

U3A

NAMBUCCA VALLEY ASSOC. INC.

ABN 94 948 200 504

COURSE AND EVENTS LIST

SEMESTER TWO – JULY TO DECEMBER 2017

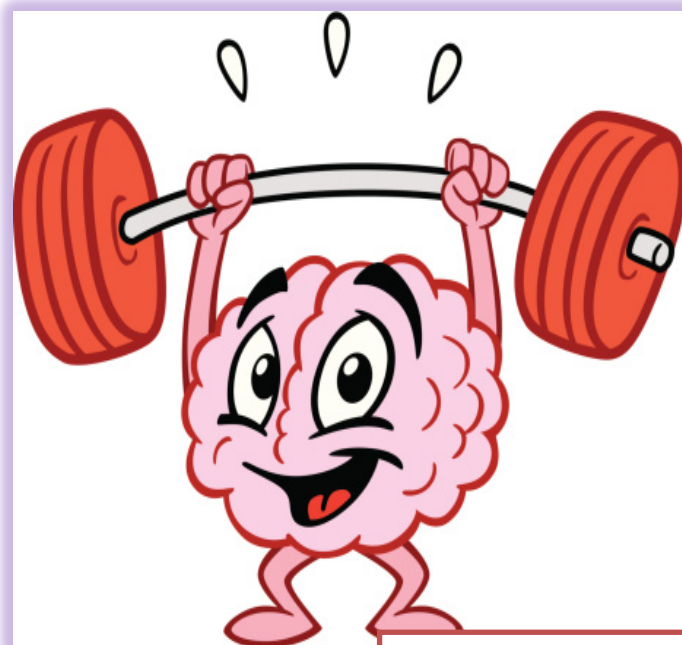
OPEN DAY

WEDNESDAY 12 JULY 2017

10 am – 12 noon

NAMBUCCA COMMUNITY AND ARTS CENTRE

Ridge Street, Nambucca Heads



KEEPING OUR BRAINS FIT

PO Box 101 Nambucca Heads NSW 2448

Email: contact@u3a.com.au

Website: www.u3a.com.au



GENERAL INFORMATION

ELIGIBILITY: Membership of U3A is open to retired or semi-retired persons over the age of 55, 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: Due in January of each year. Fees 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) by cheque payable to U3A Nambucca Valley Assoc. Inc. and mailed, together with a completed membership form, to The Treasurer, PO Box 101, Nambucca Heads, 2448
or,
- b) by direct transfer to Bananacoast Credit Union (BCU) **BSB 533-000, a/c no 144526**. (Note: BCU members add S11 to the account number). If using this payment method it is important to give your full name as a reference and to mail your membership form to U3A to the above address.
or,
- c) by cheque or cash payment at Open Day on Wednesday 12 July 2017. Please bring your completed membership form.

***Payment of membership fees in advance of Open Day would be very much appreciated.
Please note that payments cannot be processed without a completed membership form.***

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, the course venue 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.

Unless advised by the course leader prior to Open Day, course costs are not to be paid on Open Day.

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.



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. All members are required to initial the attendance sheets, which are at every U3A course and function.

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

Course Name	Time & Date	Venue	Description, Leader and Contact Details
OPEN DAY	10:00 to 12:00 Wednesday 12 July	Large and Small Halls NCAC	Open Day for the second semester 2017.
A RAMBLE AND LUNCH AT THE BUFFALO FARM 	Wednesday July 26 9:45 for the ramble 12:30 for lunch	Eungai Creek Buffalo Farm 50 Elliotts Rd Tamban	A RAMBLE & LUNCH AT THE BUFFALO FARM Come for a ramble in the Ingalba State Forest adjoining the Buffalo Farm. Led by experienced walker, Mike Moriarty, there will be delights to enjoy. If you wish, just enjoy lunch on the balcony where Ian will give a talk on his passion for his buffaloes, how his farm came about & how it is managed. Lunch, - choice of 4 mains + delicious creamy gelato (try the fabulous salted caramel). Gluten free/vegetarian catered for. Wheel Chair access Cost: \$20 . Enrol & pay on Open Day .
CONSUMER LAW & SHOPPING RIGHTS	2:00 to 4:00 Monday 14 August	Small Hall Gold coin donation	Adrian Craig from NSW Fair Trading will focus on Australian Consumer Law & Shopping rights as well as Scams. What Fair Trading does, including dispute resolution service. Australian Consumer Law, when consumers are entitled to refunds – correct signage in store; unsolicited Consumer Agreements (door to door sales & telemarketing); shopping on line, TV or mail; scams; facts, types & specific known scams including itinerant tradespeople. Pretty much everything consumers should be looking out for
SECRETS OF THE UNIVERSE. 	2:00 to 4:00 Monday 25 September	Small Hall. Gold coin donation. Children Welcome	Presented by David Reneke, writer/publicist of Australian Science Magazine & Astro Space News. How big is the Universe, how far away are the stars, what are Galaxies & Black Holes, can we ever live in space? All this and more will be answered, by David in this very special astro/space power point presentation. You'll see some amazing slides & hear some amazing facts. Some of you will be shocked by what you hear. Come & explore the Universe with David who is known for his enthusiastic & vibrant presentations. You won't be bored.
LA BELLA ITALIA	10:00 am Thursday 16 November	South West Roxy Cinema	We are planning an end of year function with a difference. An Italian day at South West Rocks, the movie La Dolce Vita followed by pizza, garlic bread and Italian dessert. See flyer on the back page of your Course List for more details.

DISCUSSION GROUPS

Course Name	Time & Date	Venue	Description, Leader and Contact Details
PHILOSOPHERS' CAFE	10:00 to 12:00 3 rd Monday each month from 17 July	Small Hall NCAC	Fascinating guest speakers who will make you think about a wide range of topics.
A QUESTION OF ETHICS	10.00 to 12.00 Thursdays fortnightly from 17 August	Bridge Club	Do I own my body? Are Westerners cultural imperialists? Is morality relative? This course invites you to participate in open, non-political discussion of these and other complex ethical dilemmas.
THE BUDDHA DHARMA	10:00 to 12:00 1 st and 3 rd Friday monthly	Private home	Study/discussion of Buddhist ideas based on the book " <i>A Path with Heart</i> " by Jack Kornfield
BUDDHISM DISCUSSION	10:00 to 12:00 2 nd and 4 th Friday monthly	Private home	Study/discussion of the Buddhist text from the book ' <i>Start Where You Are</i> ' by Pema Chodron.

DISCUSSION MATTERS	10:00 to 12:00 2 nd and 4 th Friday each month from 28 July	Bridge Club	In a relaxed and friendly atmosphere, members of this ongoing group exchange ideas and opinions. We discuss a different topic at each session and reflect on its meaning and its various connotations. A great chance for you to join the conversation and enjoy social interaction with fellow members.
THE ART OF CONTENTMENT	10.00 to 12.00 6 sessions Tuesday 18 July to 22 August	Bridge Club	Journey from the Dry Land of Science (an introduction to neuropsychology). Surf the unpredictable waves and reefs of our emotional life to gain a sense of mastery through Self-Regulation. Sail the Ocean of Possibilities towards Insight, Heartfulness and Wisdom
BOOK CHAT	2:00 to 4:00 Last Friday of each month	Small Hall NEC	No required reading – just share what you've read in the last month and enjoy the company of other bookworms.

MUSIC, DANCE, ARTS and CRAFTS

Course Name	Time & Date	Venue	Description, Leader and Contact Details
UKULELE	12:45 to 3:00 every Tuesday Continuing class	Baptist Church, Nambucca Heads	This is more a jam session than a class. You will improve your playing and pick up tips and have fun. 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.
SCOTTISH COUNTRY DANCING	10:00 to 12:00 Friday from 14 July	Headland Hall	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.
EXPLORE PYROGRAPHY	1.30 to 4.00 Wednesday 9 August 6 sessions	Macksville Men's Shed	Learn to burn a design into wood. Choose your own project, e.g. house name or number, Wood supplied or bring your own. Michael and Greg will be our tutors. Class limited to 6 A second class will run if there is enough interest. Disabled access By donation to the Men's Shed
CERAMICS	9:00 to 3.00 Thursday 16 weeks 13 th July to 26 th October	Phoenix Centre Main St Bowraville	The course will take place in a fully equipped pottery studio, and will cover various techniques in hand-building your pot, the potter's wheel, decoration and glazing of pots and loading and firing the kiln. Max 10 members. Course cost needs to cover rent of \$60 per day to Phoenix, firing charges, cost of clay and glazes and will depend on numbers attending and how much work you produce. A reasonable estimate would be \$200, i.e. \$12.50 per week.
EASY SOAPMAKING	1.30 to 3.30 Wednesday 9 August	Private home Valla	Come & join Lyndall & Susan, your passionate teachers, to make your own special soap, with natural ingredients & essential oils in a beautiful, chemical free home. Cost \$5. includes your own special soap to take home. Limit 10. Second course will be available if required.
INTRODUCTION TO SCRAPBOOKING	9.30 to 12.00 Mondays 2 sessions 4 & 11 September	CWA rooms Macksville	Ever wondered what to do with all those heritage photos? In this workshop you will complete a double page layout ready to display in your photo album. Sample on display at Open Day. There will be a small cost for materials. Equipment supplied by the tutor. BYO photos. A third session will be held if needed.
DOES A CHEMICAL FREE HOME INTEREST YOU?	1.30 to 3.30 Wednesday 23 August	Private home Valla	Again join with Lyndall & Susan, this time to make your life easy with environmentally friendly cleaning products. Use basic, chemical free ingredients which are very quick to blend together, cost effective, & time saving. Limit 10. Cost TBA on Open Day.
HAND MADE GIFTS FOR XMAS	1.30 to 3.30 Wednesday 8 November	Private home Valla	Lyndall & Susan will teach you how to make your own gifts to give this year, containing natural ingredients & essential oils . Moisturising lotion, bath relaxants & scrubs. Perfect for everyone, including children. How special. Limit 10 Cost TBA depending on products made.

COUNTED CROSS STITCH	2.00 to 3.00 Wednesday Fortnightly for 4 sessions from 2 August	Nambucca Heads RSL	This is cross stitch worked from a chart with embroidery silk on linen or wool onto tapestry canvas. Marj will discuss materials required on Open Day.
KNITTING AND CROCHET	1.00 to 3.00 Thursdays From 13 July 6 sessions	Pioneer Community Centre Bowraville	Join Marion in the sunshine on the deck at Bowraville learning to knit or crochet, or just join in with your wool for a cuppa. Assistance given to navigate difficult patterns. Men welcome.

HEALTH and FITNESS

Course Name	Time & Date	Venue	Description, Leader and Contact Details
FIRST AID AWARENESS	One session, details at Open Day	Valla Reserve, Valla Beach	3 hour up-date of CPR technique, first aid for ASTHMA, ANAPHYLAXIS. Bandaging and any other topics requested by the participants. \$30 includes bandage pack, Royal Lifesaving Awareness certificate.
MEDICAL QIGONG EXERCISE	9:30 to 10:30 Thursdays 13, 20, 27 July	Catholic Hall	Medical Qigong Exercise is done while standing and consists of gentle movements while deep breathing. Designed to strengthen all our muscles and organs for deep relaxation, stress reduction, heart and digestive health creating much improved quality of life as we age. 3 sessions \$3 each then usual rate of \$10 per class or \$5 per class for 2 classes per week.
PILATES	Details available at Open Day	Macksville, Bowraville and Nambucca Heads	Join the regular classes organised by Soulitude Health; these are held at various dates and times in Macksville, Bowraville and Nambucca Heads. U3A members can choose any 4 classes for \$5 per class.
ZUMBA GOLD	10:00 to 11:00 Thursdays Ongoing class	Main Hall NCAC	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. Zumba classes are a lot of fun and very informal. There are no mistakes in Zumba, just unexpected solos! 3 weeks introduction \$3 per class, then join the regular class for \$70 for ten weeks or. \$10 per class if attending casually.
MINDFULNESS MEDITATION	2:00 to 3.30:00 Tuesday from 13 th July	Private home	Experience being fully aware in the present moment. Great physical and mental benefits. This is a practice group rather than a class, we work with guided meditations and readings.
STRENGTH AND BALANCE	12:00 to 1:00 Wednesday from 19 July	Riverside Gardens	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. Maximum 20 3 free sessions then \$6 per Session.

LANGUAGES, CULTURE AND TRAVEL

Course Name	Time & Date	Venue	Description, Leader and Contact Details
SHIPWRECKS FROM THE COFFS COAST TO COSTA CONCORDIA	10:00 to 12:00 1 st and 3 rd Fridays from 21 July	Bridge Club	Starting with local shipwrecks including the Royal Tar and the Bismarck and then exploring famous wrecks from the Titanic to the Costa Concordia

LIVING THERE	2:00 to 4:00 4 sessions Thursdays July 20, August 17 September 21 October 19	Private Home	Join this convivial group in a private home to hear about living in a different area of the world. Be taken to such diverse locations as N.E. Cambodia, the Gilbert Islands, the USA in the 70's & 80's & how about our own back yard - on the edge of the Simpson Desert & a remote cattle station in the Territory. Each session will be presented by someone who will share their experience, the challenge, humour & richness of their time in these places
ITALIANO PER PIACERE	10:00 to 11:30 Wednesday from 19 July	Nambucca Hotel Macksville	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.
74 DAYS ABOARD A CRUISE SHIP	1 session, date to be advised	To be advised, depending on numbers	In his own inimitable style, Greg will take you around the world, while discussing the secrets of cruising that the travel agents are unable to tell you. Photos abound, as well as numerous tips to enhance your travel experience.

FUN and GAMES, SPORTS and OUTDOOR ACTIVITIES

Course Name	Time & Date	Venue	Description, Leader and Contact Details
GREY MEDALLION	One session, details on Open Day	Macksville Memorial Aquatic Centre	Royal Lifesaving initiative to inform over 55's of water safety, rescue and health. For seniors who mind children in water settings, and helpful to anyone. 4 hours includes Royal Life Saving Grey Medallion Workbook, certificate. An Actual Grey Medallion. \$70 fee includes hire of Macksville Pool. Min 10
INTRODUCTION TO KAYAKING	One session, details at Open Day	Kalang river Urunga Bellingen River Sailing Club	Learn to use your kayak, gain skills and confidence or we will loan you a kayak to learn basic kayaking skills \$50 for 4 hour min 5 people, \$60 p/p for 4 people
INTRODUCTION TO STAND UP PADDLING	One session, details at Open Day	Kalang river Urunga Bellingen River Sailing Club	Enjoy the new way of paddling, helps balance and fitness. 1 1/2-2 hour session, Learn to SUP and go for a paddle., cost \$25 min of 6 people or less than 6, \$35 per person All equipment supplied or bring your own.
BIRDWATCHING	Wednesdays 23 August 27 September 25 October 22 November	Various locations	You will need good walking shoes, binoculars, drink bottle, hat, sunscreen and enthusiasm.
FISHING	8:00 last Friday of each month from 28 July	Various seasonal hotspots	All you need to know about what, where and when to catch fish. There will be one session devoted to fly fishing.
GARDEN GROUP	10:00 to 12:00 3 rd Monday each month	Various locations	A friendly meeting once a month, at different venues between members interested in learning more about plants and gardens.
PETANQUE	10:00 to 12:00 (9:30 summer) 1 st Sunday of each month.	Bellwood Park Nambucca Heads	No great fitness required to enjoy this game. Boules provided. Bring morning tea and a chair.
INTRODUCTION TO LAWN BOWLS	10.30 to 11.30 Thursdays 13 July	Nambucca Heads Bowling Club	Bowls is a game of strategy. After you learn the basics it becomes like a game of chess on the greens. You must be able to bend your back as you need to deliver the bowl close to the ground. Participants need to wear flat soled shoes to protect the greens. \$5 per session
GOLF	12:30 to 2:00 Friday 5 sessions Dates tba	Nambucca Island Golf Club	10 people per class, equipment provided free, 2 months' games at reduced rate after class. \$50 for 5 weeks Dates to be advised at Open Day

CANASTA	10.00 to 12.00 2 nd Thursday each month	Nambucca RSL	Join Virginia and Eugene for social, friendly Canasta. Beginners and experienced players welcome.
CRIBBAGE	9.45 to 11:30 Monday from 17 July	Nambucca Bowling Club	The card game Cribbage is usually played with 2 or 3 players but can also be played as a partners game of 4 or 6. There are various components to the play i.e. the initial hand, then the count (pegging) of the score. However after several lessons the strategy of play is what makes Cribbage such fun and naturally there is an element of luck in dealing of the cards
MAHJONG, SOCIAL AND BEGINNERS	10:00 to 12:00 Mondays	Nambucca Heads RSL	Learn to play for beginners and social play for everyone.
INTRODUCTION TO BRIDGE	1.00 to 3.00 Tuesday 18 July 1 session only	Bridge Club	Bridge is a fascinating game that can be played at all levels from social play to competition. This is a hands-on introduction to how the game is played and why it is enjoyed by millions of people around the world.

Course List by Days of the Week

The following table lists the courses by day of the week in the same order they appear in the Course List. Please refer to the full course listings above for more information.

Monday	Thursday
Event: Consumer Law	Event: La Bella Italia
Event: Secrets of the Universe	Ceramics
Philosophers' Cafe	Qi Gong
Introduction to Scrapbooking	Zumba Gold
Mahjong	Living There
Garden Group	Introduction to Lawn Bowls
Cribbage	Canasta
	A Question of Ethics
Tuesday	Knitting and Crochet
Introduction to Bridge	
The Art of Contentment	Friday
Ukulele	The Buddha Dharma
Mindfulness Meditation	Buddhism Discussion Group
Croquet	Discussion Matters
	Book Chat
Wednesday	Scottish Country Dancing
Event: Ramble and Lunch at the Buffalo Farm	Shipwrecks from the Coffs Coast to Costa Concordia
Birdwatching	Fishing
Pyrography	Golf
Soapmaking	
Chemical Free Home	Saturday
Handmade Xmas Gifts	Croquet
Counted Cross Stitch	
Strength and Balance	Sunday
Italiano per Piacere	Petanque

Please note: The days for the following courses have not been decided at time of printing:

- First Aid Awareness,
- Pilates,
- Grey Medallion,
- Introduction to Kayaking and Stand-up-Paddling,
- 74 Days Aboard a Cruise Ship

La Bella Italia



Thursday 16th November 2017 - 10.00 am

South West Roxy Cinema, 1 Gregory Street, South West Rocks

We invite you to join us at our Christmas event!

Come and enjoy the ultimate Italian movie *La Dolce Vita* followed by an Italian lunch at beautiful South West Rocks

Our host, Andrew Mercado will introduce the showing and share his insights and enthusiasm for this landmark film, its history and the social comedy/drama follows Marcello Rubini, a journalist writing for a gossip magazine, over 7 days and nights on his journey through 'the sweet life' of Rome. Directed by Federico Fellini, this remains one of the most critically acclaimed films of all time, and stars Marcello Mastroianni and Anita Ekberg. (Subtitles).



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Following the movie we will all enjoy an Italian lunch
Pizza and garlic bread, followed by Cannoli,
the very delicious Italian dessert, with tea or coffee
(Vegetarians and gluten free catered for)

\$25 per person

Confirmation and payment by Wednesday, 18th October

Direct Deposit to U3A Nambucca Valley Association Inc
BSB 533 000 Account No: 144526 S11, reference - your name & 'Italy'; **or**
Cheque to PO Box 101 Nambucca Heads 2448
Enquiries to contact@u3a.com.au