

Course	Description	Sessions	Location	Contact
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 17-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 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 11-Feb, 18-Feb, 25-Feb, 4-Mar, 11-Mar, 18-Mar, 25-Mar, 1-Apr 2pm - 3pm	Bermagui Mens Shed	Sheila Brice 0422 142 685
Bush, Birds and Bugs with Barry and Deb	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 8:30am at a location to be advised. Walks take 1 - 2 hours depending on what we discover. Min: 4. Max: 15. Contact: Barry Virtue.	Thu 12-Feb, 19-Feb, 26-Feb, 5-Mar 8:30 am - 10am	The meeting location will be advised before each walk	Barry Virtue 0437 590 619
Conversation Cafe with Dan Bakker	Join us in the Conversation Café to meet Dan Bakker, perhaps best known locally as the manager of Moodji Farm, Bermagui's urban and Indigenous agriculture project administered by Bermagui Preschool, established in 2018. Grounded, collaborative, and solutions-focused, Dan's work is driven by a commitment to meaningful storytelling, practical change, and empowering communities to reconnect with soil, food, and each other. There's so much more to discover about Dan and his passion for education, sustainable living and collective action. A slice of cake from Eastwood's will enhance this most interesting and enlightening morning. Cost: \$5. Min: 10. Max: 45. Contact: Elizabeth Johnson.	Wed 18-Mar 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
Dance For Fitness with Gabby Rose	Gabby from Fling Physical Theatre, presents this Dance For Fitness session for us: a joyful, creative class for older bodies, blending movement, strength and coordination with dancing - to some fantastic songs. Explore simple choreography and playful creative tasks, move at your own pace, and reconnect with the freedom and pleasure of dance. Build strength, spark your imagination and enjoy moving together in a relaxed welcoming space. Pay \$5 per session to Gabby on the day. Cost: \$5. Min: 10. Max: 30. Contact: Gabby Rose.	Thu 5-Mar, 12-Mar, 19-Mar, 26-Mar 10am - 11am	Hall, BCCentre, Bermagui	Gabby Rose 6492 0178
Demystifying Apple Tech 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 24-Mar 10:15 am - 12pm	Room 1, BCCentre, Bermagui	Michael Gross 0401 993 788
Driven Mad By Ungrateful Daughters: Shakespeare's King Lear with Kai Jensen	Our series of workshops on Shakespeare's plays continues with one of his greatest tragedies, King Lear. Min: 2. Max: 14. Contact: Jillian Taylor.	Thu 19-Mar 10:30 am - 12:30 pm	Room 1, BCCentre, Bermagui	Jillian Taylor 0409 783 106
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: 50. Contact: Sheila Brice.	Fri 13-Feb, 13-Mar 10am - 1:30 pm	Kinema, Narooma	Sheila Brice 0422 142 685

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Gentle Yoga with Vera Van Der Slot	Vera's relaxing, gentle and slower-paced session is based upon the principles of Hatha Yoga, known to be beneficial in relieving stress, increasing flexibility, reducing high blood pressure, preventing heart disease and alleviating anxiety and depression. Please wear comfortable clothing. Bring a towel and water bottle. Cost: \$5. Min: 3. Max: 12. Contact: Vera Van Der Slot.	Tue 17-Feb 11:30 am - 12:30 pm	Good Vibes Studio, Bermagui	Vera Van Der Slot 0406 439 762
Lawn Bowls for Fun and Fitness with Nancy Whackett	Lawn Bowls is a social game that can be played by all ages. Come and learn the basics and then challenge your children and grandchildren for a game of fun and fitness. \$5 refunded at the end as prize money. Bring water, hat and wear sunscreen. Cost: \$5. Min: 1. Max: 10. Contact: Nancy Whackett.	Tue 24-Feb, 3-Mar, 10-Mar, 17-Mar, 24-Mar, 31-Mar 10am - 12pm	Bermagui Country Club, Bermagui	Nancy Whackett 0428 933 136
Meet Local Author with Julie Janson	Wendy Tucker will chair a relaxed conversation with talented local author Julie Janson. Julie is an acclaimed teacher, playwright, author and poet with a diverse range of life experiences. Her latest novel "Compassion" and her other titles will be available from the Cadelo Books pop up sales table. Come and hear Julie discuss her life as an author and the inspiration for her many creative endeavours. Min: 10. Max: 45. Contact: Ruth Perrett.	Fri 27-Feb 10:30 am - 12pm	Bermagui Mens Shed	Ruth Perrett 0408 786 546
Paektu, the Sacred Supervolcano You've Never Heard Of with Bruce Leaver	Paektu is an important heritage mountain for Korea and China. It is also a huge, restless, dormant supervolcano with no apparent geological reason for being there. 90% of the world's land volcanoes occur above subduction zones. Almost all of the remainder occur in rift valleys or above 'hot spots'. Paektu is enigmatically something else. The session covers this and other mysterious rare dormant volcanoes, including in France and Australia. Min: 10. Max: 45. Contact: Bruce Leaver.	Mon 23-Mar 10:30 am - 12pm	Bermagui Mens Shed	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: 8. Contact: Katrina Proust.	Wed 11-Feb, 18-Feb, 25-Feb, 4-Mar, 11-Mar, 18-Mar, 25-Mar, 1-Apr 10am - 12pm	Presenter's Home	Katrina Proust 0459 540 164
Science Matters with Adam Sarbutt	Adam Sarbutt has recently retired from a career as a technician in applied nuclear physics at Lucas Heights, ANSTO. During Adam's career his involvement in research lead him on an expedition to Antarctica to extract an ice core for past atmospheric research. Adam will show the work the team did in Antarctica in a splendid power point presentation. Adam also worked on Australia's site for establishing an ultra-sensitive detector to detect Dark Matter. There will be some talk of this as well. Min: 10. Max: 45. Contact: Elizabeth Johnson.	Wed 11-Mar 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
South Coast Women with Peter Lacey	Repeated by popular demand ... 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 25-Feb 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
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 13-Feb, 20-Feb, 27-Feb, 6-Mar, 13-Mar, 20-Mar, 27-Mar 2pm - 3pm	Bermagui Mens Shed	Cherie White 0412 860 021

Course	Description	Sessions	Location	Contact
The Art of Kissing Kitty with Gerry Hammerton	An easy outdoor activity for the family. All ages can compete. When you become proficient and confident, challenge your family to an afternoon on the green. 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 25-Feb, 4-Mar, 11-Mar, 18-Mar, 25-Mar 10am - 12pm	Bermagui Country Club, Bermagui	Gerry Hammerton 0427 850 947
The Circular Economy with Andrew Taylor	So what exactly is a Circular Economy, and how is it being developed in the Bega Valley? Join us as Andrew Taylor, CEO of the Regional Circularity Co-Operative, enlightens us as to how this program aims to help guide the Bega Valley transition into one of the first of Australia's most circular regional economies by 2030. You might have heard about it: now be better informed. Min: 10. Max: 30. Contact: Elizabeth Johnson.	Tue 10-Mar 10:30 am - 12pm	Cobargo RSL Hall	Elizabeth Johnson 0499 818 454
The Guitar Part 2: Its Chronology, Cousins and Competitors with Jeff Donovan	Following the success of his 2025 presentation, Jeff is following up with The Guitar: from Baroque to early Classical times. This session examines the history of European plucked instruments and includes musical demonstrations on the modern classical guitar. If you missed last year's presentation, then be sure to add this one to your diary. Min: 10. Max: 40. Contact: Elizabeth Johnson.	Wed 25-Mar 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
The Lymphatic System with Sunda Koeck	Join this empowering class on lymphatic drainage, using the Big Six techniques plus simple one-minute exercises. Learn gentle effective movements to support lymphatic flow, reduce congestion, boost energy levels and support overall well-being. Easy tools that you can employ anywhere during the day to help your body detox and thrive. Bring a towel and water bottle. Cost: \$5. Min: 3. Max: 12. Contact: Sunda Koeck.	Tue 24-Feb 2pm - 3pm	Good Vibes Studio, Bermagui	Sunda Koeck 0422 600 072
Twittering The Tiles: Mahjong For Beginners with Jillian Taylor	Join an enthusiastic group of would-be Mahjong players who have been playing for a few months. We can guide you, but would be delighted if some more accomplished players could join us to offer support and assistance. We meet each Wednesday at the Country Club from 2 until 4pm, and on the last Wednesday of the month, about 1pm, we show our thanks for the Club's support by purchasing lunch. Just bring your sense of fun and your own Mahjong set if you have one, or consider purchasing one. The book we use is "The Game of Mahjong, Illustrated" by Patricia A. Thompson and Betty Maloney, to help us better understand this fascinating game. We play the Western version of Mahjong, which was introduced into China during the Qing Dynasty. Min: 2. Max: 6. Contact: Jillian Taylor.	Wed 11-Feb, 18-Feb, 25-Feb, 4-Mar, 11-Mar, 18-Mar, 25-Mar, 1-Apr 2pm - 4pm	Bermagui Country Club	Jillian Taylor 0409 783 106
Walawaani Way at Bodalla with Fiona McCuaig	We will gather at the Dairy Shed in Bodalla by 10:15am, order our own morning tea and assemble on the back deck of the cafe. Fiona McCuaig, founder of the Walawaani Way Conservation Burial Site, will meet us and provide information on this recently established - and now approved - burial site. Also included is a tour around the site, in our own vehicles, with a stop from which you can survey the area. Additional information is included in our Newsletter. Car-pooling can be organised. Min: 10. Max: 25. Contact: Ruth Perrett.	Tue 17-Mar 10:15 am - 12pm	The Dairy Shed, Princes Highway, Bodalla	Ruth Perrett 0408 786 546