

U3A Bermagui - Term 3 Program 2025

Course	Description	Sessions	Location	Contact
Apple Qs 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 28-Oct 10:30 am - 12pm	Room 1, BCCentre, Bermagui	Michael Gross 0401 993 788
Art Therapy: A Deep Play with Ruth Haggar	Art Therapy is a gentle, yet powerful tool, for accessing your inner world. It can be useful to address health and well-being issues, as well as giving insights into deeper aspects of ourselves. Participants relax with spontaneous play and then allow their creative spirits to unfold. No artistic experience is required. Ruth has worked with Art Therapy for many years and incorporates it into her naturopathic practice. All materials provided. Cost: \$7. Bring cash on the day, with \$5 for materials to Ruth, and \$2 to the Club. Min: 4. Max: 7. Contact: Chris T.	Tue 18-Nov 1:30 pm - 3pm	Bermagui Country Club, Bermagui	Chris T 0481 171 400
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 29-Oct, 5-Nov, 12-Nov, 19-Nov, 26-Nov, 3-Dec 2pm - 3pm	Bermagui Mens Shed	Sheila Brice 0422 142 685
Bush, Bugs & Birds 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 9am at a location to be advised. Walks take 1 - 2 hours depending on what we discover. Min: 4. Max: 15. Contact: Barry Virtue.	Thu 30-Oct, 6-Nov, 13-Nov, 20-Nov 9am - 10:30 am	The meeting location will be advised before each walk	Barry Virtue 0437 590 619
Cardcrafting Magic with Carol Hellmers	This workshop uses a clever template to make 4 or 6 cards using just 3 pieces of 6" x 6" double-sided patterned paper. Sounds like a lot to achieve in one morning, but don't worry ... your tutor Carol will guide you through the construction process and ensure you have a fun time too. Suitable for everyone - no previous crafting experience is required. Please bring along a pencil, metal ruler, cutting knife, scissors, glue stick - and your enthusiasm. All other materials are supplied including ribbons and embellishments. Only 10 places available, so book early. Note: This is a Prepay course. Cost: \$10. Min: 3. Max: 10. Contact: Carol Hellmers.	Wed 5-Nov 10am - 1pm	Bermagui Mens Shed	Carol Hellmers 0439 426 405
Conversation Cafe with Serena Lillywhite	Join us at the Conversation Cafe to hear from Serena Lillywhite AM, on her 25 years' experience working to hold companies to account for business and human rights violations. Serena will share with us some of her work as an NGO leader and the countries her work has taken her to, such as Cambodia and Mozambique. The conversation will explain the links between corruption and human rights, the business sectors most responsible, and the devastating impacts bad corporate practices have on communities, their livelihoods, and the environment. Cost: \$5. Min: 10. Max: 40. Contact: Elizabeth Johnson.	Wed 12-Nov 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
Croquet Introductory Session with Chris T	Enjoy a friendly game of Croquet, on the lawn behind the Country Club, whilst gaining some new skills, smart strategies and getting some gentle exercise. No prior experience necessary, just the ability to hit a stationary ball with a wooden mallet. All equipment provided. Just wear flat-soled shoes and a hat, and don't forget the water bottle. Min: 1. Max: 7. Contact: Chris T.	Sun 23-Nov 10am - 12pm	Bermagui Country Club, Bermagui	Chris T 0481 171 400
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 2-Dec 10:30 am - 12pm	Room 1, BCCentre, Bermagui	Michael Gross 0401 993 788

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Friday Film and 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: 20. Contact: Sheila Brice.	Fri 7-Nov, 5-Dec 10:30 am - 1:30 pm	Kinema, Narooma	Sheila Brice 0422 142 685
Gentle Yoga with Vera Van Der Slot	Hatha Yoga is beneficial for reducing stress, inceasing flexibility, reducing high blood pressure, preventing heart disease and relieving anxiety and depression. Vera will present another relaxing Hatha Yoga session based on its slower-paced practice and principles. Please wear comfortable clothing. Bring a towel and water bottle. Cost: \$5. Min: 3. Max: 12. Contact: Vera Van Der Slot.	Tue 25-Nov 11:30 am - 12:45 pm	Good Vibes Studio, Bermagui	Vera Van Der Slot 0406 439 762
Hands-On AI with George Stone	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: This class is a repeat, and priority will be given to those on the waitlist from Term 3. You will need to bring your own tablet or laptop. Min: 5. Max: 12. Contact: George Stone.	Tue 25-Nov 10:30 am - 12pm	Room 1, BCCentre, Bermagui	George Stone 0412 390 110
Improv for Beginners with Peta Burchell	Improv, also known as Theatre Games, is an incredibly rewarding and enriching experience. Plus it's the most fun and laughs you can have whilst also increasing your confidence and memory. Come and make some new friends in a safe, entertaining space. In this two-session beginners' class, you will learn the basics - and then want to do more. No experience is necessary, but be prepared to experiment with ideas, and happily fail on the odd occasion! You are then welcome to join our regular fortnightly sessions. Min: 5. Max: 10. Contact: Chris T.	Mon 10-Nov, 17-Nov 2pm - 4pm	Bermagui Mens Shed	Chris T 0481 171 400
Jane Austen: Celebrating Her Legacy After 250 Years with Chris T	A light-hearted session to celebrate Jane Austen's 250th anniversary and to remind us why the author's novels so engage and enchant readers. Please bring a pen for the Trivia Quiz, and a curiosity to learn more about Jane's life and times. Was she really a staid, serious-minded, maiden aunt living quietly in the English countryside? We will also hear of some odd ways Jane Austen's fans commemorate her legacy. Min: 8. Max: 15. Contact: Chris T.	Wed 10-Dec 10am - 12pm	Bermagui Mens Shed	Chris T 0481 171 400
Love In Arcadia: Shakespeare's "As You Like It" with Kai Jensen	"Thou didst not know how many fathoms deep I am in love. It cannot be sounded." Shakespeare's As You Like It is among his best-loved and most-performed plays. Most of the action concerns love, and takes place in the Forest of Arden, to which several characters have fled to escape treachery and oppression. Rosalind, disguised as the youth Ganymede, is one of Shakespeare's best loved heroines, while the fool Touchstone and the melancholic Jacques add their wit to the play's complex tapestry. This workshop is the fifth in our series of discussions of the plays of William Shakespeare. Min: 2. Max: 14. Contact: Jillian Taylor.	Fri 28-Nov 10:30 am - 12:30 pm	Room 1, BCCentre, Bermagui	Jillian Taylor 0409 783 106
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 22-Oct, 29-Oct, 5-Nov, 12-Nov, 19-Nov, 26-Nov, 3-Dec, 10-Dec 10am - 12pm	Presenter's Home	Katrina Proust 0459 540 164

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Taboo Topics with John James & Chris T	Interested in current affairs, social dilemmas or any controversial topic that grabs your attention? Each week two subjects will be chosen for friendly, polite - but robust discussion. You are welcome to state and argue your opinions, but brevity is always best. We also briefly share interesting news articles we have encountered. At the end of each session, we choose topics for next time, and any and every subject is welcome. We share a light lunch afterwards to get to know each other better. Min: 5. Max: 12. Contact: Chris T.	Mon 27-Oct, 10-Nov, 24-Nov, 8-Dec 10am - 12pm	Cobargo Hotel	Chris T 0481 171 400
Tai Chi with Cherie White	What a lovely way to wind down at the end of the week with some Tai Chi! This class is a gentle, low-impact form of exercise that involves a series of slow, graceful movements, focused breathing and meditation in motion. Tai Chi incorporates deep, controlled breathing and a focus on the mind, body and spirit connection. Finish with a cuppa! Min: 6. Max: 16. Contact: Cherie White.	Fri 24-Oct, 31-Oct, 7-Nov, 14-Nov, 21-Nov, 28-Nov, 5-Dec 2pm - 3pm	Bermagui Mens Shed	Cherie White 0412 860 021
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 29-Oct, 5-Nov, 12-Nov, 19-Nov, 26-Nov 10am - 12pm	Bermagui Country Club	Gerry Hammerton 0427 850 947
The Guitar: Its Chronology, Cousins & Competitors with Jeff Donovan	Jeff, an accomplished local musician, will not only provide us with a history of the guitar, but perform for us as well. We'll learn about the origins of the guitar and its many stringed relatives, and how they are played - be it with plectrums, bows or even keyboards! There will be examples of tablature for lute and vihuela, and musical demonstrations on the modern classical guitar. This a rescheduling of the session advertised for Term 3. Min: 10. Max: 40. Contact: Elizabeth Johnson.	Fri 24-Oct 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
Walk, Talk & A Cuppa with Chris T	Meet up in Bermagui and set off on an easy 30 minute stroll before returning to one of our fabulous cafes 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 the term with arrangements made by the participants. Please contact Chris if you'd like to be involved after these scheduled dates. Min: 2. Max: 10. Contact: Chris T.	Thu 20-Nov, 27-Nov, 4-Dec 9am - 10am	Location will be advised prior to each walk	Chris T 0481 171 400
What IS the History of the South Coast? with Peter Lacey	The South Coast's story, from its geographical and Indigenous histories to its relatively recent history, has shaped the area we know today. And that story is incredibly important. It doesn't matter if you are in Kiama, Kiah, Bermagui or anywhere else along the coast, the story is basically the same. This session looks at those common historical influences, providing a clearer picture of why the South Coast IS what it is. Min: 10. Max: 40. Contact: Elizabeth Johnson.	Fri 31-Oct 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
Whispers In The Dark with Bruce Leaver	Recent innovations have significantly added to the tools that reveal the nature of life, enhancing discovery, conservation and management. This session describes these breakthroughs. Min: 10. Max: 40. Contact: Bruce Leaver.	Mon 17-Nov 10:30 am - 12pm	Bermagui Mens Shed	Bruce Leaver 0400 374 927
Windows 10 or 11 Questions On The Fly with George Stone	This course will be constructed on the fly, purely from Microsoft Windows technology-related questions you bring with you on the day. If you have a laptop, bring it along. Min: 5. Max: 12. Contact: George Stone.	Tue 18-Nov 10:30 am - 12pm	Room 1, BCCentre, Bermagui	George Stone 0412 390 110