

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 5-Aug 10:30 am - 12pm	Room 1, BCCentre, Bermagui	Michael Gross 0401 993 788
Art Therapy: A Deep Play with Ruth Haggard	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: 5. Max: 7. Contact: Chris T.	Tue 12-Aug 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 6-Aug, 13-Aug, 20-Aug, 27-Aug, 3-Sept 2pm - 3pm	Bermagui Mens Shed	Sheila Brice 0422 142 685
Conversation Cafe: Bronze Age Archaeology in Cyprus with Dr Jennifer Webb	We are delighted to welcome Dr Jennifer Webb to the Conversation Cafe. Jenny studied Classics and Ancient History at the University of Melbourne, and subsequently at the British School of Archaeology in Athens. She's regarded as an expert in her field, and her presentation today will detail her involvement in the archaeology of the Bronze Age in Cyprus, in both excavating and research. We've been lucky enough to "capture" her before she heads back to the diggings! Cost: \$5. Min: 10. Max: 50. Contact: Elizabeth Johnson.	Wed 27-Aug 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
Croquet, an Introductory Session with Chris T	Come along and try your hand at the enjoyable and stimulating game of Croquet, on the lawn behind the Country Club. Stretch your brain and your legs to learn new skills and strategies in this very social and enjoyable game. No prior experience is needed, just the ability to hit a stationary ball with a wooden mallet. Wear flat-soled shoes, bring water and a hat. All equipment provided. Bring \$5 on the day. Min: 1. Max: 7. Contact: Chris T.	Sun 21-Sept 9:45 am - 12:15 pm	Bermagui Country Club	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 16-Sept 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 1-Aug, 5-Sept 10:30 am - 1:30 pm	Kinema, Narooma	Sheila Brice 0422 142 685
Gentle Yoga with Vera Van Der Slot	Vera will be presenting another gentle yoga session for us, 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 5-Aug 11:30 am - 12:45 pm	Good Vibes Studio, Bermagui	Vera Van Der Slot 0406 439 762

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Hands-On AI (Repeat) with George Stone	Please note: this a repeat of the Hands-On session conducted in Term 2. Priority will be given to those on the waitlist from Term 2. 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. NB: you will need to bring your own tablet or laptop. Min: 5. Max: 12. Contact: George Stone.	Tue 9-Sept 10:30 am - 12pm	Room 1, BCCentre, Bermagui	George Stone 0412 390 110
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 16-Sept 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 30-July, 6-Aug, 13-Aug, 20-Aug, 27-Aug, 3-Sept, 10-Sept, 17-Sept, 24-Sept 10am - 12pm	Presenter's Home	Katrina Proust 0459 540 164
Shaking the Family Tree with Bev Holland	As you shake your family tree, what might "fall out", and what else may you learn? Join Bev as she reveals the story of the Earl Grey Irish Famine Orphan Scheme. "A benevolent plan for young Irish female orphans?" I thought. And then I looked beyond the politics, attitudes and societal expectations. Many of these young girls/women became the pioneer mothers for the generations who developed and advanced this country and its character. Along the way I also discovered my great, great grandma (so proud!) who arrived in Sydney in 1849, just 15 and alone. Come and share the story. Min: 6. Max: 20. Contact: Beverly Holland.	Tue 26-Aug 10:30 am - 12pm	Cobargo RSL	Beverly Holland 0408 280 024
Small Steps for Hannah with Michael Jeh	Michael Jeh works in gender equity and DV prevention for the charity "Small Steps For Hannah". Bermagui CWA and U3A are working together to bring Michael to speak to our community about this newly criminalised form of domestic or family violence. These sessions aim to create greater awareness and empower community members about the early warning signs of coercive control and the tragic, but inspirational, story of Hannah Clarke, her three children and family. Morning tea will be provided by CWA. Min: 10. Max: 50. Contact: Elizabeth Johnson.	Wed 24-Sept 10am - 12:30 pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
Something Rich & Strange - Shakespeare's The Tempest with Kai Jensen	"The isle is full of noises, sounds and sweet airs that give delight and hurt not." Shakespeare's "The Tempest" has enchanted playgoers and readers for more than four centuries. It combines magic, shipwreck, love, spirits, treachery between royal brothers, and a monster, and it all takes place on an island ruled by a sorcerer. This workshop is the fourth in our current series of discussions of the plays by William Shakespeare. Min: 2. Max: 15. Contact: Kai Jensen.	Fri 26-Sept 10:30 am - 12:30 pm	Room 1, BCCentre, Bermagui	Kai Jensen 0404 360 033

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South Coast Women with Peter Lacey	It will come as no surprise to anyone that South Coast women have not had the same recognition as South Coast men. But there have been some incredibly interesting - and very significant women - who have "flown under the radar". At this presentation you'll be introduced to an assortment of them and learn of their amazing stories. Min: 10. Max: 40. Contact: Elizabeth Johnson.	Wed 13-Aug 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
String Instruments from Medieval Times until the Baroque with Jeff Donovan	We're delighted that local, talented musician Jeff has offered to present this session for us. He'll examine the origins of the guitar and its many relatives and competitors, played with fingers, plectrums, bows and even keyboards. We'll explore the amazing history of string instruments with examples of tablature for lute and vihuela, including musical demonstrations by Jeff on double bass, mandolin and the modern classical guitar. Such a treat! Min: 10. Max: 40. Contact: Elizabeth Johnson.	Fri 12-Sept 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
Taboo Topics with John James	Are you interested to share some outrageous or uncertain ideas about current affairs, politics, social dilemmas or other topics? Join us to discuss a chosen subject each week in a polite, friendly but robust discussion. Everyone will have a chance to say their bit, and to nominate a topic, but you can also just listen in. Grab a beverage to sip during the session, or buy some lunch afterwards. Some brief background information will be emailed to you before each session. Min: 12. Max: 18. Contact: Chris T.	Mon 4-Aug, 11-Aug, 18-Aug, 25-Aug 9:45 am - 12pm	Cobargo Hotel	Chris T 0481 171 400
The Murderous Geology of the American Pacific North-West with Bruce Leaver	Following on from the Rocky Mountains session: There are many geological features in the region that can "detract" from life expectancy: a dormant super-volcano; the Cascades Volcanic Arc that regularly blows up; a submarine volcano that is tipped to erupt - unleashing a violent tsunami, and an active crustal plate boundary that wanders through big cities. These and other perils will be covered in the session, reinforcing relief that Australia is "tectonically boring". Min: 10. Max: 40. Contact: Bruce Leaver.	Mon 15-Sept 10:30 am - 12pm	Bermagui Mens Shed	Bruce Leaver 0400 374 927
Walk, Talk and Cuppa with friends!	We meet up in Bermagui and set off on an easy 30 minute stroll before returning to one of our fabulous local cafes for a well-earned cuppa and chat. An opportunity to meet up with old friends and new, and enjoy a catch-up ... disguised as exercise! Min: 2. Max: 10. Contact: Chris T.	Thu 31-July, 7-Aug, 14-Aug 10am - 11am	The meeting location will be advised before each walk.	Chris T 0481 171 400
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 26-Aug 10:30 am - 12pm	Room 1, BCCentre, Bermagui	George Stone 0412 390 110
Windows Unlocked: Your Easy Guide to Navigating Windows 10 & 11 with George Stone	This is a very basic familiarisation session to empower you to confidently use Windows 10 or 11. You'll learn the basics of the interface; how to manage files and apps; connect to the Internet; customise settings for your comfort, and troubleshoot common issues. Gain essential computer skills in a friendly, easy-to-understand environment. Min: 5. Max: 12. Contact: George Stone.	Tue 19-Aug 10:30 am - 12pm	Room 1, BCCentre, Bermagui	George Stone 0412 390 110