

U3A Bermagui - Term 2 Program 2026

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 12-May 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 29-Apr, 6-May, 13-May, 20-May, 27-May, 3-June, 10-June, 17-June, 24-June, 1-July 2pm - 3pm	Bermagui Mens Shed	Sheila Brice 0422 142 685
Conversation Cafe with Linda Mottram	We're delighted to welcome journalist and Walkley Award winner Linda Mottram to the Conversation Café. As a foreign correspondent for the ABC, she has served across the Middle East, in Russia and the Balkans, whilst also reporting from Asia and the Pacific, covering wars, assassinations, refugee crises, and political upheavals. With over 30 years' experience as a journo, she's bound to have some fascinating – and perhaps even hair-raising - tales to share. As always at The Cafe, a slice of Eastwood's or Elizabeth's delicious cake and a tea or coffee will be served. Cost: \$5. Min: 10. Max: 45. Contact: Elizabeth Johnson.	Wed 6-May 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
Dance For Fitness, Thursday Mornings with Gabby Rose	Following her very popular Dance For Fitness mornings in Term 1, Gabby returns in Term 2 to offer more great classes on two days of the week. Gabby describes her classes as, "a joyful, creative class for older bodies, blending movement, strength and coordination with dancing - to some fantastic songs. Move at your own pace, and reconnect with the freedom and pleasure of dancing in a relaxed welcoming space." We have received wonderful feedback about Gabby's classes, so come and join the fun. Enrol in both or either days. Pay \$5 per session to Gabby on the day. Min: 10. Max: 30. Contact: Gabby Rose.	Thu 7-May, 14-May, 21-May, 28-May 10am - 11am	Hall, BCCentre, Bermagui	Gabby Rose 6492 0178
Dance For Fitness, Tuesday Afternoons with Gabby Rose	Following her very popular Dance For Fitness mornings in Term 1, Gabby returns in Term 2 to offer more great classes on two days of the week. Gabby describes her classes as, "a joyful, creative class for older bodies, blending movement, strength and coordination with dancing - to some fantastic songs. Move at your own pace, and reconnect with the freedom and pleasure of dancing in a relaxed welcoming space." We have received wonderful feedback about Gabby's classes, so come and join the fun. Enrol in both or either days. Pay \$5 per session to Gabby on the day. Min: 10. Max: 30. Contact: Gabby Rose.	Tue 5-May, 12-May, 19-May, 26-May 2pm - 3pm	Hall, BCCentre, Bermagui	Gabby Rose 6492 0178
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 23-June 10:30 am - 12pm	Room 1, BCCentre, Bermagui	Michael Gross 0401 993 788
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 1-May, 5-June, 3-July 10am - 1:30 pm	Kinema, Narooma	Sheila Brice 0422 142 685

U3A Bermagui - Term 2 Program 2026

Course	Description	Sessions	Location	Contact
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 9-June 11:30 am - 12:30 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 Chat GPT. 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.	Tue 16-June 10:30 am - 12pm	Room 1, BCCentre, Bermagui	George Stone 0412 390 110
Jane Austen and the Evolution of the English Novel with Sylvia Hibberd	A small slice of literary history: the Novel genre. What was Jane's contribution to the Novel? What impacts did she have on English writers, and other genres, which came afterwards? Let's have a short canter from "Gulliver's Travels" through to "Bridgerton". Min: 8. Max: 20. Contact: Chris T.	Mon 15-June 10:30 am - 12:30 pm	Bermagui Mens Shed	Chris T 0481 171 400
My Grandmother's Teacups and Other Memories: Writing Your Memoir with Jane Sandilands	Agatha Christie wrote about the pattern on her grandmother's teacups as part of her memories. In this session, we'll be looking at a memoir - a piece of a life - an incident, a time, a place: something that holds meaning for you. How to start, how to organise, some tips about progress. Please bring a notebook and a pen or device. Thoughts can be gold - you don't want to lose them. Jane Sandilands became a writer in 1986 and has written about people, travel, history and stories for her grandchildren. Min: 8. Max: 15. Contact: Elizabeth Johnson.	Fri 12-June 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
Online Banking Security with Esme from Horizon Bank	Esme from Horizon Bank will join us to raise awareness regarding online banking security, assisting us to spot scammers and the tactics they employ to swindle folk of their savings. Min: 10. Max: 40. Contact: Elizabeth Johnson.	Fri 15-May 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 29-Apr, 6-May, 13-May, 20-May, 27-May, 3-June, 10-June, 17-June, 24-June, 1-July 10am - 12pm	Presenter's Home	Katrina Proust 0459 540 164
Plots to Make and to Break Love: Shakespeare's Much Ado About Nothing with Kai Jensen	A plot to dishonour a noble bride is uncovered by Constable Dogberry and his bumbling watchmen. Meanwhile, the nobles of the court decide to persuade the feuding sisters Beatrice and Benedikte that each of them is loved by the other. Min: 2. Max: 14. Contact: Jillian Taylor.	Fri 1-May 10:30 am - 12:30 pm	Room 1, BCCentre, Bermagui	Jillian Taylor 0409 783 106
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 1-May, 8-May, 15-May, 22-May, 29-May, 5-June, 12-June, 19-June, 26-June, 3-July 2pm - 3pm	Bermagui Mens Shed	Cherie White 0412 860 021

U3A Bermagui - Term 2 Program 2026

Course	Description	Sessions	Location	Contact
The 1960s Sexual Revolution with Peter Lacey	The 1960s Sexual Revolution: This is history at its most enticing – a single topic, clearly explained, and all wrapped up in just 90 minutes! Which means you'll leave with the satisfaction of having learned a little more about our incredible past. Join us when we discuss the 1960s Sexual Revolution – one of a very small number of influential 'revolutions' that had enormous worldwide effects. A major contributing factor to the 1960s Sexual Revolution was the introduction of The Pill but many, many other influences and events contributed to making this such a cataclysmic 'revolution'. Min: 10. Max: 45. Contact: Elizabeth Johnson.	Wed 27-May 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
The Crossing Land Environmental Camp with Annette	Join us at The Crossing Land, a not-for-profit environmental education camp and Landcare project located on the Bermagui River. During our morning visit we'll learn about fire-wise landscapes and how water retention and landscape management can combine with fire retardant plants to reduce wind speed and radiant heat. Be sure to arrive ready for a 10:30 start. Car pooling can be arranged. Min: 10. Max: 35. Contact: Elizabeth Johnson.	Thu 21-May 10:30 am - 12:30 pm	392 Nutleys Creek Rd, Bermagui	Elizabeth Johnson 0499 818 454
The Great Glossy Count with Barry Virtue	In anticipation of the Great Glossy Black Cockatoo Count - taking place on the weekend of May 16 and 17 - Barry will update our knowledge of these threatened birds, and how the annual survey of their populations and feeding is going following the 2020 fires. Min: 10. Max: 40. Contact: Elizabeth Johnson.	Wed 13-May 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
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 29-Apr, 6-May, 13-May, 20-May, 27-May, 3-June, 10-June, 17-June, 24-June, 1-July 2pm - 4pm	Bermagui Country Club, Bermagui	Jillian Taylor 0409 783 106
When The Mediterranean Sea Dried Up with Bruce Leaver	For some 10,000 years the Mediterranean's sea floor was dry land. After the Straits of Gibraltar were blocked, the Mediterranean evaporated, leaving several kilometres of thick salt deposits. Animals could walk to and from Europe and Africa. This session covers this extraordinary event, its causes and global impacts. Min: 10. Max: 40. Contact: Bruce Leaver.	Mon 22-June 10:30 am - 12pm	Bermagui Mens Shed	Bruce Leaver 0400 374 927
Who's Who In The Room? With Jane S and Elizabeth J	Who's that sitting beside you at U3A? Maybe you know them, maybe not. Here's an opportunity to discover a bit more about a fellow member. Who knows where that will go? Jane and I will lead you through a few entertaining questions to open up a discussion. Be prepared to be curious, willing to share, to talk about yourself and - most importantly - to listen well. Participation is the key. Bring along some paper and a pen to jot some notes. Min: 8. Max: 20. Contact: Elizabeth Johnson.	Fri 26-June 10:30 am - 12:30 pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
Windows 10 or 11 - Questions On The Fly with George Stone	This course will be conducted 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 2-June 10:30 am - 12pm	Room 1, BCCentre, Bermagui	George Stone 0412 390 110
You Can't Wear Out A Good Poem with Valerie Holton	Do you love to read or recite poetry? Poetry, just like a friend, is a comfort and a challenge. Come along to poetry with Valerie and enjoy a morning of laughter, friendship and lots of poems over a cup of tea or coffee. All you need is a favourite poem to share and your well-thumbed poetry books. Join us to relax and "Let Poetry Be Your Friend." Min: 2. Max: 8. Contact: Jillian Taylor.	Thu 7-May, 14-May 10:30 am - 12:30 pm	Presenter's Home	Jillian Taylor 0409 783 106