



U3A Batemans Bay INC

Semester 1 2023 Courses

16 January 2023

U3A Batemans Bay INC Contact Details

Shopfront only

Meeting Room Batemans Bay Library

Phone: 8250 5262

General Email contact: info@u3abatemansbay.org.au

Courses Email contact: coordinator1.u3a.bbay@gmail.com

Web: <https://u3abatemansbay.org.au>

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Art and Craft

23ART09: Drawing and Doodles

Type: Terms: 1

Dates: 01/02/2023 - 05/04/2023

Frequency: Fortnightly, Wed 10:00am - 12:00noon

Venue: BB Marine Rescue Hanging Rock Boat Ramp Batemans Bay

Tutor: Nellie Oldham

There is no such comment as "I can't draw." Everyone can draw and there is no judge and jury to decide: the most important thing is to put a mark on the paper! It is interesting to see the different effects created by your pencil and be satisfied with your results. We will begin 'at the beginning', experimenting with the different effects created by your pencils – emotions, textures; perspectives and proportions and how to accurately achieve these; realistic/distorted representation; drawing from memory; creating interesting compositions; special requests from students.

What to bring: 4B and 6B pencils, good quality eraser, pencil sharpener, an A3 Visual Diary available at BB Newsagency for \$13.95, sense of humour.

23ART01: Fabric Threads and Yarn

Type: Terms: 1234

Dates: 03/02/2023 - 08/12/2023

Frequency: Weekly, Fri 1:00pm - 3:00pm

Venue: Batemans Bay Library Hanging Rock Place Batemans Bay

Tutor: Trish Connolly

Members work with a wide range of crafts on their own ideas and there are no set projects. These range through patchwork bags, knitted rugs and garments, crocheted toys, embroidered and appliqued items. New members most welcome. A waitlist will exist and the tutor will accept the members as they enroll.

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23ART031: Flirting with Flowers

Type: Terms: 1234

Dates: 01/02/2023 - 06/12/2023

Frequency: See below, Wed 10:00am - 12:00noon

Venue: Tutor home

Tutor: Linda Gorman

Flirting with Flowers is a practical, fun class open to anyone who loves playing with flowers. Each month a different floristry technique is explored and practised. No experience is needed. A one off yearly fee of \$10 to cover materials is paid to the tutor, or one dollar per class. Participants will need to bring their own flowers and foliage to each session. Please note that there are two groups doing the same activities on alternate fortnights. Members can only enrol in one group. Feb 1 Ikebana. Less is more. March 1 Hogarth sweep. Find your line. April 5 Bouquet collar. Adding value. May 3 Floral fascinator. Wiring practice. June 7 Kokodama. Gift making July 5 Chicken wire and moss. Oasis alternative. August 2 Willow weave. Vase armatures. September 6 Gift basket. Presentation ideas. October 4 Long low. Table centrepieces November 1 Wreath, multiple versions December 6 Succulent Xmas tree

23ART032: More Flirting with Flowers

Type: SHORT

Dates: 22/03/2023 - 20/09/2023

Frequency: See below, Wed 10:00am - 12:00noon

Venue: Tutor home

Tutor: Linda Gorman

This course works via a waitlist. I will contact you to enrol. This advanced class is offered for anyone who has some experience, enjoys a challenge, or has an interest in floristry. It is a small group discussion and practice class being held three times this year. March 22 Bridal bouquet techniques June 21 Horizontal line design. September 20 Large arrangements, and installations.

23ART06: Sketching Group

Type: Terms: 1234

Dates: 03/02/2023 - 08/12/2023

Frequency: Weekly, Fri 10:00am - 12:00noon

Venue: Tomakin Sports Club 71 Sunpatch Pde Tomakin

Tutor: Helen Scruton

There will be no tuition. Group members will support each other, as they have been doing for so long. Unfortunately absolute beginners can not be catered for. There is no limit on how many can attend this class, since the Tomakin Club allows us as much space as we need. Members can experiment with various media, but please, nothing too messy! If you would like to join this friendly group, contact Helen Scruton (Tutor) on 0412 785 974 or helen.scruton60@gmail.com

23ART08: Taking Care of Bonsai

Type: SHORT

Dates: 01/02/2023 - 01/02/2023

Frequency: Short course , Wed 10:00am - 1:00pm

Venue: Tutor home

Tutor: Ernie Moules

A half day workshop aimed at teaching the skills necessary to keep Bonsai alive and healthy. We will cover pots and soils, watering and feeding, repotting and positioning Bonsai. Participants are encouraged to bring their own trees along (if they have some) but owning a Bonsai is not a prerequisite for the workshop, just an interest in Bonsai is enough. In fact, there are no prerequisites for the workshop at all. This course will run again in Terms 2.3 and 4.

23ART07: Your Stories in Photos

Type: Terms: 1234

Dates: 31/01/2023 - 05/12/2023

Frequency: Weekly, Tue 10:00am - 1:00pm

Venue: Tutor home

Tutor: Margaret Chiswell

This course is not decorative scrapbooking. The aim is to get a selection of photos and memorabilia assembled which will show the following generations what life, work, travel, sport, etc were like in our parents' and our lifetime. The journaling is as important as the photos. I help participants develop their own presentation styles. Participants should pre-sort around 60 photos/memorabilia to bring to the first class. I will help them crop, arrange and present their material. No previous experience or artistic ability is required. Class members tend to help one another and the atmosphere is friendly and cheerful. There is a \$2 fee for each class attended and a once per term charge of \$5 to cover my expenses and the wear and tear on my tools which are available for class use.

History and Culture

23HIS022: Etretat: legends, artists, and a thief

Type: Terms: 1234

Dates: 21/02/2023 - 21/02/2023

Frequency: Fortnightly, Tue 2:00pm - 4:00pm

Venue: Banksia Village - Grevillea 69 Heath St Broulee

Tutor: Penny Bonnell

Presented by Chris Sweeney. I am sure you have all heard of the White Cliffs of Dover. Well believe it or not they were the result of the first Brexit - an event that physically separated Britain from Europe about 500,000 years ago. The other side of that break is the Alabaster Coast of Normandy, a 130 km stretch of coastline with the small town of Etretat at its northern end. This region is steeped in history, with Etretat as the star attraction. The Belle Epoque attracted writers, painters, actors, politicians and historians to the town, in particular the Impressionists, including Monet. Then we have the first World War and the Australian connection. Come with me on a geologic and historic journey to unlock the story of this amazing place.

23HIS021: Europe's Great Cathedrals

Type: Terms: 1234

Dates: 07/02/2023 - 07/02/2023

Frequency: Fortnightly, Tue 2:00pm - 4:00pm

Venue: Banksia Village - Grevillea 69 Heath St Broulee

Tutor: Penny Bonnell

7th February: Great Cathedrals of Europe – a sample- presented by Gwen and John Wharton. Have you ever been on a bus trip through Europe and screamed “Not another Bloody Cathedral”? John and Gwen Wharton have a different view, having visited many across Europe and the UK. They love the history, charm and individuality offered by each building, and what they reflect of their country’s history. This class is a short talk about their experiences, illustrated by John’s photos, followed by two short recorded lectures by Professor William Cook of the State University of New York: “Cathedrals: Who Builds, Who Pays?” and “Notre Dame Paris”.

23HIS024: History Forum: Cherry Blossom Passion

Type: Terms: 1234

Dates: 21/03/2023 - 21/03/2023

Frequency: Fortnightly, Tue 2:00pm - 4:00pm

Venue: Banksia Village - Grevillea 69 Heath St Broulee

Tutor: Penny Bonnell

21st March: Cherry Blossom Passion: presented by Dr Jennifer Brewster. Every springtime in Japan sees the population glued to their television sets, watching the “cherry blossom frontline” moving slowly from south to north, and bagging their favourite spot to have a picnic beneath the flowering trees. This preoccupation is centuries old – the cherry blossom appears as a motif in early poetry, in woodblock prints, in textile design, in cuisine and, of course, as an evocative image, in combination with Mt Fuji, to entice tourists to Japan. However, there is a more serious side to the story, and that involves the propagation of the trees and development of cultivars; and the use of the trees as a tool in international diplomacy.

23HIS025: History Forum: St Kilda **Type: Terms: 1234**
Dates: 04/04/2023 - 04/04/2023 **Frequency: Fortnightly, Tue 2:00pm - 4:00pm**
Venue: Banksia Village - Grevillea 69 Heath St Broulee **Tutor: Penny Bonnell**

4 April: St Kilda –the culture and nature of this westernmost island in the Outer Hebrides. Presented by Penny Bonnell. Ninety years ago, St Kilda joined the long list of depopulated Scottish islands when the last of the people living there were evacuated in 1930. Their departure was hugely symbolic, for it marked the end of human occupation that had continued unbroken for 2000 years on this most isolated outpost of the British Isles. After the evacuation, the island was the first to be named a World Heritage Site in Scotland and the first to be named for both its Cultural and Natural Heritage Values. In 1933 it was designated as a bird sanctuary held by the National Trust and is home to a tenth of the British Isles' seabird population.

23HIS023: History Forum: The Two Towers **Type: Terms: 1234**
Dates: 07/03/2023 - 07/03/2023 **Frequency: Fortnightly, Tue 2:00pm - 4:00pm**
Venue: Banksia Village - Grevillea 69 Heath St Broulee **Tutor: Penny Bonnell**

Tuesday 7 March- The Two Towers – the extraordinary story of traders who sailed between New Zealand and Newcastle. Presented by Dr Rae Luckie. In 2001 Rae found the obituary of Henry Chandler (her great grandfather) who was a builder and lived in Newcastle NSW. There was a mention that he had sailed to Wellington, New Zealand in 1874 to build a monument 'to the memory of Captain Tucker, an old and respected mariner'. The monument is one of the sights of Wellington'. These few lines lured her into some years of research that unearthed the extraordinary story of Captains Tucker and Stafford, traders who frequently sailed between Wellington and Newcastle.

23HIS03: The Shock Continues - Art and Literature **Type: Terms: 1**
Dates: 14/02/2023 - 04/04/2023 **Frequency: Weekly, Tue 9:45am - 12:15pm**
Venue: Uni of Wollongong Hanging Rock Place Batemans Bay **Tutor: Merv Bendle**

This is a continuing course in Term 1 2023. The Shock of The Modern explores the rise & decline of Modernism in Art and Literature (c.1890-1970). This term we focus on Modernist Literature, especially the 'Bloomsbury Group', and the 'Lost Generation'. We will also explore related art movements, e.g. Art Deco and Art Nouveau.

Although this is a continuing course, some new enrolments can be accepted.

Literary

23LIT02: Armchair Historians **Type: Terms: 1234**
Dates: 01/04/2023 - 02/12/2023 **Frequency: Once per term, Sat 10:00am - 12:15pm**
Venue: Batemans Bay Library Hanging Rock Place Batemans Bay **Tutor: David Murray**

We are a small group with a common interest in History, broadly defined. We read one book a term and meet at the end of the term to discuss it. The books we discussed in the last twelve months were 'The Invention of the Jewish People' by Shlomo Sand 'EmpireLand', Sathnam Sanghera 'Against the Grain', James C. Scott and 'Making Australian History', Anna Clark. We will read and discuss 'Britons', by Linda Colley in the first term of 2023. Other books are still to be decided. You can access reviews of these books via Google to get a feel for what books we are reading. Venue is Batemans Bay Library Meeting Room. Meeting dates are: 1 April, 24 June, 16 September and 2 December.

23LIT012: Book group: First Friday **Type: Terms: 1234**
Dates: 03/02/2023 - 01/12/2023 **Frequency: First week of month, Fri 2:00pm - 4:00pm**
Venue: The Manor Retirement Village 156 Beach Road Batemans Bay **Tutor: Anne Kirkness**

Meets on the first Friday of each month.

23LIT011: Book group: First Thursday **Type: Terms: 1234**
Dates: 02/02/2023 - 07/12/2023 **Frequency: First week of month, Thu 2:00pm - 4:00pm**
Venue: The Manor Retirement Village 156 Beach Road Batemans Bay **Tutor: Melinda Hume-Cook**

Meets on the first Thursday of each month.

23LIT019: Book group: Last Friday **Type: Terms: 1234**
Dates: 24/02/2023 - 24/11/2023 **Frequency: Once per term, Fri 2:00pm - 4:00pm**
Venue: Tutor home **Tutor: Alan Boyce**
Meets on the last Friday of each month.

23LIT016: Book group: Lilli Pilli **Type: Terms: 1234**
Dates: 01/02/2023 - 06/12/2023 **Frequency: First week of month, Wed 2:00pm - 4:00pm**
Venue: Tutor home **Tutor: Carolyn McKendry**
Meets on the first Wednesday of the month in members homes.

23LIT015: Book group: Malua Bay **Type: Terms: 1234**
Dates: 23/02/2023 - 23/11/2023 **Frequency: Fourth week of month, Thu 2:00pm - 4:00pm**
Venue: Tutor home **Tutor: Gillian Hall**
Meets on the fourth Thursday of each month.

23LIT017: Book group: Non-fiction **Type: Terms: 1234**
Dates: 15/02/2023 - 29/11/2023 **Frequency: See below, Wed 2:00pm - 4:00pm**
Venue: Club Catalina 154 Beach Road Batemans Bay **Tutor: Margot Christopher**
Meets on 15th February, 17th May, 19th July, 20th September, 29th November

The following books have been selected for this year: 15 February The Story of Russia: Vladimir Putin and the power of myth-making by Orlando Figes 17 May Born in Blackness: Africa, Africans and the Making of the Modern World by Howard W French 19 July Educated: A Memoir by Tara Westover 20 September The Last Kings of Shanghai: The Rival Jewish Dynasties That Helped Create Modern China by Jonathan Kaufman Boris 29 November When Breath Becomes Air: What makes life worth living in the face of Death by Paul Kalanithi

23LIT018: Book group: Second Tuesday **Type: Terms: 1234**
Dates: 14/02/2023 - 14/11/2023 **Frequency: Second week of month, Tue 2:00pm - 4:00pm**
Venue: Tutor home **Tutor: Ainslie Morris**
Meets on the second Tuesday of each month.

23LIT014: Book group: South **Type: Terms: 1234**
Dates: 03/02/2023 - 01/12/2023 **Frequency: First week of month, Fri 10:00am - 12:00noon**
Venue: Banksia Village - Warratah 69 Heath St Broulee **Tutor: Trish Eccles**
Meets on the first Friday of each month.

23LIT013: Book group: Thrillers **Type: Terms: 1234**
Dates: 27/02/2023 - 27/11/2023 **Frequency: Third week of month, Mon 2:00pm - 5:00pm**
Venue: The Manor Retirement Village 156 Beach Road Batemans Bay **Tutor: Auriel Leahy**
Meets on the 4th Monday of each month.

23LIT031: Creative Writing Batemans Bay

Type: Terms: 1

Dates: 02/02/2023 - 06/04/2023

Frequency: Weekly, Thu 1:30pm - 4:30pm

Venue: Batemans Bay Library Hanging Rock Place Batemans Bay

Tutor: Rae Luckie

This is a repeat of Rae's earlier courses, so this is for new students. Suitable for beginning or experienced writers, the hands-on practical workshops provide a range of writing styles and techniques, including family history (life stories), memoir, nature writing, biography, historical fiction and poetry forms. As well as inspiring creativity, writing can be beneficial for your health. Topics include: Kickstarting your creativity; where to begin; overcoming the terror of the blank page; writing from the senses; mapping techniques; researching using photographs and artefacts; organising stories and the pleasures and perils of getting published. Please note these topics may change as the course progresses. There is a small charge of \$2 per session to cover the cost of photocopying and refreshments, payable to Rae.

23LIT032: Creative Writing Continuing

Type: Terms: 1

Dates: 01/02/2023 - 05/04/2023

Frequency: Weekly, Wed 1:30pm - 4:30pm

Venue: Batemans Bay Library Hanging Rock Place Batemans Bay

Tutor: Rae Luckie

This is a continuing course for participants who have attended a writing workshop facilitated by Rae (anywhere). The course will be designed around the needs of participants, those who are working on a project, or those who wish to start a new one. Weekly writing exercises, readings and discussion will continue to inspire creativity. Topics will include a more in-depth approach to some we have already touched on, including developing point of view and voice, the power of words, writing, writing from the senses, writing structures, research and the pleasures and perils of getting published. There will be a \$2 cost per class, payable to Rae to cover the costs of photocopying and refreshments.

Personal development

23PER02: Learning to Relax

Type: SHORT

Dates: 30/05/2023 - 20/06/2023

Frequency: See below, Tue 10:00am - 12:00noon

Venue: Uni of Wollongong Hanging Rock Place Batemans Bay

Tutor: Bill Radley

Getting older can be very stressful, but age and wisdom are not enough to avoid the symptoms. Problems with health, retirement, money, relationships, boredom, and technology can pile up. The toll can be deteriorating sleep, mood/irritability, worry, isolation, tension, and a loss of direction in life. At our age, the less stress the better. Unfortunately, it seldom works out like that. Bill Radley is a psychologist who has been helping others to better understand and manage stress for over 40 years. The Learning to Relax Workshop is a four session workshop that will focus on proven methods to understand and reduce stress, manage anxiety, lift your mood, and increase calm and happiness in your life. Dates are 30/5, 6/6, 13/6, 20/6

23PER01: Managing Chronic Pain

Type: SHORT

Dates: 21/02/2023 - 28/02/2023

Frequency: See below, Tue 2:00pm - 4:00pm

Venue: Uni of Wollongong Hanging Rock Place Batemans Bay

Tutor: Bill Radley

Session 1: How Chronic Pain Works, and what you can (and cannot) do to manage it. An explanation of why some health problems become chronic, modern medicine's struggle to deal with many chronic pain conditions, patients' hope for a "cure", what the patient can do to better manage chronic pain, what can reduce chronic pain, and the methods many patient use that can make chronic pain worse. Session will conclude with a strategy for managing chronic pain. Session 2: Open discussion on managing chronic pain. Bring along the problems you have experienced in trying to manage your chronic pain condition and we will canvas ideas for improving your coping skills, and discuss a range of methods for reducing the impact of chronic pain on day to day activities.

23PER04: Philosophy, Friendship and Fun

Type: Terms: 1

Dates: 30/01/2023 - 03/04/2023

Frequency: Weekly, Mon 10:30am - 12:30pm

Venue: Member home

Tutor: Matti Brown

Do you have a curious mind and are given to asking, "I wonder why?" or "What if?" about everything? Are you keen to understand the workings of the human brain and behaviour? Are you interested in joining a group of open-minded people, who share their thoughts and experiences and life-lessons? Do you love the idea of playing with paint and crafts to explore the mystery of your own mind? Then this is for you! Each week we explore a different topic; discuss quotes from ancient and modern Philosophers and share our thoughts, feelings and experiences related to the topic...plus, short meditation journeys and visualizations for discussion. Three weeks we will do craft and painting (mask making, mandala making and a 'mystery of the mind' exercise.)

Please note that there will be a \$12 fee for coffee, tea and art materials. Craft classes will finish at 2.30pm - dates decided by class. Bring your own lunch on those days. Any questions: Please call Matti 0403 822 301. Leave a message and she'll call you back.

Physical

23PHY02: Balance 'n' Bones Moruya

Type: Terms: 1234

Dates: 30/01/2023 - 04/12/2023

Frequency: Weekly, Mon 10:30am - 11:30am

Venue: Moruya Library Bunjala Vulcan Street Moruya

Tutor: Chris Sweeney

This exercise class is on Mondays at Moruya 10:30 to 11:30 am. The venue is the Bunjala room which is located in the new section of the Moruya Library. Please be advised that the room is not available 14th March. We will be using a DVD published by U3A. Beth Denney takes us through a 45 minute exercise program designed to work the muscle groups as well as stretch them. There is also some resistance work using weights. If you do not have weights then two plastic bottles containing water or sand are excellent substitutes. There are no floor exercises and many of the exercises in the program are ones we are familiar with thanks to our other exercise classes. As a bonus you have the opportunity to go for a coffee after the class at one of the cafes in Moruya.

As the class is following a DVD it is crucial that the people who enrol are used to exercising and feel confident to participate.

23PHY03: Balance 'n' Bones Wednesday

Type: Terms: 1234

Dates: 01/02/2023 - 06/12/2023

Frequency: Weekly, Wed 9:30am - 10:30am

Venue: Country Womens Association 158 Edward Road Batehaven

Tutor: Linda Westra

This course is held at the Country Womens Association Hall Edward Road Batehaven. Please arrive at 9.15am for 9.30 start. This is an exercise group which uses a DVD published by U3A. Beth Denney takes us through a 45 minute exercise program designed to work the muscle groups as well as stretch them. There is also some resistance work using weights. If you do not have weights then two plastic bottles containing water or sand are excellent substitutes. There are no floor exercises and many of the exercises in the program are ones we are familiar with thanks to Muscle Moves. Please note that the class is full as of Registration Day and any further enrolments will go on the waiting list.

As the class is following a DVD it is crucial that the people who enrol are used to exercising and feel confident to participate.

23PHY082: Fitness for Retirees 11.00

Type: Terms: 1234

Dates: 31/01/2023 - 05/12/2023

Frequency: Weekly, Tue 11:00am - 12:00noon

Venue: Country Womens Association 158 Edward Road Batehaven

Tutor: Lyn Percival

A fun fitness class for retirees. We use a combination of hand weights, exercise bands and body weight to build our strength and cardio fitness. An hour long class divided into warm up, strength training, cardio in a chair and balance exercises. There is no lying down. All done in or behind a chair. Everyone encouraged to progress at their own rate, with options for those who may carry an injury. Please wear loose clothing. Equipment requirements: Two 1kg hand weights and a stretch band. These may be purchased from the Sports Store or K Mart. Tutor: Lyn Percival

E:lynette.percival@bigpond.com M:0438174028

23PHY081: Fitness for Retirees 9.30

Type: Terms: 1234

Dates: 31/01/2023 - 05/12/2023

Frequency: Weekly, Tue 9:30am - 10:30am

Venue: Country Womens Association 158 Edward Road Batehaven

Tutor: Lyn Percival

A fun fitness class for retirees. We use a combination of hand weights, exercise bands and body weight to build our strength and cardio fitness. An hour long class divided into warm up, strength training, cardio in a chair and balance exercises. There is no lying down. All done in or behind a chair. Everyone encouraged to progress at their own rate, with options for those who may carry an injury. Please wear loose clothing. Equipment requirements: Two 1kg hand weights and a stretch band. These may be purchased from the Sports Store or K Mart. Tutor: Lyn Percival
E:lynette.percival@bigpond.com M:0438174028

23PHY041: Gentle Yoga Monday

Type: Terms: 234

Dates: 24/04/2023 - 04/12/2023

Frequency: Weekly, Mon 10:00am - 11:00am

Venue: Stepz Dance Academy 1 Hughes Street Batemans Bay

Tutor: Pauline Smith

Yoga is about breath control, meditation, the adoption of specific bodily postures. It is widely practised for health and relaxation. Short Overview: Gentle Yoga is a 60 minutes class. The session starts with breathwork, warm-ups and continues through a sequence of poses before winding down in mindfulness/meditation. Yoga brings not only suppleness to the body but also a sense of spiritual and physical well-being. Yoga moves your body into various positions to strengthen muscles. It increases flexibility, improves your breathing and relaxes your mind. Regular yoga practice creates mental clarity and calmness, increases body awareness, relieves stress, centres attention and sharpens your concentration. Benefits of yoga: improved strength, posture, balance and flexibility. It helps keep your joints healthy, relieves pain, improves sleep and helps you find your inner peace. For enquiries, contact Pauline Smith by email anp.smith@hotmail.com. Do not phone her, please.

Please wear comfortable clothes (or exercise attire) and bring your water bottle. Items to bring for your practice: - yoga mat (or beach towel), - cushion or pillow.

23PHY042: Gentle Yoga Wednesday

Type: Terms: 234

Dates: 26/04/2023 - 06/12/2023

Frequency: Weekly, Wed 10:00am - 11:00am

Venue: Stepz Dance Academy 1 Hughes Street Batemans Bay

Tutor: Pauline Smith

Yoga is about breath control, meditation, the adoption of specific bodily postures. It is widely practised for health and relaxation. Short Overview Gentle Yoga is a 60 minutes class. The session starts with breathwork, warm-ups and continues through a sequence of poses before winding down in mindfulness/meditation. Yoga brings not only suppleness to the body but also a sense of spiritual and physical well-being. Yoga moves your body into various positions to strengthen muscles. It increases flexibility improves your breathing and relaxes your mind. Regular yoga practice creates mental clarity and calmness, increases body awareness, relieves stress, centres attention and sharpens your concentration. Benefits of yoga: improved strength, posture, balance and flexibility. It helps keep your joints healthy, relieves pain, improves sleep and helps you find your inner peace. Please wear comfortable clothes (or exercise attire) and bring your water bottle. Items to bring for your practice: - yoga mat (or beach towel), - cushion or pillow For enquiries, contact Pauline Smith by email anp.smith@hotmail.com. Do not phone her, please.

23PHY05: Go with the Flow

Type: Terms: 1234

Dates: 02/02/2023 - 07/12/2023

Frequency: Weekly, Thu 9:30am - 10:30am

Venue: Hanging Rock Cnr Beach Rd & Hanging Rock Place Batemans Bay

Tutor: Virginia Pascoe

For all fitness levels, movement and flexibility are important during our senior years. Go with the Flow is a 60 minute practice incorporating aspects of yoga, meditation, stretching, movement, balance, etc. We will begin with some relaxing breath work before commencing our warm-up sequence. Then a series of movements and poses designed to increase strength and flexibility as well as balance. Every person has a different body and different abilities. If a pose is uncomfortable or you can't hold it, don't worry, it is perfectly fine. Poses can be modified to take into account your individual abilities. If you need to ask whether this class is suitable for you please contact the tutor.

Please wear comfortable clothes. What to bring: a yoga mat, 2 yoga blocks (or 2 books), yoga strap (or a stable belt), towel, cushion or pillow and drinking water.

23PHY09: International Folk Dancing **Type: Terms: 1234**

Dates: 07/03/2023 - 05/12/2023

Frequency: Weekly, Tue 1:30pm - 3:00pm

Venue: Salvation Army 25-27 Old Prices Highway Batemans Bay

Tutor: Audrey Maher

This group enjoys simple dances from Greece, Turkey, Bulgaria, and Israel. New members most welcome.

Salvation Army Garden Room

23PHY06: Scottish Country Dance **Type: Terms: 1234**

Dates: 06/02/2023 - 04/12/2023

Frequency: Weekly, Mon 1:00pm - 3:00pm

Venue: SDN Batemans Bay Preschool Fam 1A Melaleuca Ave Batemans Bay

Tutor: Janine Holden

This course is held every Monday. Scottish Country Dancing is for everyone. You don't have to be Scottish. You don't need to bring a partner. Being mobile, a pair of soft-soled shoes, comfortable clothing and a bottle of water is all you need. Venue is the Batemans Bay Child and Family Centre, 1 Melalueca Crescent Catalina Benefits include: Exercise, Social interaction Brain training Fun Available around the world

23PHY11: Tai Chi **Type: Terms: 12**

Dates: 02/02/2023 - 29/06/2023

Frequency: Weekly, Thu 10:00am - 11:30am

Venue: Malua Bay Community Centre George Bass Drive Malua Bay

Tutor: Jan McLachlan

Developed for people suffering from arthritis, this type of tai chi is GENTLE exercise which promotes flexibility, strength and balance, raises confidence, and promotes better health and self-esteem. There are benefits involved in the balance component, increasing muscular strength around joints, better health, sociability, and self-confidence. Tai Chi helps reduce falls and helps maintain an active and independent life New members most welcome

No prerequisite required - 2 tutors - so one can work with beginners (or those not familiar with this form of Tai Chi) and the other with those more experienced.

Recreation

23REC15: Beginners Bridge **Type: Terms: 1**

Dates: 22/02/2023 - 12/04/2023

Frequency: Weekly, Wed 10:30am - 12:30pm

Venue: BB Bridge Club 52A Orient St Batemans Bay

Tutor: Karen Creet

Over the eight weeks, we will cover all the basics of the game of contract bridge which is a trick-taking card game using a standard 52-card deck. Each week you will play a number of deals or hands, and explore the three key elements of the game - how players bid in an auction to specify how many tricks the partnership needs to take to receive points for the deal; tips on how to play the cards to maximise the number of tricks, and tools for the defenders to stop their opponents from achieving their goal.

23REC03: Canasta at the Manor **Type: Terms: 1234**

Dates: 03/02/2023 - 08/12/2023

Frequency: Weekly, Fri 1:00pm - 4:00pm

Venue: The Manor Retirement Village 156 Beach Road Batemans Bay

Tutor: Carol Bennett

Join this friendly group each Friday afternoon at this popular venue. Please note that we will ONLY be playing Canasta, 500 is now a different group. New players are most welcome. You do not need to have a partner. Please contact Carol Bennett (02 4472 2120) if you wish to join the group.

23REC02: Cards: 500 **Type: Terms: 1234**

Dates: 03/02/2023 - 08/12/2023

Frequency: Weekly, Fri 1:00pm - 4:00pm

Venue: Club Catalina 154 Beach Road Batemans Bay

Tutor: None

If you like to play 500 then come along to Club Catalina on Friday afternoons 1:00 pm to 4:00 pm. Please note that we now have two separate card groups led by different leaders. You do not need to have a partner.

23REC12: Cryptic Crosswords for Beginners

Type: Terms: 1

Dates: 02/02/2023 - 06/04/2023

Frequency: Weekly, Thu 10:30am - 12:00noon

Venue: Baylink 3 Flora Crescent Batemans Bay

Tutor: Peta Bourne

This course is for beginners interested in learning how to decipher cryptic clues. Peta will explain the mysteries and help participants to unlock them to solve the crosswords. If you like hidden clues and working out codes then this course will interest you.

23REC09: Gourmet Gardeners

Type: Terms: 1234

Dates: 21/02/2023 - 21/11/2023

Frequency: Third week of month, Tue 12:00noon - 2:00pm

Venue: Member home

Tutor: Winsome Willow

A friendly and enthusiastic group of growers of edible vegetables and fruits, growing a wide range of varieties so as to be able to sample the different taste delights of home produce. Sustainable growing is encouraged. Meetings are held once a month at venues to be advised, at 12.00pm on the 3rd Tuesday, unless a special event is organised. Members will share their growing experiences, so that others might learn from them. A growing body of knowledge specific to the area is being developed and disseminated freely. Group members are encouraged to share seeds, plants and seedlings, information knowledge, produce and plants. The group is run cooperatively and members are encouraged, (but this is not compulsory) to host one meeting during the year, either by organising a home visit or a speaker or a visit to place of interest to the group. Members bring their own lunch, often from their garden produce. Communication between meetings is by email. Both new and seasoned gardeners are very welcome.

23REC16: Grape Expectations

Type: Terms: 1234

Dates: 15/02/2023 - 15/11/2023

Frequency: Third week of month, Wed 5:00pm - 8:00pm

Venue: Member home

Tutor: None

Our Wine Appreciation Group usually meets on the 3rd Wednesday of each month, however it can be changed to suit a particular activity. The format is that members nominate a month that they would like to host the evening. They then choose the wines to taste and plan a menu. The preparation of that menu is shared between those members attending. The tasting wines are then available to have with the meal. We try to have one trip away each year to an area where we can visit several different wineries. Currently we have several vacancies. Julie Ballard is the group facilitator. Her contact details are 0414941829

23REC06: Monthly Movie Group

Type: Terms: 1234

Dates: 03/02/2023 - 08/12/2023

Frequency: First week of month, Fri 10:00am - 2:00pm

Venue: Perry Street Cinemas Perry Street Batemans Bay

Tutor: Carolyn McKendry

See a movie as a group the first Friday of the month, with coffee or lunch either before or after depending on the time of the movie. Emails will be sent out each month informing you of the chosen movie. Start times vary - usually between 10am and 2pm. Members are responsible for their own costs.

23REC14: Solving Cryptic Crosswords Together

Type: Terms: 2

Dates: 27/04/2023 - 29/06/2023

Frequency: Weekly, Thu 10:30am - 12:00noon

Venue: Baylink 3 Flora Crescent Batemans Bay

Tutor: Peta Bourne

The class will tackle two or three cryptic crosswords in each session. Small groups will go through the crossword and solve as many clues as they can and then we'll come together to provide the answers and explain how each answer has been solved. The course is suitable for people who have dabbled in cryptic crosswords (including those who have done the Cryptic Crosswords for Beginners course), as well as those who are complete beginners. By explaining the answers, newcomers will learn, over time, how clues are structured and how to identify the different types of clues.

23REC13: Southside Sippers - Wine Appreciation Group **Type: Terms: 1234**
Dates: 30/01/2023 - 08/12/2023 **Frequency: See below, Mon 12:00am - 12:00am**
Venue: Member home **Tutor: Jean Baker**

Our wine groups consist of people who are interested in exploring wine with food. Some have formal dinners, others meet informally. One group, the South Side Sippers, meets in members' homes monthly, and we are currently looking for new members. Anyone interested in joining us please contact Jean Baker on 0419 403 193. The time and day are decided when the venue is set. If you are interested in forming your own group, please contact Chris Sweeney, Course Coordinator.

23REC17: U3A Batemans Bay Antique Discovery Day **Type: None**
Dates: 25/03/2023 - 25/03/2023 **Frequency: One day, Sat 10:00am - 1:00pm**
Venue: Malua Bay Community Centre George Bass Drive Malua Bay **Tutor: Gillian Hall**

Special Event: U3A Batemans Bay's very own version of the Antiques Road Show. Gillian Hall is a retired antique dealer with 25 years experience. Her field of expertise covers ceramics, silver, kitchenalia and other interesting items, furniture and jewellery. Members and guests are invited to bring along an item they would like to know more about. Although Gillian will not be doing valuations, she will give an indication of the age and origin of items in her field of expertise. Every show needs an audience so even if you don't have a treasure to ask Gillian about you are still most welcome to join us and learn about others' treasures. Participants are also welcome to bring a photo of any furniture they are interested in knowing more about. There will be a \$2 charge to defray costs. For more information contact Dianne Grigson on president.u3a.bbay@gmail.com

23REC07: U3A Dinner Group **Type: Terms: 1234**
Dates: 03/02/2023 - 08/12/2023 **Frequency: Fourth week of month, Fri 6:00pm - 10:00pm**
Venue: Uni of Wollongong Hanging Rock Place Batemans Bay **Tutor: Margot Christopher**

Events are usually held in the fourth week of the month (not in school holidays). Bookings Essential. The emphasis is on reasonably priced venues although these are becoming more difficult to find. Prices will vary and there is an additional charge of \$1 for kitty. Dinner group members will be emailed two weeks in advance with details of the upcoming event and it is an opt-in system. New members are most welcome - come along and get to know your fellow members.

The first 3 venues are: February - Steampacket Hotel Nelligen March - lunch time river cruise on the MV Escapade April - dinner Pan Restaurant & Bar, limited numbers unless there is sufficient interest for a 2nd night

23REC08: U3A Singers **Type: Terms: 1234**
Dates: 02/02/2023 - 07/12/2023 **Frequency: Weekly, Thu 2:30pm - 4:30pm**
Venue: Salvation Army 25-27 Old Prices Highway Batemans Bay **Tutor: Lyn Brown**

The aim of the course is for U3A members to sing their hearts out together in joyful and happy harmony. There may be occasional performances at some of the retirement homes in our locality along with some Christmas Carols in conjunction with the Salvation Army, but the accent is on singing for pleasure. The musical content will be music from all ages and for all ages. Lots of old favourites, some two-part harmony and occasionally something you may not have heard before. New Members most welcome. \$5 per semester fee is to cover photocopying costs. Please note the starting time of 2.30 pm will apply all year. The contact person for this course is Des Hill. Telephone:0429 178 152

Science and General Interest

23SGI01: Andrew's Discussion Group **Type: Terms: 1234**
Dates: 03/02/2023 - 08/12/2023 **Frequency: Weekly, Fri 10:00am - 12:00noon**
Venue: Moruya Golf Club Board Room Evans St Moruya **Tutor: Andrew Elek**

This discussion group looks at current events and outlook. The emphasis is on economics, technology and climate change, internationally and in Australia. The sessions are moderated by Andrew Elek who circulates articles for discussion and questions. Participants are encouraged to circulate articles as well. Please contact Andrew if you are interested in joining the group.

23SGI02: Climate Change: Where global meets local

Type: SHORT

Dates: 08/02/2023 - 15/03/2023

Frequency: Weekly, Wed 2:00pm - 4:00pm

Venue: BBSC

Tutor: Dr Karin Geiselhart

Climate change is already affecting many aspects of our lives, some more obvious than others. The course aims to inform participants by providing current information on the science and evidence of climate change both around the world and closer to home. The weekly sessions will be run seminar style. Participants will be encouraged to request briefings on the issues and topics they feel are most relevant to them. Guest speakers with specific expertise will be invited for particular topics. These can include planning issues, energy, food security, health and housing, as well as climate change threats and opportunities. Participants are encouraged to contact the tutor with their climate change areas of interest so she can plan the sessions.

Dr Geiselhart will provide briefings on topics that are global in scope and importance. Participants are encouraged to contact her directly with specific topics they would like to explore, or resources they would like brought to the group's attention. She will also present briefly on basic practical preparedness, as a member of the Moruya SES. Guest speakers will contribute to the mosaic of information. As of January 15, the following speakers have confirmed, but not all have given dates. Others may be added. February 8 Dr Michael Holland, Member for Bega. Dr Holland will open the series with a discussion about climate change and health, and how the NSW government is approaching this. Gabi Harding – former ESC Counsellor will speak via zoom about the value of vocational education and local food production in adapting to climate change. Jenny Goldie -Jenny is a well-known writer and activist. on population and sustainability. She is the President of Sustainable Population Australia and will speak on agriculture and climate change. Ciska White – will speak on ESC's goals and challenges for sustainability, and ESC's climate change policies and programs. March 12 Kathryn Maxwell is the founder and President of SHASA, the South Coast Health and Sustainability Alliance. She will speak about their community-led projects for sustainability.
