

U3A

SHOALHAVEN



TERM 3, 2024 ACTIVITIES PROGRAM



LEARNING FOR LIFE

ACTIVITIES PROGRAM TERM 3, 2024
U3A Shoalhaven (Third Age of Learning Inc.)
5/48 Berry Street NOWRA 2541
ABN: 85 532 879 658
Tel: (02) 4424 0216
Email: shoalhaven.uni3a@gmail.com
www.shoalhaven.u3anet.org.au

TERM 3, 2024
Monday 29 July - Friday 20 September 2024

Enrolments:

ONLINE - From Wed 17 July. Use website address above and follow links
In the office - Thursday and Friday, 18 and 19 July, from 10:30am to 2:30pm
and during the week from Monday 22 to Friday 26 July between 9:30 and Noon
Post Enrolment, or leave in U3A letterbox 5, at the front of our Berry St building.

Office Hours:

During Term: 9:30 – 12:30, Monday, Wednesday and Friday

WHAT IS U3A?

The initials stand for University of the 3rd Age. The word "UNIVERSITY" is used in its original meaning which is "people coming together to learn from each other" as distinct from university institutions.

Thus you do not need to have formal university study nor qualification of any type to join "U3A". The movement commenced in France in the Seventies when a need for mental and social stimulation for retirees was identified.

Each U3A is a community non-profit charity, completely volunteer run. Its prime ethos is members teaching and learning from members.

It is gender-neutral, apolitical and non-sectarian, providing a day-time, minimum cost, shared, open learning experience.

As you will see in this "Activities Program", U3A Shoalhaven offers learning in a wide variety of topics, conducted primarily by volunteer members sharing their accumulated knowledge and experience. You do not need a formal qualification to attend a course or a presentation and you will not acquire a formal qualification from any of our courses. Hence there are also no examinations in our (stress-free) courses. Come and enjoy!

Eric Courtney

2024 Management Team

	President:	Bob Death		
Vice President :	Herman Beyersdorf		Web/IT Manager	Jacinda Tunk
Secretary:	Marlene Crocker		Publicity:	Glennis Brooking
Treasurer:	Eric Courtney		Course Co-ordinator:	Eric Courtney
Assist Treasurer	Laura Sansonetti		Course Co-ordination:	Jane MacIntosh

SNEAK PEEK OF COURSES

FIND SOMETHING TO INTEREST YOU IN THIS PROGRAM...

A single session and, or, a series...enrol on time, as some have maximum numbers!

	Sess'ns		P#	
	214			
		<u>ART, LITERATURE</u>		
MOSAICS	8	MONDAY	4	HUSKISSON
LEONARDO DA VINCI, NOWRA	1	MONDAY	4	NOWRA
ART FOR PLEASURE NOWRA	8	TUESDAY	5	NOWRA
TIME TO WRITE	8	TUESDAY	5	NOWRA
LEAD LIGHTING / COPPER FOILING	1	WEDNESDAY	5	NOWRA
ART TUITION	8	WEDNESDAY	6	CULBURRA BEACH
GILBERT & SULLIVAN OPERETTAS	2	WEDNESDAY	7	NOWRA
LEONARDO DA VINCI, SHLHVN HDS	1	THURSDAY	9	SHOALHAVEN HEADS
ROOM TO CREATE	8	THURSDAY	8	HUSKISSON
CURRARONG ART TRAIL, JULY & SEPT	2	SATURDAY	13	CURRARONG
		<u>CURRENT AFFAIRS</u>		
TUESDAY FORUM U3A ACT	12	TUESDAY	5	ZOOM
TABOO TOPICS	4	WEDNESDAY	6	NOWRA
BACK TO THE FUTURE, Glen Kolomeitz	1	WEDNESDAY	7	NOWRA
AGEING AND DISABILITY PROTECTION	1	THURSDAY	8	NOWRA
BECOME A PRESENTER	1	THURSDAY	10	NOWRA
		<u>ENTERTAINMENT, EXCURSIONS, TRAVEL</u>		
COFFEE CLUB TUES	8	TUESDAY	5	BOMADERRY
SCANDINAVIA, NOWRA	1	WEDNESDAY	6	NOWRA
COMMUNITY TRANSPORT USE	1	WEDNESDAY	8	NOWRA
EXPLORE SOUTH NOWRA	1	WEDNESDAY	8	SOUTH NOWRA
LET'S DO LUNCH (Fortnightly through the year)	4	THURSDAY	8	SHOALHAVEN REGION
MOVIE CLUB	4	THURSDAY	9	NOWRA
COFFEE CLUB THU	8	THURSDAY	8	NOWRA
SCANDINAVIA, SHOALHAVEN HDS	1	FRIDAY	11	
		<u>HEALTH, SPORT</u>		
TENPIN BOWLING	8	MONDAY	4	BOMADERRY
SCRABBLE	8	MONDAY	4	BOMADERRY
BRIDGE FOR BEGINNERS	8	MONDAY	4	NORTH NOWRA
LAWN BOWLS	6	WEDNESDAY	6	BOMADERRY
KEEP THE MARBLES ROLLING	4	WEDNESDAY	6	NOWRA
CROQUET WEST ST NOWRA	4	WEDNESDAY	6	NOWRA
CROQUET BOMADERRY	3	FRIDAY	11	BOMADERRY
FIND YOUR FEET - BALANCE AND STRETCH	1	SATURDAY	13	NOWRA
GET STRONGER STAY ACTIVE ???	1	ANYDAY	14	SHOALHAVEN REGION
AQUA AEROBICS	1	ANYDAY	14	BOMADERRY
TAICHI - QIGONG	1	ANYDAY	14	NOWRA
		<u>HISTORY, CULTURE, LANGUAGES</u>		
ITALIANO INTERMEDIO	7	MONDAY	4	NOWRA
GERMAN FOR BEGINNERS	7	MONDAY	4	NOWRA
GERMAN ADVANCED	7	TUESDAY	5	NOWRA
TREASURES OF SCOTLAND 2	1	TUESDAY	5	NOWRA
SPANISH INTERMEDIATE	8	TUESDAY	5	NOWRA
WESTERN PLAINS ZOO	1	WEDNESDAY	7	NOWRA
ITALIAN INTRODUCTION	7	THURSDAY	10	NOWRA
FRENCH INTERMEDIATE	8	THURSDAY	10	NOWRA
FRENCH INTRODUCTION	8	THURSDAY	10	NOWRA
HISTORY NOWRA - Various topics	4	FRIDAY	12	NOWRA
FRANÇAIS LE VENDREDI	7	FRIDAY	11	NOWRA
HISTORY BERRY, Bubonic Plague	1	FRIDAY	10	BERRY
SHOALHAVEN SINGING FOR SENIORS	1	FRIDAY	10	NOWRA
HISTORY SHOALHAVEN HDS, Human Structures	1	FRIDAY	11	SHOALHAVEN HEADS
		<u>SCIENCE, TECHNOLOGY</u>		
BASIC TECHNOLOGY	1	WEDNESDAY	6	NOWRA
HOME MAINTENANCE (DIY), Thursday	1	THURSDAY	8	BANGALEE
HOME MAINTENANCE (DIY), Friday	1	FRIDAY	11	BANGALEE
TECH SUPPORT 1 - LIVING CONNECTED	2	FRIDAY	11	NOWRA
TECH SUPPORT 2 - LIVING CONNECTED	2	FRIDAY	11	NOWRA

MONDAY

109	<p>MOSAICS Jervis Bay Maritime Museum Huskisson <u>Leader: Val Starling</u> Max 20 Members</p> <p>Have you ever wanted to learn Mosaics? Val is happy to share her knowledge of this creative activity, advise you on the tools and materials required and get you started with the basics of this craft. Gain hands-on experience in priming, cutting tiles, gluing and grouting your initial simple project. Your next project/s will be limited only by your imagination. Spend up to 4 hours at each session as you wish.</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>8</p> <p>29/7; 5, 12, 19 & 26/8; 2, 9 & 16/9.</p> <p>9:00 - 1:00</p> <p>Woollamia Rd & Dent St</p> <p>\$41</p>
110	<p>TENPIN BOWLING <u>Leader: Pamela Sheehan</u></p> <p>If you thought this was beyond you - think again! Modern lane technology facilitates your game, even if the body isn't as able as it was when you last played. A COVID Safe plan in operation minimises risk. Members now enjoying this activity extend a friendly invitation to others who are missing out - join us for the exercise and the fun at Shoalhaven City Lanes! Lane charge per session \$8 includes shoe hire. Enrol any day during term and start on the following Monday.</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>8</p> <p>29/7; 5, 12, 19 & 26/8; 2, 9 & 16/9</p> <p>10:30 - 12:00</p> <p>Narang Rd Bomaderry</p> <p>\$13 to U3A</p>
111	<p>ITALIANO INTERMEDIO Max: 12 Members <u>Leader: Laura Sansonetti</u> Ci fa piacere imparare questa bella lingua!</p> <p>This course provides conversational skills in this language for students with some recent study. The focus is on measured pronunciation and comprehensive listening skills in a fun and relaxed environment. Self study of the Basic Italian Grammar and Workbook is recommended.</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>7</p> <p>29/7; 5, 12, & 19/8; 2, 9 & 16/9</p> <p>1:00 - 3:00</p> <p>5/48 Berry St</p> <p>\$31</p>
112	<p>GERMAN FOR BEGINNERS <u>Leader: Herman Beyersdorf</u></p> <p>This course is for students who have no or little German and will continue throughout the year. The textbook in use is Ed Swick's "Easy German, Step by Step", McGraw Hill, Premium Second Edition. Students are strongly encouraged to use the on-line Duo Lingo website for daily language practice and is available free, or as a paid level without adverts. Call the Course Leader on 0408209451 if you have a query.</p>	<p>Sessions</p> <p>Dates:</p> <p>Times</p> <p>Venue:</p> <p>Cost:</p>	<p>7</p> <p>29/7; 5, 12, & 19/8; 2, 9 & 16/9</p> <p>1:00 - 3:00</p> <p>4/48 Berry St</p> <p>\$31</p>
113	<p>LEONARDO DA VINCI, NOWRA <u>Presenter: Patrick Degabriele</u> 'Universal Genius' of the Renaissance</p> <p>Leonardo da Vinci (1452-1519) was a polymath active as a draughtsman, engineer, scientist, theorist, anatomist, sculptor, architect and painter. His notebooks are full of the most dazzling array of observations of nature, anatomical sketches, artistic ideas and futuristic inventions. We'll be looking at these notebooks, but our focus will be on his remarkable paintings. Although surprisingly few in number, they include two of the most famous works in Western art, Mona Lisa and The Last Supper, as well as the most expensive painting ever sold, Salvator Mundi. We'll look at his personal life and revolutionary painting technique; then discuss how money and fame can distort our view of an artwork.</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>1</p> <p>16/9</p> <p>10:00-12:00</p> <p>5/48 Berry St</p> <p>\$13</p>
114	<p>SCRABBLE Max 12 Players <u>Leader: Margaret Neal</u></p> <p>Come join the wonderful Scrabble family and keep your brain active in the process. Open to all abilities and if new to the game, learn the basic rules and progress from there. If an old hand, be introduced to the international scrabble dictionary and learn strategies to make you a pro. All equipment provided. Held at the Bomaderry Bowling Club, Cnr Cambewarra & Meroo Rds. NB: Enrolment once only through U3A and continue on as you wish.</p>	<p>Sessions</p> <p>Dates:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p>8</p> <p>29/7; 5, 12, 19 & 26/8; 2, 9 & 16/9.</p> <p>10:00 - 12:00</p> <p>SEE TEXT</p> <p>\$13.00</p>
115	<p>BRIDGE FOR BEGINNERS <u>Leader: Lydia Adams</u></p> <p>This course, conducted by an experienced teacher, teaches the basics of this popular and interesting game. It is a good way to keep the brain active and make new friends. Some knowledge of card playing is advisable. A learning manual is available for \$20. Held at the home of Nowra Bridge Club at the North Nowra Community Centre in Hood Close (behind the shopping centre). Fee is \$13 to U3A then \$10 per lesson paid to the club.</p>	<p>Sessions</p> <p>Dates:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p>8</p> <p>29/7; 5, 12, 19 & 26/8; 2, 9 & 16/9.</p> <p>1:15 - 3:15</p> <p>SEE TEXT LEFT</p> <p>NTH NOWRA</p> <p>SEE TEXT</p>

TUESDAY

116	ART FOR PLEASURE NOWRA Max 10 Mems <u>Leader: Eric Courtney</u> Have you dabbled in Art but would like to develop it further? Do you have difficulty making regular time for this activity? Join this group of friendly, creative people who get together, without a resident Tutor, to explore art, engage in diverse conversation and work with their own equipment and materials.	Sessions Date/s Time Venue Cost	8 30/7; 6, 13, 20 & 27/8; 3, 10 & 17/9 10:00 - 12:00 5/48 Berry St \$34
117	TIME TO WRITE Max: 10 Members <u>Leaders: Sheelagh Cameron & Maureen Rogers</u> Become a part of this enthusiastic writing group. Join in the fun and laughter as we share our writing stories. We are all fledgling writers, so no previous experience is necessary.	Sessions Date/s Time Venue Cost	8 30/7; 6, 13, 20 & 27/8, 3, 10 & 17/9. 1:00 - 3:00 4/48 Berry St. \$34
118	SPANISH INTERMEDIATE Max: 10 Members <u>Leader: Alan Madge</u> As this course has progressed beyond the elementary level, it is only able to take new members with good Spanish familiarity. Like all languages, Spanish requires considerable time and effort to learn, requiring at least 3 hours of homework per week. Duolingo computer based learning is required for all participants. It is free unless you choose to buy their premium level product.	Sessions Date/s: Time: Venue: Cost:	8 30/7; 6, 13, 20 & 27/8, 3, 10 & 17/9. 10:00 - 12:00 4/48 Berry St. \$34
119	GERMAN ADVANCED Max: 10 Members <u>Leader: Anna Holt</u> Having studied this language at U3A since 2017, we are at the advanced stage of our studies, so we will add extra challenges to our usual interactive work, consolidate the grammar through a wider range of writing tasks and tackle more sophisticated reading passages, including stories, news items, factual articles and poems with, of course, plenty of puzzles, songs and jokes just for fun! Übung macht den Meister!	Sessions Date/s: Time: Venue: Cost:	7 30/7; 6, 13, & 20/8; 3, 10 & 17/9. 1:00-3:00 5/48 Berry St \$31
120	COFFEE CLUB TUESDAY <u>Leader: Glennis Brooking</u> Join our regular Tuesday coffee lovers (and tea sippers) morning tea starting at 10am throughout the year at the Encore Café , in the Nowra Entertainment Centre in Bridge St. New members are always welcome. NB: Join either Tuesday or Thursday group and attend on either or both days as you are able.	Sessions Dates: Time: Venue: Cost:	8 30/7; 6, 13, 20 & 27/8, 3, 10 & 17/9. 10:00-11:00 See Text \$14 for year
121	TREASURES OF SCOTLAND 2 Max:12 Mems <u>Presenter; Jenny Rich</u> But wait! There's more - new material! This session will look at various housing structures including - 'Brochs', Castles, old Cottages and Bothies and the importance of oatmeal in Scottish cooking. If you joined in this gem last term - enrol early this term !	Sessions Date/s Time Venue Cost	1 27/8 1:00 - 3:00 5/48 Berry St \$13
122	TUESDAY FORUM U3A ACT <u>Presenters: Various</u> U3A ACT host this very popular one hour weekly series presented via ZOOM. Speakers from Universities and Government present a wide range of popular and at times eclectic topics including: · current affairs (Australian politics and international developments) · economics · environmental/climate change issues · health. Speakers and topics will be advised weekly in advance of their dates. Join in on these interesting and stimulating talks!!	Sessions Dates: Time: Venue: Cost:	12 30/7; 6, 13, 20 & 27/8; 3, 10, 17 & 24/9; 1, 8 & 15/10. 12.30- 1:30 Via ZOOM on own device \$20

WEDNESDAY

123	LEAD LIGHTING/ COPPER FOILING <u>Presenter: Ron Witz</u> Join Ron at his home studio for an introduction to the intricacies and techniques of this highly creative and somewhat rarely practised art form. Space constraints limit this session to 6 participants. Courses in this art form will run in later terms as demand indicates.	Sessions Date/s Time Venue Cost	1 18/9 2:00 - 4:00 PM 29 Journal St, Nowra \$13
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WEDNESDAY cont'd

124	<p>LAWN BOWLS <u>Leader: Charlie Francis</u></p> <p>Whether you have played this great game before and would like to brush up, or have never played, this is a chance to be taught by experienced coach, Charlie Francis, on Bomaderry Bowling Club greens. The only requirement is flat-soled shoes (or bare feet). ** Each Lesson fee \$5: NIL for Bomaderry Bowling Club members.</p>	<p>Sessions Date/s Time Venue **Cost</p>	<p>6 31/7; 7, 14, 21 & 28/8; 4/9. 1:00-3:00 See text left \$13 to U3A</p>
125	<p>BASIC TECHNOLOGY <u>Leader: Eric Courtney</u></p> <p>This is for beginners and early users of smartphones and computers to familiarise members with their use, It will cover accessing the web and off-line use, web plans, email and word/spreadsheet applications. Bring your Smartphone/Computer if you have one..</p>	<p>Sessions Date/s Time Venue Cost</p>	<p>1 21/8. 1:00 - 3:00 5/48 Berry St \$13</p>
126	<p>SCANDINAVIA, NOWRA <u>Presenter: Wendy Leatham</u></p> <p>MORE THAN JUST THE VIKINGS !! A visit to the countries of this northern region - Denmark, Sweden, Finland, Iceland, Norway. We'll have a quick look at the spectacular scenery, highly developed lifestyles, culture, people, attractions and reasons why you might like to visit these northern lands. As always, personal experiences will be very welcome. Loads of great visuals to add to our enjoyment!.</p>	<p>Sessions Date/s Time Venue Cost</p>	<p>1 7/8. 1:00 - 3:00 5/48 Berry St. \$13</p>
127	<p>CROQUET WEST STREET NOWRA <u>Leaders: Anne and John Wood</u></p> <p>You are invited to learn this challenging game with Anne and John. It is a fun sport, ideal for couples and with a very friendly club, Four free lessons, with more if needed and all equipment are provided as well as Morning tea. Wear sand shoes and shorts or trousers. Meet at the club ground on the left hand side of the Memorial gates of the Nowra Showground.</p>	<p>Sessions Date/s Time Venue Cost</p>	<p>4 31/7; 7, 14 & 21/8. 9:30 - 12 Noon See text \$13</p>
128	<p>TABOO TOPICS <u>Leader: Steve Alford</u></p> <p>What subjects are taboo at dinner parties and family gatherings? Would you like to explore such topics in a non-argumentative setting? Taboo Topics offers a safe space where, through discussion and listening, members can explore familiar topics such as: Religion's role in society, Is there too much personal freedom? Euthanasia, Climate change and its consequences, At what age do we become invisible in society? Could socialism work? Is capitalism closer to human nature? Nature vs nurture in determining the adult and many other topics.</p>	<p>Sessions Dates Time: Venue: Cost:</p>	<p>4 31/7; 14 & 28/8; 11/9. 10:00 -12:00 5/48 Berry St \$22</p>
129	<p>ART TUITION <u>Leader: Peter Handran-Smith</u></p> <p>Peter, a retired professional artist and Arts Tutor, is specialised in oil and watercolour painting and worked in his early career as a graphic artist. He is offering to share his knowledge and experience in assisting members to learn the basic techniques of these areas of art as well as those of drawing and perspective. Meet at Peter's residence at 40 The Lake Circuit, Culburra Beach.</p>	<p>Sessions Date/s Time Venue Cost</p>	<p>8 31/7; 7, 14, 21 & 28/8; 4, 11 & 18/9. 10:00 - 12:00 See text \$34</p>
130	<p>KEEP THE MARBLES ROLLING <u>Leader: Judy Potter</u></p> <p>Designed exclusively for U3A by a U3A member, this course develops mental agility through games and exercises. These use the main functions of brain activity – verbal, numerical, spatial recognition, logical thinking, short and long term memory, creativity and lateral thinking. Tasks are completed individually in a friendly, non-competitive environment. Bring paper, pencil and eraser....and....come prepared to have fun!!</p>	<p>Sessions Date/s Time Venue Cost</p>	<p>4 7 & 21/8; 4 & 18/9 10:00 - 12:00 4/48 Berry St \$47 (Incl Manual)</p>

WEDNESDAY Cont'd

131	<p>WESTERN PLAINS ZOO <u>Leader: Dr David Butcher</u></p> <p>In late 1975, I was appointed inaugural curator of the Western Plains Zoo. The job involved overseeing the construction of the zoo, stocking, staffing, opening to the public and its operation. In retrospect this was a task that, as a veterinarian, I was ill equipped for.</p> <p>Very rapidly I became an engineer, project manager, landscaper, public and industrial relations expert, wildlife transporter and negotiator. The range of problems needing resolution was enormous, especially with a completion date of January 1, 1977.</p> <p>We very nearly got there but opening to the public presented a whole new range of issues.</p>	Sessions	1
		Date/s Time Venue Cost	28/8. 1:00 - 3:00 5/48 Berry St. \$13
132	<p>BACK TO THE FUTURE <u>Leader: Glen Kolomeitz</u></p> <p>"Counterinsurgency in the New Age of Near Peer State-on-State Armed Conflict"</p> <p>This presentation draws on the presenter's earlier presentations on counterinsurgency and counter-terrorism in postulating that the Russia-Ukraine war evidences a return to 'traditional' notions of State-on-State warfare at a time when 'small wars', insurgencies and countering terrorist actors were 'all the rage'.</p> <p>It examines the extent to which medium powers such as Australia, and, to a lesser extent, major powers, such as the United States, have been equipping and training to fight the last wars – insurgencies and internal armed conflicts – while the threat of a return to large-scale international armed conflict loomed in the distance. When this threat manifest itself in the form of Russia's invasion of Ukraine, the question begs asking – were NATO and NATO-aligned countries ready to counter this threat?</p> <p>This presentation discusses the need for Western democracies to reassess their force postures, defence capabilities, and strategic priorities in light of both the Russia-Ukraine conflict and the identification of China as an implied and, later, expressed strategic contingency.</p> <p>The audience will be invited to consider: How well NATO was, and is, prepared to counter an expansionist Russia; How well the United States has been to fight multiple conflicts of different descriptions on different fronts; and How well Australia has prepared for regional contingencies in the nature of insurgencies or stabilization operations whilst concurrently preparing for major power conflict in our area of direct strategic interest.</p> <p>The presentation is in powerpoint format with open-source imagery supporting the commentary and analysis.</p>	Sessions	1
		Date/s Time Venue Cost	14/8. 1:00 -3:00 Room 5, 48 Berry St \$13
133	<p>GILBERT & SULLIVAN <u>Presenter: Norm Potter</u></p> <p>HMS PINAFORE</p> <p>Gilbert and Sullivan scored their first international hit with HMS Pinafore (1878), satirising the rise of unqualified people to positions of authority and poking good-natured fun at the Royal Navy and the English obsession with social status. This very funny operetta, with it's well known tunes, is like many of their other operas, having a surprise twist that changes everything dramatically near the end of the story.</p> <p>THE GONDOLIERS</p> <p>Set in Venice, and a balmy isle in the Mediterranean, this is the quintessential light opera of mixed up babies at birth, set to "the happiest music ever written by an Englishman". Cachucha, fandango, bolero, Sullivan was truly inspired to write such delicious Italian and Spanish melodies. Gilbert's satire of Republicanism is still as fresh today as ever.</p>	Sessions	2
		Date/s Time Venue Cost	7 & 21/8. 10:00 -12:30 5/48 Berry St. \$13



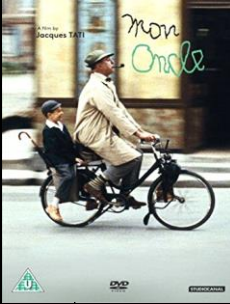

WEDNESDAY Cont'd

134	COMMUNITY TRANSPORT USE <u>Presenters: Shane Baker</u> CCCS (Coast & Country Community Services) assists senior age residents throughout the Shoalhaven region with their transport needs for whatever purpose they choose so as to maintain their mobility around the area, e.g., continuing to attend U3A, driving licence loss or restriction, etc. Find out NOW the extent of their services before your circumstances change and you have a mobility need.	Sessions Date: Time: Venue: Cost:	1 31/7. 10:00 - 12:00 4/48 Berry St. \$13
135	EXPLORE SOUTH NOWRA <u>Leader: Glennis Brooking</u> Take a self-drive excursion through South Nowra visiting places that are not just factories and take away drive-throughs. Bring an esky just in case you see something scrumptious you want to buy and take home for your Pantry, or Dinner! Visit an artisan bakery, distillery, and a roaster of beans plus also other local gems! We will commence with coffee at the address shown. A map of the route will be available for each member so we can travel in convoy if it is easier (or carpool?) The group can decide.	Sessions Date/s Time Venue Cost	1 11/9 10:00-1:00 1/5 Investigator Ave South Nowra. \$13

THURSDAY

136	AGEING AND DISABILITY PROTECTION <u>Host: Glennis Brooking</u> The Ageing and Disability Commission provides information about its role in protecting the rights of older people and people with disability. The session provides information about what you can do if you have concerns about your own wellbeing or that of any older person or adult with disability in their family, home and community.	Sessions Date: Time: Venue: Cost:	1 22/8. 10:00 - 12:00 Nowra CWA Hall 39 Berry St \$13
137	COFFEE CLUB THU <u>Leader: Glennis Brooking</u> Join our regular Thursday coffee lovers (and tea sippers) morning tea at the ENCORE CAFE at the Entertainment Centre. This is a great way to keep in-touch, meet, socialise and 'Put a smile on your dial' throughout the year. New members always welcomed . NB: Join either the Thursday or Tuesday group and attend on either or both days as you wish.	Sessions Date/s Time Venue Cost	8 1, 8, 15, 22 & 29/8; 5, 12 & 19/9. 10 am See Text \$14 for year.
138	HOME MAINTENANCE (DIY) Max: 10 Members <u>Presenter: Bob Death</u> Take this opportunity to learn how to do the simpler repairs around your home and what tools to use. Bob, an apiarist, has done much handiwork in tending his bees and his own home. Call Bob on 0416721011 if you have a particular job you would like covered. Attend also at 1:00pm on Friday 13 Sep. Attend either or both days.	Sessions Date: Time: Venue: Cost:	1 15/8. 1:00 - 3:00 26 Lochaven Dr, Bangalee. \$16
139	ROOM TO CREATE <u>Leader: Roslyn Wilson</u> Lady Denman Maritime Museum Huskisson Imagine, not only can you paint, draw, weave and sculpt in clay and polyclay and all things creative now you can also play and learn fabulous board games, all in 1 place ! Come and join us.	Sessions Date/s Time Venue Cost	8 1, 8, 15, 22 & 29/8; 5, 12 & 19/9. 9:00am-1:00pm Woollamia Rd & Dent St \$41
140	LET'S DO LUNCH <u>Leaders: Patricia Cornish, Carolyn Murray</u> The Lunch Club enjoys social interaction at a variety of local dining venues fortnightly and through the school holidays. Lunch is at your own cost. Guests are invited occasionally. Participants will be emailed on venues.	Sessions Date/s Time Cost	4 1, 15 & 29/8; 12/9. Noon \$18 for Cal year.

THURSDAY Cont'd

142	MOVIE CLUB	<u>Leader: Allan Sherringham</u>	Sessions	4
<p>Another mixed bag of fine movies this term, for our fortnightly sessions. Bring your cake or lunch to eat with a 'Cuppa' during the show.</p>			Venue Cost	5/48 Berry St. \$19 for Term
<p>IN THE HEART OF THE SEA 2015 117mins</p>			Date Time	8/8. 1:00pm
	<p>A historical adventure based on the voyage of the ill-fated Nantucket whaleship Essex, sunk in 1820 when it was rammed by a whale, and the subsequent trials of the handful of survivors (in three whaleboats) as they battled storms, starvation and despair. Starring Chris Hemsworth, Cilian Murphy, Brendan Gleeson and Ben Whishaw. Directed by the multi-award winning Ron Howard (Apollo 13, A Beautiful Mind, Frost/Nixon.) The inspiration for Herman Melville's Moby Dick.</p>			
<p>LITTLE MISS SUNSHINE 2006 98mins</p>			Date Time	22/8 1:00pm
	<p>The Hoovers are a dysfunctional American family on the edge, but when 7 year old Olive wins a spot in a child beauty pageant in far-off California the stage is set for a tragi-comic road trip like no other. Forced to spend days together – in a Kombi van that had seen better days – the group finally arrives at the contest. But would it all be worth it? A fine ensemble cast including Greg Kinnear, Toni Colette, Steve Carell and Alan Arkin. Heartwarming!!</p>			
<p>MON ONCLE (My Uncle) 1958 115mins</p>			Date Time	5/9 1:00pm
	<p>Unemployed M. Hulot (Jacques Tati), living in a run-down Parisian district is adored by his nephew Gerard who is bored living with his consumerist parents in their ultra-modern house. But Gerard's parents have plans for M. Hulot to join the modern world... As a director Mon Oncle brought Tati international attention with an Oscar for Best Foreign Language Film and a Special Award at Cannes. A charming comedy. (The comedy is visual-based and dialogue is often not prominent.)</p>			
<p>THE GOOD SHEPHERD 2006 160mins</p>			Date Time	19/9 12:30pm
	<p>Edward Wilson loves America and will sacrifice everything he loves to protect it but as one of the covert founders of the CIA, his youthful idealism is slowly eroded by his growing suspicion of the people around him. Everyone has secrets...but will Edward's destroy him? A gripping spy drama announcing Robert de Niro's directorial debut with an all-star cast including Matt Damon, Angelina Jolie, Robert de Niro, Alec Baldwin, Michael Gambon, William Hurt and Billy Crudup.</p>			
141	<p>LEONARDO DA VINCI, SHLHVN HDS <u>Presenter: Patrick Degabriele</u> 'Universal Genius' of the Renaissance</p>		Sessions	1
<p>Leonardo da Vinci (1452-1519) was a polymath active as a draughtsman, engineer, scientist, theorist, anatomist, sculptor, architect and painter. His notebooks are full of the most dazzling array of observations of nature, anatomical sketches, artistic ideas and futuristic inventions.</p>			Date/s Time Venue	19/9 10:00-12:00 SHLHVN HDS, Community Centre 111 Shlhvn Hds Rd
<p>We'll be looking at these notebooks, but our focus will be on his remarkable paintings. Although surprisingly few in number, they include two of the most famous works in Western art, Mona Lisa and The Last Supper, as well as the most expensive painting ever sold, Salvator Mundi. We'll talk about his personal life and his revolutionary painting technique; then consider how money and fame can distort our view of an artwork.</p>			Cost	\$13

THURSDAY CONT'D

143	BECOME A PRESENTER If you have a passion or practical skill you would like to share with our U3A members, then come along and find out what you need to do to run either a one-off session or a course with a series of sessions. NIL FEE COURSE	<u>Leader: Glennis Brooking</u>	Sessions Date: Time: Venue: Cost:	1 29/8. 1:00 - 3:00 4/48 Berry St \$NIL
144	FRENCH INTRODUCTION Max 12 Mems This class comprises students in their 2nd year of U3A French (Introduction 2) and those in their 2nd term of French (Introduction 1). In term 2 this mixed ability class will be structured as follows: 12.45 - 1.30: Introduction 1: Grammar Basics 1.30 - 2.45: Combined Class: Focus on listening and speaking skills 2.45 - 3.30: Introduction 2: Extension work across the 4 skills of speaking/listening/reading/writing.	<u>Leader: Anne Wenham</u>	Sessions Date/s: Time Venue Cost	8 1, 8, 15, 22 & 29/8; 5, 12 & 19/9. SEE TEXT 4/48 Berry St \$34
145	FRENCH INTERMEDIATE Max 12 Members Most students in this class are now in their fourth year of U3A French study. Lessons this term build on acquired knowledge of the French language to extend confidence in speaking, listening, reading and writing. Class activities, primarily in French, include reading and discussion of a set novel, group work including writing and performing play scripts and website research of French cities and presentation of findings to the class. Each lesson also revises one aspect of French language usage or grammar. The class is now undertaking completion of selected NESA HSC French Beginners examinations in the three parts of Listening, Reading and Writing.	<u>Leader: Anne Wenham</u>	Sessions Date/s Time Venue Cost	8 1, 8, 15, 22 & 29/8; 5, 12 & 19/9. 10:00 - 12:00 5/48 Berry St. \$34
146	ITALIAN INTRODUCTION Max:12 Mems Those who have had some prior study of this language are invited to join this workshop based course, where students of varying experience collaborate in the development of each other's skills. The focus is on pronunciation, comprehension and self directed learning, using Duo lingo, the Basic Italian Grammar and Workbook and a dictionary.	<u>Leader: Laura Sansonetti</u>	Sessions Dates Time Venue Cost	7 1, 8, 15 & 22/8; 5, 12 & 19/9. 10:00 -12:00 4/48 Berry St \$31
FRIDAY				
147	HISTORY AT BERRY BUBONIC PLAGUE In 1900, the plague moving through Asia arrived in Sydney. This deadly historical pandemic was still not yet fully understood. Initial panic gave way to a plan by the City of Sydney, the New South Wales government and the Board of Health to combat its effects. The connection between fleas and rats was finally made. This presentation examines the characteristics of the plague in Sydney in 1900, in world history and in the world today	<u>Leader: Lloyd Pitcher</u>	Sessions Date Time Venue Cost	1 13/9. 10:00-12:00 Uniting Church Wesley Hall 77 Albert St BERRY \$13
148	SHOALHAVEN SINGING FOR SENIORS The benefits of music and singing are well known, especially as we age. Through the shared joy of singing we aim to promote healthy ageing, and reduce social isolation by providing the opportunity for dementia and non dementia participants to make meaningful connections with others in the community. Gold coin donation for morning tea. Enrol on any day of term and commence on following Friday.	<u>Leader: Gail D'Astoli</u>	Sessions Date: Time: Venue: Cost:	1, then weekly SEE TEXT 10:00 - 12:00 Ex-Servos Club Junction St \$13

FRIDAY CONT'D

152	<p>SCANDINAVIA, SHLHVN HEADS <u>Presenter: Wendy Leatham</u></p> <p>MORE THAN JUST THE VIKINGS !! A visit to the countries of this northern region - Denmark, Sweden, Finland, Iceland, Norway. We'll have a quick look at the spectacular scenery, highly developed lifestyles, culture, people, attractions and reasons why you might like to visit these northern lands. As always, personal experiences will be very welcome. Loads of great visuals to add to our enjoyment!.</p>	<p>Sessions</p> <p>Date/s Time Venue</p> <p>Cost</p>	<p align="center">1</p> <p align="center">23/8 10:00 - 12:00 SHLHVN HDS, Community Centre 111 Shlhvn Hds Rd. \$13</p>
153	<p>HOME MAINTENANCE (DIY) Max: 10 Members <u>Presenter: Bob Death</u></p> <p>Take this opportunity to learn how to do the simpler repairs around your home and what tools to use. Bob, an apiarist, has done much handiwork in tending his bees and his own home. Call Bob on 0416721011 if you have a particular job you would like covered. Attend also at 1:00pm on Thursday 15 Aug. Attend either or both days.</p>	<p>Sessions</p> <p>Date: Time: Venue:</p> <p>Cost:</p>	<p align="center">1</p> <p align="center">13/9. 1:00 - 3:00 26 Lochaven Dr, Bangalee. \$16</p>
154	<p>TECH SUPPORT 1 Max: 10 attendees <u>Leader: Helen Hasan</u></p> <p>Living connected is a non profit community organisation dedicated to assisting senior age members of our community with the use of current communications technology - Computers, Tablets, Smartphones and ipads, etc. Bring your device along to the session or sessions you can attend. Attend one or both sessions as you need or can. Enrol also in the Tech Support 2 sessions as outlined below if you wish. You do not need to be a U3A member, but you must enrol or register either on-line or at our office at the address on the right.</p>	<p>Sessions</p> <p>Dates: Time: Venue:</p> <p>Cost:</p>	<p align="center">2</p> <p align="center">9 & 23/8 . 1:00 - 3:00 Room 5, 48 Berry St Nowra Opp Roxy cinema \$12</p>
155	<p>TECH SUPPORT 2 Max: 10 attendees <u>Leader: Helen Hasan</u></p> <p>Living connected is a non profit community organisation dedicated to assisting senior age members of our community with the use of current communications technology - Computers, Tablets, Smartphones and ipads, etc. Bring your device along to the session or sessions you can attend. Attend one or both sessions as you need or can. Enrol also in the Tech Support 1 sessions as outlined above if you wish. You do not need to be a U3A member, but you must enrol or register either on-line or at our office at the address on the right..</p>	<p>Sessions</p> <p>Dates: Time: Venue:</p> <p>Cost:</p>	<p align="center">2</p> <p align="center">6 & 20/9 . 1:00 - 3:00 Room 5, 48 Berry St Nowra Opp Roxy cinema \$12</p>
149	<p>HISTORY AT SHOALHAVEN HEADS <u>Leader: Lloyd Pitcher</u></p> <p>HUMAN STRUCTURES We look at introduced structures in the ancient world and the modern world, in New South Wales and the Shoalhaven. From time immemorial, structures have defined human achievements. The natural landscape is manipulated to create functional and utilitarian structures which benefit mankind and allow people to both live more comfortably and achieve more in their limited time on Earth.</p>	<p>Sessions</p> <p>Date: Time: Venue:</p> <p>Cost:</p>	<p align="center">1</p> <p align="center">30/8. 10:00 - 12:00 SHLHVN HDS, Community Centre 111 Shlhvn Hds Rd. \$13</p>
150	<p>CROQUET BOMADERRY Max: 8 Players <u>Leader: Doug Cornish</u></p> <p>Nowra Croquet Club invites you to learn this challenging, friendly and fun sport at their grounds opposite Bomaderry Aquatic Centre at \$6 per week. U3A registration fee \$13. Club members will assist with the 3 weekly sessions to get you started. All equipment is supplied. Wear flat soled shoes and shorts or slacks.</p>	<p>Sessions</p> <p>Date/s Time Venue</p> <p>Cost</p>	<p align="center">3</p> <p align="center">9, 16 & 23/8. 9:00-12:00 127 Cambewarra Rd, Bomaderry. SEE TEXT</p>
151	<p>FRANÇAIS LE VENDREDI Max: 12 Members <u>Leader: Marianne Cohen</u></p> <p>This self-study group is assisted by a French born member providing valuable pronunciation support. The emphasis is on practising conversational French during most of the session using very short French stories to stimulate the conversation. New members with fair conversational French are welcome to join.</p>	<p>Sessions</p> <p>Dates Time Venue Cost</p>	<p align="center">7</p> <p align="center">2, 9, 16 & 23/8; 6, 13 & 20/9. 12:00 - 2:00 4/48 Berry St \$31</p>

FRIDAY CONT'D

156	<p>HISTORY NOWRA <u>Leader: Lloyd Pitcher</u></p> <p>ALEXANDER THE GREAT Pt.1 In 536 BC, Alexander was born to King Philip of Macedon and one of his four wives, Olympias of Molossia. Alexander joined the School of Royal Pages and was tutored by the Greek philosopher Aristotle. Aged 14, Alexander acquired a horse, Bucephalus, who served him for 30 years. Alexander became king in 336 BC after his father's assassination. He set about subduing the northern states, unifying the warring Greek states and wreaking vengeance on Persia for their invasion of Greece 150 years earlier. Alexander and his army invaded Asia at the Hellespont [Dardanelles] and defeated King Darius III and the Persian army at Granicus River and Issus in 333 BC. He continued on to subdue Phoenicia, Sidon, Tyre and Gaza.</p>	<p>Sessions</p> <p>Cost</p> <p>Venue</p> <p>Date</p> <p>Time</p>	<p align="center">4</p> <p align="center">\$22 CWA HALL, 39 Berry St, NOWRA.</p> <p align="center">9/8. 10:00-12:00</p>
	<p>ALEXANDER THE GREAT Pt.2 From Gaza, Alexander's Asian campaign took him to Egypt and the third battle against the Persians at Gaugamela. After several more skirmishes, Alexander captured, sacked and burned the city of Persepolis. Alexander relentlessly pursued Persian king Darius III and eliminated all opposition to the Macedonian army. He continued into India, where stayed for three years until an army mutiny caused him to return to Babylon. In 323 BC, Alexander the Great died of malaria in Babylon. He had done more than any other individual to change the history of civilisation</p>	<p>Date:</p> <p>Time:</p>	<p align="center">23/8. 10:00 - 12:00</p>
	<p>HANNIBAL BARCA OF CARTHAGE Hannibal Barca of Carthage, in modern Tunisia, is considered one of the greatest military commanders in all history. He was born at a time of great tension among states around the Mediterranean Sea. Hannibal accompanied his father Hamilcar on military expeditions to Hispania and was educated by Greek tutors. When Hannibal became leader, he set about establishing control of Hispania. Conflict with Rome ensued in the Second Punic War when Hannibal marched his army across the Pyrenees and Alps into northern Italy, where he achieved some stunning victories. He never attacked Rome itself in the 15 years he spent in Italy. When Carthage was eventually defeated, Hannibal was a wanted man and lived in several states until the Romans demanded he be handed over by King Prisius I of Bithynia. Hannibal took his own life rather than be captured by Rome, ending an illustrious career which had a major impact on world history.</p>	<p>Date:</p> <p>Time:</p>	<p align="center">6/9. 10:00 - 12:00</p>
	<p>GENGHIS KAHN, CIRCA 1162-1227 Genghis Khan was the founder and first great Khan of the Mongol Empire, the largest, most ethnically and culturally diverse empire in history which conquered most of Europe and Asia. After a difficult early life, Genghis Khan married, had children, then set about uniting the warring Mongol tribes. A sole ruler in 1206, Genghis Khan began a series of successful military campaigns against the Western Xia, the Jin Dynasty, the Naimans and the Khawarazmian Empire. In 1220 he returned to the steppes and was injured in 1223. After he died in 1227, his son Ögedai expanded the Mongol Empire even further. Genghis Khans's descendantS Kublai Khan, Timur the Barlas Turk [Tamberlaine, 1336-1405] attempted to recreate the Mongol Empire. In India, his descendant Babur [1483-1530] was the first Moghul emperor. The impact of Genghis Khan on world history was immense</p>	<p>Date:</p> <p>Time:</p>	<p align="center">20/9. 10:00 - 12:00</p>

SATURDAY

157	CURRARONG ART TRAIL This monthly Saturday Art Trail walk/drive provides a regular opportunity to visit the many talented artists working in Currarong who look forward to welcoming viewers and purchasers of their works. Meet at Alma's Cafe for refreshments and the list of artists open on the day.	<u>Leader:Glennis Brooking</u>	Sessions Date/s Time Venue Cost	2 3/8 OR 7/9. 10:00 – 2:00 Lamond St \$13
158	FIND YOUR FEET - BALANCE AND STRETCH This friendly, fun, revitalising exercise class is really a joy to attend, a great combination of beautiful music and movement. No fancy gym equipment and every muscle stretched without feeling it. All exercises are suited to over 50s, the balance and stretch leaving you feeling healthy and satisfied. Bring water and wear loose clothes This is an introductory session. If you wish, continue with Robin at \$10/session.	<u>Leader: Robin Sharpe</u>	Sessions Date/s Time Venue Cost	1, then weekly. 3/8. 11:00 – 11:45 St Andrews Presbyterian Ch hall, Kinghorne St Nowra \$13

ENROLMENT TIMETABLE - TERM 3

WEDNESDAY 17 JULY - ONLINE, OPEN TO END OF TERM
THU & FRI, 18 & 19 JULY - OFFICE; 10:30am to 2:30pm
MON - FRI, 22 - 26 JULY - OFFICE 9:30am - Noon
MON, WED, FRI - OFFICE 10:00 - NOON DURING TERM

ANYDAY

159	<p>TAICHI/QIGONG FOR HEALTH <u>Leader: Lyn Charleswood</u></p> <p>Arthritis can make exercise painful. This form of gentle and calming TaiChi helps to strengthen joints and muscles. Qigong is another form of TaiChi. This introductory lesson is for beginners. If you wish, continue with Lyn at \$10/session at the School of Arts ANNEX, in the mixed hours carpark opposite the Regional Gallery in Berry St, Nowra. Enrol any day during term and call Lyn (0414817601) to confirm your preferred starting Tuesday date.</p>	<p>Sessions</p> <p>Date/s Time Venue Cost:</p>	<p align="center">1</p> <p align="center">See text 11:15 - 12:15 See text \$13 to U3A.</p>
160	<p>AQUA AEROBICS <u>Leader: Aqua Instructor</u></p> <p>Aqua Aerobics Classes are held in the Bomaderry Indoor heated 25m pool. Aqua Aerobics is a multi-dimensional program in water, designed to increase flexibility as well as strengthen and tone muscles. It is suitable for all ages and levels of fitness. Conc fees are \$12.60/session or \$111.60 for 10 sessions. Concession includes Snrs Card, Pens, DVA & C'wealth Health. Attend weekly or as often as you wish. Classes are held - Mon 10am; Wed 10am; Thu 7 & 10am; Fri 10am. Enrol anytime during term.</p>	<p>Sessions</p> <p>Date/s Time/s Venue Cost</p>	<p align="center">1</p> <p align="center">Ongoing, SEE TEXT. Bomaderry Aquatic Centre 127 Cambewarra Rd. \$13 to U3A</p>
161	<p>GET STRONGER STAY ACTIVE <u>Co-ordinator: Glennis Brooking</u></p> <p>The COTA NSW: Living Longer Living Stronger program will run at four locations within the Shoalhaven LGA. Nowra, Vincentia, Sussex Inlet and Ulladulla. Get stronger: Stay active: Make friends. You can join a fun exercise class near you or do the exercises at home. The individualised strength and balance program is specifically for people aged 50 to 100+. The program will be delivered in the Shoalhaven by Activate Health and Movements who have specially trained accredited Exercise Physiologists who will develop an exercise plan that is tailored specifically for you and your goals. The progressive strength and balance training can help to improve your:</p> <ul style="list-style-type: none"> • Chronic conditions • Balance • Cardiovascular fitness • Muscle strength • Mental Health and Wellbeing <p>How it works: Enrol with U3A in the Living Longer Living Stronger course, See your GP for a HEALTH PLAN or check if you are covered by NDIS, Homecare Package or your Health Fund Have an individual assessment with the Accredited Exercise Physiologist (45 mins). They will devise an individual plan and then meet with you again (45 mins) and train you to do the exercises. You decide whether you want to do the exercises at home or join a group near you to socialise and meet new people, or a bit of both. Please ignore the class date in the MyU3a email confirming your enrolment. \$13 to U3A, classes range from \$8 to \$10 per session depending on how often you want to attend. You will be sent more information and contact details after U3A enrolment. If you have any questions call Glennis on 0402 913 478 as she joined the program in 2022.</p>	<p>Sessions</p> <p>Date: Time: Venue: Cost:</p>	<p align="center">1</p> <p align="center">Enrol anytime during Term. SEE TEXT SEE TEXT \$13 to U3A</p>

U3A SHOALHAVEN ENROLMENT

Name (Ms/Mrs/Mr)

Birth date

Address

Circle F / M

Phone _____ Postcode _____ Email – (Important; **PRINT CLEARLY BELOW**)

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Please enrol me in the courses with fees noted below from Newsletter. (Use 2nd form if necessary)
Please note that U3A promotional photos/videos are sometimes taken during course activities

IMPORTANT

Course No.	Course Name	Fee

	SUB - TOTAL	
	Less CREDIT noted above	
	TOTAL	

EMERGENCY CONTACT:

TEL:

How did you find out about U3A?

What classes would you like to see?

What classes can you run yourself?

Can you staff our office for 4 hours once or twice during term?

An optional U3A first name badge is available for \$15 from Shoalhaven Trophy and Engraving Centre.

Post completed form, with cheque payable to "U3A Shoalhaven", to

U3A SHOALHAVEN
5/48 Berry St Nowra NSW 2541
(or drop it into the office as noted below)

Early enrolment is strongly advised, as courses are cancelled if numbers are insufficient. Drop sealed completed form with payment, into letterbox 5 at front door of our building, if office closed.

OFFICE USE ONLY

RECEIPT		TOTAL AMOUNT	MyU3A ENTRY
NUMBER	DATE	(CASH / CARD / CHEQUE)	DATE & REC'T #
	/ / 2024	\$	/ / 2024
		CHQ #	No.

U3A EF