



U3A Batemans Bay INC

Semester 2, 2024 Course Booklet

(Current: 29 June 2024)

U3A Batemans Bay Inc. Contact Details

Shopfront: second Thursday of each month at the Batemans Bay Library from 10:30 until 12:00.

Phone: 0474 483 678

General Email contact: info@u3abatemansbay.org.au

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Art and Craft

24ART01: Fabric Threads and Yarn

Type: Terms: 1234

Dates: 09/02/2024 - 13/12/2024

Frequency: Weekly, Fri 13:00 - 15:00

Venue: Batemans Bay Library Hanging Rock Place Batemans Bay

Tutor: Trish Connolly

Fee: \$0.00

Tutor2: Indira Wrigley

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 applied items. New members most welcome.

A waitlist will exist and the tutor will accept the members as they enrol.

24ART031: Flirting with Flowers

Type: Terms: 1234

Dates: 07/02/2024 - 04/12/2024

Frequency: First week of month, Wed 10:00 - 12:00

Venue: Tutor home

Tutor: Linda Gorman

Fee: \$0.00

Flirting with flowers is a fun class open to all. No experience is needed, just a joy playing with flowers. Each month a new technique is explored. There is a one-off cost of \$10 that covers additional materials. Classes are held in Catalina, 10 - 12am, first Wednesday each month. PROGRAM: Feb 7th: In a boot - adding value by using props. March 6th: Caged flowers - packaging ideas April 3rd: Leaves as flowers - arrangements without cost. May 1st: Wire fan or circle - minimal cost, high impact, wiring practice. June 5th: Perfect posie support - more alternatives to using floral foam. July 3rd: Windswept - ideas from nature. Aug 7th: Vegetables as vases - anything is a vase. September 4th: One colour only - play with colour. October 2nd (holidays): Succulent Tree - long lasting arrangements. November 6th: Terrarium-Gardens as gifts. Dec 4th: Wreath - symbols in floristry.

Participants will need to bring their own flowers and foliage to each session.

24ART04: Your Stories in Photos

Type: Terms: 1234

Dates: 06/02/2024 - 10/12/2024

Frequency: Weekly, Tue 10:00 - 13:00

Venue: Tutor home

Tutor: Margaret Chiswell

Fee: \$0.00

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 to cover equipment and the wear and tear on my tools which are available for class use.

24ART052: Taking Care of Bonsai

Type: SHORT

Dates: 26/07/2024 - 26/07/2024

Frequency: See below, Fri 10:00 - 13:00

Venue: Tutor home

Tutor: Ernie Moules

Fee: \$0.00

Ernie is holding a half-day workshop at the beginning of each semester 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. The dates will be 16/2/24 and 26/7/24.

Participants are asked to enrol separately for each session.

24ART06: Sketching Group

Type: Terms: 1234

Dates: 09/02/2024 - 13/12/2024

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

Venue: Tomakin Sports Club 71 Sunpatch Pde Tomakin

Tutor: Helen Scruton

Fee: \$0.00

There will be no formal tuition. Group members will support each other, as they have been doing for so long. Unfortunately absolute beginners cannot 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

History and Culture

24HIS033: How Civilisations Die : The Fall of Rome

Type: Terms: 1

Dates: 30/07/2024 - 05/11/2024

Frequency: Weekly, Tue 9:45 - 12:00

Venue: UoW Hanging Rock Place Batemans Bay

Tutor: Merv Bendle

Fee: \$0.00

Civilizations rise and fall, and our Western Civilization is no exception. This course seeks to illuminate this historical process by exploring the famous and traumatic Fall of Rome, covering the period from the Roman Golden Age (2nd Century AD) to the Rise of Islam (7th Century AD). The focus will be on political, cultural and religious change within the context of ongoing barbarian invasions, incessant warfare, natural disasters, and pandemics reaching into the legendary Dark Ages. (This is a 12- week course, of three 4-week modules across Terms 3 & 4, as listed.) Week 1 (30/7) Introduction: from Republic to Empire. Week 2 (6/8) The Golden Age of Rome. Week 3 (13/8) Spiritual Crisis I: the Fall of Paganism. Week 4 (20/8) Spiritual Crisis II: the Rise of Christianity. Week 5 (3/9) The Triumph of Constantine. Week 6 (10/9) Julian & the Revenge of Paganism. Week 7 (17/9) The Barbarians Approach. Week 8 (24/9) East & West; the Empire Divided. Week 9 (15/10) Huns & Vandals. Week 10 (22/10) Theodoric & Justinian. Week 11 (29/10) The Empire falls Apart. Week 12 (5/11) Islam: the Rise of a New Civilization; Lessons Learnt.

24HIS034: The Mavens 2.0

Type: SHORT

Dates: 19/11/2024 - 10/12/2024

Frequency: Weekly, Tue 9:45 - 12:15

Venue: UoW Hanging Rock Place Batemans Bay

Tutor: Merv Bendle

Fee: \$0.00

Tutor2: Chris Bendle

The Mavens 2.0: a four-week course, with Mervyn Bendle PhD. Mavens are those who possess exceptional knowledge or insight. This proposed short course focuses on four female British scholars, whose pioneering work redefined the fields in which they worked and exercised significant academic and popular influence.

Jessie L. Weston (1850-1928): An independent scholar, denied an academic position, she was a pioneering medievalist and folklorist, who did fundamental work on mediaeval Arthurian texts. Her best-known book was *From Ritual to Romance* (1920), which proposed the best known and most influential thesis on the origins of the Holy Grail. Margaret A. Murray (1863-1963): An Egyptologist, anthropologist, historian, and folklorist, she was the first woman to be appointed as a lecturer in archaeology in Britain, publishing widely over the course of her career. Most importantly, her works included *The Witch-Cult in Western Europe* (1921) and *The God of the Witches* (1931), by far the two most influential works of the 20th Century on the origins of the European Witch Craze. Eliza (E.M.) Butler (1885-1959): The first woman to hold two senior professorships in German, and author of *The Myth of the Magus* (1947) and *The Tyranny of Greece over Germany* (1935), two fundamental and controversial works that revealed the profound influence of ancient traditions upon modern history. Frances Yates (1899-1981): An independent scholar of the Renaissance, she worked for the Warburg Institute of cultural and art history where she pioneered the study of Esotericism, Hermeticism, and the Occult and their influence on European history. Her many works included *Giordano Bruno and the Hermetic Tradition* (1964), *The Art of Memory* (1966), *The Rosicrucian Enlightenment* (1972), and *The Occult Philosophy in the Elizabethan Age* (1979). These gave rise to the 'Yates Thesis' that dominated the study of this field during the second half of the 20th Century.

24HIS05: Exploring the History of Western Music

Type: Terms: 3

Dates: 26/07/2024 - 27/09/2024

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

Venue: UoW Hanging Rock Place Batemans Bay

Tutor: Lynda Clery

Fee: \$0.00

This course explores the history of western music from medieval times to the 20th Century. It is designed for students with little or no previous musical experience in mind but a working knowledge of music theory would be an advantage. It will be presented chronologically with an emphasis on composers of classical music and musical periods/styles. Musical terminology and notation will of necessity form part of this exploration. The history of music includes the church music of Hildegard of Bingen, the Renaissance, the Baroque period, the Classical Period and the Romantic Period; as well as the music of Bach, Beethoven and Chopin.

Language

24LAN02: French Conversation Group

Type: Terms: 23

Dates: 14/06/2024 - 23/08/2024

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

Venue: The Manor Retirement Village 156 Beach Road Batemans Bay

Tutor: Frog Norman

Fee: \$0.00

Maryvonne Norman (aka Frog) would like to invite all U3A members who are French-speaking to join her French Conversation Group to be held in Batemans Bay. Please Note: This is not a basic learn-to-speak French or beginner's course. It is a Conversation Group designed for those with intermediate skills who want to immerse themselves in the French language. The setting provides a platform for participants to explore, experiment, and expand their vocabulary in a supportive environment. So, Let's Speak French!

The venue will be the Carpark Room at Goodwin Village, formerly known as The Manor on Beach Rd. Any Queries please email Maryvonne on maryvonne@live.com.au.

24LAN03: Hola Beginners Spanish

Type: Terms: 3

Dates: 23/07/2024 - 24/09/2024

Frequency: Weekly, Tue 15:00 - 17:00

Venue: UoW Hanging Rock Place Batemans Bay

Tutor: Diane Dason

Fee: \$0.00

Presented by Diane Dason, this interactive course will cover the basics of speaking, reading, and writing Spanish. Although not a native speaker, Diane has managed to make herself understood on solo trips to Spain and Latin America. She has completed adult education training and hopes you will join her to make this a fun and engaging group. Her preferred method is to learn through listening and then follow with correct grammar.

Please contact Diane via email if you have any questions re this course at dianelesleydason@yahoo.com.au NB: the course will not be held on 30/7/2024 or 17/9/2024

24LAN04: Beginners' Italian Continuing

Type: Terms: 3

Dates: 25/07/2024 - 26/09/2024

Frequency: Weekly, Thu 10:00 - 12:00

Venue: UoW Hanging Rock Place Batemans Bay

Tutor: Sharyn Saville

Fee: \$0.00

This program is designed to advance the language skills for those who have completed the Introduction to Italian for Absolute Beginners courses presented in Terms 1 & 2. We will continue to learn the Present Tense and be introduced to the Past & Future Tenses; improve conversation through role play; investigate the history of Italy; translate arias; eat biscotti and maybe cook more pasta dishes. Ritornate se hai il coraggio!!

Any queries please contact Sharon on belltower2536@gmail.com

Literary

24LIT011: Book group: First Thursday

Type: Terms: 1234 and hols

Dates: 01/02/2024 - 05/12/2024

Frequency: First week of month, Thu 14:00 - 16:00

Venue: The Manor Retirement Village 156 Beach Road Batemans Bay

Tutor: Melinda Hume-Cook

Fee: \$0.00

Tutor2: Anne Kirkness

Meets at 2pm on the first Thursday of each month at 'The Manor' Retirement Village, 156 Beach Road, Batemans Bay. Covering a range of genres, many of our selected books are available from Eurobodalla Libraries. Books for 2024 are: Trust, Hernan Diaz; The Bullet that Missed, Richard Osman; Wifedom Anna Funder; Witches Abroad, Terry Pratchett; A Gentleman in Moscow, Amore Towel; Yellowface, Rebecca F Kuang; Peppercorn Street, Anna Jacobs; Question 7, Richard Flanagan; Lessons in Chemistry, Bonnie Garmus; The Unlikely Pilgrimage of Harold Fry, Rachel Joyce.

24LIT013: Book group: Thrillers

Type: Terms: 1234 and hols

Dates: 19/02/2024 - 18/11/2024

Frequency: Third week of month, Mon 14:00 - 16:00

Venue: The Manor Retirement Village 156 Beach Road Batemans Bay

Tutor: Anne Kirkness

Fee: \$0.00

Meets on the 3rd Monday of each month except December and January. This year's books are: 2024 Thrillers 19 February: Mother-Daughter Murder Night: Nina Simon. 18 March: No One Saw a Thing: Andrea Mara. 15 April: The Tilt: Chris Hammer. 20 May: The Blackhouse: Peter May. 17 June: The Exchange: John Grisham. 15 July: The Katharina Code: Jørn Lier Horst. 19 August: A Dark-Adapted Eye: Barbara Vine. 16 September: The Surgeon: Leslie Wolfe. 21 October: Outback: Patricia Wolf. 18 November: The Search Party: Hannah Richell

24LIT015: Book group: Malua Bay

Type: Terms: 1234

Dates: 22/02/2024 - 28/11/2024

Frequency: Fourth week of month, Thu 14:00 - 16:00

Venue: Tutor home

Tutor: Gillian Hall

Fee: \$0.00

Meets on the fourth Thursday of each month.

24LIT016: Book group: Lilli Pilli

Type: Terms: 1234

Dates: 07/02/2024 - 04/12/2024

Frequency: First week of month, Wed 14:00 - 16:00

Venue: Tutor home

Tutor: Frances Vaughan

Fee: \$0.00

Meets on the first Wednesday of the month in members' homes at 2pm. March- The Lost Flowers of Alice Hart by Holly Ringland. April-Mrs Winterbottom Takes a Gap Year by Joanna Nell. May- Still Life by Sarah Winman. June-Yellowface by Rebecca Kuang

24LIT017: Book group: Non-fiction

Type: Terms: 1234

Dates: 21/02/2024 - 27/11/2024

Frequency: See below, Wed 14:00 - 16:00

Venue: UoW Hanging Rock Place Batemans Bay

Tutor: Margot Christopher

Fee: \$0.00

We meet five times per year - Wednesday 21 February, Wednesday 24 April, Wednesday 19 June, Wednesday 18 September, Wednesday 27 November.

Reading List: My Father and Other Animals by Sam Vincent; We Come With This Place by Deborah Dank; The Remarkable Mrs Reibey by Grantley Kiera; Tomorrow There Will Be Apricots by Robert Bowker; Bee Miles by Rose Ellis

24LIT018: Book group: Second Tuesday

Dates: 13/02/2024 - 10/12/2024

Venue: Tutor home

Fee: \$0.00

Type: Terms: 1234 and hols

Frequency: Second week of month, Tue 14:00 - 16:00

Tutor: Ainslie Morris

Meets on the second Tuesday of each month, in members' homes between South Durras and Guerrilla Bay. People usually request a group close to home so if anyone wishes to join my group we have a vacancy.

24LIT019: Book group: Last Friday

Dates: 23/02/2024 - 29/11/2024

Venue: Tutor home

Fee: \$0.00

Type: Terms: 1234

Frequency: Once per term, Fri 14:00 - 16:00

Tutor: Alan Boyce

Tutor2: Diana Cody

Meets on the last Friday of each month.

24LIT031: Creative Writing for Pleasure

Dates: 01/05/2024 - 11/12/2024

Venue: Batemans Bay Library Hanging Rock Place Batemans Bay

Fee: \$0.00

Type: Terms: 234

Frequency: Weekly, Wed 13:30 - 16:30

Tutor: Rae Luckie

This course is for people who have not completed one of Rae's U3A courses. Do you belong to one of the book clubs and want to learn the techniques writers use to keep you turning the pages? You will have the opportunity to write about people and places, to explore all kinds of writing from memoir to historical fiction and from poetry to flash fiction. Whether you want to write stories for children or compile your family history you will find creative ways to do so. For more information, email Rae Luckie on r.luckie@bigpond.com

There is a small charge of \$2 per session to cover the cost of photocopying and refreshments, payable to Rae.

24LIT032: Creative Writing Continuing Type: Terms: 234

Dates: 02/05/2024 - 12/12/2024

Venue: Batemans Bay Library Hanging Rock Place Batemans Bay

Fee: \$0.00

Frequency: Weekly, Thu 13:30 - 16:30

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.

24LIT033: Shakespeare Appreciation Group

Dates: 13/05/2024 - 25/11/2024

Venue: Soldiers Club Beach Road Batemans Bay

Fee: \$0.00

Type: Terms: 234

Frequency: Fortnightly, Mon 13:30 - 15:30

Tutor: Mick O'Hara

Tutor2: Glen Tulip

The aim is to view and discuss one Shakespeare play per month. The plays will be from the highly acclaimed series of DVDs filmed in the unique atmosphere and theatrical space of the Globe Theatre. It will take two meetings to view and discuss one play. Mick will provide a description of each play before the meeting, including the major characters and a brief summary of the story. Glen will begin the discussion. The conversation will be as wide-ranging and free-flowing as the group wishes. Everyone is encouraged to share their thoughts and interpretations. The Rex Library's Complete Works of William Shakespeare will be available as a reference tool for checking language, etc.

Course dates are:(NB: We will meet on Public Holidays) 13th and 27th May, 10th and 24th June, 22nd July, 5th and 19th August, 2nd and 16th September, 14th and 28th October, 11th and 25th November Any Queries can be directed to Mick via email ** mohara@live.com.au **

Personal development

24PER011: Philosophy, Friendship and Fun

Dates: 15/10/2024 - 10/12/2024

Venue: UoW Hanging Rock Place Batemans Bay

Fee: \$0.00

Type: Terms: 4

Frequency: Weekly, Tue 10:30 - 12:30

Tutor: Matti Brown

This term Matti will be revisiting her popular Term 1 course. 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? Want to explore the mystery of your own mind? Are you interested in joining a group of open-minded people, who share their thoughts and experiences and life-lessons, without judgement – just understanding and consideration of each other's 'journey'? 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 visualisations for discussion; and as always, lots of jokes. This term as well as philosophical ponderings we'll look at why humans think and believe as they do.

Please note, for tea & coffee and munchies, a one-off \$5 donation is asked. Please call Matti for any questions 0403 822 301. Leave a message and she'll call you back. Or email matthi.brown@gmail.com ****

24PER06: Public Speaking

Dates: 05/02/2024 - 02/12/2024

Venue: Soldiers Club 6 Beach Road Batemans Bay

Fee: \$0.00

Type: Terms: 1234 and hols

Frequency: See below, Mon 10:30 - 12:30

Tutor: Amanda Annabel

We meet on the first and third Mondays of the month (not fortnightly). I am qualified as a DTM (Distinguished Toastmaster). I have 20 plus years of experience in guiding and assisting people to build their self-confidence, to become comfortable in doing presentations to an audience and public speaking, running meetings, and writing speeches.

In this group you will learn about different types of presentations, how to prepare the presentations you are interested in, and practice in doing so in a safe supportive space. This can be just to boost your self-confidence or help you when you find yourself on the committee for the kids' soccer or needing to give a toast at your daughter's wedding or presenting your project to your boss. Whatever the speaking situation there are tips and tricks to help.

In each session, there will be some education on one aspect of presenting and then practice and feedback. Note-taking won't be required as there will be handouts at each session. The longer you attend the more you learn and the better speaker you will be.

No experience is necessary and we will gently guide you.

24PER10: Psychology and Sociology

Dates: 08/05/2024 - 04/12/2024

Venue: UoW Hanging Rock Place Batemans Bay

Fee: \$0.00

Type: Terms: 234

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

Tutor: Di Fischer-Harman

Tutor2: Bruce Munro

From Di: "Join me in exploring these two giants of the School of Humanities! We shall examine five of the top theories in each subject. I envisage all participants taking an active part, in researching, presenting or the many discussions that will take place, furthering our understanding of the human condition. I also send an invitation to all members of the U3A who have or had professional involvement in any and all aspects of these topics, whether as a Psychologist, Psycho Therapist, in law enforcement, social services, education.....the list is long. It would be of great benefit to this course if we could have you as a guest speaker. To those of you who will take part in this group, I look forward to meeting, and sharing your life experiences, and knowledge."

Any queries re this class please contact Di via email as listed above difschr@yahoo.co.uk

Physical

24PHY012: Active Bodies, Active Minds

Dates: 18/10/2024 - 13/12/2024

Venue: UoW Hanging Rock Place Batemans Bay

Fee: \$0.00

Type: Terms: 4

Frequency: Weekly, Fri 10:00 - 11:00

Tutor: Julia Dive

Based on the Move to Learn program, this activity is suited to older or less agile members. Using specific movement patterns to improve your balance and coordination, reduce your fear of falling, develop your awareness and increase your brain power, these gentle sessions will help to re-establish good sensory integration, improve body awareness, inhibit primitive reflexes and refresh your brain for further growth and development.

Wear loose comfortable clothing. Bring a mat or towel or blanket. If getting on the floor is a problem you may choose to use a chair.

24PHY02: Balance 'n' Bones Moruya

Dates: 05/02/2024 - 09/12/2024

Venue: Moruya Library Bunjala Vulcan Street Moruya

Fee: \$0.00

Type: Terms: 1234

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

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. We use 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. If you have any questions please don't hesitate to contact me by email: chrisgra52@gmail.com.

24PHY03: Balance 'n' Bones Wednesday

Dates: 07/02/2024 - 11/12/2024

Venue: Country Womens Association 158 Edward Road Batehaven

Fee: \$0.00

Type: Terms: 1234

Frequency: Weekly, Wed 9:15 - 10:30

Tutor: Linda Westra

Tutor2: Ian Saunderson

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 other exercise groups.

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

24PHY041: Gentle Yoga Monday

Type: Terms: 234

Dates: 29/04/2024 - 09/12/2024

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

Venue: Stepz Dance Academy 1 Hughes Street Batemans Bay

Tutor: Pauline Smith

Fee: \$0.00

Yoga is about breath control, meditation, the adoption of specific body postures. It is widely practiced for health and relaxation. 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 stretch and strengthen muscles. It increases mobility, improves your breathing and relaxes your mind. The session starts with breathwork, mindfulness/meditation, warm-ups and continues through a sequence of poses. 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 to: anp.smith@hotmail.com

Please wear comfortable clothes (or exercise attire) to class, and bring your yoga mat, water bottle and a cushion (or pillow, or beach towel) for support.

24PHY042: Gentle Yoga Wednesday

Type: Terms: 234

Dates: 01/05/2024 - 11/12/2024

Frequency: Weekly, Wed 16:00 - 17:00

Venue: Mackay Park Sports & Function Princes Highway Batemans Bay

Tutor: Pauline Smith

Fee: \$0.00

Yoga is about breath control, meditation, the adoption of specific bodily postures. It is widely practiced for health and relaxation. 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 stretch and strengthen muscles. It increases mobility, improves your breathing and relaxes your mind. The session starts with breathwork, mindfulness/meditation, warm-ups and continues through a sequence of poses. 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, please contact Pauline Smith by email: anp.smith@hotmail.com

Please wear comfortable clothes (or exercise attire) for your practice. Items to bring to class : a yoga mat (or beach towel), a drink bottle, a cushion (or pillow) for support. Note: time changed to 3.30pm due to short daylight hours during winter. Session will resume to 4.00pm after winter and longer daylight hours. Email will follow with any changes.

24PHY05: Go with the Flow

Type: Terms: 1234

Dates: 08/02/2024 - 12/12/2024

Frequency: Weekly, Thu 9:30 - 10:45

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

Tutor: Virginia Pascoe

Fee: \$0.00

For all fitness levels, movement and flexibility are important during our senior years. Go with the Flow is a 75 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. Most sessions are held in the Function Centre at Hanging Rock. Some will need to be in the Basketball Stadium at Hanging Rock.

24PHY06: Scottish Country Dance

Type: Terms: 1234

Dates: 05/02/2024 - 09/12/2024

Frequency: Weekly, Mon 12:00 - 14:00

Venue: Mechanics Institute Hall Nelligen

Tutor: Janine Holden

Fee: \$0.00

This course is held every Monday, beginning on the 5th of February. 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. The venue is the Nelligen Hall at Nelligen. Benefits include: Exercise, Social interaction, Brain training, Fun, Available around the world.

24PHY07: Walking for Seniors

Type: Terms: 1234

Dates: 08/02/2024 - 12/12/2024

Frequency: Weekly, Thu 9:00 - 10:00

Venue: None

Tutor: Pauline Smith

Fee: \$0.00

One of the best exercises for seniors is walking. It's accessible, low-impact and is one of the most effective forms of exercise for those with heart problems, arthritis or recovering from an injury / illness. Seniors can regain strength with regular exercises done in a slow and safe way. An eight-year study looking at activity tracker data from 78,500 people found walking for 30 minutes a day led to a reduced risk of heart disease and dementia. (NYT September 30,2022). Walking helps strengthen your muscles, bones and keep your joints flexible. Improve your social life and join our weekly walk. Walking is a great way to go out and meet people or socialise with your friends.

The activity runs for 60 minutes consisting of a 10 minutes warm-up before the walk, a leisurely 40 minutes walk along the waterfront and finishes with a 10 minutes stretch. Please wear shoes for walking (sneakers) and bring your water bottle. *Note: The walk group will meet at the Clyde Street Bus Interchange between Starfish and Innes Boatshed, preferably 5-10 minutes before 9.00 am. Walking routes and meeting point may change, please check with Pauline. Email: anp.smith@hotmail.com

A degree of mobility is required, and the walk will not be suitable for people who use a cane or walker.

24PHY081: Fitness for Retirees 9.30

Type: Terms: 1234

Dates: 06/02/2024 - 10/12/2024

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

Venue: Country Womens Association 158 Edward Road Batehaven

Tutor: Lyn Percival

Fee: \$0.00

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. For queries, please contact the tutor: Lyn Percival E:lynette.percival@bigpond.com M:0438174028

Equipment requirements: Two 1kg hand weights and a stretch band. These may be purchased from the Sports Store or K Mart.

24PHY082: Fitness for Retirees 11.00

Type: Terms: 1234

Dates: 06/02/2024 - 10/12/2024

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

Venue: Country Womens Association 158 Edward Road Batehaven

Tutor: Lyn Percival

Fee: \$0.00

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. For enquiries please contact the tutor: Lyn Percival E:lynette.percival@bigpond.com M:0438174028

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.

24PHY09: International Folk Dancing

Type: Terms: 1234

Dates: 06/02/2024 - 10/12/2024

Frequency: Weekly, Tue 13:30 - 15:00

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

Tutor: Bruce Munro

Fee: \$0.00

Tutor2: Kay Killick

This group enjoys simple dances from Greece, Turkey, Bulgaria, and Israel. We will learn traditional and non-traditional European and both North and South American dances. Sessions will aim to teach 2-3 dances, with opportunity to repeat one or two favourites to finish up. New members are most welcome. The tutor role will be shared: if you feel that you are able to lead for one or more of your favourite folk dances, please contact Bruce at munrox@protomail.com - All dances are taught each time... come along and try it out.

We meet in the Salvation Army Garden Room. Dress lightly (and in layers, as dancing heats you up) and flat shoes + bring a water bottle.

24PHY10: Tai Chi

Type: Terms: 1234

Dates: 08/02/2024 - 12/12/2024

Frequency: Weekly, Thu 10:00 - 11:45

Venue: Malua Bay Community Centre George Bass Drive Malua Bay

Tutor: Jan McLachlan

Fee: \$0.00

Tutor2: Sonia Collins

Developed for people suffering from arthritis, this type of tai chi is a GENTLE exercise which promotes flexibility, strength and balance. World-wide studies have repeatedly shown that tai chi practice helps reduce the incidence of falls in older populations, and thus raises confidence in maintaining an active and independent life. It is a gentle, adaptable practice that features flowing movements combined with breathing and cognitive focus. Tai chi doesn't require you to fully extend or stretch your joints, so it's fine for people who are not so flexible. Tai chi is a mind/body exercise - movements or "forms" within the routine are traditionally given names to aid memory and enjoyment. It has often been referred to as 'Meditation in Motion'.

PLEASE NOTE: This class is currently run in two sessions: Session 1: 10:00 - 10:45: for people who DID NOT attend this class last year. Session 2: 11:00 - 11:45: for people who ATTENDED this class last year. Feel free to join us and see if tai chi is for you. 😊 No experience necessary.

Recreation

24REC01: Monthly Movie Group

Type: Terms: 1234

Dates: 01/03/2024 - 06/12/2024

Frequency: First week of month, Fri 10:00 - 14:00

Venue: Perry Street Cinemas Perry Street Batemans Bay

Tutor: Carolyn McKendry

Fee: \$0.00

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.

24REC03: U3A Singers

Type: Terms: 1234

Dates: 08/02/2024 - 12/12/2024

Frequency: Weekly, Thu 14:30 - 16:30

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

Tutor: Lyn Brown

Fee: \$0.00

Tutor2: Des Hill

The aim of the course is for U3A members to sing their hearts out together in joyful and happy harmony. Our group is organised and conducted by Lyn Brown, ably assisted by Des and Pauline Hill and accompanied by our pianist, Julie Stuart. 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. 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

24REC04: Gourmet Gardeners

Type: Terms: 1234

Dates: 20/02/2024 - 19/11/2024

Frequency: Third week of month, Tue 12:00 - 14:00

Venue: Member home

Tutor: Margaret Allen

Fee: \$0.00

Tutor2: Julie Ballard

A friendly and enthusiastic group of growers of edible vegetables and fruits. We grow 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 a 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.

If members wish, we also meet in the holidays.

24REC052: Solving Cryptic Crosswords Together

Type: Terms: 1234

Dates: 08/02/2024 - 12/12/2024

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

Venue: UoW Hanging Rock Place Batemans Bay

Tutor: Peta Bourne

Fee: \$0.00

We meet each week at the UoW campus at Hanging Rock (The Batemans Bay Library building). The class will tackle a couple of 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.

24REC062: Grape Expectations

Type: Terms: 1234

Dates: 21/02/2024 - 20/11/2024

Frequency: Third week of month, Wed 17:00 - 20:00

Venue: Member home

Tutor: Julie Ballard

Fee: \$0.00

Tutor2: Margaret Turner

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. Julie Ballard is the group facilitator. Her contact details are 0414 941 829.

24REC063: Southern Sensations

Type: Terms: 1234

Dates: 17/02/2024 - 07/12/2024

Frequency: See below, Sat 11:00 - 16:00

Venue: None

Tutor: Dianne Grigson

Fee: \$0.00

Tutor2: Chris Sweeney

Southern Sensations is a group that is looking to take advantage of the beautiful south Eurobodalla coast, its wineries, its restaurants and the various events which promote good food and excellent wine. The group is based in Moruya and meets once a month on a Saturday (sometimes Sunday depending on the event). You will know a month in advance where we are off to. Members buy their own food and we look for BYOs so that we can share different wines. Anyone is welcome to promote their favourite wine, place or adventure. Come join us for a great day out: pleasant company, intelligent conversation and a wander around our fabulous environment. 2024: Saturday May 4th is the oyster festival at Narooma and we will be organising to go there for lunch as well as enjoy all the fun of the festival. We are looking to start the year (February) with a bang so if you know a great place, (preferably airconditioned) please don't keep it to yourself. In the cooler weather we are off to the Tilba Winery to experience their food and wine..looks absolutely fabulous! Other suggestions include a sunset barbecue at Shelly Beach, Raymonds at Malua Bay and Chez Dominique at Moruya.

24REC07: Let's play Scrabble

Type: Terms: 1234 and hols

Dates: 07/02/2024 - 11/12/2024

Frequency: Weekly, Wed 13:30 - 15:30

Venue: Moruya Golf Club Board Room Evans St Moruya

Tutor: Gail Warren Smith

Fee: \$0.00

Tutor2: Chris Sweeney

We are playing in the boardroom at the Moruya Golf Club. Coffee and cake or a glass of wine is available. Everyone who is interested in playing Scrabble is welcome. We are looking for beginners and experienced players. Bring along your Scrabble set if you have one but there will be several sets there.

This course runs during school holidays.

24REC08: Canasta at the Manor

Type: Terms: 1234

Dates: 09/02/2024 - 13/12/2024

Frequency: Weekly, Fri 13:00 - 16:00

Venue: The Manor Retirement Village 156 Beach Road Batemans Bay

Tutor: Carol Bennett

Fee: \$0.00

Tutor2: Dianne Wade

Join this friendly group each Friday afternoon at this popular venue. 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.

24REC: U3A Dinner Group

Dates: 2/2/2024 - 13/12/2024

Venue: TBA

Fee: \$0.00

Type: SHORT

Frequency: Special

Tutor: Diana Boyle

Tutor2: Lyn Farrant

All U3A members are invited to enrol for each individual function. Each event, with details, will be advertised in a Town Crier at the beginning of each month. Come along, enjoy a meal and get to know your fellow members. Please bring along a gold coin for the kitty.

24RECO7: The Art of Photography

Dates: 01/05/2024 - 25/09/2024

Venue: UoW Hanging Rock Place Batemans Bay

Fee: \$0.00

Type: Terms: 23

Frequency: Weekly, Wed 14:00 - 16:00

Tutor: Tony Slattery

Suitable for beginners and all levels of experience. This course will include both theory and practice. Offsite locations for practice are to be determined after discussion with class members. Bring any camera you are comfortable with.

Members are encouraged to bring their photos for discussion. The format will address: Why photography is such a popular pastime; • How do you take better pictures with the camera you already have? • Who are the most influential photographers past and present? • What equipment did they use in the past, and what do they use today?

Basic Functions of a Camera. • The exposure triangle; • Composition; • The seven elements of a photograph; • Styles and Genres; • Post-processing and cataloguing your photos; • The ongoing relationship between art and photography; • History of the camera; • Tips and techniques.

Any queries contact Tony via email on tslattery2001@yahoo.com.au

Tony invites those with any experience in this field who would like to come forward as guest speakers to also contact him via email.

Science and General Interest

24SGI01: Andrew's Discussion Group

Dates: 09/02/2024 - 13/12/2024

Venue: Moruya Golf Club Board Room Evans St Moruya

Fee: \$0.00

Type: Terms: 1234 and hols

Frequency: Weekly, Fri 10:00 - 11:30

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.

24SGI04: Architecture

Dates: 08/02/2024 - 12/12/2024

Venue: UoW Hanging Rock Place Batemans Bay

Fee: \$0.00

Type: Terms: 1234 and hols

Frequency: Fortnightly, Thu 14:00 - 16:00

Tutor: Di Fischer-Harman

Architecture embraces so much of our lives and we will explore all aspects, from the materials used, eras, styles, architects, and even "my dream home". Join in on the long and enjoyable journey. The sessions will be run by the attendees, doing a little research and presenting to the participants. With a nice long list of topics, it will not be crusty or dull! Hopefully, we can find some experts in the membership who would give us a talk or two, or how about all those holidays and photos, just itching to be shared? Looking forward to hearing from you, and meeting you at our first session!
Di Fischer-Harman

24SGI07: A Current Affairs Discussion Group

Type: Terms: 234

Dates: 30/04/2024 - 10/12/2024

Frequency: Fortnightly, Tue 14:00 - 16:00

Venue: Member home

Tutor: Jo Mazengarb

Fee: \$0.00

This discussion group will be held every **SECOND TUESDAY** on the **ODD WEEKS** at Jo's residence in Batehaven. The only prerequisite is that you have your eyes and ears tuned in to the latest events happening within our society and the world at large.

This course is presently on hold. Participants will be emailed when it can go ahead.

24SGI08: CONVERSATION COURSE via Zoom

Type: Terms: 34

Dates: 26/07/2024 - 20/12/2024

Frequency: Special, Fri 10:00 - 12:00

Venue: Zoom

Tutor: Alex Gosman

Fee: \$0.00

Tutor2: Lyn Farrant

Alex Gosman from U3A Canberra invites you to join him in Conversation with the Famous and not so Famous. This course is similar in format to that run by Richard Fielder on the ABC. To be held on the second and fourth Friday of each month, Alex will interview a keynote speaker, (sometimes prominent, sometimes not so much). They will discuss the milestones in their lives and any major issues or obstacles they may have had to overcome.

Once you have registered for this ZOOM Course - you will receive emails with a list of the guest speakers and their dates. Each email will contain your ZOOM LINK (which is the same for each session) and instructions as to the protocol required, i.e., no video, muted microphone.

Most sessions are recorded and are available to view at your leisure if you are unable to join live.

24SGI09: TUESDAY FORUMS - VIRTUAL

Type: Terms: 34

Dates: 23/07/2024 - 18/11/2024

Frequency: Weekly, Tue 12:30 - 13:30

Venue: Zoom

Tutor: Alex Gosman

Fee: \$0.00

Tutor2: Lyn Farrant

TUESDAY FORUMS are run by Alex Gosman of U3A ACT via ZOOM. The forums have a current affairs focus but cover a wide field with an eclectic range of speakers. Alex likes to target great speakers from tertiary institutions as well as ex-politicians, scientists etc. Subjects covered this year include US politics, the state of play in the Middle East, clinical trials and politics in Australia.

Tutor events

24TUT021: Tutor Forum

Type: SHORT

Dates: 03/08/2024 - 03/08/2024

Frequency: See below, Sat 10:15 - 14:15

Venue: Soldiers Club Beach Road Batemans Bay

Tutor: Lyn Farrant

Fee: \$0.00

Tutor2: Margaret Turner

Past, present and future tutors are invited to attend our annual forum. We meet with like-minded people who are willing and able to give time to their community. We plan to give information, clarify issues and plan future goals. Lunch will be provided. Come along to socialise with your old friends and to make new ones.
