



## **U3A Southern Highlands Inc.**

### **Term 2, 2024 Course Booklet**

Term period 29 April – 5 July 2024

***Preferences Open 2 April and Close 15 April***

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**Important Information: General Course Disclaimer** U3A Southern Highlands Inc. offers Courses to members presented by members for mutual education and learning. Members enrolling in courses should carefully read the Course Outline to ensure the Course is suitable and appropriate to their own circumstances. The offering of any Course does not imply the Course is necessarily endorsed or recommended by U3A Southern Highlands Inc. No financial, legal or health decision should be made solely on the basis of Course material.

## CC Overview of T2, 2024 Courses

Read on for a preview of Term 2 and welcome to any new members. The new term brings an exciting array of courses that I am sure will entice most members to sample one or more throughout the term.

A reminder to apply for courses that you actually mean to attend. If, after applying you change your mind, please take steps to withdraw so that your place is available to someone else.

We have a mix of our **continuing courses**: book and discussion groups; family history; gentle and more vigorous games (tennis, table tennis, golf, bowling, chess, puzzles and trivia, cryptic crosswords and face-to-face Bridge). Walks and activities are represented (art groups, sewing, embroidery, cinema, Scottish dancing); languages (Japanese, French, Latin, Spanish, Italian). For those musically inclined, there is U3A Singers and Highlands Buskers. You will benefit from Meditation and Poetry and the latest entry – Yoga; and stimulating Curiosity and Intrigue. There are some Zoom courses also for those that like the comfort of home or perhaps live further afield (Computers, Coffee and Chat, Socrates Café, and two Online Bridge courses). Joining zoom is U3A Canberra with a weekly current affairs forum.

Adding to **Games** we have Pickleball and a trivia for Literature lovers.

There are some courses that are **continuing from the previous term**: Art Lovers will discuss art galleries around the world, A Look at Wine journeys from grape to table and visit France and its culture.

The **Art** category has two new courses – Cardmaking and Drawing for Beginners, keeping our hands and minds active.

**History** is a great mix of an updated Edinburgh course; Russia – a country of Mystery and intrigue; and a journey into Kashmir's history. Then in time to remember ANZAC Day, we have ANZAC Nurses and a snapshot of how it was at Gallipoli. Elizabeth I is captured in portraiture; an imaginative look at how America sees Italy and Wingecarribee's Heritage is examined.

**Philosophy and Humanities** are explored with the Enlightenment, Intergenerational communications and once again the wonderful Phra Mana visits us with his wealth of knowledge.

**Lifestyle** is enhanced by Decluttering; Dining out at Lunch or Dinner; the tricky business of making coffee; learning about your body's interaction with minerals, vitamins and metals and lastly Seniors Rights are highlighted.

**Science** is represented by a look into the science in your Kitchen; Solar and Electric Vehicles come back to look into the future; and take a tour around the Resource Recovery Centre.

So all up, we have an exciting term ahead and we are always grateful to the new course leaders, and to our more experienced people who are willing to share their knowledge and passion with us. Please enjoy our coming offerings.

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**Please Note: Courses listed in this booklet are correct at the time of compilation. We recommend you check for any changes online if you are using a printed copy.**

**To assist with sessions dates, these have now been added into the description for each course.**

# Monday

## The Highland Buskers

**Dates:** 29/04/2024 - 01/07/2024

**Frequency:** Weekly. Mon 9:30am - 11:30am

**Venue:** Christian Connect Church MV 18 Spring St Moss Vale

**Course Leader:** Kerith Fowles

Dates: Mondays starting 29 April excluding 10 June. Max. 40. The Buskers is 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 Kerith to let her know their instrument of choice, as parts are composed specifically for each player.

## Embroidery Plus

**Dates:** 29/04/2024 - 01/07/2024

**Frequency:** Weekly. Mon 10:00am - 12:00noon

**Venue:** Member's Home

**Course Leader:** Barbara Taylor

Dates: All Mondays, starting 29 April. Max. 12. 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. Members bring their own tea/coffee. Prior to the course, the Course Leader will send enrolled members information about Covid safety requirements.

## Tennis - A Social Game

**Dates:** 29/04/2024 - 01/07/2024

**Frequency:** Weekly. Mon 10:30am - 12:30pm

**Venue:** Bowral Tennis Centre Loseby Park, Park Rd Bowral

**Course Leader:** Kitty Evans

**Course Leader2:** Robyn Fowler-Harvey

Dates: All Mondays, starting 29 April. Max. 20. We are often advised to stay active. Tennis ticks all the boxes, exercising our body and brain in a fun social way. This group allows you to participate in a gentle game of doubles. Some experience is essential but you don't have to be a champion. You need a racquet, sport shoes and sun-safe clothing. For safety, players must be physically able and fit enough to participate. You will be asked to provide a waiver prior to playing. There is a one-off charge of \$3 to cover the cost of tennis balls. This money is collected at the first session.

## Cinema on Monday

**Dates:** 13/05/2024 - 17/06/2024

**Frequency:** Twice a term. Mon 12:00noon - 2:30pm

**Venue:** Bowral Empire Cinema 327 Bong Bong St Bowral

**Course Leader:** Val Fishburn

**Fee:** \$29.00

Dates: Mondays 13 May; 17 June. Max. 30. Experience an enjoyable afternoon at Empire Cinema: movie then coffee/tea at Coffee Culture. Gerard helps us choose an interesting and varied selection. Term cost is \$29 (combined Cinema and Coffee). Successful applicants for this course will be issued with an invoice that must be paid before the commencement of the new term. A member who neglects to pay will lose their place in the course. If you cannot attend a session, you may deputise another U3A member to attend, but money cannot be refunded.

### **Art in the Afternoon**

**Dates: 29/04/2024 - 05/07/2024**

**Frequency: Weekly. Mon 1:30pm - 4:00pm**

**Venue: Bowral District Art Studios 1 Short St Bowral**

**Course Leader: Rachel Davies**

**Fee: \$10.00**

**Course Leader2: Jane Courtenay**

Dates: All Mondays starting 29 April. Max. 16. Anyone interested in attending a relaxed and self-directed painting and drawing group can enrol in this class. The class meets at workshop 1 at BDAS in Short St, Bowral each week, using the art materials of your choice. Help and encouragement with your chosen medium or project is usually available. To offset the hiring fee for a venue with such specialised facilities, there is a charge of \$10 per term. After applying for enrolment and if you are accepted, you will find an invoice on the UMAS website (under My Invoices) and this amount needs to be paid before attending the course.

### **U3A Choir**

**Dates: 29/04/2024 - 01/07/2024**

**Frequency: Weekly. Mon 2:00pm - 4:00pm**

**Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral**

**Course Leader: Julie Blanchard**

Dates: Nine Mondays starting 29 April - excludes 10 June. Max. 62. The U3A Choir is at its maximum number of participants for Term 1 and Term 2. Enrolments for new members will open again in Term 3 when the U3A Choir will welcome anyone with a passion for singing, to join a friendly and committed group of singers. We will have prepared and rehearsed songs in Term 1 and continue in Term 2 for the concert in June. Please only re-enrol if you know you can attend at least seven Mondays in the term. The cost for the term is \$5 to cover music and afternoon tea.

### **Italian - Pre-Intermediate**

**Dates: 29/04/2024 - 01/07/2024**

**Frequency: Weekly. Mon 2:00pm - 4:00pm**

**Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral**

**Course Leader: Cheryl Sheppard**

Dates: Mondays weekly commencing 29 April, except June 10. Max. 12 This is a pre-intermediate course for those who have studied Italian before and have learnt the present and past (passato prossimo) tenses. The course will refresh those tenses and move on to the imperfetto and congiuntivo. To develop speaking and listening skills, it will combine grammar and communicative activities while following the text Nuovo Espresso 2. Much of the instruction will be in Italian

### **Table Tennis on Monday**

**Dates: 29/04/2024 - 01/07/2024**

**Frequency: Weekly. Mon 2:45pm - 4:45pm**

**Venue: Loseby Park Comm Centre Park Road Bowral**

**Course Leader: Heather Temperley**

**Course Leader2: Vicki McGufficke**

Dates: All Mondays, starting 29 April. Max. 30. Fun, fitness, coordination and table tennis skills in a very social setting, catering to all ability levels! Doubles games are played. Gym shoes or similar and loose-fitting comfortable clothing are required. Council venue policy requires all footwear to be of a non-marking variety. Please bring your own bat. Balls are provided. For safety, players must be physically able and fit enough to participate. You will be asked to sign a waiver prior to playing. There is a one-time fee of \$2 each term to cover incidental costs. There is an additional one-time fee of \$2 each term for those wanting to have afternoon tea. Table tennis has become very popular over recent times and we may have a wait list. So, if you apply to enrol, you need to commit to at least 70% attendance.

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## Tuesday

### **Buddhism: History, Theory and Practice**

**Dates:** 30/04/2024 - 04/06/2024

**Frequency:** Weekly, 6 sessions. Tue 9:30am - 11:30am

**Venue:** Moss Vale Anglican Hall Wake Street, Moss Vale

**Course Leader:** Phra Mana

**Course Leader2:** Neill Ustick

Dates: Tuesdays for 6 sessions commencing 30 April. Max. 80. The Venerable Phra Mana of the Sunnataram Forest Monastery at Penrose has once again offered to give his valuable time to U3A for a series of talks on Buddhism. Phra Mana was born in Thailand and was one of the original group of monks who came to establish the monastery. He had completed three years of a medical degree before becoming a monk and has an ability to explain Buddhism from a western perspective. He has presented courses for U3A over many years and his knowledge and experience is extensive. The sessions could be flexible depending on what the participants would like, e.g. Buddhist Art, more meditation, Buddhism in the modern age. This can be discussed with Kim McSweeney, Honorary Secretary, who will be present at the sessions. Please try to be on time as each session commences with a short meditation practice and it would be helpful not to disturb this.

### **Pickleball for Beginners 1**

**Dates:** 30/04/2024 - 02/07/2024

**Frequency:** Weekly. Tue 10:00am - 11:00am

**Venue:** Bowral Tennis Centre Loseby Park, Park Rd Bowral

**Course Leader:** Heather Temperley

**Course Leader2:** Brian O'Brien

Dates: All Tuesdays commencing 30 April. Max. 12. Come and try Pickleball and see why this game is taking off around the world! It's a fun game which combines elements of tennis, table tennis and badminton and is played on a small court. This course is for members who haven't played Pickleball before. As there are two beginners' courses, please enrol in only one. We will introduce you to playing doubles in a relaxed and friendly atmosphere. Sport shoes and sun-safe sports clothing are required. Paddles and balls are provided. For safety, players must be physically able and fit enough to participate. You will be asked to sign a U3A waiver form prior to playing. Due to interest, we may have a wait list. So, if you apply to enrol, you need to commit to at least 70% attendance.

### **Edinburgh Then and Now**

**Dates:** 11/06/2024 - 18/06/2024

**Frequency:** Weekly, 2 sessions. Tue 10:00am - 12:00noon

**Venue:** East Bowral CC-Hall 71 Boardman Rd E Bowral

**Course Leader:** Bob Young

**Course Leader2:** Elena Barry

Dates: Tuesdays 11, 18 June. Max. 60. Two years ago, we did a two-day course entitled 'Historic Edinburgh'. For this new course, on the first day we will abstract part of this, concentrating on the period in the latter half of the 18th century when Edinburgh was the European centre of the Enlightenment. On the second day, we will discuss Edinburgh today, with particular emphasis on the essential places for visitors and tourists to visit. Be prepared to enjoy some lively Scottish music!

### **America Imagines Italy**

**Dates:** 30/04/2024 - 04/06/2024

**Frequency:** Weekly, 6 sessions. Tue 10:00am - 12:00noon

**Venue:** East Bowral CC-Hall 71 Boardman Rd E Bowral

**Course Leader:** Ian Bickerton

Dates: Tuesdays commencing 30 April for six weeks. Max. 60. Italy is more than a country and a civilization; Italy is an idea living in the minds of Americans. This course will explore the various manifestations of Italy in the American Imagination.

### **Life and War at Gallipoli**

**Dates: 25/06/2024 - 25/06/2024**

**Frequency: Single session. Tue 10:00am - 12:00noon**

**Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral**

**Course Leader: Peter Headley**

Date: Tuesday 25 June. Max. 60. The first part of the session covers all aspects of life for soldiers living on Gallipoli in 1915: day to day life, combat, disease, amusements, humour, interaction with the Turks, trench and tunnel life, training, innovation, command failures, medical services and the emergence of a national identity among the soldiers as a result of their experience. The second part covers all aspects of the naval conflict off Gallipoli and in the Dardenelles during the Gallipoli Campaign. It also looks at the success and failures of the naval conflict and the reasons why. The presentation examines the first use of submarines as a naval weapon and the impact they had on the Turkish Navy and merchant fleet; the development of the use of aerial torpedoes to attack shipping, aerial photography and intelligence gathering, aerial bombing of land and sea targets. It also looks at the air war that took place over Gallipoli and the nearby Greek Islands.

### **Wingecarribee Heritage & its Management**

**Dates: 30/04/2024 - 30/04/2024**

**Frequency: Single session. Tue 10:00am - 12:00noon**

**Venue: Moss Vale Snr Citz Comm Cntr 14 Queen St Moss Vale**

**Course Leader: Dennis McManus**

Date: Tuesday 30 April. Max. 60 This well illustrated talk provides a background to the recent 2021-2023 Wingecarribee Shire Community Heritage Study. The illustrations will confirm that the heritage of the Shire is no accident. It is the result of people who had both the ideas and resources to employ competent and sometimes renown local and Sydney based architects, builders and others to make their dream a reality. It is also the story of past councils, governments and community groups who had the foresight to recognise and protect these values. The volunteer work of local planners, architects and historians has been of major assistance to the Council in providing evidence-based advice on items recommended to be heritage listed in the Heritage Study. The recent demolition of a fine 1950 house, Murrabrine, at 50 Old Hume Highway, Mittagong is a wake-up call to the importance of having good heritage listing and management in place. The talk will cover heritage buildings from 1828 to the present and will be a delight to all interested in heritage.

### **The Enlightenment & Immanuel Kant**

**Dates: 11/06/2024 - 25/06/2024**

**Frequency: Weekly, 2 sessions. Tue 10:00am - 12:00noon**

**Venue: Moss Vale Anglican Hall Wake Street, Moss Vale**

**Course Leader: Gordon Thomas**

Dates: Tuesdays 11, 18, 25 June. Max. 30. 'Sophie's World' Revisited. Approaching the 20th anniversary of the publication of Jostein Gaarder's marvellous book exploring the great philosophical concepts of Western Thought from Socrates to Sartre. COURSE OBJECTIVES To consider and discuss 3 themes: 1. The Enlightenment (18th Century) 2. The influence of Immanuel Kant (1724 - 1804) 3. Two approaches (a) Kant, and (b) Kierkegaard, to a well-known (if puzzling) Biblical story

### **Japanese: Intermed. Spoken & Written**

**Dates: 30/04/2024 - 02/07/2024**

**Frequency: Weekly. Tue 10:00am - 12:00noon**

**Venue: Member's Home**

**Course Leader: Adrienne Bradney-Smith**

**Course Leader2: Christine Bowman**

Dates: All Tuesdays starting 30 April. Max. 9. This course is designed for learners who have acquired a basic knowledge of simple Japanese sentences and who are totally familiar with Hiragana, the basic script. It is not a course for Beginners. Learners will extend their command of the language and script with Katatana and some simple Kanji being introduced gradually term by term. This course will develop perhaps hitherto untouched areas of the brain, and definitely keep Alzheimers at bay. Classes are held at the home of the course leader and a \$20 levy is charged each term to cover printing costs.

### **Poetry on Tuesday**

**Dates: 07/05/2024 - 02/07/2024**

**Frequency: Fortnightly 5 sessions. Tue 10:00am - 12:00noon**

**Venue: Member's Home**

**Course Leader: Richard Hastings**

Dates: Tuesdays 7, 21 May; 4, 18 June; 2 July. Max. 16. 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.

### **Spanish for Post Beginners**

**Dates: 30/04/2024 - 02/07/2024**

**Frequency: Weekly. Tue 10:30am - 12:30pm**

**Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral**

**Course Leader: Cheryl Sheppard**

**Course Leader2: Marlies Woolford**

Dates and Time: All Tuesdays, starting 30 April. 10.30 - 12.30. Max 18. Marlies and Cheryl will facilitate a communicative Spanish course for those with some knowledge of Spanish, not for beginners. You will need to be confident with greetings, how to say your name, age and where you live, some common expressions, the present tense of the three verbs types and the preterite tense of some common verbs. Neither Cheryl nor Marlies is an expert but Marlies has studied Spanish for a number of years and Cheryl is an ESL and Italian teacher who has studied some Spanish. The book we use is Nuevo Ven 1 Libro del Alumno, which is available at Abbays or WOB or Cheryl can provide you with a link to a free downloadable version to print and bring to class. We will have covered units 1, 2, 3 and 4. There is a little homework each week and we encourage spending 10 minutes a day on Duolingo. There is a break during the lesson for refreshments.

### **Pickleball for Beginners 2**

**Dates: 30/04/2024 - 02/07/2024**

**Frequency: Weekly. Tue 11:00am - 12:00noon**

**Venue: Bowral Tennis Centre Loseby Park, Park Rd Bowral**

**Course Leader: Heather Temperley**

**Course Leader2: Brian O'Brien**

Dates: All Tuesdays commencing 30 April. Max. 12. Come and try Pickleball and see why this game is taking off around the world! It's a fun game which combines elements of tennis, table tennis and badminton and is played on a small court. This course is for members who haven't played Pickleball before. As there are two beginners' courses, please enrol in only one. We will introduce you to playing doubles in a relaxed and friendly atmosphere. Sport shoes and sun-safe sports clothing are required. Paddles and balls are provided. For safety, players must be physically able and fit enough to participate. You will be asked to sign a U3A waiver form prior to playing. Due to interest, we may have a wait list. So, if you apply to enrol, you need to commit to at least 70% attendance.

### **Endlessly Challenging Game of Bridge**

**Dates: 30/04/2024 - 02/07/2024**

**Frequency: Weekly. Tue 12:00noon - 3:00pm**

**Venue: Oaktree Retirement Village Willow Drive Moss Vale**

**Course Leader: Kirsten Hartley**

**Course Leader2: Simon Elderfield**

Dates: Every Tuesday commencing 30 April. Max. 16 Stretch your grey matter, sharpen your focus, challenge your mind with the classic card game Bridge. It's a mind sport of never-ending puzzles and strategy as well as being fun and very social. The highly popular face-to-face beginners' lessons will start again in Term 2 and will take you gently through the mechanics of the game and have you taking tricks and bidding contracts in a few short weeks. Kirsten Hartley and Simon Elderfield are accredited bridge teachers both in Australia and the USA, teaching face-to-face and online. Classes will be held at the community centre, Oak Tree Retirement Village, 50 Willow Drive, Moss Vale. You will receive weekly student notes which you can build into a binder. Classes start at 11.30 for a 12.00pm start. There will be a break for lunch (BYO) and we play until 3.00pm. There is a fee of \$10 payable at each session - this includes tea and coffee.



### **Lunch Out Together**

**Dates: 21/05/2024 - 21/05/2024**

**Frequency: Single session. Tue 12:15pm - 2:30pm**

**Venue: Bistro Sociale 6 David St Bowral**

**Course Leader: Jill Dyson**

**Fee: \$45.00**

Date: Tuesday 21 May. Max. 30. Venue: Bistro Sociale, Berida Hotel 6 David St, Bowral. Start time: 12.15 for 12.30 pm. Menu: Two-course lunch - limited choice from a set menu. Drinks extra. Preorders are not required, choose on the day. Vegetarian and GF catered for, please notify Jill on booking. Please also let Jill know if you want to sit with anyone in particular with their full name and she will put you on the same table. Please be mindful that once you have booked and paid for this lunch, your money is not refundable. However if you find you can't come we will take a waiting list and offer it to another U3A member. Contact ([enrolments@sohiu3a.org.au](mailto:enrolments@sohiu3a.org.au))

### **Tuesday Forum**

**Dates: 1, 18, 25 June; 2 July. Max. 60.**

**Frequency: Weekly. Tue 12:30 – 1:30pm**

**Venue: Zoom**

**Course Leader:**

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.

### **ANZAC Nurses - Who Were They?**

**Dates: 30/04/2024 - 30/04/2024**

**Frequency: Single session. Tue 2:00pm - 4:00pm**

**Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral**

**Course Leader: Margaret Hammond**

Date: Tuesday 30 April. Max. 60. One session highlighting and remembering the nurses who volunteered to put their own lives at risk when they volunteered to enter World War 1 in 1914/15. These extraordinary women were not highly valued on their arrival in Cairo. However, when the Gallipoli campaign commenced, it soon became apparent that these highly skilled nursing professionals were essential in caring for the massive number of casualties. 3AGH on Lemnos was established in August 1915 with no operational planning whatsoever! It was Hell for everyone! I am not an expert in this field although I am a retired RN. My fascination is in World War 1, particularly the nurses, whose lives and stories should be commemorated and brought to life in 2024.

### **Literature Lovers**

**Dates: 30/04/2024 - 28/05/2024**

**Frequency: Fortnightly 3 sessions. Tue 2:00pm - 4:00pm**

**Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral**

**Course Leader: Robyn Karakasch**

Dates: Tuesday 30 April; 14, 28 May. Max. 40 Bookish Trivia, is it one of your many delights? Then I can offer you an opportunity to experience such pleasures. How about putting on your thinking cap and joining a table of other like-minded people to attempt to answer literary questions in a co-operative and pleasurable effort? There will be plenty of chances to test your quiz skills about all sorts of books and all sorts of authors in a fun-filled format. So do join me for these cheerful, head-scratching challenges especially designed for book lovers.

### **Electric Vehicles**

**Dates: 28/05/2024 - 11/06/2024**

**Frequency: Weekly, 3 sessions. Tue 2:00pm - 4:00pm**

**Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral**

**Course Leader: Darryl Whiteside**

Dates: Tuesdays 28 May; 4, 11 June. Max. 60. In this course we will look at all aspects of Electric Vehicles. Some of the topics we will cover are: (1) History of the Electric Vehicle. (2) Australian fuel standard. (3) Advantages of EVs. (4) Charging at home and on the road. (5) Range anxiety. (6) Fire risk. (7) Autonomous driving.

## **Play Bridge Online**

**Dates: 30/04/2024 - 02/07/2024**

**Frequency: Weekly. Tue 5:00pm - 6:00pm**

**Venue: Zoom**

**Course Leader: Kirsten Hartley**

**Fee: \$50.00**

**Course Leader2: Simon Elderfield**

Dates: Tuesdays starting 30 April. Max. 10. We believe Bridge is the best card game ever developed and in recent years this endlessly fascinating classic has been reborn online. Run through Zoom, this highly interactive and engaging beginners course is not just talking heads. We gently guide you through the process and will have you playing on different online platforms in no time. Bridge is a mind sport of never-ending puzzles and strategy as well as being fun and very social. The course will take you through the basics without pressure and you will be able to practise online from week one. You will receive weekly student notes which you can build into a binder. Kirsten Hartley and Simon Elderfield are accredited bridge teachers both in Australia and the USA, teaching face-to-face and online.

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## **Wednesday**

### **Art Lovers Circle**

**Dates: 01/05/2024 - 03/07/2024**

**Frequency: Once per month. Wed 10:00am - 12:00noon**

**Venue: East Bowral CC-Mtg Rm 71 Boardman Rd E Bowral**

**Course Leader: Margaret Parkinson**

**Course Leader2: Michelle Batt**

Dates: Wednesdays 1 May; 5 June; 3 July. Max. 11. Art Lovers Circle is a small group of art lovers, some of whom create art, some who have studied it, while others are simply appreciators. We get together monthly to share and talk about artists, art works and/or galleries, supported by images that we have enjoyed from our photo collection or from the internet. Each meeting 2 or 3 members will share in 'taking the lead' to showcase their images, enabling those of us in the group to discuss and learn. As course leader, I will play a co-ordination role, collating images and supporting as needed. This course relies on the contributions from members so please request to enrol only if you are prepared to contribute. Join us for a treat away from the day to day!

### **Panorama of French**

**Dates: 01/05/2024 - 03/07/2024**

**Frequency: Weekly. Wed 10:00am - 12:00noon**

**Venue: Henley Brae Retirement Villg 37 Etheridge St Mittagong**

**Course Leader: Annie Chabert-McKay**

**Course Leader2: Roz Garwen**

Dates: All Wednesdays, starting 1 May. Max. 20. Co-Leader: Roz Garwen. This course is based on participants reading and discussing a work of a French author – a classic author from past days or a contemporary one. Participants should be able to read easily from the text and then comment on and summarise allocated sections. We take a break midway to enjoy a coffee. We have our own kit and ask a member to prepare it while others make a contribution to costs. To the best of our ability, the entire class, including discussion, is conducted in French. Prospective new members should contact either the course leader or co-leader if they wish to discuss their level of French competence.

### **Mindfulness Meditation**

**Dates: 01/05/2024 - 05/06/2024**

**Frequency: Weekly, 6 sessions. Wed 10:00am - 12:00noon**

**Venue: CWA Bundanoon 43-45 Railway Avenue Bundanoon**

**Course Leader: Jenny Pittman**

Dates: Wednesdays 1, 8, 15, 22, 29 May; 5 June. Max. 14. Being mindful is a practice of the heart and brings deep connection and compassion to ourselves and others. It becomes a way of life. We can be mindful at any time of day no matter what we're doing. The aim of the course is to teach awareness of our bodies, feelings and thoughts so that we learn to slow down, let go, reduce anxiety and stress, and become calm. This leads to a healthier and more meaningful life. Periods of silent meditation are gradually increased, to a maximum of 20 minutes. Jenny has been a practitioner and teacher of mindfulness for many years and is a student in the Plum Village tradition founded by Zen Master Thich Nhat Hanh. However, the course is non-sectarian.

### **Seniors Rights**

**Dates: 01/05/2024 - 01/05/2024**

**Frequency: Single session. Wed 10:00am - 12:00noon**

**Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral**

**Course Leader: Linda Jackson**

Date: Wednesday 1 May. Max. 60. Seniors Rights Service is a member of the National Aged Care Advocacy Program and is a member of The Older Persons Advocacy Network (OPAN); a nation-wide advocacy service that helps older people who are receiving aged care services to stand up for their rights. For over 35 years, we have been providing Aged Care Advocacy for people receiving Commonwealth funded aged care services in NSW (residential and home care). We also provide free generalist legal services for older people. I will discuss the following topics: Who we are; What we do; Legal advocacy; Elder Abuse. I will briefly touch on My Aged Care and the associated packages associated. I will bring along collateral (pamphlets, booklets, bags, pens etc) for people to help themselves to on the day.

### **How to Make Better Coffee at Home**

**Dates: 01/05/2024 - 12/06/2024**

**Frequency: Fortnightly, 4 sessions. Wed 10:00am - 12:00noon**

**Venue: Moss Vale Snr Citz Comm Cntr 14 Queen St Moss Vale**

**Course Leader: Chris Carvan**

Dates: Wednesdays 1, 15, 29 May; 12 June. Max. 12 Wouldn't it be nice to make coffee at home that tasted just as good as what you get at a good coffee shop? It can be done and in this course, we will show you exactly how to do it. What you will learn applies to all forms of coffee making, so it doesn't matter whether you currently make filter coffee, use a plunger, a Moccapot or even an espresso machine, you will come out of this course making coffee so good that it will put a smile on the face of you and your friends.

### **Wellness Puzzle**

**Dates: 19/06/2024 - 26/06/2024**

**Frequency: Weekly, 2 sessions. Wed 10:00am - 12:00noon**

**Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral**

**Course Leader: Janine Brundle**

Dates: Wednesdays 19, 26 June. Max. 60. As a qualified Nutritionist, I will lead you through light-hearted, but very informative sessions on how you can feel more empowered and less fearful about all the 'hype' surrounding us nowadays regarding health, lifestyle and diet. We will be looking at wellbeing from a different, easy to understand, perspective with no jargon! Day 1 will cover what you are eating daily and understanding how that affects your energy and moods. Day 2 will dig deeper into the effects heavy toxic metals have on our bodies and how the absorption of essential minerals and vitamins are affected by these metals; and in turn how all this reflects in our wellness and energy levels.

### **Book Lovers Circle**

**Dates: 08/05/2024 - 10/07/2024**

**Frequency: 2nd week of the month. Wed 10:00am - 12:00noon**

**Venue: Member's Home**

**Course Leader: Chris Melican**

Dates: Wednesdays 8 May; 12 June; 10 July. Max. 12. This group meets on the 2nd Wednesday of the month. As there are three U3A book clubs, please only enrol in one. Book Lovers Circle members enjoy reading and discussing a wide range of books from a variety of genres. Members share ideas about possible choices and reach a consensus regarding which book for which month. Members source their own copies, whether buying them or borrowing them from a library or from others. The Course Leader emails information about books and venues. We usually meet in the home of a member.

### **Books for Mad Hatters**

**Dates: 15/05/2024 - 17/07/2024**

**Frequency: 3rd week of the month. Wed 10:00am - 12:00noon**

**Venue: Member's Home**

**Course Leader: Kate Kaszonyi**

Dates: Wednesdays 15 May; 19 June; 17 July. Max. 10. This Book Club meets monthly, from January to December, on the 3rd Wednesday of the month, including during school holidays. As there are three U3A book clubs, please only enrol in one. This club is similar to the Book Lovers Circle in terms of members choosing books to read and discuss, and meeting in members' homes.

### **Bookworms Book Group**

**Dates: 22/05/2024 - 26/06/2024**

**Frequency: 4th week of the month. Wed 10:00am - 12:00noon**

**Venue: Member's Home**

**Course Leader: Merrill Murray**

Dates: Wednesdays 22 May; 26 June. Max. 12. This group meets monthly in a member's home, usually on the 4th Wednesday of the month. As there are three U3A book clubs, please only enrol in one. We read works by a variety of authors and from many genres. Members suggest books which are selected by informal vote. Discussions are then led by the member who suggested the book. Members source their own copy of the book, although we sometimes obtain a Library Book Club Kit. We have a maximum of 12, and many wish to continue from the previous term, so we welcome 2-3 new members.

### **Resource Recovery Centre Tour**

**Dates: 08/05/2024 - 08/05/2024**

**Frequency: Single session. Wed 10:00am - 12:00noon**

**Venue: None**

**Course Leader: Ingrid McCulloch**

Date: Wednesday 8 May. Max. 25. Join us at the Resource Recovery Centre for an enlightening tour on waste management and environmental protection in our region. The tour will be led by Alyssa Vilar, the Waste Education & Policy Officer. Running for approximately 1 hour, we will allow enough time for you to browse through the Reviva Centre after the tour. Enclosed footwear is required. Parking is outside the Reviva Centre or Admin carpark, opposite. Address is 177 Berrima Rd, Moss Vale. Please be on time.

### **Beginning Your Family History**

**Dates: 01/05/2024 - 26/06/2024**

**Frequency: Fortnightly 5 sessions. Wed 1:30pm - 3:30pm**

**Venue: Member's Home**

**Course Leader: Lyn Boyes**

Dates: Wednesdays 1, 15, 29 May; 12, 26 June. Max. 4. Always thought you'd like to know more about your family history but never gotten around to it? Small group meeting in my home to introduce you to free online records to get you started.

### **Chess Club**

**Dates: 01/05/2024 - 03/07/2024**

**Frequency: Weekly. Wed 2:00pm - 4:00pm**

**Venue: East Bowral CC-Mtg Rm 71 Boardman Rd E Bowral**

**Course Leader: Roger Huwig**

Dates: Wednesdays, starting 1 May. Max. 12. Chess is the most stimulating mind game ever created. It has no peer when it comes to developing attention, memory, concentration, imagination, logic and reasoning, and more. It is well documented that it leaves scrabble, sudoku, crosswords and other games far behind in maintaining cognitive abilities. Thus, if the purpose is, besides having great fun, to keep the mind sharp, chess is the one with no equal. After the long Covid interruption, some of the keen players are back. There are different levels among the players already participating, so newcomers wanting to rekindle their interest will find a welcoming and relaxed atmosphere.

### **Kashmir – A Journey Through History**

**Dates: 12/06/2024 - 26/06/2024**

**Frequency: Weekly, 3 sessions. Wed 2:00pm - 4:00pm**

**Venue: Moss Vale Snr Citz Comm Cntr 14 Queen St Moss Vale**

**Course Leader: Garry Weare**

Dates: Tuesdays 12, 19, 26 June. Max. 60. Ringed by snow-capped peaks, Kashmir has attracted pilgrims and Sufis, armies and traders, travellers and adventurers over the centuries. Its history embraces the passage of Buddhist, Hindu and Islamic influences including the great Mughal Emperors who created over 700 resplendent gardens and patronised the fine pashmina shawls. The Treaty of Amritsar signed by the British East India Company and Maharajah Gulab Singh in 1846 created the princely state of Jammu and Kashmir that lasted 101 years. Since then Kashmir has been subject to decades of instability as it continues on its long walk to normalcy. Note: while not necessary for the course, copies of my book Kashmir: A journey through History will be available for sale at an attractive discount.

## Reclaim Your Space

**Dates: 01/05/2024 - 01/05/2024**

**Frequency: Single session. Wed 2:00pm - 4:00pm**

**Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral**

**Course Leader: Gillian Opie**

**Course Leader2: Ingrid McCulloch**

Date: Wednesday 1 May. Max. 60. Learn how to declutter, recycle and downsize. Stay safe in your own home with an organised, clutter free space. You will learn how to identify items to keep and what to let go of, and then where and how to dispose of items, focussing on environmentally friendly options.

## World of Classical Music

**Dates: 22/05/2024 - 19/06/2024**

**Frequency: Weekly, 5 sessions. Wed 3:00pm - 5:00pm**

**Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral**

**Course Leader: Lyndall Foldvary-Khoury**

Dates: Wednesdays 22, 29 May; 5, 12, 19 June. Max. 35. Whether a musical newcomer or a life-long music lover, you will find these listening sessions entertaining and informative. Watch fascinating music education DVDs of high quality; listen to Guest Speakers presenting accessible knowledge about the last 400 years of music. Experience the wonder of making musical discoveries from the 20th century repertoire, living composers or one of the great masterpieces of the classical (1750-1820) or romantic (1820-1900) period. If you are a loyal devotee of this course, please know that new DVDs and other resources are being acquired all the time so each term provides something new. I believe great music has the power to change people's lives. Great music played by great artists brings us hope. \$10 one off fee will be collected for photocopying of handouts and provision of refreshments during the break.

## Dinner Out Together

**Dates: 15/05/2024 - 15/05/2024**

**Frequency: Single session. Wed 7:00pm - 9:30pm**

**Venue: Moss Vale Hotel 340 Argyle St Moss Vale**

**Course Leader: Ingrid McCulloch**

**Course Leader2: Phil McCulloch**

Date: Wednesday 15 May. Max. 18. Join us for an evening out of fun and food in the function room at the Porterhouse Bistro, Moss Vale Hotel, Argyle St, Moss Vale. Parking is in Argyle St, in the hotel's rear carpark and across the road at the back. Meet from 6.30pm for 7.00pm when you can choose your own meal from the Bistro menu. Pay at the time of ordering. If you find you cannot attend once you have enrolled, please let me know as a courtesy and for catering numbers.

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# Thursday

## Social Golf - AM

**Dates: 02/05/2024 - 04/07/2024**

**Frequency: Weekly. Thu 9:30am - 11:30am**

**Venue: Craigieburn Centennial Golf Centennial Rd Bowral**

**Course Leader: Anne Royds**

**Course Leader2: Michael McLeavy**

Dates: All Thursdays, starting 2 May. Max. 18. A weekly game of Ambrose golf for companionship and fun without competitive pressure. Suits all levels, even experts wanting a relaxed game. Please arrive 15 minutes earlier to sign in, pay the course leader (not Reception) and organise teams. For your own safety and the safety of others, you MUST be physically able and fit to participate. You will be asked to sign a waiver form prior to commencing the course. If you have any doubts, please discuss with the Course Leader before choosing to enrol. Your own equipment and balls are required plus a green fee of \$9 per session (please have correct change). PLEASE NOTE FEE INCREASE. A few buggies are available if you need one.

### **Drawing for Beginners**

**Dates: 09/05/2024 - 04/07/2024**

**Frequency: Fortnightly 5 sessions. Thu 10:00am - 12:00noon**

**Venue: East Bowral CC-Mtg Rm 71 Boardman Rd E Bowral**

**Course Leader: Trish Helps**

Dates: Fortnightly on Thursdays 9, 23 May; 6, 20 June; 4 July. Max 10. Should you have a yen to draw, and have lacked the confidence to do so, a course in the basic principles will be offered, giving you the chance to learn, with hands-on exercises to practise uncomplicated techniques to achieve a satisfactory image on paper. Could you please bring along one HB and one 8B pencil, a clean eraser and ruler? All other material will be supplied for the first session.

### **Elizabeth I: A Life Through Portraits -**

**Dates: 30/05/2024 - 27/06/2024**

**Frequency: Fortnightly 3 sessions. Thu 10:00am - 12:00noon**

**Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral**

**Course Leader: Sandra Gillespie**

Dates: Fortnightly on Thursday 30 May; 13, 27 June. Max 60. As the title suggests, this is the story of Elizabeth I as revealed through the many portraits of her. Despite many challenges, Elizabeth became revered as Gloriana, the Virgin Queen ruling over a Golden Age. It was her portraits which played a vital role in creating this legend and in reassuring her subjects of her love for, and protection of, them.

### **Reading Latin**

**Dates: 02/05/2024 - 04/07/2024**

**Frequency: Weekly. Thu 10:00am - 12:00noon**

**Venue: CWA Mittagong 98B Main Street Mittagong**

**Course Leader: Michael Gray**

Dates: Thursdays 2, 9, 16, 23 May; 6, 13, 20, 27 June; 4 July. Max. 12. In this course we read selected passages from the whole range of Latin literature, from Early Latin, the Golden and Silver Ages of Rome, Christian Patristic writers, Ecclesiastical Latin, Medieval philosophers, Renaissance writers, and Neo-Latin. We shall also try conversational Latin and Latin crosswords and look at Latin maxims and mottoes and Latin texts set to music. There will also be occasional dives into grammar, scansion of Latin verse, and the Latin etymology of English words. Some prior knowledge of Latin is necessary, e.g., one of the previous U3A Latin courses. All texts, notes and translations will be provided by the course leader.

### **A Look At Wine**

**Dates: 02/05/2024 - 16/05/2024**

**Frequency: Fortnightly, twice. Thu 10:00am - 12:00noon**

**Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral**

**Course Leader: Peter Wurfel**

Dates: Thursdays 2, 16 May. Max. 25. This will be a continuation of a small interactive group, with participants guided through the building blocks in the creation of wine, to support greater wine appreciation. What is it about the humble grape that means it forms a key part of our lifestyle? Do we know enough about what we are drinking, where it comes from, and how it is marketed to us? There will be opportunities for participants to share their experience and knowledge to build greater awareness. A winery visit may occur, with individuals to meet any cost. New participants welcome.

### **The Joy of Gentle Yoga**

**Dates: 02/05/2024 - 04/07/2024**

**Frequency: Weekly. Thu 10:00am - 11:00am**

**Venue: Highlds Christn Church Potters 37 Regent St Mittagong**

**Course Leader: Larry Wilson**

Dates: All Thursdays commencing 2 May. Max. 12. Yoga helps us to keep doing the things we enjoy in life, by improving our flexibility, balance, strength and mental well-being. The practice of yoga improves our quality and enjoyment of life. This yoga practice will consist of breath work, stretches, movement and relaxation exercises to nurture and nourish your body and mind. Participants will need to bring a yoga mat, bolster or firm pillow and/or blanket (for cooler times) and should be able to safely get down and up from the floor. Please wear comfortable, appropriate clothing. For your own safety and the safety of others, you MUST be physically able and fit to participate. You will be asked to sign a waiver form prior to commencing the course. If you have any doubts, please discuss with the Course Leader before choosing to enrol.

### **Poetry Live**

**Dates: 02/05/2024 - 27/06/2024**

**Frequency: Fortnightlyx6. Thu 10:00am - 12:00noon**

**Venue: East Bowral CC-Mtg Rm 71 Boardman Rd E Bowral**

**Course Leader: Jenelle Brangwin**

**Course Leader2: Helen Milgate**

Dates: Thursdays 2, 16, 30 May; 13, 27 June. Max. 14. 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 poems of your own creation.

### **Computers, Coffee & Chat 1**

**Dates: 02/05/2024 - 27/06/2024**

**Frequency: Fortnightlyx6. Thu 10:00am - 12:00noon**

**Venue: Zoom**

**Course Leader: Chris Carvan**

Dates: Thursdays 2, 16, 30 May; 13, 27 June. Max. 100. This course runs by Zoom. Want to be more productive with your computer? Worried about computer security and privacy? Like to know more about the latest developments? This course combines lecture style delivery of tips, explanations and news with informal group discussion. Notes are provided. It is not suitable for beginners wanting to learn how to use a computer, nor is it intended for technical issues. It's aimed at PC and Mac users who want to be more productive and wish to stay abreast of computer technology. Note: There is a second session of this course at 2.00 pm. Please enrol in only one course.

### **Curiosity and intrigue: Why is it so?**

**Dates: 09/05/2024 - 04/07/2024**

**Frequency: Fortnightly, 4 sessions. Thu 10:00am - 12:00noon**

**Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral**

**Course Leader: Warwick Adams**

**Course Leader2: Ian Fletcher**

Dates: Thursdays 9, 23 May; 20 June; 4 July. Max. 35. Are you curious about the world around you and how things work? This fortnightly discussion group explores a wide range of science and technology topics. Modern science is full of extraordinary wonders, amazing discoveries, and fascinating ideas. In this course we discuss in plain English some of the wondrous developments coming out of science and technology. No equations, no technical jargon, just casual discussions delving into the intriguing discoveries that are being made every day. We kick off each topic with some explanation and a short video, then open it up for discussion - and we're relying on everyone to get involved.

### **Scottish Country Dancing**

**Dates: 09/05/2024 - 04/07/2024**

**Frequency: Weekly. Thu 10:30am - 12:30pm**

**Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral**

**Course Leader: Sue Laird**

Dates: Thursdays starting 9 May - EXCEPT 6 JUNE, which will be in the Bowral Presbyterian Church Hall. Max. 25. If you are looking for some fun, fitness and social interaction, you might like to join our enthusiastic group of dancers. It is enjoyed by both men and women. No special dress is required, just soft soled flat shoes. For your own safety and the safety of others, you must be physically able and fit to participate. You will be asked to sign a waiver form prior to commencing the course. If you have any doubts, please discuss with the Course Leader before choosing to enrol. Please contact the Course Leader for any further information.

### **Social Golf - PM**

**Dates: 02/05/2024 - 04/07/2024**

**Frequency: Weekly. Thu 1:00pm - 3:00pm**

**Venue: Craigieburn Centennial Golf Centennial Rd Bowral**

**Course Leader: Ingrid McCulloch**

**Course Leader2: Kim Zegenhagen**

Dates: All Thursdays, starting 2 May. Max. 18. PLEASE NOTE WINTER TIME CHANGE. A weekly game of Ambrose golf for companionship and fun without competitive pressure. Suits all levels, even experts wanting a relaxed game. Please arrive 15 minutes earlier to sign in, pay the course leader (not Reception) and organise teams. For your own safety and the safety of others, you MUST be physically able and fit to participate. You will be asked to sign a waiver form prior to commencing the course. If you have any doubts, please discuss with the Course Leader before choosing to enrol. Your own equipment and balls are required plus a green fee of \$9 per session - NOTE FEE INCREASE. (Please have correct change). A few buggies are available if you need one.

### **Painting with Oils**

**Dates: 02/05/2024 - 04/07/2024**

**Frequency: Weekly. Thu 1:30pm - 4:00pm**

**Venue: Bowral District Art Studios 1 Short St Bowral**

**Course Leader: Susie Woodbury**

**Fee: \$10.00**

Dates: Thursdays starting 2 May. Max. 12. If you like to paint with oil or acrylic paints, you are welcome to join this friendly group. Members provide their own materials and decide on their own projects, but we share ideas and experience in a helpful and informal atmosphere. Odourless solvents must be used. Each attending member will bring their own cup and refreshments. To offset the venue hiring fee with its specialised, members pay \$10/term. After applying for enrolment and being accepted, you will find an invoice on UMAS (under My Invoices) and this amount needs to be paid before attending the course.

### **Family History**

**Dates: 09/05/2024 - 11/07/2024**

**Frequency: Once per month. Thu 1:30pm - 3:30pm**

**Venue: Highlds Christn Church Potters 37 Regent St Mittagong**

**Course Leader: Heather Knights**

Dates: Thursdays 9 May; 13 June; 11 July. Max. 25. We are an experienced group of people undertaking family history research. However, anyone who has an interest in discussing their family history will be welcome. Stories and discoveries, methods and "brick walls" are shared and discussed. We meet on the second Thursday of each month, including school holidays, every month except January.

### **French Art and Culture**

**Dates: 30/05/2024 - 04/07/2024**

**Frequency: Weekly, 6 sessions. Thu 2:00pm - 4:00pm**

**Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral**

**Course Leader: Christiane Thomas-Lewis**

Dates: Thursdays 30 May; 13, 20, 27 June 4 July. Max. 25. Please note: no session on 6 June. Many have toured parts of France, admired some of its treasures, food, art, markets and more. Many wonders about the sense and ideas behind the variations in Art, Architecture, Literature, Fashion and Lifestyle. With and through videos, let's uncover secrets, acquire knowledge and understand what made France. A long discussion afterward around a table and some tea, brings the class to a friendly atmosphere with that French Spirit.

### **Family Intergenerational Communication**

**Dates: 09/05/2024 - 20/06/2024**

**Frequency: Fortnightly, 4 sessions, Thu 2:00pm - 4:00pm**

**Venue: CWA Mittagong 98B Main Street Mittagong**

**Course Leader: Margi Stevens**

**Course Leader2: Frank Hughes**

Dates: Thursdays 9, 23 May; 6, 20 June. Max. 18. Communication is key to the successful resolution of intergenerational family tensions. This course will focus on how we engage with each other at key stages of the family life cycle, reciprocating or dismissing, moving on together or moving away. Frank Hughes is a clinical psychologist who works with older people. Margi Stevens is London trained at the Tavistock clinic. She worked as a psychotherapist within education. Her principal interest is children.



### **Computers, Coffee & Chat 2**

**Dates: 02/05/2024 - 27/06/2024**

**Frequency: Fortnightlyx6. Thu 2:00pm - 4:00pm**

**Venue: Zoom**

**Course Leader: Chris Carvan**

Dates: Thursdays 2, 16, 30 May; 13, 27 June. Max. 100. This course runs by Zoom. Want to be more productive with your computer? Worried about computer security and privacy? Like to know more about the latest developments? This course combines lecture style delivery of tips, explanations and news with informal group discussion. Notes are provided. It is not suitable for beginners wanting to learn how to use a computer, nor is it intended for technical issues. It's aimed at PC and Mac users who want to be more productive and wish to stay abreast of computer technology. Note: There is a second session of this course at 10.00 am. Please enrol in only one course.

### **Rooftop Solar**

**Dates: 09/05/2024 - 23/05/2024**

**Frequency: Weekly, 3 sessions. Thu 2:00pm - 4:00pm**

**Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral**

**Course Leader: Darryl Whiteside**

Dates: Thursdays 9, 16, 23 May. Max. 60. In this course we will look at rooftop solar systems. Some of the topic we will cover are: (1) The different parts of the system. (2) How is it installed? (3) Cost and benefits. (4) Finding an accredited installer. (5) Batteries.

### **Table Tennis on Thursday**

**Dates: 02/05/2024 - 04/07/2024**

**Frequency: Weekly. Thu 2:45pm - 4:45pm**

**Venue: Loseby Park Comm Centre Park Road Bowral**

**Course Leader: Phil McKendry**

**Course Leader2: Ian Royds**

Dates: All Thursdays, starting 2 May. Max. 30. Fun, fitness, coordination and table tennis skills in a very social setting, catering to all ability levels! Doubles games are played. Gym shoes or similar and loose-fitting comfortable clothing are required. Council venue policy requires all footwear to be of a non-marking variety. Please bring your own bat. Balls are provided. For safety, players must be physically able and fit enough to participate. You will be asked to sign a waiver prior to playing. There is a one-time fee of \$2 each term to cover incidental costs. There is an additional one-time fee of \$2 each term for those wanting to have afternoon tea. Table tennis has become very popular over recent times and we may have a wait list. So, if you apply to enrol, you need to commit to at least 70% attendance.

### **Play Bridge Online Series 2**

**Dates: 02/05/2024 - 04/07/2024**

**Frequency: Weekly. Thu 4:30pm - 6:00pm**

**Venue: Zoom**

**Course Leader: Kirsten Hartley**

**Fee: \$75.00**

**Course Leader2: Simon Elderfield**

Dates: Weekly Thursdays commencing 2 May. Max. 10. The online version of this timeless classic game is online for beginners, improvers and those wanting to refresh their skills. Designed for those who have got the absolute basics under their belt, this course will take you through slightly more advanced concepts and conventions. Run through Zoom, this highly interactive and engaging course will gently guide you through the process and will have you playing on different online platforms in no time. The course will take you through the classes without pressure and you will be able to practise online and play hands related to the week's lesson. You will receive weekly student notes which you can build into a binder. Kirsten Hartley and Simon Elderfield are accredited bridge teachers both in Australia and the USA, teaching face-to-face and online. Classes are weekly, starting at 4.30pm and run for 90 minutes.

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## Friday

### **Socrates' Cafe**

**Dates: 03/05/2024 - 28/06/2024**

**Frequency: Fortnightly 5 sessions. Fri 9:30am - 11:30am**

**Venue: Zoom**

**Course Leader: Bruce Cowan**

Dates: Fridays 3, 17, 31 May; 14, 28 June. Max. 30. This course runs by Zoom. Socrates Cafe is an activity that is established in many countries. The focus of Socrates' Cafe is to provide a venue for 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 participants' views, backgrounds, and opinions will be most welcome. Each session will provide a discussion on a topic suggested by members or the facilitator 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 attain Socratic objectives. (To probe the underlying beliefs upon which each participant's statements, arguments, and assumptions are built.) It is not a debate but a sharing and inquiring approach to issues, interests, and questions members have in the past, the future, or currently. > The result of this is a better understanding among participants of their views and their background and bonding between those attending.

### **Walkers Workouts**

**Dates: 10/05/2024 - 05/07/2024**

**Frequency: Fortnightly, 4 sessions. Fri 9:30am - 11:00am**

**Venue: To be advised**

**Course Leader: Jenny Wells**

**Course Leader2: Michelle Batt**

Dates: Fridays 10, 24 May; 7, 21 June; 5 July. Max. 40. A series of five fortnightly 5km walks through easy/medium terrain in Moss Vale, Bowral, Mittagong, and Bundanoon. There will be some uphill stretches, so you need to be reasonably fit. We expect to complete each walk in roughly an hour and a half. We will meet in a different place each time and you will need to have appropriate footwear and clothing, a bundle of energy and a bright smile. You will be asked to sign a waiver prior to joining the first walk.

### **Sew and Yarn in Bundanoon**

**Dates: 03/05/2024 - 05/07/2024**

**Frequency: 1st & 3rd wks of the month. Fri 10:00am - 12:00noon**

**Venue: Member's Home**

**Course Leader: Ilma Cunnew**

Dates: Fridays, 3, 17 May; 7, 1 June; 5 July. Max. 6. Meeting on the first and third Fridays in a month, 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 in the course leader's home, 30 km from Bowral. Perhaps you can share your skills with others and enjoy 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.

### **Cardmaking Club**

**Dates: 03/05/2024 - 05/07/2024**

**Frequency: Weekly. Fri 10:00am - 12:00noon**

**Venue: Member's Home**

**Course Leader: Cathryn Bensley**

Dates: All Fridays commencing 3 May. Max. 8 Make a stash of cards to have on hand for any occasion, showcasing your creativity and style. Focusing on the use of scrap materials, patterned papers, cardstock and embellishments. Explore the use of colour theory. Designed to be fun, engaging and informative this course aims to offer the benefits of creativity and self-expression, stress relief through mindful activity, socialisation and a sense of accomplishment. Initially I will provide all materials for a small weekly fee of \$2.00

### **News in Review**

**Dates: 10/05/2024 - 05/07/2024**

**Frequency: Fortnightly 5 sessions. Fri 10:00am - 12:00noon**

**Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral**

**Course Leader: Ian Bowie**

**Course Leader2: Alan Edwards**

Dates: Fridays 10, 24 May; 7, 21 June; 5 July. Max. 15. Co-leaders: Ian Bowie, Alan Edwards and Greg Baker. We engage in discussions of current news using recent opinion pieces/editorials drawn from reputable news media to define our topics and focus our discussions. Members are expected to take turns in choosing topics and leading us, through: an analysis of their opinion piece and/or the issues raised in it; a brief presentation on these; prepared 'thinking points' to focus discussion; and help with facilitating an interactive and non-combative discussion of these. Our meetings will be scheduled to last up to two hours but, typically include time for a chat beforehand and a refreshment break in the middle (for which we place a group order for coffee to be delivered from a local coffee shop).

### **Puzzles and Trivia**

**Dates: 03/05/2024 - 28/06/2024**

**Frequency: Fortnightly 5 sessions. Fri 10:00am - 12:00noon**

**Venue: Moss Vale Snr Citz Comm Cntr 14 Queen St Moss Vale**

**Course Leader: Jenny Wells**

Dates: Fridays 3, 17, 31 May; 14, 28 June. If you want to join a course that is entertaining and hilarious, come to this one! Each fortnight you will first be presented with a series of puzzles, brain-teasers, conundrums, word games. Don't worry if you are not a 'puzzle person' because you will learn how to do them and have a lot of fun doing so. The second part of each session is a Trivia Quiz, whereby we will form groups of 3-6 players and your group will be asked a series of general knowledge questions. So you get to show off your own knowledge and to acquire new knowledge. No pressure - just a lot of fun! There will be a one-off cost of \$5 for hand-outs, payable at the course.

### **Russia: History and Mystery**

**Dates: 03/05/2024 - 28/06/2024**

**Frequency: Fortnightly. Fri 10:00am - 12:00noon**

**Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral**

**Course Leader: John Collerson**

Dates: Fridays fortnightly, 3, 17 31 May; 14, 28 June. Max. 70. This is a continuation of a course begun in Term 1, when we traced the history (and the mystery) of Russia up to the middle of the 19th century. In this term we will explore the huge changes that have occurred in Russia since that time, as well as considering its relations with European and other neighbours. We will also take account of some of the enduring features of the nation and peoples of Russia. The course will be presented in five sessions (fortnightly).

### **Ten-Pin Bowling**

**Dates: 03/05/2024 - 28/06/2024**

**Frequency: Weekly. Fri 2:00pm - 3:00pm**

**Venue: Highlands Ent Centre 2/205 Old Hume Highway Mittagong**

**Course Leader: Ingrid McCulloch**

**Course Leader2: Trish Helps**

Dates: All Fridays commencing 3 May. Max 21. Come and enjoy a fun game of Ten-Pin Bowling. You are not obliged to come every session but I would appreciate you letting me know when you cannot. There will be a fee of \$10 per game. This includes all shoe and equipment hire. You will be asked to sign a Liability Waiver for insurance purposes. There are quite a few stairs, but there is a lift. A licensed cafe will be open onsite. Parking is in the Highlands Hub Supercentre carpark. There are staff available to help with rules, so if you are new to the game or re-visiting a past passion, come along.

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## HOW TO REQUEST ENROLMENT IN COURSES

**To enrol in courses online:**

Go to <https://sohiu3a.org.au> and log-in using your Member Number and password. Then follow the instructions built into the system Members Help page.

**Alternative ways of enrolling:**

If you have access to a computer, an iPad or a smartphone, we prefer you to enrol online to save time for you and also for our volunteers. However, if you are not able to enrol online, we will still accept paper-based enrolments as in the past.

Name 1	Member #	Phone	Name 2	Member #	Phone
<b>Courses I would like to request, in order of preference</b>					
1.			1.		
2.			2.		
3.			3.		
4.			4.		
5.			5.		
6.			6.		
7.			7.		
8.			8.		
9.			9.		
10.			10.		

Post to: The Enrolments Coordinator, U3A Southern Highlands Inc PO Box 421, Bowral 2576

Note: if you post at Bowral Post Office, you may hand the letter (with stamp) at the counter and mention that it is for a Bowral PO Box. This will facilitate immediate delivery rather than using the slower route via a sorting centre.

For Assistance, please phone Ingrid McCulloch Ph 0413 001 093.