



# SHOALHAVEN



**TERM 1, 2026  
ACTIVITIES PROGRAM**



LEARNING FOR LIFE

**ACTIVITIES PROGRAM TERM 1, 2026**  
**U3A Shoalhaven (Third Age of Learning Inc.)**

5/48 Berry Street NOWRA 2541

ABN: 85 532 879 658

Tel: (02) 4424 0216

Email: [info@u3ashoalhaven.org.au](mailto:info@u3ashoalhaven.org.au)

[www.u3ashoalhaven.org.au](http://www.u3ashoalhaven.org.au)

**TERM 1, 2026**

**Monday 9 February - Thursday 2 April 2026**

**Enrolments:**

**ONLINE - From Wed 28 January. Use website address above and follow links**

**In the office - Thursday and Friday, 29 and 30 January, between 10:00am and 2:30pm**

**Also in the office, during the week from Monday 2 February between 10:00am and 12:30pm**

**Alternately post Enrolment, or leave in U3A letterbox 5, at the front of our Berry St building.**

**Office Hours:**

**During Term: 9:30 – 12:30, Monday, Wednesday and Friday**

**WHAT IS U3A?**

University of the 3rd Age is a community, autonomous, non-profit charity dedicated to providing social, informal educational and healthy activities to all members of our region in their THIRD AGE, i.e., part or full retirement. It is fully volunteer driven, with members teaching members and members providing administration services. It is self funded with members only paying a fee for each course selected. There is no joining nor annual membership fee. Formal qualifications are not required nor awarded.

In short, U3A Shoalhaven and all U3A's are autonomous, gender-neutral, apolitical and non-sectarian, providing a day-time, minimal cost, shared, stress free, open learning experience.

**THIS TERM**

Develop your musical talent by learning to play either the Folk Guitar or the Ukulele as we have a course in both this term, or join in the Ballroom/Modern Dance activity also included to start the year on a happy note(s).

Our Language courses include French, Italian, German and Spanish with a beginner course for each and a number of higher level courses to provide further language skills development.

The Technical Support sessions deal with what you need to know in using modern computer and phone equipment in individual assistance by experienced volunteers.

We go back in time with two separate presentations - One on 'How life changed the Earth' and the other on 'How mammals became dominant'.

Note that our Tutors and Class leaders are all volunteers sharing their knowledge and experience to enhance our lives in retirement.

*Eric Courtney*

**2026 Management Team**

	President: .....	Eric Courtney		
Vice President :	Gary Tweedie		Web/IT Monitor	Raul Arregui
Secretary:	Maureen Chapman		Course Co-ordinator:	Eric Courtney
Treasurer:	Glenis Brooking		Course Co-ordination:	Jane MacIntosh
Facebook Monitor:	Richard Montgomery		Course Entry:	Patricia Cornish
Publicity:	Glenis Brooking		Member Admin	Dean Dunwsorth
Committee:	Joanna Whiteley		Committee	June Hurst
	Committee:			Bob Death

# SNEAK PEEK OF COURSES

## FIND SOMETHING TO INTEREST YOU IN THIS PROGRAM...

A single session and, or, a series...enrol on time, as some have maximum numbers!

	Sess'ns 228	Day	Page No.	Loc'n
<b><u>ART, LITERATURE</u></b>				
MOSAICS	8	MONDAY	4	HUSKISSON
GIOTTO'S REVOLUTIONARY ART	1	MONDAY	4	NOWRA
ART FOR PLEASURE	8	TUESDAY	5	NOWRA
GIOTTO'S REVOLUTIONARY ART	1	TUESDAY	6	SHOALHAVEN HEADS
TIME TO WRITE	8	TUESDAY	5	NOWRA
PORTRAITS WITH LAUGHTER	1	THURSDAY	8	NOWRA
<b><u>CURRENT AFFAIRS</u></b>				
RECYCLING	1	MONDAY	4	NOWRA
TUESDAY FORUM U3A ACT	8	TUESDAY	5	ZOOM
TABOO TOPICS	5	WEDNESDAY	6	NOWRA
PHILOSOPHICAL DISCUSSIONS	4	WEDNESDAY	7	NOWRA
ARTIFICIAL INTELLIGENCE (AI)	1	WEDNESDAY	7	NOWRA
BECOME A PRESENTER	1	THURSDAY	8	NOWRA
<b>MICROSOFT 365 BUSINESS LICENCE (Discounted)</b>	1	LATE PRESS	11	NOWRA
<b><u>ENTERTAINMENT, EXCURSIONS, TRAVEL</u></b>				
UKULELE FOR BEGINNERS	4	MONDAY	5	BERRY
COFFEE CLUB TUES	8	TUESDAY	5	NOWRA
GUITAR, FOLK, LESSONS	8	WEDNESDAY	6	NOWRA
RADIO 2UUU	1	WEDNESDAY	7	NOWRA
LET'S DO LUNCH (Fortnightly through the year)	4	THURSDAY	7	SHOALHAVEN REGION
MOVIE CLUB	4	THURSDAY	8	NOWRA
COFFEE CLUB THU	8	THURSDAY	9	NOWRA
<b><u>HEALTH, SPORT</u></b>				
TENPIN BOWLING	8	MONDAY	4	BOMADERRY
SCRABBLE	8	MONDAY	4	BOMADERRY
BRIDGE FOR BEGINNERS	8	MONDAY	4	NORTH NOWRA
CARD GAMES	4	WEDNESDAY	6	NOWRA
<b>BRIDGE FOR BEGINNERS - EVENINGS</b>	8	WEDNESDAY	11	NORTH NOWRA
DANCE LESSONS - BALLROOM, MODERN	4	WEDNESDAY	7	NOWRA
LAWN BOWLS	6	WEDNESDAY	6	BOMADERRY
CROQUET WEST ST NOWRA	4	WEDNESDAY	7	NOWRA
DEMENTIA (2 Sessions, same day)	2	WEDNESDAY	6	NOWRA
KEEP THE MARBLES ROLLING	4	WEDNESDAY	7	NOWRA
PETANQUE	1	FRIDAY	10	NUMBAA
CROQUET BOMADERRY	3	FRIDAY	10	BOMADERRY
FIND YOUR FEET - BALANCE AND STRETCH (Weekly)	1	SATURDAY	11	NOWRA
AQUA AEROBICS (Weekly)	1	ANYDAY	11	BOMADERRY
TAICHI - QIGONG (Weekly)	1	ANYDAY	11	NOWRA
<b><u>HISTORY, CULTURE, LANGUAGES</u></b>				
ITALIANO AVANZATO	8	MONDAY	4	NOWRA
SPANISH BEGINNER	8	MONDAY	5	NOWRA
GERMAN FOR BEGINNERS	7	MONDAY	4	NOWRA
GERMAN ADVANCED	7	TUESDAY	5	NOWRA
SPANISH INTERMEDIATE	8	TUESDAY	5	NOWRA
HOW LIFE CHANGED THE EARTH	1	WEDNESDAY	6	NOWRA
HOW MAMMALS BECAME DOMINANT	1	WEDNESDAY	7	NOWRA
ITALIAN BEGINNER	8	THURSDAY	9	NOWRA
FRENCH UPPER INTERMEDIATE	8	THURSDAY	9	NOWRA
FRENCH ELEMENTARY TO INTERMEDIATE	8	THURSDAY	9	NOWRA
HISTORY NOWRA - Various topics	4	FRIDAY	10	NOWRA
FRANÇAIS LE VENDREDI	7	FRIDAY	9	NOWRA
HISTORY SHOALHAVEN HEADS	1	FRIDAY	9	BERRY
<b><u>SCIENCE, TECHNOLOGY</u></b>				
BASIC TECHNOLOGY	1	WEDNESDAY	6	NOWRA
TECH SUPPORT 1 - LIVING CONNECTED	1	FRIDAY	9	NOWRA
TECH SUPPORT 2 - LIVING CONNECTED	2	FRIDAY	9	NOWRA

## MONDAY

<p><b>MOSAICS</b> <span style="float: right;"><b>Jervis Bay Maritime Museum Huskisson</b></span>  <u>Leader: Ranee Hanlon</u> <span style="float: right;">Max 20</span></p> <p>Have you ever wanted to learn Mosaics? Ranee is happy to share her knowledge of this creative activity, advise you on the tools and materials required and get you started with the basics of this craft.</p> <p>Gain hands-on experience in priming, cutting tiles, gluing and grouting your initial simple project. Your next project/s will be limited only by your imagination. Spend up to 4 hours per session as you wish.</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p style="text-align: center;">8</p> <p>9, 16 &amp; 23/2: 2, 9, 16, 23 &amp; 30/3.</p> <p style="text-align: center;"><b>10:00 - 2:00</b></p> <p>Woollamia Rd &amp; Dent St</p> <p style="text-align: center;">\$50</p>
<p><b>TENPIN BOWLING</b> <span style="float: right;"><u>Leader: Pamela Sheehan</u></span></p> <p>Join us each week for a game which can be modified to suit our age and fitness. Balls are as light as 5lbs (2.2Kg). It's gaining in popularity and a lot of fun at Shoalhaven City Lanes near ALDI in Narang Rd, Bomaderry.</p> <p>Lane charge per session \$8 includes shoe hire.</p> <p>Enrol any day during term and start on the following Monday.</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p style="text-align: center;">8</p> <p>9, 16 &amp; 23/2: 2, 9, 16, 23 &amp; 30/3</p> <p style="text-align: center;"><b>10:30 - 12:00</b></p> <p style="text-align: center;">See text</p> <p style="text-align: center;">\$16 to U3A</p>
<p><b>ITALIANO AVANZATO</b> <span style="float: right;"><b>Max: 12 Mems</b></span> <span style="float: right;"><u>Leader: Jan Martin</u></span></p> <p style="text-align: center;">Ci fa piacere imparare questa bella lingua!</p> <p>This course provides conversational skills in this language for students with much prior study. The focus is on measured pronunciation and comprehensive listening skills in a fun and relaxed environment. Self study of the Basic Italian Grammar and Workbook is recommended.</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p style="text-align: center;">8</p> <p>9, 16 &amp; 23/2: 2, 9, 16, 23 &amp; 30/3.</p> <p style="text-align: center;">1:00 - 3:00</p> <p>5/48 Berry St</p> <p style="text-align: center;">\$44</p>
<p><b>GERMAN INRODUCTION</b> <span style="float: right;"><u>Leader: Maureen Chapman</u></span></p> <p>This course is for students with some prior study. The textbook being used is - Dietlinde Hatherall and Glyn Hatherall, "Colloquial German, the Complete Course for Beginners", Routledge 2009.</p> <p>Students are encouraged to use online websites such as Duo Lingo, or other additional material. Call the U3A Office on 4424 0216 if you have any queries.</p>	<p>Sessions</p> <p>Dates:</p> <p>Times</p> <p>Venue:</p> <p>Cost:</p>	<p style="text-align: center;">7</p> <p>9, 16 &amp; 23/2: 2, 16, 23 &amp; 30/3.</p> <p style="text-align: center;">1:00 - 3:00</p> <p>4/48 Berry St</p> <p style="text-align: center;">\$40</p>
<p><b>BRIDGE FOR BEGINNERS</b> <span style="float: right;"><u>Leader: Lydia Adams</u></span></p> <p>Conducted by an experienced teacher and players, the course covers the basics of this popular and interesting game. It is a good way to keep the brain active and make new friends. Some knowledge of card playing is advisable. A \$20 learning manual is available for purchase. It is held at the home of Nowra Bridge Club at the North Nowra Community Centre in Hood Close (behind the shopping centre). Come and try your hand (and brain) at the best card game of all ! The cost is \$16 paid to U3A then \$10 per lesson paid to the club.</p>	<p>Sessions</p> <p>Dates:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p style="text-align: center;">1</p> <p>9, 16 &amp; 23/2: 2, 9, 16, 23 &amp; 30/3.</p> <p style="text-align: center;">10:00 - 12:00</p> <p style="text-align: center;">SEE TEXT</p> <p style="text-align: center;">\$16</p>
<p><b>SCRABBLE</b> <span style="float: right;"><b>Max 12 Players</b></span> <span style="float: right;"><u>Leaders: Lexie Neale</u></span></p> <p>Come join the wonderful Scrabble family and keep your brain active in the process. Open to all abilities and if new to the game, learn the basic rules and progress from there.</p> <p>If an old hand, be introduced to the international scrabble dictionary and learn strategies to make you a pro. All equipment provided.</p> <p>Held at the Bomaderry Bowling Club, Cnr Cambewarra &amp; Meroo Rds.</p> <p>NB: Enrolment once only through U3A and continue on as you wish.</p>	<p>Sessions</p> <p>Dates:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p style="text-align: center;">8</p> <p>9, 16 &amp; 23/2: 2, 9, 16, 23 &amp; 30/3.</p> <p style="text-align: center;">10:00 - 12:00</p> <p style="text-align: center;">SEE TEXT</p> <p style="text-align: center;">\$16</p>
<p><b>GIOTTO'S REVOLUTIONARY ART</b> <span style="float: right;"><u>Presenter: Patrick DeGabriele</u></span></p> <p>In 1305 the great Italian master frescoed the Scrovegni Chapel, a private chapel in a palace in Padua, and changed the face of European art forever. This humble son of a blacksmith rose to become the greatest of artists, and his introduction of humanity, colour, realism and movement into painting continues to influence the way we see the world. This illustrated talk will focus on his masterpiece in its social and artistic context, and attempt to explain why, after more than 700 years, it's still regarded as both important and very beautiful</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">9-3.</p> <p>10:00 - 12:00</p> <p>Room 5, 48 Berry St NOWRA</p> <p style="text-align: center;">\$16</p>
<p><b>RECYCLING AT SHOALHAVEN</b> <span style="float: right;"><u>Leader: Fiona Schreurs</u></span></p> <p>Which bin? What is soft plastic? Where does it go? Are you confused about recycling?</p> <p>If your answer is yes to one or more of these questions, then make sure you are at this meeting to hear our very own "Waste Educator" from Council answer all your questions on what goes into your yellow-lid bin.</p>	<p>Sessions</p> <p>Dates:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">23/3.</p> <p style="text-align: center;">10:00 - 12:00</p> <p>5/48 Berry St, Nowra.</p> <p style="text-align: center;">\$16</p>

**MONDAY Cont'd**

<p><b>SPANISH BEGINNER</b> Max: 12 Mems <u>Leader: Laura Vignolo</u>                  This course, led by a fluent Spanish speaker, is intended for those who have no experience or who have limited prior study.                  The course covers pronunciation, everyday vocabulary, fundamental grammar, reading comprehension and guided conversation, thus enabling participants to develop speaking confidence in the early lessons.                  The classes are interactive and will incorporate practical exercises designed to build confidence, with homework being an integral part of the course.</p>	Sessions Date/s Time Venue Cost	8 9, 16 & 23/2; 2, 9, 16, 23 & 30/3 10:00 - Noon 5/48 Berry St Nowra \$44
<p><b>UKULELE FOR BEGINNERS</b> Max: 10 Students <u>Leader: Josie Lead</u>                  Learn to play chords, strumming patterns and sing 40 songs in 4 weeks.                  You will need a ukulele (soprano/concert/tenor), tuner and note-book.                  If you need assistance in selecting or purchasing a ukulele, please contact Josie Lead on jleadofficial@outlook.com.</p>	Sessions Date/s: Time: Venue: Cost:	4 9, 16 & 23/2; 2/3. 9:30 - 11:00am Rural Youth Hall, Berry Showground \$28

**TUESDAY**

<p><b>ART FOR PLEASURE NOWRA</b> Max 10 Mems <u>Leader: Robyn Jarvis</u>                  Have you dabbled in Art but would like to develop it further? Do you have difficulty making regular time for this activity?                  Join this group of friendly, creative people who get together, without a resident Tutor, to explore art, engage in diverse conversation and work with their own equipment and materials.</p>	Sessions Date/s Time Venue Cost	8 10, 17 & 24/2; 3, 10, 17, 24 & 31/3. 10:00 - 12:00 5/48 Berry St \$44
<p><b>TIME TO WRITE</b> Max: 10 Members <u>Coordinator: Pamela Arnold</u>                  Become a part of this enthusiastic writing group.                  Join in the fun and laughter as we share our writing stories.                  We are all fledgling writers, so no previous experience is necessary.</p>	Sessions Date/s Time Venue Cost	8 10, 17 & 24/2; 3, 10, 17, 24 & 31/3. 1:00 - 3:00 4/48 Berry St. \$44
<p><b>SPANISH INTERMEDIATE</b> Max: 10 Members <u>Leader: Humberto Ardiles</u>                  As this course has progressed beyond the elementary level, it is only able to take new members with good Spanish familiarity.                  Like all languages, Spanish requires considerable time and effort to learn, requiring at least 3 hours of homework per week.                  Duolingo computer based learning is required for all participants. It is free unless you choose to buy their premium level product.</p>	Sessions Date/s: Time: Venue: Cost:	8 10, 17 & 24/2; 3, 10, 17, 24 & 31/3. 10:00 - 12:00 4/48 Berry St. \$44
<p><b>GERMAN ADVANCED</b> Max: 10 Members <u>Leader: Anna Holt</u>                  Having studied this language at U3A since 2017, we are at the advanced stage of our studies, so we will add extra challenges to our usual interactive work, consolidate the grammar through a wider range of writing tasks and tackle more sophisticated reading passages, including stories, news items, factual articles and poems with, of course, plenty of puzzles, songs and jokes just for fun! Übung macht den Meister!</p>	Sessions Date/s: Time: Venue: Cost:	7 10, 17 & 24/2; 3, 17, 24 & 31/3. 1:00-3:00 5/48 Berry St \$40
<p><b>COFFEE CLUB TUESDAY</b> <u>Leader: Glenis Brooking</u>                  Join our regular Tuesday coffee lovers (and tea sippers) morning tea starting at 10am throughout the year at the <b>Lane Cafe, 9 Egan Lane, Nowra</b>.                  New members are always welcome.                  NB: Join either Tuesday or Thursday group and attend on either or both days as you are able.</p>	Sessions Date/s : Time: Venue Cost:	8 10, 17 & 24/2; 3, 10, 17, 24 & 31/3. 10:00-11:00 See Text \$20
<p><b>TUESDAY FORUM (ZOOM)</b> <u>Presenters: Various</u>                  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, etc.                  Speakers and topics will be advised weekly in advance of their dates.                  Join in on these interesting and stimulating talks!!</p>	Sessions Dates: Time: Venue: Cost:	8 10, 17 & 24/2; 3, 10, 17, 24 & 31/3. 12.30- 1:30 Via ZOOM on own device \$25

**TUESDAY Cont'd**

<p><b>GIOTTO'S REVOLUTIONARY ART</b> <u>Presenter: Patrick DeGabriele</u></p> <p>In 1305 the great Italian master frescoed the Scrovegni Chapel, a private chapel in a palace in Padua, and changed the face of European art forever. This humble son of a blacksmith rose to become the greatest of artists, and his introduction of humanity, colour, realism and movement into painting continues to influence the way we see the world. This illustrated talk will focus on his masterpiece in its social and artistic context, and attempt to explain why, after more than 700 years, it's still regarded as both important and very beautiful.</p>	Sessions	1
	Date/s	10/11.
	Time	10:00 - 12:00
	Venue	Shoalhaven Heads Community Centre. 111 Shlhvn Hds Rd
Cost	\$16	

**WEDNESDAY**

<p><b>GUITAR (FOLK) LESSONS</b> <u>Max; 8 Mems</u> <u>Leader; David Eastway</u></p> <p>This is an introduction to the acoustic/acoustic electric guitar and the folk style genre of music to which it is suited. Session 1 will advise you what guitar to buy if you do not already have one.</p> <p>The Course covers the playing of simple melody, chord structure, fingering styles, stringing, tuning, use of capo etc. The basic skills will provide a foundation to enable participants to progress at their own pace following the conclusion of the Course. There will be time for questions and discussion.</p>	Sessions	8
	Date/s	11, 18 & 25/2; 4, 11, 18 & 25/3; 1/4.
	Time	10:00 - Noon
	Venue	4/48 Berry St Nowra
Cost	\$28	
<p><b>LAWN BOWLS</b> <u>Leader: Charlie Francis</u></p> <p>Whether you have played this great game before and would like to brush up, or have never played, this is a chance to be taught by experienced coach, Charlie Francis, on Bomaderry Bowling Club greens. The only requirement is flat-soled shoes (or bare feet).</p> <p><b>** Each Lesson fee \$5: NIL for Bomaderry Bowling Club members.</b></p>	Sessions	6
	Date/s	25/2; 4, 11, 18 & 25/3; 1/4.
	Time	1:00 to 3:00
	Venue	See text left
**Cost	\$16 to U3A	
<p><b>TABOO TOPICS</b> <u>Coordinator; Alan Madge</u></p> <p>This activity explores subjects (in a non-argumentative setting) that are often considered controversial or even taboo.</p> <p>Such topics could include:</p> <ul style="list-style-type: none"> <li>The increased cost of food means it is now difficult to eat healthily.</li> <li>Donald Trump is not all bad.</li> <li>Religion is an important part of a society.</li> <li>Men and women are psychologically different.</li> <li>The Western world is now in a state of decline.</li> </ul> <p>However, participants are encouraged to bring their own topics to present and discuss with the group.</p>	Sessions	5
	Date/s:	11 & 25/2; 11 & 25/3; 8/4.
	Time:	10:00 -12:00
	Venue:	5/48 Berry St
Cost:	\$32	
<p><b>DEMENTIA</b> <u>Leader: Steve Swan</u></p> <p>Steve, former Shoalhaven Hospital Clinical Nurse, presents a short course in two, same day sessions on -</p> <ul style="list-style-type: none"> <li>* Normal ageing and the risk of dementia.</li> <li>* Knowing what dementia is.</li> <li>* Caring for and communicating with people with dementia.</li> </ul> <p>Lunch at own expense at the Club.</p>	Sessions	2
	Date/s	18/3.
	Times:	<b>10:00am-Noon</b> <b>1:00-3:00pm</b>
	Venue	5/48 Berry St
Cost	\$16	
<p><b>BASIC TECHNOLOGY</b> <u>Leader: Eric Courtney</u></p> <p>This is for <b>beginners and early users</b> of smartphones and computers to familiarise members with their use, It will cover accessing the web and off-line use, web plans, email and word/spreadsheet applications. Bring your Smartphone/Computer if you have one.</p>	Sessions	1
	Date/s	4/3.
	Time	1:00 - 3:00
	Venue	5/48 Berry St
Cost	\$16	
<p><b>CARD GAMES</b> <u>Coordinator: Vivienne Henry</u></p> <p>Join with other members in Card playing each fortnight.</p> <p>We enjoyed the game of 500 in previous terms, but members experienced in other card games are welcome to help expand the range of games to be included.</p> <p>Beginners are also welcome to join but should contact the Courses Coordinator, Eric Courtney, on 0414986571, before enrolling.</p>	Sessions	4
	Date/s:	18/2; 4 & 18/3; 1/4.
	Time	10:00 - 12:00
	Venue	5/48 Berry St.
Cost	\$28	
<p><b>HOW LIFE CHANGED THE EARTH</b> <u>Leader: David Butcher</u></p> <p>We explore how life evolved on Earth over 3.6 billion years and examine the effects that this had on the planet.</p>	Sessions	1
	Date/s	18/2.
	Time	10:00 - 12:00
	Venue	5/48 Berry St.
Cost	\$16	

**WEDNESDAY Cont'd**

<p><b>DANCE LESSONS - BALLROOM, MODERN LEARN BALLROOM AND MODERN DANCING</b> <u>Coordinator: Mel Turner</u></p> <p>Join this friendly social dancing group to learn basic steps in ballroom dancing in air-conditioned comfort with a qualified dance instructor.</p> <p>Your first lesson is FREE and if you enjoy this, continue weekly at \$10.00 per session paid to the dance Instructor. Contact Mel Turner (0415559362) if you have a query. Stay after each session to mix with club members who dance from 7:00 to 9:00 and get some tips and, perhaps extra practice.</p> <p>Dancing stimulates your brain and exercises your body.</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>1, then weekly</p> <p>11/2.</p> <p><b>6:00 - 6:45PM</b></p> <p>Shoalhaven Services Club, 157 Junction St, Nowra</p> <p>\$16</p>
<p><b>KEEP THE MARBLES ROLLING</b> <u>Leader: Judy Potter</u></p> <p>Designed exclusively for U3A by a U3A member, this course develops mental agility through games and exercises. These use the main functions of brain activity – verbal, numerical, spatial recognition, logical thinking, short and long term memory, creativity and lateral thinking. Tasks are completed individually in a friendly, non-competitive environment.</p> <p>Bring paper, pencil and eraser....and....come prepared to have fun!!</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>4</p> <p>11 &amp; 25/2; 11 &amp; 25/3.</p> <p>10:00 - 12:00</p> <p>4/48 Berry St</p> <p>\$43 (Incl Manual)</p>
<p><b>ARTIFICIAL INTELLIGENCE (AI) WHAT IS IT and HOW DO I USE IT?</b> <u>Leader: Helen Hasan</u></p> <p>Have you heard people talking about Artificial Intelligence (AI) and wondered what the fuss is about? Have you come across an app that uses AI or had a go at using an AI app yourself?</p> <p>These questions will be answered in an easy-to-understand explanation of what AI is all about using some familiar examples. Ask questions and join in a discussion on how AI is changing the way we do things, as you wish.</p> <p>We will demonstrate how to install a free AI app on your phone and explore some fun things it can do. You can join in or just watch someone else do it.</p>	<p>Sessions</p> <p>Date/s:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p>1</p> <p>4/3.</p> <p>10:00 - 12:00</p> <p>5/48 Berry St Nowra</p> <p>\$16</p>
<p><b>HOW MAMMALS BECAME DOMINANT</b> <u>Leader: David Butcher</u></p> <p>We look at the last 65 million years on Earth and review the special features that allowed mammals to become the dominant group of vertebrates.</p> <p>We also take a quick peek into the future.</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>1</p> <p>25/3.</p> <p>10:00 - 12:00</p> <p>5/48 Berry St.</p> <p>\$16</p>
<p><b>PHILOSOPHICAL DISCUSSIONS</b> <u>Leaders: Rob Renew &amp; Bob Hayward</u></p> <p>Group discussions of present-day concepts and influences, in a non-judgemental setting, informed by insights from leading ethical philosophers. Topics for discussion will include ethical tourism, animal agriculture and veganism, climate justice and ethics of artificial intelligence. Suggestions for short informational readings to prepare for discussions will be sent to participants before each session. Maximum 14 members.</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>4</p> <p>11 &amp; 25/2; 11 &amp; 25/3.</p> <p>1:00 - 3:00</p> <p>5/48 Berry St.</p> <p>\$28</p>
<p><b>CROQUET WEST STREET NOWRA</b> <u>Leader: Peter Cumes</u></p> <p>Learn this challenging game with Anne and John. It is a fun sport, ideal for couples and with a very friendly club,</p> <p>Four free lessons (more if needed) and all equipment provided as well as Morning tea. Wear sand shoes and shorts or trousers.</p> <p>Call U3A (4424 0216) to arrange a mutually convenient Wednesday start date.</p> <p>Meet at the club ground on the left hand side of the Memorial gates of the Nowra Showground.</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Venue</p> <p>Cost</p>	<p>4</p> <p>See text</p> <p><b>9:30 - 12 Noon</b></p> <p>See text</p> <p>\$16</p>
<p><b>RADIO 2UUU TOUR</b> <u>Leader: Glenis Brooking</u></p> <p>Meet Jane Reichter who will show us how the programs, music and advertising are produced and how the volunteer announcers are trained. Jane runs the Community Access programmes keeping the community up to date with local issues and regularly discusses those issues with various local stakeholders and region residents.</p>	<p>Sessions</p> <p>Date/s:</p> <p>Time:</p> <p>Venue:</p> <p>Cost:</p>	<p>1</p> <p>11/3</p> <p>9:45am - 12:30pm</p> <p>Art Gallery, 12 Berry St, Nowra.</p> <p>\$16</p>

**THURSDAY**

<p><b>LET'S DO LUNCH</b> <u>Leaders: Carolyn Murray, Patricia Cornish</u></p> <p>The Lunch Club enjoys social interaction at a variety of local dining venues fortnightly and through the school holidays. Lunch is at your own cost.</p> <p>Guests are invited occasionally.</p> <p>Enrolees are emailed on venues. Please reply that you are coming or not.</p>	<p>Sessions</p> <p>Date/s</p> <p>Time</p> <p>Cost</p>	<p>4</p> <p>12 &amp; 26/2; 12 &amp; 26/3</p> <p>Noon</p> <p>\$18.</p>
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**THURSDAY Cont'd**

<p><b>PORTRAITS WITH LAUGHTER</b> <span style="float:right"><u>Leader: Glenn Kilby</u></span></p> <p>Come and learn the shortcuts of drawing portraits with a "try before you buy" session at the School of Arts Annex, in the carpark opposite the Shoalhaven Library in Berry St. Glenn will advise you on the equipment you will need but bring a pencil, pencil sharpener, an eraser and a drawing pad for this session.</p> <p>If you are comfortable with his teaching, continue on each Thursday at \$20 to Glenn per 3 hour session.</p> <p>Enrol at U3A any day before 10Dec and commence the following Thursday.</p>	<p>Sessions</p> <p>Date/s: Time: Venue: Cost:</p>	<p>1, then weekly</p> <p><b>** See Text **</b> 9:30am - 12:30pm <b>** See Text **</b> \$16 to U3A</p>	
<p><b>MOVIE CLUB</b> <span style="float:right"><u>Leader: Allan Sherringham</u></span></p> <p>Our films this term are all "road movies". It's all about the journey: perspectives change and unexpected discoveries await in these four very different offerings</p>	<p>Sessions Venue Cost</p>	<p>4</p> <p>4/48 Berry St. \$24 for Term</p>	
	<p><b>PLEASE STAND BY</b> <span style="float:right"><b>2018</b> <b>93mins</b></span></p> <p>Wendy (Dakota Fanning) is an independent and brilliant young woman living with autism. She longs to leave her group home and live with her big sister (Alice Eve) and young child but her past behaviours make this problematic. A Star Trek obsessive, Wendy writes fantasy in her spare time. When a screenplay competition offers the possibility of a new life she runs away – beyond the boundaries where she felt safe - to meet the deadline, her sister and therapist (Toni Collette) in pursuit. She must use every resource to follow her dream...</p>		<p>19/2. 1:00pm</p>
	<p><b>THE STRAIGHT STORY</b> <span style="float:right"><b>1999</b> <b>112mins</b></span></p> <p>In 1994, ageing WWII veteran Alvin Straight, in too poor health to hold a driver's licence, drove a lawn mower and trailer 390kms from Iowa to Wisconsin, to visit his ailing brother. And make his peace. The NY Times said this David Lynch masterwork is more "about gazing at the sky, about experiencing each encounter to the fullest, than it is about getting anywhere in a hurry. It's been too long since a great American movie dared to regard life that way." Richard Farnsworth as Alvin was nominated for an Oscar. Sissy Spacek is wonderful as his daughter</p>	<p>Date Time</p>	<p>5/3. 1:00pm</p>
	<p><b>LAST ORDERS</b> <span style="float:right"><b>2002</b> <b>109mins</b></span></p> <p>Fred Schepisi's movie sees a quartet embark on a trip to Margate to scatter the ashes of Jack Dodds (Michael Caine), according to his dying wishes: friends Ray (Bob Hoskins), Lenny (David Hemmings) and Vic (Tom Courtenay) and Jack's son Vince (Ray Winstone). It's not a long journey but one filled with reminiscences (flashbacks) and some significant stops along the way. The Observer called the film "a moving study of the pleasures and obligations of friendship, and of facing up to a death and going on". Helen Mirren shines as Jack's widow, amid a sensational cast.</p>	<p>Date Time</p>	<p>19/3. 1:00pm</p>
	<p><b>SULLIVAN'S TRAVELS</b> <span style="float:right"><b>1941</b> <b>90mins</b></span></p> <p>Preston Sturges' satire of the film industry follows a famous Hollywood comedy director John L. Sullivan (Joel McCrea) who, longing to make a socially relevant drama (to be called O Brother, Where Art Thou?), sets out dressed as a tramp to gain real life experience of the downtrodden. Along the way a poor aspiring actress (Veronica Lake) joins him on his journey. But it does not take too long before Sullivan's zany research caper becomes all too real... "One of the finest movies about movies ever made." Admired by the Coen brothers and many others.</p>	<p>Date Time</p>	<p><b>16/4.</b> 1:00pm</p>
<p><b>BECOME A PRESENTER</b> <span style="float:right"><u>Leader: Glenis Brooking</u></span></p> <p>If you have a passion or practical skill you would like to share with our U3A members, then come along and find out what you need to do to run either a one-off session or a course with a series of sessions.</p> <p align="center"><b>NIL FEE COURSE</b></p>	<p>Sessions Date: Time: Venue: Cost:</p>	<p>1</p> <p>12/3. 1:00 - 3:00 4/48 Berry St <b>\$NIL Fee</b></p>	

**THURSDAY Cont'd**

<p><b>FRENCH UPPER INTERMEDIATE</b> (CEFR B2)                  Max 12 Members <u>Leader: Anne Wenham</u>                  Class activities, primarily in French language, will focus on building aural/oral skills to increase comprehension, confidence and fluency. A range of French media and texts will be used to explore various aspects of French arts, culture, society, history, geography and politics.</p>	Sessions Date/s Time Venue Cost	8 12, 19 & 26/2; 5, 12, 19 & 26/3; 2/4. 9:45 - 12:00 5/48 Berry St. \$44
<p><b>FRENCH ELEMENTARY TO INTERMEDIATE</b> (CEFR A2-B1)                  Max 12 Members <u>Leader: Anne Wenham</u>                  Lessons will continue to build on listening and speaking skills as well as extending reading and writing experience. Our focus will be on developing fluency, comprehension and confidence in conversation. Using a variety of lesson activities, we will build a more extensive vocabulary, learn and revise essential grammar while exploring French texts relevant to this level.</p>	Sessions Date/s: Time Venue Cost	8 12, 19 & 26/2; 5, 12, 19 & 26/3; 2/4. 1:00 - 3:00 5/48 Berry St \$44
<p><b>ITALIAN INTRODUCTION</b> Max:12 Mems <u>Leader: Richard Montgomery</u>                  The group attending this class have agreed to go back to the basics for revision and invite new absolute beginners to join them on this journey over the next 2 terms and beyond.                  This will build an understanding of the language and will cover the treatment of words along with the construction of simple phrases. It is interactive, allowing members to develop both spoken and written skills.                  For enquiries phone Richard Montgomery on 0411 865 431.</p>	Sessions Dates Time Venue Cost	8 12,19 & 26/2; 5, 12, 19 & 26/3; 2/4. 10:15 -12:15 4/48 Berry St \$44
<p><b>COFFEE CLUB THU</b> <u>Leader: Glenis Brooking</u>                  Join our regular Thursday coffee lovers (and tea sippers) morning tea at the <b>Lane Cafe, 9 Egan Lane, Nowra</b>. This is a great way to keep in-touch, meet, socialise and 'Put a smile on your dial' throughout the year. New members always welcomed . Join either the Thursday or Tuesday group and attend on either or both days as you wish.</p>	Sessions Date/s Time Venue Cost	8 12, 19 & 26/2; 5, 12, 19 & 26/3; 2/4. 10 am See Text \$20.

**FRIDAY**

<p><b>HISTORY AT SHOALHAVEN HEADS</b> <u>Leader: Lloyd Pitcher</u>  <b>ORIGINS OF THE MIDDLE EAST CONFLICT</b>                  This presentation is part 1 of a four-part series shared between Shoalhaven Heads and Berry throughout 2026. Part 1 explores the origins of the state of Israel, how it became established in the Middle East and how the surrounding Arab states responded to the appearance of a new nation in their midst.</p>	Sessions Date Time Venue Cost	1 6/3. 10:00-12:00 Community Centre, 111 Shlhvn Hds Rd \$16
<p><b>TECH SUPPORT 1</b> Max: 10 attendees <u>Leader: Helen Hasan</u>                  Living connected is a non profit community organisation dedicated to assisting, on a one-on-one basis, senior age members of our community with the use of current communications technology - Computers, Tablets, Smartphones and ipads, etc. Bring your device along to the session or sessions you can attend. Attend one or both sessions as you need or can. Enrol also in the Tech Support 2 sessions as outlined below if you wish.                  You do not need to be a U3A member, but you must enrol or register either on-line or at our office at the address on the right.</p>	Sessions Dates: Time: Venue: Cost:	2 20/2 & 6/3. 10:00 - 12:00 Room 5, 48 Berry St Nowra Opp Roxy cinema \$16
<p><b>TECH SUPPORT 2</b> Max: 10 attendees <u>Leader: Helen Hasan</u>                  Living connected is a non profit community organisation dedicated to assisting, on a one-on-one basis, senior age members of our community with the use of current communications technology - Computers, Tablets, Smartphones and ipads, etc. Bring your device along to the session or sessions you can attend. Attend one or both sessions as you need or can. Enrol also in the Tech Support 1 sessions as outlined above if you wish.                  You do not need to be a U3A member, but you must enrol or register either on-line or at our office at the address on the right.</p>	Sessions Dates: Time: Venue: Cost:	1 20/3. 10:00 - 12:00 Room 5, 48 Berry St Nowra Opp Roxy cinema \$12
<p><b>FRANÇAIS LE VENDREDI</b> Max: 12 Members <u>Leader: Laura Vignolo</u>                  This self-study group is lead by a fluent French speaker member providing grammatical and pronunciation support. The emphasis is on practising conversational French during most of the session using very short French stories to stimulate the conversation.                  New members with good conversational French are welcome to join.</p>	Sessions Dates Time Venue Cost	7 13, 20 & 27/2; 6, 13, 20 & 27/3. 12:15 - 2:15 5/48 Berry St \$40

**FRIDAY CONT'D**

<p><b>CROQUET BOMADERRY</b>      <b>Max: 8 Players</b>      <u>Leader: Doug Cornish</u></p> <p>Nowra Croquet Club invites you to learn this challenging, friendly and fun sport at their West Birriley St grounds at \$6 per week. U3A registration fee \$16. Club members will assist with the 3 weekly sessions to get you started. All equipment is supplied. Wear slacks or shorts and flat soled shoes. Enrol on any day of the term. **Call U3A Office (44240216) to determine mutually convenient dates**.</p>	<p>Sessions Date/s Time Venue  Cost</p>	<p align="center">3  (**See text**) 9:00-12:00 West Birriley St (opp Robey St) Bomaderry. SEE TEXT</p>
<p><b>PETANQUE</b>      Max: 10 Players      <u>Leaders: Albert and Valerie Forgan</u></p> <p>Join in with our friendly regulars and enjoy this relaxing game in our garden and also enjoy a great morning tea to fortify your efforts. The game is played with 3 metal boules and a wooden jack. It originated in France and is for singles, doubles or triples. Bring your own boules set if you have one, but it is not essential.</p>	<p>Sessions Date: Time: Venue:  Cost:</p>	<p align="center">1 20/3. 10:00 - 1:00 410 Comerong Rd NUMBAA \$16</p>
<p><b>HISTORY NOWRA</b>      <u>Leader: Lloyd Pitcher</u></p> <p><b>CROSSING THE BLUE MOUNTAINS</b></p> <p>To the settlers of Sydney in 1788, the Blue Mountains were like prison walls. As the infant colony grew, so did the need for more cropping and grazing land. Lieutenant Dawes made the first recorded crossing attempt in 1789. Frenchman Ensign Francis Barrallier - aide-de-camp to Governor King - reached the furthest in 1802. Blaxland, Wentworth and Lawson developed a different strategy in 1813, successfully crossing the mountains, allowing exploration, settlement and development of the western lands beyond.</p>	<p>Sessions  <b>Cost</b> <b>Venue</b>     <b>Date</b> <b>Time</b></p>	<p align="center">4  \$28 <b>CWA HALL, 39 Berry St, NOWRA.</b>  13/2. 10:00-12:00</p>
<p><b>EDWARD JOHN EYRE 1815-1901</b></p> <p>Arriving in Adelaide South Australia by ship in 1833, Edward John Eyre was an English explorer in southwestern Australia. In the 1840s, he led expeditions to the north and west of Adelaide. His greatest exploration achievement was the first crossing of Australia from east to west. Eyre returned to England in 1845 and in 1846, was appointed Lieutenant-Governor of New Zealand and then, from 1861 to 1874, was Governor of the Caribbean Island of Jamaica. Eyre retired to Whitechurch England near Tavistock in Devon, where he was finally buried. He was survived by his wife and four children.</p>	<p>Date: Time:</p>	<p align="center">27/2. 10:00 - 12:00</p>
<p><b>JOHN McDouALL STUART 1816-1866</b></p> <p>John McDouall Stuart was born and educated in Scotland. In 1838. At age 25, he migrated to the then new British colony of South Australia. Stuart obtained a position with the South Australian Surveyor-General, Charles Sturt and in 1844, joined Sturt's expedition as second in command. Between 1858 and 1862, Sturt led six expeditions. He located the geographical centre of Australia and was the first to cross the continent from south to north and return. Stuart's health never fully recovered from the privations of his expeditions. He returned to England and died in London in 1866. In South Australia, he is remembered as a pioneer explorer and surveyor.</p>	<p>Date: Time:</p>	<p align="center">13/3. 10:00 - 12:00</p>
<p><b>FRIEDRICH WILHELM LUDWIG LEICHHARDT 1813-1848</b></p> <p>Ludwig Leichhardt was born and educated in the natural sciences in Prussia, Germany. He travelled to Sydney in 1842 and almost immediately began exploring the Hunter Valley in New South Wales. In 1844 he began his first expedition, 4,800 kilometres from Moreton Bay in Queensland to Port Essington on the Coburg Peninsula, northeast of Darwin in the Northern Territory. In 1846 his second expedition from the Darling Downs in Queensland to Perth Western Australia was forced to return. On his third expedition, from the Condamine River to Perth in 1848, he disappeared without a trace. Ludwig's observations and collections were accurate and highly valued. Today they provide considerable insights into the features of the Australian continent in the mid-19th century.</p>	<p>Date: Time:</p>	<p align="center">27/3. 10:00 - 12:00</p>

**SATURDAY**

<p><b>FIND YOUR FEET - BALANCE AND STRETCH</b>      <u>Leader: Robin Sharpe</u></p> <p>This friendly, fun, revitalising exercise class is really a joy to attend, a great combination of beautiful music and movement. No fancy gym equipment and every muscle stretched without feeling it. All exercises are suited to over 50s, the balance and stretch leaving you feeling healthy and satisfied.</p> <p>Bring water and wear loose clothes. This is an complimentary session, If you wish, continue with Robin at \$10/session.</p> <p>Enrol any day BEFORE 14 MARCH and commence the following Saturday.</p>	Sessions	1, then weekly.
	Date/s	SEE TEXT
	Time	11:00 – 11:45
	Venue	St Andrews Church hall, Kinghorne St \$16 to U3A
Fee		

**ANYDAY**

<p><b>TAICHI/QIGONG FOR HEALTH</b>      <u>Leader: Lyn Charleswood</u></p> <p>Arthritis can make exercise painful. This form of gentle and calming TaiChi helps to strengthen joints and muscles. Qigong is another form of TaiChi. This introductory lesson is for beginners. If you wish, continue with Lyn at \$10/session at the School of Arts ANNEX, in the mixed hours carpark opposite the Regional Gallery in Berry St, Nowra.</p> <p>Enrol any day during term and call Lyn (0414817601) to confirm your preferred Tuesday start date.</p>	Sessions	1, then weekly
	Date/s	See text
	Time	<b>11:15 - 12:15</b>
	Venue	<b>See text</b>
Cost:		\$16 to U3A.

<p><b>AQUA AEROBICS</b>      <u>Leader: Aqua Instructor</u></p> <p><b>Aqua Aerobics Classes are held in the Bomaderry Indoor heated 25m pool.</b> Aqua Aerobics is a multi-dimensional program in water, designed to increase flexibility as well as strengthen and tone muscles. It is suitable for all ages and levels of fitness. Conc'n fees are \$13.35/session or \$119.95 for 10 sessions. Concession includes Snrs Card, Pens, DVA &amp; C'wealth Health. Attend weekly or as often as you wish. Enrol anytime during term.</p> <p>Classes - Mondays and Wednesdays 10:00-11:00am.</p>	Sessions	1, then weekly
	Date/s	SEE TEXT.
	Time/s	SEE TEXT.
	Venue	Bomaderry Aquatic Centre 127 Cambewarra Rd. \$16 to U3A
Cost		

**L A T E P R E S S**

<p><b><u>BRIDGE FOR BEGINNERS</u></b>      <b><u>!!! WEDNESDAY EVENINGS !!!</u></b></p>	Sessions	8
<p>Conducted by an experienced teacher and players, the course covers the basics of this popular and interesting game. It is a good way to keep the brain active and make new friends. Some knowledge of card playing is advisable. A \$20 learning manual is available for purchase.</p> <p>Come and try your hand (and brain) at the best card game of all</p> <p>The cost is \$16 paid to U3A then \$10 per lesson paid to the club.</p>	Date/s	4, 11, 18 & 25/3; 1, 8, 15 & 22/5.
	Time/s	<b>6:30-9:00pm</b>
	Venue	Community Centre, Hood Close Nth Nowra.
	Cost	\$16

<p><b>MICROSOFT 365 BUSINESS LICENCE</b>      <u>Leader: Raul Arregui</u></p>	Sessions	1
<p>U3A Shoalhaven has been allocated a large number Licenses, which expire on 13 December 2026, for this software under the Microsoft Not for Profit program. Consequently we are able to offer members a unique opportunity to purchase this software at a very competitive price instead of the usual <b>\$159.00</b>.</p> <p>This offer is available to all members who enrolled in a Term 4, 2025 course or who enrol in a Term 1, 2026 course and can purchase by 27 March 2026.</p>	Date/s	Offer closes on 27 Mar 2026.
	Delivery by;	Email.
	Cost	<b>!!! \$75.00 !!!</b>

**ENROLMENT TIMETABLE - TERM 1, 2026**

WEDNESDAY 28 JANUARY - ONLINE, OPEN TO END OF TERM  
 THU & FRI, 29 & 30 JANUARY - OFFICE; 10:00am to 2:30pm  
 MON TO FRI, 2 TO 6 FEBRUARY - OFFICE 10:00am - 12:30pm  
 MON, WED, FRI - OFFICE 10:00 - 12:30pm DURING TERM

