

**U3A NAMBUCCA VALLEY ASSOC. INC.**

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# **COURSE AND EVENTS LIST**

## **SEMESTER ONE – JANUARY TO JUNE 2022**

# **OPEN DAY**

**THURSDAY 27<sup>th</sup> JANUARY 2022**

**10:00am – 12:00 noon**

**Macksville Ex-Services Club**

Cooper St, Macksville



*Come join us*

*See what you can do in 2022*

## 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:** Fees are due in January of each year; currently \$20 per person per annum. Members joining after 30 June pay 50% of the annual fee (\$10). 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. **Continuing members will only need to fill in a form if any of their details have changed.** 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 ensure that you give your full name as a reference and make it first as sometimes the reference is truncated. **BCU account holders: Please use Osko payment rather than internal transfer because we only see you're a/c number and not your name.**
- 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 Thursday, 27th January 2022. **Sorry no EFTPOS.**

***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.

### **COVID Regulation**

With the ongoing uncertainties arising from the COVID situation we strongly recommend that you visit our website from time to time. We have to adhere to any government restrictions which may be introduced at very short notice. Any changes to our courses will be placed on the website in the first instance. Our website address is [www.u3a.com.au](http://www.u3a.com.au)

U3A Nambucca Valley Course List First Semester 2022

**EVENTS and PRESENTATIONS**

<b>Course Name</b>	<b>Time &amp; Date</b>	<b>Venue</b>	<b>Description, Leader and Contact Details</b>
<b>OPEN DAY</b>	10am to 12noon Thursday 27 January	Macksville Ex-Services Club	Open Day for the First semester 2022  <i>Contact U3A contact@u3a.com.au</i>
<b>U3A COMMITTEE AND MEMBERS MEET AND GREET GATHERING</b>	2pm to 5pm Thursday 17 February	Nambucca Heads RSL Club Auditorium	An afternoon of delights for our wonderful Members to come along, meet your committee and other members. Enjoy a beverage and nibbles to welcome in the new year of things to learn, listen and laugh about.  Register your interest in attending on Open Day if you would like to join in the fun.  <i>Contact U3A contact@u3a.com.au</i>
<b>TRIVIA PLUS AFTERNOON</b>	2pm to 5pm Wednesday 9 March	Bridge Club Nambucca	Are you a film buff, a sports tragic, or a science whiz, or do you just like Trivia. Then you will love our Trivia Plus afternoon. Come along and meet new people, answer some questions, have a laugh and maybe win a prize. With different question styles, a bit of comedy relief, as well as team and individual games. Numbers are limited. Cost is \$10.00 per person which includes cheese and biscuits, juice, tea and coffee. BYO Alcohol.  <b>Book and pay at Open Day. CASH ONLY</b>
<b>ANNUAL GENERAL MEETING OF THE U3A NAMBUCCA VALLEY</b>	2pm to 4pm Wednesday 23 March	Bridge Club Nambucca	Annual General Meeting and election of officers, followed by afternoon tea.  <i>Contact U3A contact@u3a.com.au</i>
<b>LET'S DO LUNCH</b>	12noon Last Thursday of each month from 24 February	Various locations	Monthly lunch to meet up with other members to get to know each other and enjoy a 'Dutch Lunch' in a Valley Venue. We will meet at a different venue each month - local cafés, pub, club, etc. An email will be sent a week prior with venue, menu and time so you can check it out and RSVP. Lunch at own expense.

**DISCUSSION GROUPS**

<b>Course Name</b>	<b>Time &amp; Date</b>	<b>Venue</b>	<b>Description, Leader and Contact Details</b>
<b>LIFE - A USER'S MANUAL: RIDDLE ME THIS</b>	10am to 12noon Monday  6 Sessions 7, 14, 21 & 28 February, 7, 14 March	Bridge Club Nambucca	At the centre of every self-respecting quest, spiritual journey or mythological saga lies a riddle. The solution to the riddle provides the key to the heart of the mystery - the purpose of the journey. The solution to the riddle is always simple, unexpected and, ultimately, obvious. So it is with the human experience of Life. Join us on an experiential search for the riddle and its solution.  Dhirendra is a psychologist, musician and lifelong seeker of Truth.

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<b>BOOK CHAT</b>	2pm to 4pm Last Friday of each month starting 25 February	Uniting Church Hall Nambucca Heads	No reading required – join a group of fellow enthusiastic readers and share your reading experience over the last month: authors that grabbed your attention, books you couldn't put down, other good reads and 'the don't waste your time' books. Explore new reading horizons and never be at a loss for what to read next. A monthly summary is circulated after the Book Chat get together. \$3.00 per session.
<b>THE BUDDHA DHARMA</b>	10am to 12noon 1 <sup>st</sup> and 3 <sup>rd</sup> Friday of each month	Nambucca Senior Citizens Centre	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.
<b>BUDDHISM DISCUSSION</b>	10am to 12noon 2 <sup>nd</sup> and 4 <sup>th</sup> Friday of 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.
<b>HOW TO IDENTIFY BIRDS</b>	2pm to 4pm Wednesday 4 May and 18 May  2 Sessions only	To be Advised	The Nambucca Valley is lucky to have such a diverse range of environments and as a result is home to over 150 species of birds, many of which are quite easily seen around our area. Can you identify more than a handful? If not then come along and learn techniques to help in identification. In the first session we will learn the basics with useful comparisons between what you will see around your home and the second session will focus on birds that are frequently seen around rivers, dams, and wet fields. It all takes place indoors so you won't need any binoculars but if you have a bird book that might be useful.

**MUSIC, DANCE and THE ARTS**

<b>Course Name</b>	<b>Time &amp; Date</b>	<b>Venue</b>	<b>Description, Leader and Contact Details</b>
<b>PAPER CRAFTS</b>  Minimum No. 8 \$5 per class	10am to 1pm Tuesdays Weekly 8 March to 12 April	Nambucca Heads Senior Citizens Centre	Learn a variety of paper craft projects using new and recycled paper. Make a book cover, paper beads, and many others. Some materials supplied by course leader.
<b>WATERCOLOURS</b>  Minimum No. 8 \$5 per class	10am to 1pm Tuesdays Weekly 3 May to 7 June	Nambucca Heads Senior Citizens Centre	Come along and find your inner artist. Learn the art of watercolours to create your own masterpiece. Material needs to be discussed with course leader. Some materials may be provided by course leader.
<b>MACRAME</b>  Minimum No. 8 \$5 per class	10am to 1pm Fridays Weekly 11 February to 18 March	Nambucca Heads Senior Citizens Centre	String it, knot it, then hang it or wear it, MACRAME IS IN at the moment. Learn lots of interesting macrame projects. Material needs to be discussed with course leader. Some materials may be provided by course leader

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<b>SOFT TOY MAKING</b>  Minimum No. 8 \$5 per class	10am to 1pm Fridays Weekly 27 May to 1 July	Nambucca Heads Senior Citizens Centre	Learn to make a variety of soft toys and plush animals from the course leader's patterns. Also learn to make toys from sewing patterns that you create. Material needs to be discussed with course leader. Some materials may be provided by course leader.
<b>KUMIHIMO AND BRAIDING</b>  Minimum No. 8 \$5 per class	10am to 1pm Fridays Weekly 29 April to 3 June	Nambucca Heads Senior Citizens Centre	Learn different braiding styles and techniques to create some lovely pieces to wear, and for gifts. Material needs to be discussed with course leader. Some materials may be provided by course leader.
<b>SCOTTISH COUNTRY DANCING</b>	10am to 12noon Fridays Weekly From 4 March	Headland Hall Nambucca	This is not highland dancing but reels, jigs and strathspeys in sets of six or eight. No partner needed, and movements are taught. Wear flat, non-slip shoes. Cost is \$5.00 per person per session. Marj has been dancing for 60 years and will share her love and knowledge of Scottish country dances with new and resuming dancers, assisted by Susie who also comes from a lifetime of dance experience.
<b>UKULELE CONTINUING</b>	1pm to 3pm Tuesdays.  Beginners class 12noon to 12.45pm 6 weeks from 1 February	Baptist Church, Nambucca Heads	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.  Beginners Welcome, 45-minute lesson prior to normal session.

**HISTORY, LANGUAGE AND CULTURE**

<b>Course Name</b>	<b>Time &amp; Date</b>	<b>Venue</b>	<b>Description, Leader and Contact Details</b>
<b>FUN FLIX</b>	2pm Wednesdays fortnightly continuing	Majestic Cinema Nambucca Heads	Sit back and enjoy! Join us every second Wednesday for a great movie.
<b>AUSTRALIAN POETRY AND BEYOND</b>	9am to 11am Fridays 6 sessions 4, 11, 18, 25 February 4, 11 March	Baptist Church Hall Nambucca	A close look at a selection of fabulous modern Australian and American poems. This semester will include renowned poets, Bruce Dawe and Robert Frost. Curiosity and enthusiasm essential.
<b>ITALIANO PER PIACERE</b>	10am to 11:30am Wednesday Continuing	Nambucca Island Golf 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
<b>A CARPET RIDE THROUGH ANOTOLIA</b>	10am to 11:30am Wednesday Fortnightly 27 April, 11 & 25 May 8 June	Uniting Church Hall Nambucca Heads	Where is Gobleki Tepe? Did King Midas really exist? What flower caused the first speculative bubble in history? The western peninsula of Asia-Minor known as Anatolia is now encompassed by modern Turkey. Come on a carpet ride across this fascinating region and discover the people who settled here, the flora and fauna and some myths and legends of these ancient lands.

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<b>THE STUART DYNASTY PART TWO</b>	10am to 12noon Wednesdays Fortnightly 4 sessions 9, 23 February 9, 23 March	Uniting Church Hall, Nambucca Heads	These four sessions will complete The Stuart Dynasty, which was interrupted last semester due to regional lockdowns. We will cover the three final Stuart monarchs: James II, Mary and Anne. Join us to learn more about the personalities and politics of this turbulent period of British history.
<b>COMMUNITY RADIO TRAINING</b>	Saturday 4 June & Sunday 5 June	2NVR Rodeo Drive Tewinga	Do you have something to say and something to play? If you do, Community Radio will unlock your unique media voice and presence and give you the opportunity to broadcast your views to the world about news, current affairs, music, arts crafts, sports, religion, politics, pets - or one or more of thousands of other interests and ideas. Radio presenting is for everybody and we'll introduce you to all aspects of broadcasting at our studios at Tewinga, using a printed manual and presenter handbook that cover all the necessary and theoretical details. After an introductory weekend you will have the opportunity to learn much more about the practical aspects of radio when you become a "learner driver" and get behind the microphone with an on-air mentor.  Our next training weekend is June 4 <sup>th</sup> & 5 <sup>th</sup> June, 2022. The cost of the course is only \$20 to become a member of 2NVR

**HEALTH and FITNESS**

<b>Course Name</b>	<b>Time &amp; Date</b>	<b>Venue</b>	<b>Description, Leader and Contact Details</b>
<b>MEDICAL QIGONG MEDITATION</b>	10am to 11am Mondays continuing	Catholic Church Hall Nambucca	Learn how to relax, release stress and build your energy and health while comfortably seated. Please bring a pillow or cushion. 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 each of the first 3 classes, then usual rate of \$10 per class.
<b>MEDICAL QIGONG EXERCISES FOR BEGINNERS OR LAPSED STUDENTS</b>	10am to 11am Wednesdays continuing	Catholic Church Hall Nambucca	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. More medically focused than Tai Chi. \$3 for each of the first 3 sessions then \$10 per class.
<b>TAI CHI FOR ALL LEVELS</b>	10:45am to 11:45 am Thursdays continuing	Catholic Church Hall Nambucca	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 per class.
<b>ZUMBA GOLD</b>	10:30am to 11:30am Thursdays From 6 January	Headland Hall Nambucca	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.

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<p><b>STRENGTH AND BALANCE</b></p>	<p>9am to 10am 10:30am to 11.30am Tuesdays 10:30am to 11.30am Thursdays</p> <p>OR AT</p> <p>9am to 10am 10:30am to 11.30am Wednesdays 10:30am to 11.30am Fridays</p>	<p>Riverside Gardens Nambucca Heads</p> <p>OR AT</p> <p>Lakeside Gardens, Macksville</p>	<p>Help improve or maintain your current level of strength, balance and fitness while working at a pace that suits your individual needs. This program is led by a Registered Personal Trainer.</p> <p>The first 3 classes are gold coin donation <b>within</b> the first month after registration, from then on the cost will be \$10.00 per class.</p>
<p><b>STRENGTH AND BALANCE CIRCUIT CLASS</b></p>	<p>9am to 10am Thursdays weekly</p> <p>OR AT</p> <p>9am to 10am Fridays weekly</p> <p>Classes Resume 6 January</p>	<p>Riverside Gardens Nambucca Heads</p> <p>OR AT</p> <p>Lakeside Gardens, Macksville</p>	<p>A more challenging series of Strength and Balance exercises with the addition of an aerobic circuit.</p> <p>The first 3 classes are gold coin donation <b>within</b> the first month after registration, from then on the cost will be \$10.00 per class.</p>
<p><b>PARKINSONS-SPECIFIC EXERCISE CLASS</b></p>	<p>12noon to 1pm Tuesday weekly</p> <p>Classes Resume 4 January</p>	<p>Riverside Gardens Nambucca Heads</p>	<p>Feeling stronger and improve the quality of your life with a Parkinsons specific exercise group. For people with Parkinsons disease, exercise is a vital to maintaining balance, mobility and activities of daily living. This class aims to make your life the best it can possibly be.</p>
<p><b>SPORTS and OUTDOOR ACTIVITIES, FUN and GAMES,</b></p>			
Course Name	Time & Date	Venue	Description, Leader and Contact Details
<p><b>HAND AND FOOT CANASTA</b></p>	<p>10am to 12noon Thursdays continuing</p>	<p>Nambucca Heads Senior Citizens Hall</p>	<p>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.</p>
<p><b>500</b></p>	<p>10am to 12noon Wednesdays continuing</p>	<p>Nambucca Heads Senior Citizens Hall</p>	<p>Join for a social and friendly 500 card game event. Open to new and learner players.</p>
<p><b>MAHJONG, SOCIAL AND BEGINNERS</b></p>	<p>10am to 12noon Mondays except public holidays and school holidays Starting 31 January</p>	<p>Nambucca Heads RSL Poppy Room</p>	<p>Beginner players will be welcomed to our group during the first four weeks of the new term. It takes a new player approximately 4 to 6 weeks to learn Mahjong. New experienced players are very welcome to join our group any time throughout the semester.</p>

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<b>MAJORS AND MINORS</b>	10am to 12noon Tuesdays 4 weeks 1, 8, 15, 22 February	Uniting Church Hall Nambucca	This is a new card game. Invention through Covid led to the development of Majors and Minors. It uses elements from Euchre, Poker and Rummy. It has 13 hands and played with 2 or 4 players. Finishing and scoring each hand creates many twists and turns throughout the game. Each game takes approx. 1 hour to play. Come along and learn a new card game.
<b>GARDEN GROUP</b>	10am to 12noon 3 <sup>rd</sup> Monday each month	Various locations	A friendly meeting of members interested in learning more about plants and gardens. A different venue each month.
<b>FISHING</b>	8am last Friday of each month	Various seasonal hotspots	Come along and catch some fish, and learn all you need to know about what, where and when to catch fish.
<b>CROQUET</b>	From 8:45am Tuesdays, Thursdays 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. All Equipment is supplied & is free at the first lesson and after that the cost is \$5 per day of play, which includes a cup of tea or coffee and biscuits.
<b>PETANQUE</b>	9:30am to 11:30am 1 <sup>st</sup> Sunday of each month	Bellwood Park Nambucca	No great fitness required to enjoy this game which is similar to boules. Equipment will be provided. Bring morning tea, a chair, sunscreen and a hat.

### 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.

<b>MONDAY</b>	<b>THURSDAY</b>
Life - A users manual : Riddle Me This	Meet and Greet 17 February
Mahjong Social and Beginners	Zumba Gold
Garden Group	Hand and Foot Canasta
Medical Qigong Meditation	Strength and Balance Circuit @Nambucca
	Let's Do Lunch
	Croquet
	Tai chi
	Strength and Balance @Nambucca
<b>TUESDAY</b>	<b>FRIDAY</b>
Watercolours	Book Chat
Continuing Ukulele	The Buddha Dharma, Buddhism Discussion
Strength and Balance @Nambucca	Australian Poetry and beyond
Parkinson's Specific Exercise Class	Scottish Country Dancing
Croquet	Strength and Balance Circuit @Macksville
Paper Crafts	Macrame
Majors and Minors (New Card Game)	Soft Toy Making
	Kumihimo and Braiding
	Strength and Balance @ Macksville
	Fishing
<b>WEDNESDAY</b>	<b>SATURDAY</b>
Open Day 27 January	Croquet
The Stuart Dynasty Part 2	Community Radio Training 4 June
Fun Flix	<b>SUNDAY</b>
Italiano Per Piacere	Petanque
Strength and Balance @ Macksville	Community Radio Training 5 June
500	
Annual General Meeting (AGM) 23 March	
Trivia Plus Afternoon 9 March	
How to identify birds	
A carpet ride through Anotolia	
Medical Qigong Exercise	