

U3A NAMBUCCA VALLEY ASSOC. INC.

PO Box 101, Nambucca Heads, NSW 2448

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COURSE AND EVENTS LIST

SEMESTER ONE – JANUARY TO JUNE 2021

OPEN DAY

WEDNESDAY 27 JANUARY 2021

10:00am – 12:00noon

Nambucca Community and Arts Centre

Ridge St, Nambucca Heads

Expand your horizons





GENERAL INFORMATION

ELIGIBILITY: Membership of U3A is open to retired or semi-retired persons, or to those who have sought special dispensation from the committee.

TO ENROL IN A COURSE: It is necessary to be a financial member of U3A before enrolling in a U3A course. Once the membership fee is paid, enrol with the Course Leader at Open Day.

MEMBERSHIP: A Membership Application form is needed for new members. **Continuing members will only need to fill in a form if any of their details have changed.** Fees are due in January of each year; they are currently \$20 per person per annum. Members joining after 30 June pay 50% of the annual fee (\$10). Payment of membership fees may be made in one of the following ways:

- a) Preferred Method: By direct transfer to BCU **BSB 533-000, a/c no 3282 6927.** (*Please note the new account number*). Please ensure you give your full name as a reference. If you are a new member it will be necessary for you to send a completed membership form to Membership Secretary, PO Box 101, Nambucca Heads, 2448.
- b) By cheque payable to U3A Nambucca Valley Association Inc. (include your membership form if you are a new member) mailed to The Membership Secretary, PO Box 101, Nambucca Heads, 2448.
- c) By cheque or cash payment at Open Day on Wednesday 27 January 2021.

Payment of membership fees in advance of Open Day would be very much appreciated.

COURSE COSTS: These vary depending on the course and should be discussed with the course leader when enrolling. Generally, it will depend on factors such as the number of participants and the amount of photocopying or supplementary material required. A contribution towards morning/afternoon tea is at the discretion of the course leader in consultation with the course members.

Course costs cover venue hire only. All course leaders volunteer their time. Outdoor activities do not incur a course cost. If there are other expenses involved, such as hire of equipment or material, the course leader will advise course members.

VENUE HIRE COSTS: Your membership fee does not include any charges for venue hire. Whilst some venues are free, some are not. You should be prepared to contribute toward this at each session; it will vary depending on the number of participants and the course venue.

INSURANCE: U3A requires all members to be financial, so that they are covered against public liability when attending an approved U3A activity. However, this does not cover them for personal loss, or accident when travelling to and from the course venue. The committee requests that all members sign the attendance sheets, which are at every U3A course.

NAME TAGS: Members are asked to wear their name tags to all U3A courses and functions to help facilitate members getting to know one another, and as proof of financial membership.

PLEASE NOTE:

If a course has insufficient numbers to be viable, the committee may decide not to run that course.

EVENTS and PRESENTATIONS			
Course Name	Time & Date	Venue	Description, Leader and Contact Details
OPEN DAY	10:00 to 12:00 Wednesday 27 January	NCAC	Open Day for the first semester 2021. <i>Contact U3A contact@u3a.com.au</i>
ANNUAL GENERAL MEETING	2:00 to 4:00 Wednesday 17 March	Bridge Club	Annual General Meeting and election of officers, followed by afternoon tea. <i>Contact U3A contact@u3a.com.au</i>
DISCUSSION GROUPS			
Course Name	Time & Date	Venue	Description, Leader and Contact Details
MYANMAR (BURMA) PARADOX	10:00 to 12:00 Tuesdays 2 sessions February 2 and 16	Macksville Senior Citizens Centre	Charles's first trip to Burma was 50 years ago and he has maintained contact through two project assignments and some eight private tours covering 12 of the 14 states. Myanmar is the most intriguing country for both historical and contemporary reasons - political, and, economic, WW2 military, isolation and present "opening" through ASEAN and economic "development" cooperation. A selection from some thousands of photos and video will cover aspects from projects and private trips to the far corners. Charles will welcome open discussions on this diverse and complex country.
SUSTAINABILITY	10.00 to 11.30 Friday 10 sessions 12, 26 February 12, 26 March 9, 23 April 7, 21 May 4, 18 June	Macksville Senior Citizens Centre	<i>We do not inherit the land from our Ancestors, we borrow it from our children</i> (Native American Proverb). Come and learn about sustainability to see what the possibilities may be to reclaim our children's and grandchildren's future.
LAW FOR SENIORS	10.00 to 11.00 Monday 3 sessions 1, 8, 15 March	Uniting Church Hall Nambucca Heads	Don has practised law for almost 50 years and will share his vast knowledge of the law as it affects our senior citizens. He will discuss legal documents such as Wills and Powers of Attorney and the pitfalls to avoid, as well as criminal and general property law. Each session will conclude with answers to your particular questions.
BOOK CHAT	2:00 to 4:00 Last Friday of each month	Uniting Church Hall Nambucca Heads	No required reading – just share what you've read in the last month and enjoy the company of other bookworms.
THE BUDDHA DHARMA	10:00 to 12:00 1 st and 3 rd Friday each month	Private home	Study/discussion of Buddhist ideas based on a selected text. An ongoing course and although new people are welcome, space is limited, and it might be necessary to create a waiting list.
BUDDHISM DISCUSSION	10:00 to 12:00 2 nd and 4 th Friday each month	Private home	Study/discussion of a selected book. We take turns in reading aloud and stop to discuss what we understand and maybe how it relates to our own lives. All welcome although an interest in Buddhist philosophy would be an advantage.

ABC OF STRESS MANAGEMENT	2.00 to 4.00 Wednesdays 6 sessions from 10 February	Private home	<p>This course will help you identify stress in your life and with the ABC of Awareness, Balance & Control, will teach you skills to manage it. Freya has trained with a qualified psychologist and has had experience in Stress Management at Port Macquarie Hospital, the Hastings Human Relationship Centre, Family Life Movement and with the co-founder of the Augustine Centre at Monash University. She has run Stress Management groups in Coffs Harbour, Nambucca, Macksville, Kempsey and Stuarts Point.</p> <p>The course will be limited to a maximum of 12 participants. There will be a one-off cost of \$2 per person to cover photocopying.</p>
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MUSIC, DANCE and THE ARTS

Course Name	Time & Date	Venue	Description, Leader and Contact Details
GOOD, BETTER, BEST	2:00 to 4:00 Thursdays 4 sessions 1, 8, 15, 22 April	Private Home	<p>Four week photography improvement course with local photographer & competition judge Janie News FIAP, APSA, FAPS.</p> <p>Whether you have a mobile phone or a Leica camera, learn how to take great photographs more often. Bring your favourite photos for assessment and be guided through the 5 Cs from concept to camera equipment, composition, colour and correction to achieve the best results possible.</p> <p>Min 4,max 8.</p>
SCOTTISH COUNTRY DANCING	10:00 to 12:00 Fridays weekly from 5 March	Headland Hall	<p>This is not highland dancing but reels, jigs and strathspeys in sets of eight. No partner needed, and movements are taught. Wear flat, non-slip shoes.</p> <p>Closed to new enrolments and resuming members must enrol on Open Day.</p>
BALLROOM DANCING	10:00 to 12:00 Mondays weekly from 22 February	Headland Hall	<p>Our Ballroom Dance lessons will cover dances that are done socially, not competition! Old Time, Modern, New Vogue, Novelty.</p> <p>Please wear low heeled shoes with rubber on heels and vinyl or leather on soles. If you can twist on carpet, then shoes will support you in these dances.</p> <p>Remember the Barndance, Canadian 3 Step, Freestyle Slow Rhythm or Waltz? But wait...there's more! Come alone, or bring a partner.... Preferable.</p>
CONTINUING UKULELE	1:00 to 3:00 Tuesdays On-going group	Baptist Church, Nambucca Heads	<p>This is more a jam session than a class. You will improve your playing and pick up tips. Anyone with some experience is welcome; we have a variety of levels of skill from almost beginners to some more experienced, but none of us is expert.</p>

HISTORY, LANGUAGE AND CULTURE

Course Name	Time & Date	Venue	Description, Leader and Contact Details
THERE AND BACK	10.00 to 11.30 Mondays 8 sessions fortnightly from 15 February	Bridge Club	<p>A history of passenger shipping from the First Fleet to the present. Rob will cover all mainline shipping companies such as Chandris, Sitmar, P&O, Orient, Shaw Savill, Flotta Lauro etc.</p>

COLONIAL HISTORY	10:00 to 11:30 Fridays 4 sessions 19, 26 March 9, 23 April	Bridge Club	Australian History: Sugar plums, bobs and tip winks. Sergeant Trapstick, Jake Taketip and Samuel Smellrum - a look at the convict cons table. Following her last course on female convicts, Kris takes another look at our colonial past, this time concentrating on convict constables and their terrible reputation. We will look at the pressures from above and below that contributed to their performance. We will also examine the way historians rely on official records resulting in the perpetration of stereotypes.
FAMILY HISTORY FOR BEGINNERS	2.00 to 4.00 Fridays weekly 6 sessions from 9 April to 14 May	Macksville Senior Citizens Centre	An introductory course for those who are keen to begin tracing their family history. Course members must be computer literate and have little or no previous experience in genealogy. There will be a one-off charge of \$5 to cover the cost of photocopies provided by the course leader, but extra costs are involved if course members wish to purchase documents from online and other sources. Maximum of 15 in the course.
FAMILY HISTORY DISCUSSION	10.00 to 12:00 Thursdays weekly 6 sessions from 8 April to 13 May	Nambucca Senior Citizens Centre	This course is for members who have done some Family History and want to discuss further research and are interested in writing the story of their family history and the social background concerning it. Conversation will focus on genealogy in general and members will share their knowledge and experiences.
FUN FLIX	2:00 pm Wednesdays fortnightly from 10 February	Majestic Cinema Nambucca Heads	Sit back and enjoy! Join us every second Wednesday for a great movie. The film will be followed by a cuppa and light-hearted discussion. Concession prices, more info on Open Day.
AUSTRALIAN POETRY AND BEYOND	9.00 to 11.00 Fridays 6 sessions weekly from 5 February	Uniting Church Hall Nambucca Heads	A close look at a selection of poems from Les Murray and American poet Robert Lowell. An all-new course; enthusiasm and curiosity essential.
ITALIANO PER PIACERE	10:00 to 11:30 Wednesdays continuing	Nambucca Island Gold Club	Language, literature and all things Italian for those with some knowledge of basic Italian and a desire to improve their conversational skills, while enjoying the company of like-minded people.

HEALTH and FITNESS

Course Name	Time & Date	Venue	Description, Leader and Contact Details
ZUMBA GOLD	10:00 to 11:00 Thursdays Continuing in February and March	Headland Hall	Zumba Gold is a low impact Latin-inspired dance fitness party! It relieves stress, builds core strength and helps increase balance and co-ordination while experiencing different music and rhythms from all over the world. It's also great exercise for your brain! Zumba classes are a lot of fun, very informal and open to all ages, genders and fitness levels. There are no mistakes in Zumba, just unexpected solos! 3 weeks introduction \$2 per class then \$60 for a 10 class pass (no time limit or expiry date applies) or \$8 per class for casual attendance.

BUSHWALKING	9:00 to 11:30 3 rd Thursday March, April, May, June	Various locations	Do you want to keep fit while enjoying the great outdoors? The bushwalks will be on forest roads, tracks, fire trails or beaches and while not strenuous will require a moderate level of fitness. Expected distance would be 6-8km on each walk. Bring morning tea and a camera.
STRENGTH AND BALANCE	9:00 to 10:00 or 10:30 to 11:30 Tuesdays weekly Classes also available on Thursdays.	Riverside Gardens Nambucca Heads Classes also available Wednesdays and Fridays in Macksville	Gentle exercises to help improve or maintain your current level of strength and balance while working at a pace that suits your individual needs. Registered Fitness Instructor specializing in needs for older adults. 3 free sessions then \$7 per session. Maximum 20. Due to Covid19, numbers are restricted, so please email Lisa with <u>your phone number</u> so that she can contact you before enrolment. <i>Lisa George Lisa.george@nvcl.org.au</i>
STRENGTH AND BALANCE CIRCUIT CLASS	9:00 to 10:00 Thursdays weekly	Riverside Gardens Nambucca Heads Classes also available Fridays in Macksville	A more challenging series of Strength and Balance exercises with the addition of an aerobic circuit. Ideal for those with a reasonable level of fitness who want to take their strength and balance to the next level. 3 free sessions then \$7 per session. Maximum 20. Due to Covid19, numbers are restricted, so please email Lisa with <u>your phone number</u> so that she can contact you before enrolment. Classes also available Fridays in Macksville <i>Lisa George Lisa.george@nvcl.org.au</i>
PARKINSON'S-SPECIFIC EXERCISE CLASS	12:00 to 1:00 Tuesdays weekly	Riverside Gardens Nambucca Heads	A series of neuro-dynamic exercises developed specifically for people with Parkinson's Disease. 3 free sessions then \$7 per session. Maximum 20. Due to Covid19, numbers are restricted, so please email Lisa with <u>your phone number</u> so that she can contact you before enrolment. <i>Lisa George Lisa.george@nvcl.org.au</i>
TAI CHI	10:45 to 11:45 Thursdays from 4 February	Catholic Church Hall	A series of slow gently flowing movements that lead to more vigour, flexibility, balance, mobility and a sense of wellbeing. Beneficial health impacts the heart, mind, bones, nerves, muscles, and the immune system. 3 sessions at \$3 each then usual rate of \$10 applies.
MEDICAL QIGONG EXERCISE	10:30 to 11:30 Wednesdays from 3 February	Catholic Church Hall	A series of slow gently flowing movements that lead to more vigour, flexibility, balance, mobility, and a sense of well-being. Beneficial health impacts the heart, mind, bones, nerves, muscles, and the immune system. More medically focused than Tai Chi. \$3 for first 3 sessions then \$10 per class.
MEDICAL QIGONG MEDITATION	10:45 to 11:45 Mondays from 1 February	Catholic Church Hall	Learn how to relax, release stress and build your energy and health while comfortably seated. Utilising techniques in a scientifically proven system to activate your natural healing capabilities, with consistent, reliable and long-lasting results for anxiety, pain, memory and blood pressure. \$3 for first 3 classes, then usual rate of \$10. <i>Matthew Carr 6569 5048 matthew.qigong@gmail.com</i>

SPORTS and OUTDOOR ACTIVITIES, FUN and GAMES,

Course Name	Time & Date	Venue	Description, Leader and Contact Details
HAND AND FOOT CANASTA	10:00 to 12:00 Thursdays continuing	Nambucca Heads RSL	Hand and Foot is a social, friendly form of Canasta. The basic Canasta rules apply but with some important – and interesting – differences! Beginners and experienced players are welcome. Note that play may extend beyond 12:00 to allow us to complete our games.
500	10:00 to 12:00 Wednesdays from 3 February	Nambucca Heads Senior Citizens Hall	Join for a social and friendly 500 card game event. Open to new and learner players.
CRIBBAGE	10:00 to 11:30 Mondays continuing	Nambucca Heads Bowling Club	Cribbage is a card game with stages of play; the initial hand, and the count (pegging) of the score. After a few lessons the strategy of play is what makes Cribbage such fun and naturally there is an element of luck in the hands dealt.
MAHJONG, SOCIAL AND BEGINNERS	10:00 to 12:00 Mondays continuing	Nambucca Heads RSL	Beginner players will be welcomed to our group during February. From March onwards, newcomers to the course must be experienced players. If more than 12 players, there will be two groups playing on alternate weeks to maintain COVID safety. The group lists will be compiled on Open Day.
PETANQUE	9:30 to 11:30 1 st Sunday of each month	Bellwood Park	No great fitness required to enjoy this game. Boules provided, bring morning tea, a chair, sunscreen and a hat.
GARDEN GROUP	10:00 to 12:00 3 rd Monday each month	Various locations	A friendly meeting of members interested in learning more about plants and gardens. A different venue each month.
FISHING	8:00 last Friday of each month	Various seasonal hotspots	All you need to know about what, where and when to catch fish.
TENNIS	9.00 to 12.00 Thursday Dates to be advised at Open Day	Nambucca Tennis Courts	Beginners and experienced players welcome. Coaching and equipment supplied if you don't have your own racquet. First week free then \$5 per session. \$15 to be paid on enrolment.
CROQUET	From 08:30 Tuesdays and Saturdays	E J Biffin Fields, Fred Brain Avenue Nambucca Heads	Croquet is a game that can be played by people from 9 to 90 years young. It provides moderate levels of exercise and a fair amount of mental stimulation. Your first lesson is free and after that the cost is \$5 per day of play, which includes a cup of tea or coffee and biscuits.
INTRODUCTION TO BRIDGE	9.00am to 12.00 9 consecutive sessions held Fridays, Saturdays and Wednesdays 5, 6, 10, 12, 13, 17, 19, 20, and 24 February	Bridge Club	This practical Beginners' Course covers all the basic skills required to enjoy Bridge. \$100 for 9 lessons including text book. Tea, coffee and biscuits provided. COVID-19 protocols are in place so registration is essential.

Course List by Days of the Week

The following table lists the courses by the day of the week. Please refer to the full course listings above for more information.

MONDAY	THURSDAY
There and Back	Family History Discussion
Medical Qigong Meditation	Zumba Gold
Cribbage	Bushwalking
Garden Group	(*) Strength and Balance Circuit Class
Mahjong Social and Beginners	Tai Chi
Law for Seniors	Hand and Foot Canasta
Ballroom Dancing	Tennis
	Good, Better, Best
TUESDAY	FRIDAY
Myanmar (Burma) Paradox	Sustainability
(*) Strength and Balance	Bookchat
Parkinsons Specific Exercise Class	The Buddha Dharma, Buddhism Discussion
Croquet	Grieving, Sharing, Creating
Continuing Ukulele	Scottish Country Dancing
	Colonial History
	Family History for Beginners
	Australian Poetry and Beyond
	Fishing
WEDNESDAY	SATURDAY
Open Day	Croquet
AGM	SUNDAY
Italiano Per Piacere	Petanque
Fun Flix	
Medical Qigong Exercise	(*) Please note: Strength and Balance courses are available on other days. Introduction to Bridge requires attendance on multiple days – Wednesdays, Fridays and Sundays.
500	
ABC of Stress Management	