12pm	Bermagui Country Club, Bermagui	Chris T 0481 171 400
Apple Questions on the Fly with Michael Gross	Bring your questions to Michael for expert advice on all things related to Apple technology. Cost: \$3. Min: 4. Max: 14. Contact: Michael Gross.	Tue 17-Sept 10:30 am - 12pm	Room 1, BCCentre, Bermagui	Michael Gross 0401 993 788
Chair Yoga with Mary Lightfoot	Exercise is essential for healthy ageing. Chair Yoga provides gentle movement, mobility, stretching and strengthening exercises for everybody at their own ability level. We'll explore standing movements, balance and stretches using chairs as seats and supports. Some poses and relaxation will take place on the floor, and we'll also learn how to get ourselves up safely! At any time you'll be able to take a rest, and can adapt the exercise to suit your body's needs. You'll need to bring a yoga mat, blanket/large towel, cushion and water bottle. Cost: \$3. Min: 10. Max: 20. Contact: Mary Lightfoot.	Mon 2-Sept, 16-Sept 2pm - 3:30 pm	Bermagui Mens Shed	Mary Lightfoot 0402 769 463
Conversation Cafe with Paul West	This term we're delighted to welcome Paul West to the Conversation Cafe, most notably recognised as the presenter on River Cottage Australia, set just down the road in Tilba. Paul has many feathers to his cap: chef, gardener, author, food grower, family feeder, yarn-spinner and co-founder of Grow It Local. You may have heard him on local ABC Radio or seen him as a host on "Australia's Favourite Tree" or "Backroads". Please join us for an entertaining morning accompanied by a cuppa and one of Kelly's cakes. Cost: \$5. Min: 10. Max: 50. Contact: Elizabeth Johnson.	Fri 13-Sept 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
Demystifying Apple Technology with Michael Gross	This session covers a variety of everyday problems faced by users of Apple products, from iphones to ipads to laptops and desktops. Cost: \$3. Min: 4. Max: 14. Contact: Michael Gross.	Tue 13-Aug 10:30 am - 12pm	Room 1, BCCentre, Bermagui	Michael Gross 0401 993 788

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Eden Killer Whale Museum Excursion	Local history, storytellers, photography, shipwrecks and whales galore! You'll get it all on our excursion to the Killer Whale Museum in Eden. We'll be met by local volunteer guides who'll help us explore the museum and answer our questions. There will be time for you to have lunch in Eden at one of their cafes (or BYO picnic lunch) before our coach returns. This excursion is subsidised by your Management Committee, so the only cost to you is the museum entry fee. Bus pick up times are: 8:30 at Narooma (southbound stop near Lynch's hotel), 9am at the Bermagui Country Club, and 9:20 at the Cobargo bus shelter. It is fine to bring walkers, and there is a lift and disabled toilet in the museum. A minimum of 20 people need to be enrolled by August 14th for the excursion to proceed. Prepayment is required on enrolment. Cost: \$13.50. Min: 20. Max: 35. Contact: Ruth Perrett.	Wed 28-Aug 8:30 am - 5pm	Eden Killer Whale Museum	Ruth Perrett 0408 786 546
French for Beginners and Forgetters with Valerie and Ron	Valerie and Ron are sharing the task of teaching French to their Beginners and Forgetters. If you would like to attend a friendly, fun session to attempt to grasp the intricacies of the French language, then please come along. Min: 2. Max: 8. Contact: Jillian Taylor.	Tue 6-Aug, 13-Aug, 20-Aug, 27-Aug, 3-Sept, 10-Sept, 17-Sept, 24-Sept 10am - 12pm	Presenter's Home	Jillian Taylor 0409 783 106
Friday Film and Lunch	Join this enthusiastic group of moviegoers to see some of the latest movies. Arrive at the Narooma Kinema, purchase your discounted ticket, sit back, enjoy the show, and then - if you want - join the group for lunch afterwards. Details of the film, screening time and eatery will be emailed early in the week. Min: 2. Max: 50. Contact: Sheila Brice.	Fri 2-Aug, 6-Sept 10:30 am - 1:30 pm	Kinema, Narooma	Sheila Brice 0422 142 685
Howzat! Cricket for Novices with Rob Johnson	Crikey - it's cricket! is back! During a recent U3A session with author Inga Simpson, the request was made by one of those attending that an introductory course on cricket - for complete novices - be offered. So if you're interested in a meander from W.G. Grace, to Bodyline, to World Series Cricket, to "It's a nick-nack Patty Whack ... give the frog a loan - his old man is a Rolling Stone", then this could be the best 2 hours you'll spend in 2024. An initial short description followed by a Q and A segment, will be positively reinforced by a game of backyard cricket complete with sledging. It's bound to keep you enthralled, engaged and entertained on a balmy August morning. Cost: \$3. Min: 4. Max: 20. Contact: Robert Johnson.	Fri 16-Aug 10am - 12pm	Bermagui Mens Shed	Robert Johnson 0408 870 138
Murder and Madness: Hamlet, Prince of Denmark with Kai Jensen	A discussion of one of Shakespeare's beloved plays, Hamlet, and the mayhem as he descends into madness. Kai will forward some discussion points prior to his session. Cost: \$3. Min: 2. Max: 20. Contact: Jillian Taylor.	Fri 20-Sept 10:30 am - 12:30 pm	Bermagui Mens Shed	Jillian Taylor 0409 783 106
Out of the Swamp - the Carboniferous with Bruce Leaver	Our ancestors adapted to life in the swamps after leaving the oceans. They remained shackled to the marine environment by reproductive needs until the emergence of the egg opened up life on the dry land. Cost: \$3. Min: 10. Max: 50. Contact: Bruce Leaver.	Mon 16-Sept 10:30 am - 12:30 pm	Hall, BCCentre, Bermagui	Bruce Leaver 0400 374 927
Parlons Francais with Katrina Proust	This is a conversation group for those with a good working knowledge of written and spoken French. It is expected that you have a solid base of grammar and a good vocabulary to support conversation. Thinking on your feet is challenging in any language, therefore before each session you are encouraged to do some preparation on the topic of the day. We provide a conversation space where you can develop existing listening and speaking skills in a supportive and lively environment. It is not a course for beginners. Min: 4. Max: 6. Contact: Katrina Proust.	Wed 31-July, 7-Aug, 14-Aug, 21-Aug, 28-Aug, 4-Sept, 11-Sept, 18-Sept, 25-Sept 10am - 12pm	Presenter's Home	Katrina Proust 0459 540 164

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Positive Ageing: Your Mental Health with Peter Campbell	This first session in our Positive Ageing program will be presented by Peter Campbell, a retired psychotherapist with 20 year's experience in private practice, counselling (specialising in stress and anxiety, loss and grief), couples counselling and men's issues. As we grow older, we have to come to terms with all that growing older means. In this session we'll talk about strategies for looking after our mental health. We'll explore what already works for you, and things that have helped others, especially in the areas of loss and grief, being a carer for others, and thinking about our own mortality. Note: if there is sufficient interest, a repeat of this session will be held on Thursday August 29. Cost: \$3. Min: 3. Max: 12. Contact: Elizabeth Johnson.	Thu 22-Aug 10:30 am - 12pm	CWA Cottage, 10 Corunna St, Bermagui	Elizabeth Johnson 0499 818 454
Positive Ageing: Repeat with Peter Campbell	This first session in our Positive Ageing program will be presented by Peter Campbell, a retired psychotherapist with 20 year's experience in private practice, counselling (specialising in stress and anxiety, loss and grief), couples counselling and men's issues. As we grow older, we have to come to terms with all that growing older means. In this session we'll talk about strategies for looking after our mental health. We'll explore what already works for you, and things that have helped others, especially in the areas of loss and grief, being a carer for others, and thinking about our own mortality. Note: if there is sufficient interest, a repeat of this session will be held on Thursday August 29. Cost: \$3. Min: 3. Max: 12. Contact: Elizabeth Johnson.	Thu 29-Aug 10:30 am - 12pm	CWA Cottage, 10 Corunna St, Bermagui	Elizabeth Johnson 0499 818 454
Positive Ageing: Second Repeat with Peter Campbell	This second repeat session in our Positive Ageing program will be presented by Peter Campbell, a retired psychotherapist with 20 year's experience in private practice, counselling (specialising in stress and anxiety, loss and grief), couples counselling and men's issues. As we grow older, we have to come to terms with all that growing older means. In this session we'll talk about strategies for looking after our mental health. We'll explore what already works for you, and things that have helped others, especially in the areas of loss and grief, being a carer for others, and thinking about our own mortality. Cost: \$3. Min: 3. Max: 12. Contact: Elizabeth Johnson.	Thu 5-Sep 10:30 am - 12pm	CWA Cottage, 10 Corunna St, Bermagui	Elizabeth Johnson 0499 818 454
The Benefits of Good Posture with Sunda Koeck	In this workshop we'll explore ways to achieve better posture and learn about a fascinating part of our bodies called the fascia. The fascia is an incredible web that models and remodels constantly, and shapes how we hold our bodies. We will investigate ways to walk, sit and lie down to support our fascia and posture, with the goal of returning it to its "primal position". We'll also look at some of the health benefits easily obtained by improved posture. It will be a fun and informative workshop for both men and women. Wear comfortable clothing. Bring a towel and water bottle. Mats are provided. Cost: \$3. Min: 3. Max: 12. Contact: Sunda Koeck.	Thu 19-Sept 11am - 12pm	Good Vibes Studio, Bermagui	Sunda Koeck 0422 600 072
Why Crime Happens with Amanda Bilstoft	Amanda will talk about why crime happens, its outcomes and ways to prevent it. She will examine how crime originates from biological and psychological perspectives, as well as social and environmental factors. Amanda will also cover recent trends such as cybercrime (IT fraud) and international criminal networks. She will look at the role of police in controlling crime and how they interact with the public, as well as a review of the limitations of incarceration or other methods of rehabilitating offenders. Cost: \$3. Min: 3. Max: 30. Contact: Chris T.	Wed 4-Sept 2pm - 3:30 pm	Bermagui Mens Shed	Chris T 0481 171 400

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Yoga for Fellas! with Vera Van Der Slot	Vera's session – just for men – will follow the principles and practices of Hatha Yoga. Hatha yoga is about finding balance. Through working with the physical body, releasing tension and trauma stored in the body, you create space in yourself and - through that space and balance - the opportunity for spiritual growth. In this class you can expect a slower-paced practice with standing and sitting postures and lying down on the belly or back. Vera will provide a safe space for men to increase their all-round balance and well-being. Hatha Yoga is beneficial for reducing stress, increasing flexibility, reducing high blood pressure, preventing heart disease and reducing anxiety and depression. Please wear comfortable clothing. Bring a towel and water bottle. Mats provided. Cost: \$3. Min: 3. Max: 12. Contact: Vera Van Der Slot.	Thu 12-Sept 11am - 12:15 pm	Good Vibes Studio, Bermagui	Vera Van Der Slot 0406 439 762