

U3A Bermagui - Term 1 Program 2025

Course	Description	Sessions	Location	Contact
A Day Trip to Cooma	Join us for a day long bus trip to Cooma. Pick-ups will be from Narooma at 8am, about 8.30am in Bermagui and from Cobargo about 8:50am. Our day in Cooma begins with a guided tour through the Corrective Services Museum with Andrew, followed by a break for lunch, where you could enjoy your own picnic in Centennial Park or patronise one of the local cafes. In the afternoon you'll have the option of being dropped at the Snowy Mountains Discovery Centre (including a guided tour) OR the Birdsnest Clothing Store (to hear the history of this unique regional business and gain a peek behind the scenes) OR exploring the township on foot (the Charles Davis Gallery is well worth a visit). The bus will make a comfort (not coffee!) stop en route to Cooma. The only cost involved will be \$3 for the museum tour, as the Management Committee will cover the cost of bus hire. A minimum of 20 need to be enrolled in order for this excursion to take place. Cost: \$3. Min: 20. Max: 45. Contact: Ruth Perrett.	Thu 20-Mar 8am - 5pm	Cooma	Ruth Perrett 0408 786 546
An Introduction to Croquet with Chris Tay	On a sunny Sunday morning, come along and try your hand at the enjoyable and stimulating game of Croquet, on the lawn behind the Country Club. No prior experience is needed, just the ability to hit a stationary ball with a wooden mallet. Join us to gently stretch your legs and pick up new skills. Wear flat-soled shoes, bring water and a hat. All equipment provided. Cost: \$5. Min: 1. Max: 7. Contact: Chris T.	Sun 16-Feb 9:50 am - 12pm	Bermagui Country Club	Chris T 0481 171 400
Apple Questions on the Fly with Michael Gross	This course will be constructed on the fly, purely from the Apple (and associated technology) related questions you bring with you on the day. Min: 5. Max: 15. Contact: Michael Gross.	Tue 18-Feb 10:30 am - 12pm	Room 1, BCCentre, Bermagui	Michael Gross 0401 993 788
Breath and Mindfulness Meditation with Sheila Brice	Can taking slower and deeper breaths and sitting for mindfulness meditation really reduce the effects of chronic pain, ageing and stress? Together we will look at the latest research into breath work, mindfulness and stress reuction to see what it is telling us about the benefits. Each session will comprise of learning breathing techniques as well as guided mindfulness meditation with the aim of participants developing techniques to continue their own practice. Finish the session with a cuppa and chat. Min: 2. Max: 15. Contact: Sheila Brice.	Wed 19-Feb, 26-Feb, 5-Mar, 12-Mar, 19-Mar, 26-Mar, 2-Apr, 9-Apr 2pm - 3pm	Bermagui Mens Shed	Sheila Brice 0422 142 685
Conversation Cafe - with Maggi	We'll begin 2025 at the Conversation Cafe with one of our most delightful locals, Maggi. She's borrowed a phrase from some other notable which is, "Life is like a box of chocolates ..." and Maggi says she's never yet refused an offering from a Lindt or Cadbury's selection! As a result, her life has been an eclectic mix of fascinating experiences, adventures and unexpected twists and turns. Currently Maggi swims every morning across Horseshoe Bay, but we've invited her to the Conversation Cafe to hear about her wonderfully interesting life. Please join us for a coffee and delicious treat courtesy of Eastwood's. Cost: \$5. Min: 15. Max: 40. Contact: Elizabeth Johnson.	Fri 28-Mar 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 laptops to desktops. Min: 5. Max: 15. Contact: Michael Gross.	Tue 1-Apr 10:30 am - 12pm	Room 1, BCCentre, Bermagui	Michael Gross 0401 993 788

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Friday Film and Lunch at the Kinema	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 7-Mar, 4-Apr 10am - 1:30 pm	Kinema, Narooma	Sheila Brice 0422 142 685
Fun French for Beginners and Forgetters with Ron McCullagh	Ron has bravely stepped into the huge space left by Valerie - as she steps back to enjoy some time away from French verbs! This is a fun group who are keen to continue to learn and improve their French in a friendly, supportive setting. If you think this is for you, then please join us. Min: 2. Max: 8. Contact: Jillian Taylor.	Tue 18-Feb, 25-Feb, 4-Mar, 11-Mar, 18-Mar, 25-Mar, 1-Apr, 8-Apr 10am - 12pm	Presenter's Home	Jillian Taylor 0409 783 106
Gentle Yoga with Vera Van Der Slot	Vera, our charming practitioner from Good Vibes, will be presenting another gentle yoga session for both men and women, based on the principles of Hatha Yoga. This is a slower-paced class with standing and sitting postures and lying down on your back or belly. There are so many health benefits to this form of yoga, so come along, relax, and let those good vibes do their stuff! Please wear comfortable clothing, bring a towel and water bottle. Mats are provided. Cost: \$5. Min: 3. Max: 12. Contact: Vera Van Der Slot.	Thu 13-Mar 11am - 12:15 pm	Good Vibes Studio, Bermagui	Vera Van Der Slot 0406 439 762
Gold! - A Montreal Goldfield Film with Carolyne Banados	Find out about the local resource that is the Montreal Goldfield. A rich history and unique biodiversity make this a most interesting site. A documentary about the site, "Gold was the Cry!" has been filmed recently and this presentation will include a viewing of the film. Min: 2. Max: 30. Contact: Sheila Brice.	Wed 5-Mar 10:30 am - 12pm	Bermagui Mens Shed	Sheila Brice 0422 142 685
In the Footsteps of the Impressionist Painters with Ashley Fuller	Impressionism was an art movement in the late 19th century and early 20th century France. The style and subjects of Impressionism shocked and outraged the French art community and the bourgeoisie. Come on a journey, packed with beautiful images, from Paris, along the Seine River to the Normandy coast and then down to Provence and the Mediterranean. Walk in their footsteps, stand where they painted, see what inspired them and appreciate why they outraged the public. Min: 10. Max: 40. Contact: Ashley Fuller.	Mon 10-Mar 10:30 am - 12pm	Hall, BCCentre, Bermagui	Ashley Fuller 0409 385 839
Indonesian Politics and Society: Where's It All Heading? with Andrew MacIntyre	Emeritus Professor Andrew MacIntyre will join us again for a session following on from his very popular 2024 talk about building relationships between Australia and Indonesia. This time his focus will be Indonesia's politics and society and its future direction. Don't miss what will undoubtedly be an informative and insightful presentation. Min: 10. Max: 40. Contact: Elizabeth Johnson.	Wed 2-Apr 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
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: 8. Contact: Katrina Proust.	Wed 12-Feb, 19-Feb, 26-Feb, 5-Mar, 12-Mar, 19-Mar, 26-Mar, 2-Apr, 9-Apr 10am - 12pm	Presenter's Home	Katrina Proust 0459 540 164

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Positive Ageing - Getting Through Funerals with Peter Campbell	As we grow older, we have to come to terms with all that growing older entails. One thing it involves is attending funerals. In this session we'll talk about: Why funerals are important; Strategies for looking after ourselves to get through funerals e.g. preparation amidst grief, the actual day; and Recovery. It should be noted that this is not a counselling session, and won't cover psychosis or major disorders. Min: 3. Max: 12. Contact: Elizabeth Johnson.	Thu 6-Mar 10:30 am - 12:30 pm	CWA Cottage, Bermagui	Elizabeth Johnson 0499 818 454
The Art of Kissing Kitty with Gerry Hammerton	Once again Gerry is volunteering his time to teach you the art of Kissing Kitty ... in other words, Lawn Bowls. So if you'd like to have fun and increase your fitness in the beautiful outdoors, then this is for you. Please wear comfortable clothing, flat-soled shoes, a hat and sunscreen. Bring water. Bowls and tuition provided. The \$5 charge will be returned as prize money. Cost: \$5. Min: 1. Max: 10. Contact: Gerry Hammerton.	Wed 19-Feb, 26-Feb, 5-Mar, 12-Mar, 19-Mar, 26-Mar 10am - 12pm	Bermagui Country Club	Gerry Hammerton 0427 850 947
The Benefits of Good Posture - Part 1 - with Sunda Koeck	In this workshop we will explore ways to achieve better posture and learn about our fascia - the incredible web that models and remodels constantly and shapes how we hold our bodies. We'll examine ways to walk, sit and lie down in order to support our fascia with the goal of returning it to its primal position. We'll also explore some of the benefits easily obtained by improved posture. A fun and informative workshop for both men and women. Bring a towel and water bottle and wear comfortable clothing. Mats are provided. Cost: \$5. Min: 3. Max: 12. Contact: Sunda Koeck.	Tue 4-Mar 12pm - 1:15 pm	Good Vibes Studio, Bermagui	Sunda Koeck 0422 600 072
The Mystery of King Arthur with Ted Beardow	Everyone has heard of King Arthur, the Round Table, Sir Lancelot and all the others - but the history books don't mention them. Why is this? Did they exist? If not, where did they come from? Who was Arthur? We will start in the present day, and delve further back until we find the answer in Dark Age Britain. Min: 12. Max: 50. Contact: Ted Beardow.	Fri 4-Apr 10:30 am - 12:30 pm	Bermagui Mens Shed	Ted Beardow 0415 787 669
The Prince and the Riff-Raff: Shakespeare's Henry IV - Part 1 with Kai Jensen	After last year's workshops on Twelfth Night and Hamlet, it's time to appreciate one of Shakespeare's history plays. Henry IV, Part 1, introduces the much-loved (and well-padded) figure of Sir John Falstaff and his gang of rascals, as well as Prince Hal, the heir to the throne of his usurper father Henry III. Will Hal shake off his wicked ways and wicked companions to shoulder the responsibilities of a king-in-waiting? This workshop gives us a chance to consider why Shakespeare's history plays are the Elizabethan equivalent of the Netflix series "The Crown" that was so hugely popular. Min: 2. Max: 20. Contact: Kai Jensen.	Fri 7-Mar 10:30 am - 12:30 pm	Bermagui Mens Shed	Kai Jensen 0404 360 033
Walk, Talk & a Cuppa with Sheila and Chris	Meet at one of Bermagui's fabulous coffee shops, set off an easy 30 minute stroll then return to a cafe for a well-earned cuppa and chat. An opportunity to meet up with friends old and new, and enjoy a catch-up - disguised as exercise! Min: 2. Max: 20. Contact: Sheila Brice.	Tue 18-Feb, 25-Feb, 4-Mar, 11-Mar, 18-Mar, 25-Mar, 1-Apr, 8-Apr 12pm - 2pm	The meeting location will be advised before each walk	Sheila Brice 0422 142 685
Why Our Local Scenic Landscape Is What It Is - Part 1 - with Bruce Leaver	Our landscape records five major earth history events over the last half billion years, each leaving distinctive features. This will be covered in two sessions. The first indoors, describing each of the events. The second, a week later looking at the landscape from the Bermagui headland. Min: 20. Max: 40. Contact: Bruce Leaver.	Mon 17-Mar 10:30 am - 12pm	Bermagui Mens Shed	Bruce Leaver 0400 374 927
Why Our Local Scenic Landscape Is What It Is - Part 2 - with Bruce Leaver	This session follows Bruce's talk on Monday March 17 where he described and explained our local landforms. Bring a chair, sunnies, hat and water bottle to the Bermagui headland where he will point out and discuss the landforms featured in his presentation. Contact: Bruce Leaver.	Mon 24-Mar 10:30 am - 12pm	Bermagui Headland	Bruce Leaver 0400 374 927