

U3A Bermagui - Term 2 Program 2025

Course	Description	Sessions	Location	Contact
AI Revolution for Australian Seniors with George Stone & David Monro	From smart homes that detect health changes to AI companions providing around-the-clock support, Artificial Intelligence is empowering Australian seniors to live more independently and comfortably. Already, AI powers intuitive medication management systems that seamlessly integrate into daily routines. Services Australia's AI-enhanced pension services deliver faster financial support, while voice assistants help seniors connect with loved ones, and control their environment with simple commands. Discover how these Australian innovations are creating a future where ageing doesn't mean giving up autonomy. Instead, AI is helping our seniors thrive with dignity, purpose and enhanced well-being. Min: 10. Max: 40. Contact: George Stone.	Fri 13-June 10:30 am - 12pm	Bermagui Mens Shed	George Stone 0412 390 110
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 3-June 10:30 am - 12pm	Room 1, BCCentre, Bermagui	Michael Gross 0401 993 788
Breath & 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 reduction 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 14-May, 21-May, 28-May, 4-June, 11-June, 18-June 2pm - 3pm	Bermagui Mens Shed	Sheila Brice 0422 142 685
Bush, Birds & Bugs with Barry Virtue and Deb Taylor	Four short, easy walks with Barry and Deb to explore the forests and wetlands around Bermagui. We'll share observations and knowledge of the bush, birds and bugs we encounter. Usually we meet at 8:30 at a location to be advised. Walks take 1 - 2 hours depending on what we discover. Min: 4. Max: 15. Contact: Barry Virtue.	Mon 12-May, 19-May, 26-May, 2-June 8:30 am - 10am	The meeting location will be advised before each walk.	Barry Virtue 0437 590 619
Conversation Cafe with Simone Huygen	Yes, yet another excellent Conversation Cafe guest! Join us as Simone shares stories from her incredible cycling adventure "Cycling the 'Stans" - from Amsterdam all the way to the Chinese border. Her journey took her along the northern route through Germany, the Czech Republic, Poland, Ukraine, Russia, Kazakhstan, Kyrgyzstan and Tajikistan. Along the way she encountered stunning landscapes, unique cultures, and a fair share of challenges. Simone will reflect on the highs and lows of the road and how the experience ultimately shifted her perspective on life. As always we'll enjoy a cuppa and slice of cake courtesy of Kelly Eastwood. Cost: \$5. Min: 10. Max: 45. Contact: Elizabeth Johnson.	Wed 21-May 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-July 10:30 am - 12pm	Room 1, BCCentre, Bermagui	Michael Gross 0401 993 788
Friday Film & Lunch with Sheila Brice	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 9-May, 6-June, 4-July 10:30 am - 1:30 pm	Kinema, Narooma	Sheila Brice 0422 142 685

U3A Bermagui - Term 2 Program 2025

Course	Description	Sessions	Location	Contact
Fun French for Beginners & 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 13-May, 20-May, 27-May, 3-June, 10-June, 17-June, 24-June, 1-July 10am - 12pm	Presenter's Home	Jillian Taylor 0409 783 106
Gentle Yoga with Vera Van Der Slot	Once again, Vera will be presenting a 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.	Tue 3-June 12pm - 1:15 pm	Good Vibes Studio, Bermagui	Vera Van Der Slot 0406 439 762
Get it Right - Making A Will with Adam Millar	Adam Millar, a local solicitor, will take us through a number of matters you should think about when making your Will, to help ensure that it reflects your wishes, and that you are taking care of those you love as best you can. During this session, Adam will offer general legal advice (not specific to individuals) and may provide material available to the public. This is a community service presentation, brought about by requests from our members. Min: 10. Max: 30. Contact: Elizabeth Johnson.	Fri 9-May 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
Hands-On AI - Empowering You in the Digital Age with George Stone & David Monro	Imagine having a helpful assistant at your fingertips that can summarise articles, help you write, describe images and create visual content. Today we'll explore user-friendly AI tools that can make your life easier. To get started, you'll need to create a free account using your email address on platforms like Claude or ChatGPT. Our workshop has space for 12 participants and aims to help you navigate these exciting new technologies step-by-step. Please note: you will need to bring your own tablet or laptop. Min: 5. Max: 12. Contact: George Stone.	Fri 20-June 10:30 am - 12pm	Bermagui Mens Shed	George Stone 0412 390 110
How To Survive Turbulent Times with John James	The verdict is in! After years of investigations and warnings about climate change, we now know our fate. But are we listening? We will need to adjust in manifold ways to the coming storm - or rather hurricane. My friends in science tell me that the next few years may throw us a 3C average global rise in temperature. Are we intelligent enough to plan and avoid this catastrophe? There is an approach that might work. Although we have been calling for "action now" for decades, what is going to be truly powerful enough to motivate us into real action? If we act out of love for ourselves, our environment and the coming generations, can we still make it? Let's discuss and find out! Min: 12. Max: 40. Contact: Chris T.	Wed 11-June 10:30 am - 12:30 pm	Bermagui Mens Shed	Chris T 0481 171 400
In Conversation with Author Samah Sabawi	We are delighted that Palestinian-Australian author Samah Sabawi will join us to talk about her new book "Cactus Pear For My Beloved", and the processes of the writer. This is part of her Far South Coast Tour en route to the Sydney Writers' Festival. Her book, filled with love for family, land, its people and history, is told with optimism, humanity and feeling. Her book has just been short-listed for the Stella Literature Prize. Candelo Books are supporting the visit with a pop-up bookshop. For more information about Sabah and her book, see our Newsletter article. Min: 10. Max: 40. Contact: Ruth Perrett.	Fri 16-May 10:30 am - 12pm	Bermagui Mens Shed	Ruth Perrett 0408 786 546

U3A Bermagui - Term 2 Program 2025

Course	Description	Sessions	Location	Contact
Introduction to Croquet with Chris T	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 25-May 9:50 am - 12pm	Bermagui Country Club	Chris T 0481 171 400
Melt and Tone with Sunda Koeck	In this session, titled Melt and Tone, we'll be using blocks and massage tools to decompress tight tissues and our fascia. We'll also address the full diaphragmatic breath and rediscover the benefits of our full natural breath. Cost: \$5. Min: 3. Max: 12. Contact: Sunda Koeck.	Tue 10-June 2pm - 3:15 pm	Good Vibes Studio, Bermagui	Sunda Koeck 0422 600 072
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 7-May, 14-May, 21-May, 28-May, 4-June, 11-June, 18-June, 25-June, 2-July 10am - 12pm	Presenter's Home	Katrina Proust 0459 540 164
Seabird Rescue with Penny Beaver	Penny Beaver is an Associate Research Fellow in Seabird Ecology at Deakin University. I met her at the boat ramp in Bermagui where she was about to release a very large pelican that had met with misadventure. Flapping with impatience, and having been restored to good health, the bird was soon back in the company of its avian buddies. It was now my turn to snare Penny for a talk with U3A! Join us to learn more about the scope of Penny's research projects and her work with WIRES involving disentangling seabirds from marine debris. Min: 10. Max: 40. Contact: Elizabeth Johnson.	Wed 28-May 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
South Coast Shipwrecks with Peter Lacey	Up until the 1950s, ships provided the major link between South Coast residents, farmers and businesses and the outside world. Catching a ship however, was not without considerable risk. All in all, about 200 vessels have come to grief somewhere along the NSW south coast. We'll explore where - and why - some of these shipwrecks occurred and talk about some of the more interesting of those many shipwrecks. Min: 10. Max: 40. Contact: Elizabeth Johnson.	Fri 23-May 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
Tathra Wharf Museum	The Tathra Wharf Museum showcases the maritime history of the region. It begins with the original inhabitants, the Yuin people, then documents the building of the wharf and the establishment of Tathra and its surrounding areas. The museum has many unique historical artefacts, models and displays. Meeting on the wharf by 10:15, we will commence the tour at 10:30, led by a volunteer guide. Afterwards you might enjoy lunch at the cafe downstairs, head up to the pub, explore the eateries on "the flat" - or BYO. We'll arrange car-pooling, and travel times, as the date nears. Donations go to the Museum. Cost: \$4. Min: 7. Max: 18. Contact: Elizabeth Johnson.	Thu 5-June 10:30 am - 11:30 am	Wharf Rd, Tathra	Elizabeth Johnson 0499 818 454

U3A Bermagui - Term 2 Program 2025

Course	Description	Sessions	Location	Contact
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 21-May, 28-May, 4-June, 11-June, 18-June, 25-June 10am - 12pm	Bermagui Country Club	Gerry Hammerton 0427 850 947
The Formation of the Rockies with Bruce Leaver	Following a request from a member, I will present a session about the formation of the Rocky Mountains in North America. I have been to the Rockies and I thought I knew it all! It's been exhaustively covered by universities and US Park agencies, with a pile of internet quality stuff available for the talk. Putting the session together however, I increasingly realised the common interpretation, accepted for over 50 years, was complete nonsense! The emerging data reveals a radically simpler story of basic plate tectonics. Min: 10. Max: 40. Contact: Bruce Leaver.	Mon 16-June 10:30 am - 12pm	Bermagui Mens Shed	Bruce Leaver 0400 374 927
The Prince & 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 30-May 10:30 am - 12pm	Bermagui Mens Shed	Kai Jensen 0404 360 033
Walk, Talk & a Cuppa with Chris T	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! These initial 3 walks will continue into June, with the arrangements made by the participants. Please contact Chris if you'd like to join in after these scheduled dates. Min: 2. Max: 10. Contact: Chris T.	Tue 13-May, 20-May, 27-May 10:30 am - 12pm	The meeting location will be advised before each walk	Chris T 0481 171 400