

U3A Southern Highlands Inc.

Course List for Term 1, 2019

Tuesday 29th January, 2019 to Friday April 12, 2019

Enrolments close at 9pm on Wednesday 12th December 2018

However, vacancies may exist in some courses after enrolments have been processed.

THE AEGEAN WORLD - FOUR THOUSAND YEARS OF HISTORY

The Aegean region today encompasses the modern nation of Greece and the western part of Turkey. In the past it has been the location of several civilisations – Greek, Roman, Byzantine, Ottoman – whose legacies we can still enjoy today. In this course we will explore the history of the region from the earliest times to the present day. It will be substantially the same course as presented in 2014. The course will be offered in ten sessions fortnightly over two terms. There will be a \$5 charge for afternoon tea and notes.

AGEING WELL FOR LIFE

Dementia isn't part of the retirement plan for most of us yet in Australia, there are over 1,500 new cases of dementia diagnosed each week. It is predicted that there will be almost one million Australians with the condition by 2050. Whilst this is a challenge, there are some simple steps we can all take to age well and reduce the risk of dementia. You're never too young to start thinking about a sensible ageing well plan — there is so much we can all do to age well, starting with attending an Ageing Well for Life seminar based on neuroscience research.

ALL YOU NEED IS EARS: LISTENING WITH MAY

Welcome to a new style of music listening sessions. May will be your guide, as we utilise the vast resources of the late Murray Khouri, international clarinet soloist, orchestral and chamber musician and presenter of this course for the last two years, until his sudden passing in October 2018. Join with the leaders as we pay tribute to Murray, listening to famous as well as lesser known works in the repertoire, spanning the last 400 years. You may be genuinely surprised by the new musical discoveries that you make along the way! A \$10 one-off charge to cover morning tea and cost of production of handouts will be collected at the first session.

ART IN THE AFTERNOON

We are a group of men and women who enjoy painting and drawing, mostly we work in our lovely modern studio. We visit the ever changing exhibition at Bowral Art Society in our break. We listen to soft music as we work, and bring and use the medium of our choice. Ideas and encouragement are exchanged. Some have been painting for years, others have only recently begun. Help is available when required.

AVIATION PIONEERS

Over two sessions we will explore the gripping stories of some notable aviation pioneers. Session 1: QUEENSLAND'S FIRST AIRMAIL service in 1922 from Charleville aerodrome to Tambo, Blackall and Longreach carrying 106 letters and ON THE TRAIL OF THE U.S. AIRMAIL in 1926 - the frontier spirit lives again through the great overhead, skyline trail linking east to west USA across 3000 miles in less than a day and a half. In Session 2, learn about GREAT PIONEERING FLIGHTS by Charles Kingsford Smith and Bert Hinkler- sagas of stress, failures, disappointments and last minute successes.

BOARD GAMES FOR THE MODERN ERA

Come along and join in the fun and stretch your mind as we play 5 Euro-Style tabletop games with wide appeal viz Catan, Ticket-To-Ride, Alhambra, Carcassonne, and Dominion. I feel they deserve a new batch of fans. Here is your chance to stretch your tactical mind in a friendly setting. Everyone is welcome regardless of experience. I also offer an exclusive new game, two years in development to prototype stage called "Bucket List", which has appeal to young and old alike.

BOOK LOVERS CIRCLE

We are a relatively new Book Group who enjoy reading a variety of books, which members take turns to choose, one each month We meet at a member's house on the second Wednesday of the month, from 10.am to 12 noon, and we ask the one who chose the book, to lead our discussion. This can be quite wide ranging and cover all aspects of our chosen title. A small charge is made each term for morning tea. As we now offer 2 Book Groups, please enrol in one only.

BOOKWORMS BOOK GROUP

This is the original U3A book club that generally meets on the 4th Wednesday of each month. Our Book Group reads works by a variety of authors and all different genres including non-fiction, to discuss and share our thoughts. All members have the opportunity to suggest books which are then selected by an informal vote. The member generally provides an introduction to their suggested book followed by individual and group discussion (usually very lively!). We have a maximum of 12, and many wish to continue, so we would welcome 2-3 new members. A contribution towards morning tea will be required at the commencement of the term As U3A now offers 2 Book Groups, please enrol in one only.

A BRAVE NEW WORLD

The end of the 19thC and the first decades of the 20thC saw, in western Europe and particularly France, an unparalleled rate of change in most aspects of life. Writing in 1898, the French poet and philosopher, Charles Peguy described this era as one in which the "world has changed more in the past decade than it has since the birth of Christ". The 1889 Paris International Exhibition (for which the Eiffel tower was built) embodied the spirit of this extraordinary period. In these four lectures, the revolutionary art and architecture of the early 20thC will be explored as they emerged in the social, economic, political and religious context of the time.

BRITAIN SINCE THE CONQUEROR

The course has now entered the 18th Century and will cover the reigns of the first four Georges. There will be a small charge for those who stay for morning tea after the session. There may also be a small charge for course notes. PLEASE NOTE: There will be no session on 8 March as Hall is unavailable.

CHESS CLUB

How does Lewis Carroll's 'Through the Looking Glass' relate to chess? It is, in fact, the game which has been played for over 1500 years, with its origins in India. It is beloved of the world's

famous from Canute to Dickens, Shakespeare to HG Wells. Dr Johnson said “chess is wonderful for concentration but so is the possibility of being hanged the next day”. Now is your chance to revisit and revitalise your game in a relaxed and friendly atmosphere. To join the course, some basic chess skills are required and sufficient progress needs to be displayed by the end of term in order to continue to the next term. There will be a \$2 charge per term for tea and coffee.

CINEMA ON WEDNESDAY

Experience an enjoyable afternoon at our Empire Cinema, viewing a movie followed by coffee or tea downstairs at Coffee Culture. Gerard continues to advise on current releases to help us choose an interesting and varied selection for you. TERM COST is \$34.50 (Combined Cinema and Coffee). Money must be paid at time of application for enrolment. Members who apply but neglect to pay prior to close of enrolment will not be accepted. If you cannot attend a session, you may deputise another U3A member to attend in your place, BUT money cannot be refunded.

CINEMA ON MONDAY

Experience an enjoyable afternoon at our Empire Cinema, viewing a movie followed by coffee or tea downstairs at Coffee Culture. Gerard continues to advise on current releases to help us choose an interesting and varied selection for you. TERM COST is \$34.50 (Combined Cinema and Coffee). Money must be paid at time of application for enrolment. Members who apply but neglect to pay prior to close of enrolment will not be accepted. If you cannot attend a session, you may deputise another U3A member to attend in your place, BUT money cannot be refunded.

COMPUTERS COFFEE AND CHAT

Want to be more productive with your PC or Mac? Worried about computer security and privacy? Like to know more about the latest developments in computer technology? If so, this course will be of interest to you. The course combines lecture style delivery of tips, explanations, news and suggestions with informal group discussion in a non-threatening environment. Comprehensive notes are provided for each session. The course is not suitable for total beginners wanting to learn how to use a computer for the first time nor is it intended for technical types who want to learn programming or delve into bits and bytes and other technical issues. Rather this course is aimed at existing PC and Mac users who simply want to be more productive on their computer and would also like to stay abreast of the fast developing world of computer technology. If that's you, then you will find much here that is interesting and rewarding. There is a charge of \$5 per term to cover afternoon teas/coffee and other incidentals

COSMOLOGY – THE SHAPE, ORIGIN & FATE OF THE UNIVERSE

This series explores how the Big Questions of philosophy have been illuminated, and often answered, by science. On the way, intriguing new questions arise. Today's session will outline the study of the universe as a whole. This includes theories of its origin, with contributions from the late Stephen Hawking. Its shape and limits were studied by Einstein. And what does the deep future hold?

CRACKING CRYPTIC CROSSWORDS

An entertaining beginners' course to enlighten those of you who have always thought cryptic clues are double dutch. You will find it fun and will be amazed at how easily your mind can adapt to thinking cryptically. The leader is looking forward to taking you through the various ways clues are worded and gradually building on your knowledge to make you a Super Solver! There will be a charge of \$7 for morning tea and biscuits and printing. This will be collected at the first session.

CREATING YOUR FAMILY ARCHIVE

Do you have boxes of papers, photos and other memorabilia around the house but by now only you know what is in this collection? What will happen to this valuable resource if you don't organise it properly – end up at the dump or on a bonfire? This course will show you how to sort, preserve, catalogue, and save your material into a physical and digital archive that can be handed on to the next generation, an historical society or library. It could also be the starting point for you to write your own history. The Leader is an author, historian and publisher who uses and creates archives in her work and has undertaken an archiving project for the National Library of Australia in Canberra.

CRIBBAGE CLUB

Enjoy a game of Cribbage and a cup of coffee at the Bowral Bowling Club. We play weekly but members are welcome to join us when they can. There is no cost for the venue but cribbage players are expected to join the Bowling Club as social members @ \$15pa.

DECOUPAGE AND CRAFT

Enjoy a morning working on your favourite craft with a group of people who have wide experience with a number of craft activities. There is no tutor and you will need to supply all your own materials, however there will be plenty of encouragement and ideas to help you.

DEMOCRACY UNDER STRESS

Has liberal democracy already reached its peak? This lively lecture/discussion course will begin with a brief history of democracy and then will consider a number of issues of consequence: (1) The role of neo-liberalism (2) Ideology in general (3) Economic rationalism and globalisation (4) Social tensions (5) Leadership concerns (6) The rise of political agitators (7) Challenges to democratic institutions (8) Social media and the 24 hour news cycle (9) Ideas for strengthening the democratic processes.

EMBROIDERY PLUS

A friendly group of people who meet each Monday morning to work on a project of their choice whilst enjoying one another's company. As a group, we have many sewing skills and are available to help with several different styles of embroidery. Beginners are very welcome as regular members of the group are willing to share their skills. Please bring your own scissors, needles, pins, tape measure and any appropriate sewing items. Small cost for tea/coffee each term payable at the first session.

EVOLUTION OF THE UNIVERSE: QUARKS TO ATOMS TO STARS & PLANET

This series explores how the Big Questions of philosophy have been illuminated, and often answered, by science. On the way, new questions are created. Today's session will outline the history of the universe, from the Big Bang to the first atoms of hydrogen and helium. Generations of stars then assembled the heavier elements we are made of today, which were then collected by gravity into our own planet.

FAMILY HISTORY

An interesting group for those undertaking family history research. This is now an advanced group and this term we can only welcome experienced searchers. There will be occasional guest speakers & excursions. This course meets on the second Thursday of the Month and continues through the school holidays but does not meet in January.

FUN WITH WATERCOLOUR

Open to all with a wish to expand their talents in this wonderfully challenging medium. Some experience preferred as THIS IS AN UNTUTORED COURSE. Enjoy meeting enthusiastic and helpful watercolour art members and pass on and learn new techniques. A payment of \$4 will be collected for morning tea for the Term.

GEORGE HUBERT WILKINS, AUSTRALIA'S FORGOTTEN POLAR EXPLORER

On 17 March 1959, the US nuclear submarine Skate surfaced through the ice at the North Pole for the first time in history. As part of their ceremonies, the crew raised the Australian flag and scattered the ashes of Sir George Hubert Wilkins at the North Pole. Who was this man that the US Navy honoured in this way? Born in outback South Australia in 1888, George Hubert Wilkins was one of the greatest Australian Polar Explorers, but was relatively unknown in Australia because he spent most of his life outside of Australia. In addition to his polar exploits in both Antarctica and the Arctic, Wilkins was highly decorated war photographer, photo journalist and reporter, scientist, ethnographer, author, aviator, geographer, secret agent, submariner and navigator. This presentation will look at Wilkins colourful life and his involvement in some of the most significant events in the first half of the 20th century.

GERMAN (ADVANCED BEGINNERS TO INTERMEDIATE)

This class is intended for those who may have studied or learned German at some stage in the past. It is considered an extension of "German for Beginners", which has been running for the past two years, and intends to extend the gentle progress made by students who have attended that course. As a rough guide to the standard required, class members should be able to formulate and answer simple questions in German. Grammatical mistakes are not important, but a willingness to try is important. The basic intent is to encourage conversation in German. During the course, we will touch on German culture, geography, history, current affairs, and colloquial language, with a bit of grammar thrown in when necessary. Access to a computer connected to the internet and an email address is necessary for dissemination of information associated with the course. There is also a great deal of information available online which can enhance the learning experience, and class members will be encouraged to explore those resources.

GIVE GOLF A GO

Give Golf a Go provides an introduction or return to this wonderful game where golfers of all levels can experience relaxed exercise in the company of lasting friendships. Players will be helped to understand the Golf Swing enabling them to experience the maximum satisfaction. Meet in the Craigieburn car park at 9.45 am. There will be a fee of \$6 per clinic to cover green fee and balls - payable at each clinic.

GLOBAL ECONOMY - AN EXPERT VIEW

Yet again we are privileged to welcome the Managing Director of Clime Asset Management, and an acknowledged guru in his field, to give his view on the macro-economic state of the global economy. He is a most informative and entertaining speaker - in previous years there has been a lively discussion with a large audience, and we look forward to the same on 13th March.

GROWING AUSTRALIAN WILDFLOWERS

The leaders both love Australian native wildflowers and grow them in their gardens. (They grow exotic plants as well.) In this session, Jane and Jenny will share with you why they grow them, how they grow them and what they choose to plant. This will be a hands-on course, literally, as sprays of flowers will be passed around as they are talked about. There will be tips on soil, suitability of plant groups and where to find good plants.

GREAT THOUGHTS

Inspired by the success of the two poetry groups, we are opening a new course in which a small group meets to discuss an individually selected paragraph quotation from literature, history or philosophy. The subject is chosen by class members in advance who read in turn at the meeting and share their reasons for the choice. The established pattern followed by the poetry groups encourages some brief discussion on each quotation. The subject for the initial meeting will be a favourite from each member. Subjects will then be chosen by the group for subsequent meetings. As with the Poetry Groups, one person will take the chair to assist in guidance.

HATHA YOGA

It is well recognized that the practice of yoga supports health and mental wellbeing. Hatha yoga uses bodily postures and breath awareness to bring a sense of balance to mind and body. This practical course will introduce some of the physical practices of Hatha yoga. Each session will include tranquil limbering exercises, beginner level asana (posture) work, breath (pranayama) awareness techniques and deep relaxation. The session will also touch on the philosophy that underpins Hatha yoga. Having practiced yoga for many years Anne has recently completed a one year Diploma of Yoga Teaching. She is keen to share her passion for yoga with U3A. Participants will need to bring their own yoga mat, a firm blanket and a light throw for warmth during relaxation.

THE HIGHLAND BUSKERS

The Buskers a group of enthusiastic but amateur instrumentalists who welcome any like-minded and equally (un) talented musicians who desire to regain the instrumental skills of their younger years and enjoy making music in a most distinctive way with a charming, good-looking group playing every conceivable style of music. Prospective new members should contact the leader to let her know their instrument of choice, as parts are composed specifically for each player.

HISTORY OF THE KOSCIUSKO HOTEL: AUSTRALIA'S 1ST ALPINE RESORT

To address the emerging interest in alpine tourism, in 1909 the Tourist Bureau of NSW opened the first Hotel Kosciusko in Kosciuszko National Park. It remained in Government hands for the next 50 years. This presentation traces in detail its social and cultural contribution to the growth of alpine tourism over those 5 decades. Learn about its Management, staff, guests, its seasonal and daily operations in an ambiance and style long since disappeared. See how its loss by fire in 1951 became the catalyst for the subsequent rapid growth of the current Perisher Range Resort Areas as we know them today.

HOW PEOPLE DEVELOP THROUGH LIFE

Lifespan development theory offers powerful insights for understanding our development during our lifetime. This course, similar to the Term 1, 2018 course, offers a journey of shared reflection. Each week applies Erikson's lifespan development theory (and other theories and research) to children, adolescents and adults, especially older adults. Sessions will combine input with small and whole group discussion. Key resources for discussion are real life DVD excerpts and the movie On Golden Pond. Each week participants will be encouraged to reflect on how the ideas shed light on their own lives, past and present, including the experiences of work, retirement, and parenting and grand-parenting. There will be a \$2 charge for notes.

HOW TO MAKE BETTER COFFEE AT HOME

We all love a delicious coffee and this course will show you how you can do this at home. Whether you make coffee in a plunger, filter machine, Mocha pot, espresso machine or

whatever this course will teach you how to lift you skills and make coffee that will bring a smile to your face and your friends as well. This is 'practical stuff' everyone can apply at home and get immediate results. Because the class size is limited to 12, we ask anyone enrolling to be prepared to commit to attend all four fortnightly sessions that will be held in the term. Cost \$5 to cover cost of coffee.

IMPERIAL RUSSIA - FACT AND FANTASY. PART II

The Course Leader continues to intrigue us with more insights into Imperial Russia after the success of her Term 4, 2018 course. New members to the course are very welcome. Over 5 weeks, we will examine further myths and misinformation, including: Session 1: Nicholas II – saint, sinner or simpleton? Session 2 and Session 3: The abdication of Nicholas II – the role of the Russian High Command Session 4: Death in Ekaterinburg. Who? How? Why? Session 5: Modern science versus Orthodoxy. Why the Russian Orthodox Church continues to debate the identity of the Romanov remains.

INS AND OUTS OF THE DIGESTIVE SYSTEM

Over five 2 hour sessions we will look at how the digestive system is constructed, how its functions are performed and coordinated and its role in immune defence. We will learn about the processing and absorption of our major nutrients and this will involve learning some simple biochemistry, what digestive enzymes are and do, the nature of stomach acid, bile and pancreatic juice. What does the mysterious liver do? We will touch on the role of gut organisms in health. The course is not about nutrition or illness though we will touch on some aspects of both. The sessions will be informal and interactive

INTRODUCTION TO DIGITAL PHOTOGRAPHY

This course will encourage members to explore the possibilities that their cameras (including phone cameras) offer rather than simply using the 'auto' setting. It will cover – Knowing your camera, How to shoot a better photo and What to do with a photo after it is has been taken. Margaret's interest in photography is quite wide and she especially likes travel photography and natural light and setting portraits.

INTRODUCTION TO NUMEROLOGY

According to the teachings of numerology, certain numbers are associated with specific traits or themes. These numbers are used to offer insight on personality, future events, and even life's greater purpose. This 1x session course will help you gain insight into how each letter of your name and date of birth may influence you. Prior to the workshop, course members will need to provide Lilla with their birth date and name on their birth certificate so she can produce your personal short profile. Cost \$5. In Week 2, a free confidential reading is offered for those interested. Individual timeslots for these will be arranged at the workshop.

AN INTRODUCTION TO THE THIRD REICH

This course will provide a chronological overview of the history of the Third Reich 1933-1945, examine the ideological sources that it adopted from German history and culture and which were not exclusive to Nazism, consider the Weimar Republic 1918-1933 as Germany's first functioning democracy and why it failed, interpret all aspects of this period as explicable historical phenomena, including the Holocaust, and outline a series of post-war controversies around these topics and how the Nazi legacy continues to affect Germany to the present. A small fee will be collected at the first session to cover the cost of tea and biscuits and any printing costs.

JAPANESE: SPOKEN AND WRITTEN

This course offers an integrated and fun approach to learning Japanese language, script and culture and is for people who either commenced their study in 2016 or have an elementary knowledge of Japanese including a firm command of Hiragana, the basic script. Romanised Japanese (i.e. writing the language using the English alphabet) will not be used. In 2018 learners will further extend their command of both the spoken language and script and will become familiar with Katakana and some basic Kanji (Chinese characters). No text book is required but \$20 will be collected on the first day to cover course material for the full term.

LATIN (LEVEL 3)

We shall use Oxford Latin Course Book 3 and photocopied texts from various authors. A basic knowledge of Latin grammar and vocabulary is needed for successful participation.

LATIN (LEVEL 4)

We shall use the Oxford Course Reader, an excellent collection of prose and poetry.

LATIN: AN INTRODUCTION

Latin was the language of ancient Rome, a pillar of Western Civilisation, and united Europe culturally for over a thousand years. Learning Latin will, inter alia, train your memory and hone your analytical skills, enrich your English vocabulary and grammar, teach you about languages generally, and give you direct access to great works of literature. This course is for those who have no prior knowledge of Latin, or want to recover what they have forgotten, and should lead to successful participation in Latin 3 and 4. Text: Part I of the Oxford Latin Course. 10 copies of this book will be available for use by the class. Some printing/photocopying costs will be charged.

LEARN THE ART OF LAWN BOWLS

Learn the art of lawn bowls at Bowral Bowling Club. Our Club is situated in a beautiful setting below Mount Gibraltar. We have both men and ladies coaches' eager to instruct you in the art of lawn bowls. Lawn bowls provides excellent exercise for all age groups without heavy demands on the body. Come and learn how to deliver the bowl and understand how the game is played. Just bring yourself and make sure the soles of your shoes are nice and flat. Bowls are supplied. Cost is \$30 for the 6 lessons.

LAWN BOWLS: TAKING THE NEXT STEP

A bowls course for bowlers who have played before or attended the "learn the art of lawn bowls course". A quick refresher on the basics and then on to learn the finer points of the game of lawn bowls. We have both men and ladies coaches ready to instruct. Just bring yourself in flat soled shoes to our beautiful greens situated below Mount Gibraltar. We can supply bowls. Cost is \$30 for the 6 lessons. For further information call Robin (0434 914 467).

LUNCH OUT TOGETHER

U3A is programming one lunch per term. This is an opportunity to meet socially and enjoy good company and food with other U3A members. Term 1 lunch will be held at DOS HOMBRES MEXICAN AND BBQ RESTAURANT, HIGHLAND ARCADE, (BEHIND THE ANZ BANK) BOWRAL at 12.15 for 12.30 start. Nibbles on Arrival; BBQ Shared Board between 2 includes 4 meats and 4 sides; Churros with dipping chocolate. BYO eg sparkling with the nibbles and what you would like with your mains. Cost \$36. Numbers strictly limited to 35 people, As usual please PAY on APPLICATION and please note that the payment of \$35 is non

refundable. If unable to attend, members are permitted to get another current sohiU3A member to go in their place and advise the Leader of the change.

MEDITATION

Benefits of meditation to our physical, emotional, mental and spiritual wellbeing are now commonly recognised. This meditation series will incorporate mindfulness, breath exercises, guided meditations, energy body-work and music. The leader is a Psychologist and registered energy therapist. She weaves together the traditions from the east and the west, psychology and spirituality, to assist in bringing more peace, joy and love into our lives and relationships. This healing takes place in an environment of loving acceptance and fun.

MINDFULNESS MEDITATION: PRACTICAL AND EVIDENCE BASED SKILLS

Mindfulness and Meditation skills help us to develop resilience and flexibility for everyday life in our responses to life's tribulations. Research indicates that through the practice of Mindfulness we can bring balance and compassion to our experiences of pain, stress and anxiety as well as a greater capacity for enjoyment of life in the present moment. Charlotte is a Therapist and Counsellor. She also holds an advanced certificate for the psychotherapeutic model of ACT Mindfully and is a practitioner of Mindfulness Based Stress Reduction. All are welcome to this class in Mindfulness Meditation. PLEASE NOTE VENUE and BACK TO A TUESDAY.

MINDFULNESS MEDITATION

'Mindfulness' is an overused word today. However, when we begin a regular mindfulness practice we discover that it is more than taking notice. It's a deep practice, a way to understand ourselves and to enjoy our lives. It can lead to peace and healing. This course offers the opportunity to learn practical skills that, if practised often, can become a basis for living peacefully, ethically and in harmony with family, friends and our community.

NEWS IN REVIEW

For two hours each fortnight we will engage in discussion of a piece drawn from the Opinion and Editorial pages of leading news media in the previous week. Members of the group will be expected, at least once over a year, to select an Op-Ed piece; analyse it and/or the issues raised in it; make a brief presentation on these; prepare questions to focus discussion of the piece; and facilitate an interactive discussion on these. Members of the group will be expected to contribute to discussions in a non-combative manner and it is hoped that members will hone their skills of critical analysis and public presentation in this way.

PAINTING WITH OILS

If you like to paint with oil or acrylic paints, you are welcome to join this friendly group. Members must provide their own materials and decide on their own projects but we share our ideas and experience in a helpful and informal atmosphere. Odourless solvents must be used.

PANORAMA OF FRENCH

This course is based on participants reading and discussing a work of a famous French author. Participants should be able to read easily from the work and take part in simple discussion about it. The course is meant to be enjoyable and a coffee break is rigorously observed. The entire class will be conducted in French. Any new members wishing to enrol should contact the Leader or Co-leader.

PETANQUE CLUB 1

A fun afternoon in the fresh air, where the goal is to toss hollow metal balls underhand to stop as

close as possible to a small wooden ball. It's just for fun, social contact and a wee bit of exercise. Petanque is the French game of boules, popular throughout the world. We play on Berrima Boules Court situated in front of the old tennis court shelter shed in the Market Place. This is a public court so we may join with others or them with us as we play. Play is from 2.00-3.30pm after which we adjourn for afternoon tea to one of Berrima's cafes. There are two fortnightly Petanque clubs on alternate Wednesdays so please enrol in only one of the two.

PETANQUE CLUB 2

Same as Petanque Club 1 but on the alternate Wednesday. Please enrol in only one of the two fortnightly Petanque Clubs.

PINOCHLE CLUB

Enjoy a game of Pinochle and a cup of coffee at the Bowral Bowling Club. Pinochle is a popular American trick-taking card game similar to 500 and bridge. We play weekly but members are welcome to join us when they can. There is no cost for the venue but players are expected to join the Bowling Club as social members @ \$15pa.

POETRY LIVE

This is a course for anybody who would like to be moved to happiness, laughter, love, faith, disappointment, grief – or as Emily Dickinson said; “if I feel physically as if the top of my head were taken off, I know that is poetry.” Each session, members are invited to choose two poems on a specific theme. Class members will read the poems of their choice, and share the reasons for that choice. Poems may be from any source, and may include one poem of your own creation. Please bring your own tissues.

POETRY ON TUESDAY

You are invited to share in the delights of poetry. You do not need to be an expert, just come along and listen to some of the most beautiful expressions of the English language. For each meeting we choose a topic, and members are invited, if they wish, to suggest two poems that they love on that topic. Some of the braver members even bring along their own compositions! Members read their poems, and share their reasons for their choice. Come along, far from the madding crowd, and for two hours be transported to wonderland.

POLYNESIA: AN INTRODUCTION (2019)

Polynesia is geographically the most extensive cultural realm on earth. It lies across a vast ocean dotted with tiny islands and has a distinctive geological and indigenous history while sharing elements of biogeography and more recent political and economic history with other parts of the Pacific and the Pacific Rim (including Australia). Although Polynesia includes Aotearoa we will focus on Polynesia's smaller nations and states and New Zealand will be mentioned mainly in passing. This course was first offered in 2016 and has been updated to run over three two-hour sessions

ROBOTS IN SOCIETY TODAY

This is a social science course. It is not technical, nor is it about hard science, computers, genetics, or technology. It is not about how robots are made or how they work. It is about the types of robots in use and under development, how they are used, why they are becoming so prevalent, and what some of the concerns are about robots and their impact on society. Lots of photos and videos will be used to show robots (automated machines and human-like and animal-like robots) in many areas of society. We will discuss some of the moral, ethical, safety, security, economical, and other issues concerning robots now and in the future.

SCOTTISH COUNTRY DANCE FOR SENIORS

Have you thought of joining the enthusiastic group of dancers who have enjoyed Scottish Country Dancing for over 10 years now? This 'Ballroom Dance of Scotland' provides mental stimulation and gentle exercise with social interaction which 'seniors' are encouraged to do to 'stay active'. It is enjoyed by both men and women. Come and experience the happy social spirit - no special dress is required, just soft soled flat shoes. A small charge will be collected at the beginning of the term for morning tea.

SCRABBLE FOR FUN

There's something for everyone in playing SCRABBLE. If You Like Playing the Game of Scrabble with like-minded people and making new friends with lots of laughs and smiles along the way, then this is for you! Led by a member of the NSW Scrabble Association Committee, this course is run on the 1st and 3rd Tuesday of the month in conjunction with the Mittagong Scrabble Club, (part of the Southern Highlands Scrabble League). Individual help and advice is given by experienced scrabble players to new social players whilst they are playing. There will be a charge of \$10 for the course to cover Scrabble resource materials and access to professional boards. Tea/coffee is available for purchase at the RSL cafe.

SEW AND YARN IN BUNDANOON

This is a class where you bring along current or unfinished stitching and enjoy the company of others who have the same interests. The class meets on the 1st and 3rd Friday each month in the leader's home 30 km from Bowral Perhaps you can share your skills with others. Morning tea, a natter and time to finish your special projects. A small charge will be made for morning tea at the beginning of term.

SOCRATES' CAFE

The focus of Socrates Cafe is to provide a venue for U3A members to learn, discuss, reflect and enquire about important life or current/problem issues of a philosophical nature. It is enlightening to get a range of views based on experience, interest or research and your views, experience and opinion will be most welcome. Each session will provide discussion on a topic suggested by members at previous sessions. All members of the group must be prepared to discuss/question and contribute to the selected topics. A variety of facilitation methods will be used to obtain Socratic objectives. Cost of morning tea and biscuits, or plunger coffee/tea, to be determined with payment \$5.00 at first session.

SOUTHERN HIGHLANDS U3A CHOIR

The harmony choir welcomes people who love to sing and experience the real joy of making music together. Previous choral experience and the ability to read music, although preferable, are not essential. We will be singing a wide variety of music ranging in styles from traditional and folk to music from the shows and some just for fun. A \$10 charge (which covers music) will be collected at the first session.

SPANISH

This course is a continuation of the Spanish Course that has been run over the past few years which is now at Intermediate level. It uses Castillian Spanish as applied to everyday situations, covering elements of reading, writing, speaking and translating plus some understanding of grammar. In addition Spanish culture, geography, history, literature and current affairs are touched on to provide a better understanding of Spain. New students with knowledge of the Spanish language are welcome to the course. They will need to purchase the book "Living Spanish - A Grammar Based Course". It is also recommended that a Spanish dictionary be

purchased such as “Collins Spanish Dictionary & Grammar”. New members wishing to enrol should contact the Leader or Co-Leader.

TABLE TENNIS ON MONDAY

Bat and ball-isthenics for fun and fitness, coordination and table tennis skills. Beginners welcome. Gym shoes or similar are required, and loose fitting comfortable clothing. Please bring your own bat; balls are provided. \$3 per term will be charged for a tea break.

TABLE TENNIS ON THURSDAY

Bat and ball-isthenics for fun and fitness, coordination and table tennis skills. Beginners welcome. Gym shoes or similar are required, and loose fitting comfortable clothing. Please bring your own bat; balls are provided. \$3 per term will be charged for a tea break.

TALKING POINTS

Lively discussions on current affairs. Topics cover issues in the news and matters of the times. No subject is barred and everyone is encouraged to participate. Many in the group continue informal discussions afterwards at the Kookabar Café.

TRAVELS IN PORTUGAL

Portugal has a great deal to offer the traveller – a distinctive culture developed over centuries of independence, vibrant and beautiful cities, great art and architecture, Europe’s oldest university, and a famous wine-growing valley going back to Roman times. This illustrated armchair travelogue will dip into some of these attractions, and hopefully make the acquaintance of some of the warm and welcoming locals.

WINGECARRIBEE WALKS: MORTON NATIONAL PARK BUNDANOON

On this Walk and Drive you will learn some of the fascinating early history of Bundanoon, Morton National Park and its early settlers. We will meet at the History Shed in the Main Street of Bundanoon near the railway station and then drive to Echo Point, from where we can walk an easy road loop to Bonnie View, Beauchamps Cliff (where there is a relic of the wire rope), Wishing Well (which was actually the water supply for the steam winch), and return to Echo Point. We then drive onto Morton Lookout to talk about the Tooth's cable tramway and Mark Morton's role in creating the reserve. To complete this course you need to be able to walk for 60 minutes unaided and manage some steps. You will need to sign a waiver to say you are physically fit.

WINGECARRIBEE WALKS- MAGNIFICENT MOSS VALE (NORTH)

On The Moss Vale South Walk, we investigated beginnings of white settlement in Moss Vale. What happened next? Take the North Walk and find out what commercial PROGRESS meant to Magnificent Moss Vale. We meet outside, the original mayoral building, 1A Throsby St, Moss Vale. For their own safety and the safety of others, walkers MUST be physically able and fit to participate. You will be asked to sign a waiver prior to commencing the walk. If you have any doubts, please discuss with the course leader BEFORE YOU ENROL.

WRITING FOR PLEASURE

Become part of a group that enjoys discovering joy in writing. Sometimes we listen and enjoy the writing of others. There is often homework. Come and celebrate your skills with your other course members.