

U3A Bermagui - Term 3 Program 2026

Course	Description	Sessions	Location	Contact
An Empire Lost For Love with Kai Jensen	Shakespeare's "Anthony and Cleopatra" has always fascinated audiences with its tragic tale of a leader of the emerging Roman Empire losing his power, and eventually his life, for the love of Cleopatra, Queen of Egypt. This will be the first time our series of workshops on Shakespeare's plays considers one of his Roman plays. Participants will receive the text of the play (in electronic form) as well as questions and passages for discussion a fortnight before the workshop. Min: 2. Max: 15. Contact: Jillian Taylor.	Fri 4-Sept 10:30 am - 12:30 pm	Room 1, BCCentre, Bermagui	Jillian Taylor 0409 783 106
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 4-Aug 10:30 am - 12pm	Room 1, BCCentre, Bermagui	Michael Gross 0401 993 788
Brassed Off - the Movie with Peter Lacey	History can be revealed in ways other than through books or lectures. Movies – especially those that are not documentaries, but have a history-based storyline – are one of the most enjoyable ways of discovering history. And the 1996 movie 'Brassed Off' – described as a 'comedy/romance/drama' – is a superb example of this. The film tells the story of a Yorkshire colliery brass band (the first thing you'll learn from this session is why English collieries had brass bands) during the Thatcher era when coal pits throughout Britain were being closed and small mining communities were being catastrophically affected. Be prepared to laugh, perhaps cry ... and, as a bonus, enjoy some superb, rousing, brass band music as we show the full movie. Min: 10. Max: 40. Contact: Elizabeth Johnson.	Wed 2-Sept 10am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
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 involve 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-July, 5-Aug, 12-Aug, 19-Aug, 26-Aug, 2-Sept, 9-Sept, 16-Sept, 23-Sept 2pm - 3pm	Bermagui Mens Shed	Sheila Brice 0422 142 685
Bush, Birds and Bugs with Barry and Deb	Two short easy walks with Barry and Deb to explore, observe and share knowledge of the bush, birds and bugs we encounter in the local environs. We usually meet at 8:30am at a place to be advised. Walks take 1 - 2 hours depending on what we discover. Min: 4. Max: 15. Contact: Barry Virtue.	Thu 10-Sept, 17-Sept 8:30 am - 10am	The meeting location will be advised before each walk	Barry Virtue 0437 590 619
Christina Kennedy's Native Garden on Horse Island, Bodalla	Horse Island, with its truly impressive native garden, sits tucked away in an estuary of Tuross Lake near Bodalla. Its creator, Christina Kennedy has been quoted as saying: "Anything I did was just an additional bonus; I don't claim any credit for the beauty of this place, as it was beautiful when we came here". Christina has graciously agreed to a visit by our members. It will take around 3 hours to enjoy a wander, during which time we will have a morning tea break. You can bring your own vehicle, or car pool, and you will need to be at the Horse Island gate/bridge by 9:45 am (about 10 minutes from the Prince's Highway, Potato Point turnoff. More detailed directions will follow upon enrolment.) You may choose to have a bite to eat in Bodalla following the visit, bring your own snack, or make your way home following the garden visit. Please note that each attendee is required to sign a waiver in order to attend - we will contact you closer to the date about this. Min: 15. Max: 30. Contact: Elizabeth Johnson.	Thu 24-Sept 9:45 am - 1:30 pm	Horse Island, Bodalla	Elizabeth Johnson 0499 818 454

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Conversation Cafe with Jo Lane	Local businesswoman, scientist and kelp harvester, Jo Lane will be our guest at the Conversation Café. Jo, based at her Tilba property, has a number of wide-ranging seaweed projects underway. These include " ... being at the forefront of the development of Australia's seaweed industry, promoting Australia's first mobile seaweed hatchery and being involved in NSW's efforts to restore the Great Southern Reef kelp forests that are being destroyed by the long-spined sea urchin." Jo has undertaken a myriad of roles across her career and will undoubtedly be an interesting and passionate speaker. Cost: \$5. Min: 10. Max: 40. Contact: Elizabeth Johnson.	Fri 11-Sept 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
Creating an Autumn-Inspired Plate with Jenny Mein	In this one-off session, local potter Jenny Mein, assisted by Kathy and Roz, will guide you in creating a plate from clay, inspired by autumn leaves using slab pottery techniques. The decorating will use textures and some coloured underglazes. The plates will be fired and glazed with clear glaze for the participants. The session will include information about creating pots from slabs in a variety of ways. There will also be a tour of the Bermagui Potters facility, downstairs at the Country Club. Bring an apron or wear old clothes! Pay \$35 on the day. Cost: \$35. Min: 8. Max: 10. Contact: Elizabeth Johnson.	Mon 17-Aug 10am - 12:30 pm	Bermagui Country Club, downstairs Pottery Room	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 22-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 7-Aug, 4-Sept 10am - 1:30 pm	Kinema, Narooma	Sheila Brice 0422 142 685
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 4-Aug 11:30 am - 12:30 pm	Good Vibes Studio, Bermagui	Vera Van Der Slot 0406 439 762
George Orwell and Political Lies with Paul Strutyński	Had he been alive today, George Orwell would no doubt have had a field day with Trump - the "Liar-In-Chief" - just as he had with dictators in "Animal Farm" and "1984". Paul Strutyński offers an appreciation of Orwell the man, his life, politics, his works and his legacy - showing why Orwell would indeed have been a formidable critic of Donald Trump. Min: 10. Max: 40. Contact: Jan Rivers.	Fri 7-Aug 10:30 am - 12pm	Bermagui Mens Shed	Jan Rivers 0409 901 672
Internet Banking Security: Raising Awareness with Esme from Horizon Bank	Esme from Horizon Bank will increase our awareness of online banking scams and the tactics used by fraudsters to swindle folk of their savings. Min: 10. Max: 40. Contact: Elizabeth Johnson.	Fri 14-Aug 10:30 am - 12pm	Bermagui mens Shed	Elizabeth Johnson 0499 818 454
It's All About Choice: End of Life Options with Fiona McCuaig and Kerryn Davey	Fiona McCuaig - CEO of Walawaani Way Conservation Burials in Bodalla will discuss her natural burial services. She has developed a beautiful site, surrounded by native trees and vegetation, which can be visited by families in perpetuity. Fiona will be joined by Kerryn Davey from 'The Call of the Kookaburra: Compassionate Care Services' who will discuss her team's work as local doulas assisting families to support a loved one at the end of their life. Her services may extend through to the completion of the family's farewell. Min: 15. Max: 35. Contact: Ruth Perrett.	Wed 12-Aug 10:30 am - 12:30 pm	Bermagui Mens Shed	Ruth Perrett 0408 786 546

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My Grandmother's Teacups - Memoir: The Next Chapter with Jane Sandilands	Please note that this follow-up course is only for those who completed Session 1 so those members who were on the enrolment list for that class will be automatically added to this class. We'll check on progress, look at challenges, do some troubleshooting and celebrate what's on the page. Please bring what you have written and be prepared to share. What happens in the room, stays in the room. Min: 8. Max: 15. Contact: Elizabeth Johnson.	Fri 18-Sept 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 5-Aug, 12-Aug, 19-Aug, 26-Aug, 2-Sept, 9-Sept, 16-Sept, 23-Sept 10am - 12pm	Presenter's Home	Katrina Proust 0459 540 164
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: 20. Contact: Cherie White.	Fri 31-July, 7-Aug, 14-Aug, 21-Aug, 28-Aug, 4-Sept, 11-Sept, 18-Sept, 25-Sept 2pm - 3pm	Bermagui Mens Shed	Cherie White 0412 860 021
The Lymphatic System with Sunda Koeck	Please note that as Sunda was unable to present this session for us in Term 1, those members who were on the enrolment list for that class will be automatically added to this class. This empowering session focuses 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. These easy tools can be used daily, at anytime and anywhere. Bring a towel and water bottle. Mats provided. Cost: \$5. Min: 3. Max: 12. Contact: Sunda Koeck.	Wed 5-Aug 11:30 am - 12:30 pm	Good Vibes Studio, Bermagui	Sunda Koeck 0422 600 072
The South Coast's Four Estates with Peter Lacey	Four massive 'estates' (Berry's Coolangatta Estate, T.S. Mort's Bodalla Estate, the Kameruka Estate, Ayrdale Estate) are a distinctive feature of the NSW South Coast's history. And they played a massive role in the development of this region. We'll look at each and the impact they had. Min: 10. Max: 40. Contact: Elizabeth Johnson.	Wed 19-Aug 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
The Wonderful World of Shorebirds with Barry Virtue	Join Barry, Alison, David and NPWS Shorebird coordinator Kaitlyn to learn about our local migratory and resident shorebirds, and how we can supportively share our coastlines with these amazing birds. Min: 10. Max: 40. Contact: Elizabeth Johnson.	Wed 23-Sept 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
Thursday Dance for Fitness with Gabby Rose	Gabby describes her interactive sessions as "a joyful, creative class for older bodies, blending movement, strength and coordination whilst dancing to some fantastic music." Move at your own pace and reconnect with the pleasure and freedom of dance in a relaxed, welcoming space. Enrol for Tuesday, Thursday - or come to both! Please note the new cost of \$10 per session, paid to Gabby on the day. Cost: \$10. Min: 10. Max: 30. Contact: Gabby Rose.	Thu 6-Aug, 13-Aug, 20-Aug, 27-Aug, 3-Sept, 10-Sept, 17-Sept, 24-Sept 10am - 11am	Hall, BCCentre, Bermagui	Gabby Rose 0413 294 554
Tuesday Dance for Fitness with Gabby Rose	Gabby describes her interactive sessions as "a joyful, creative class for older bodies, blending movement, strength and coordination whilst dancing to some fantastic music." Move at your own pace and reconnect with the pleasure and freedom of dance in a relaxed, welcoming space. Enrol for Tuesday, Thursday - or come to both! Please note the new cost of \$10 per session, paid to Gabby on the day. Cost: \$10. Min: 10. Max: 30. Contact: Gabby Rose.	Tue 4-Aug, 11-Aug, 18-Aug, 25-Aug, 1-Sept, 8-Sept, 15-Sept, 22-Sept 2pm - 3pm	Hall, BCCentre Bermagui	Gabby Rose 0413 294 554

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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 1 until 3pm, 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: 4. Max: 20. Contact: Jillian Taylor.	Wed 29-July, 5-Aug, 12-Aug, 19-Aug, 26-Aug, 2-Sept, 9-Sept, 16-Sept, 23-Sept 1pm - 3pm	Bermagui Country Club, Bermagui	Jillian Taylor 0409 783 106
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! We joined Valerie last term and experienced a warm, relaxed morning with much laughter and some tears. All you need is a favourite poem and your "well-thumbed" poetry books. Come and join us and let "poetry be your friend." Min: 2. Max: 8. Contact: Jillian Taylor.	Thu 10-Sept, 17-Sept 10:30 am - 12:30 pm	Presenter's Home	Jillian Taylor 0409 783 106
Zagros: The Iranian Mountain Range's Rich History with Bruce Leaver	Zagros: the Iranian mountain range that most of us have never heard of! It's rich in history, from distant human ancestors to the Mesopotamian and Persian Empires. The mountains have spectacular geology and wildlife, 3% of the world's oil and gas, and underground missile factories. Definitely a must-attend! Min: 10. Max: 40. Contact: Bruce Leaver.	Mon 7-Sept 10:30 am - 12pm	Bermagui Mens Shed	Bruce Leaver 0400 374 927