

MILTON-ULLADULLA U3A COURSES FOR TERM 1 2024 - Monday 29 January to Friday 12 April [11 weeks]. Courses run over this period unless otherwise stated

Campus Website: www.u3amiltonulladulla.org.au [find this term's Timetable and Newsletter there]

Campus E-Mail: u3amiltonulladulla@yahoo.com

This programme has been put together on the understanding that local COVID-19 restrictions remain as they are, and that current use of the Harry Higgs room and other venues remains unchanged.

Day	Time	Course	Tutor/Leader	Contact	Venue	Comment
MON	0900-1030	Dutch	Frank Winston	0421 255 392	Harry Higgs Room	Frank is offering an uncomplicated Dutch language course for beginners; get in on the ground floor to learn the language and about Dutch customs and history
	1100-1230	Cryptic Crosswords – intermediate 1 [note new time]	John Dallimore	0493 855 224	Harry Higgs Room	Following intermediate 2, learn further with John how to decipher and to solve the clues posed by the professional cruciverbalists!
	1200-1300	Line Dancing [session 1]	Helen Reeson	0402 089 422	Dunn-Lewis Centre	Enjoy exercise & music with Helen – nothing complicated ... learn basic steps & easy dances. A fun way to exercise both mind & body
	1230-1400	Bookclub 1 [every 3 rd Monday of the month]	Carmen Champion	0413 489 537	Harry Higgs Room [note new venue]	Carmen's club has room for a few more readers; contact her to join – preferably by e-mail at carmenchampion18@gmail.com [maximum 13 people]
4 Mar only	1430-1530	Seniors' Rights Presentation [one off] NEW	Seniors' Rights' Service	0400 032 882	Harry Higgs Room	See Newsletter for more detail, and if needed contact Chris Graham for further information
TUE	0900-1030	The history of the Levant before 1917 NEW	Geoff Andrews	0407 325 501	Harry Higgs Room	Geoff is tracing the history of the lands of the eastern Mediterranean before the modern era
	0930-1030	Hatha Yoga [8 weeks: 8 Feb – 26 Mar]	Annette Craig	0448 900 086	Milton Anglican Church Hall	Annette is returning with her Hatha Yoga class - a traditional, gentle practice which is very suitable for beginners and those with physical limitations
	1000-1130	The Stoic Philosophy NEW	Steve Prothero	e-mail	Ulladulla Bowling Club [upstairs]	Embrace the wisdom of the Stoics; over 2 terms embark with Steve [protheros@me.com] on a transformative journey with the Stoic Philosophy [14 max; must be club members]
	1130-1300	The origin and evolution of the Earth [DVD] NEW	Chris Graham	0400 032 882	Harry Higgs Room	This course covers the 4.5B years of the Earth's existence, embracing the physical development of the planet and the emergence, adversity and continuation of life; it will run over 2 terms
	1400-1630	Film Appreciation – Life and Love [7 weeks: 30 Jan - 12 Mar]	Debra Pearson	e-mail	Harry Higgs Room	Debra is taking over from Ted. Her selection of films for term 1 is included in the newsletter. If you intend to attend her sessions, please e-mail her at debrapearson13@gmail.com
WED	0900-1030	Ukulele – further strumming	Craig Silver	0424 750 045	Harry Higgs Room	Craig's 'beginners' class has moved up a fret to this slot, and is now working on more advanced stuff; if you feel you can fit in at this level, give him a call
	1100-1230	Bookclub 2 [every 3 rd Wednesday of the month]	Faye Gibbons	0417 461 954	Ulladulla Bowling Club [upstairs]	Faye can cater for up to 10 participants [must be Club members], and currently has room for a few more. For more detail contact her at fayelene40@aol.com
	1130-1300	Making Mosaics	Colleen Ringe	0416 081 011	Harry Higgs Room	Colleen will introduce you to the basics of making Mosaics, and then let you loose to create your own works
	1400-1530	Ukulele - from first strum	Craig Silver	0424 750 045	Harry Higgs Room	Craig's beginners' course gives you an easy way to get started or [as an occasional 'dabbler'] an opportunity to join in with others; sign up now

UPCOMING EVENTS FOR YOUR DIARY [see Newsletter for further detail]

Milton-Ulladulla Music Society St Martin's Church, Ulladulla Sunday, 25 February 1:30pm Adelaide Ferrier, Merimbah

Milton-Ulladulla String Orchestra St Mary's Church, Milton Sunday, 29 [children's concert] and 30 June 3pm

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THU	0900-1030	French 1 - Basic	Noelene Hunt	0418 291 381	Harry Higgs Room	Noelene's sessions offer the opportunity to introduce you to or to refresh yourself with the language
	0930-1100	French 3 - Advanced	Kim Vanden Hengel	0429 126 500	10 Riley St Mollymook	Kim's class accommodates those seeking to improve their spoken and written French, understanding of French history and culture, and to complete weekly homework!
	1000-1130	Dutch – Social Conversation	Emile Jansen	0415 405 107	Out and About	Emile organiseert informele koffie bijeenkomsten voor Nederlandstaligen die willen genieten van hun moedertaal in het gezelschap van anderen
	1000-1100	Line Dancing [session 2]	Helen Reeson	0402 089 422	St Martin's Church Ulladulla	Enjoy exercise & music with Helen – nothing complicated ... learn basic steps & easy dances. A fun way to exercise both mind & body
	1030-1200	Current Affairs	Margie Nyholm	e-mail	Ulladulla Bowling Club [upstairs]	Explore with Margie the full spectrum of general and political views in this interactive group [maximum 20 people; must be Club members]. Contact nyholmmargaret@gmail.com
	1100-1230	Cryptic Crosswords – advanced	John Dallimore	0493 855 224	Harry Higgs Room	Join John to grapple with the more obscure clues posed by the cryptic crossword setters; but more ... experience the satisfaction of cracking them!
	1300-1430	Music Appreciation	Fiona Thompson	0478 676 037	21 George Ave Kings Point	Fiona is continuing to share her love of music with members – this term she will concentrate on Scandinavian music. Starting 8 Feb, the course is at her home so an attendance limit applies
	1300-1430				Harry Higgs Room	
	1500-1630				Harry Higgs Room	
FRI	0800-1100	Birdwatching [fortnightly, from 09 February]	Philip Hendry	0448 445 359	Out and About	E-mail mubirdclub@gmail.com for information on meets, activity locations and protocols [procedures, equipment]
	0900-1030	French 2 - Intermediate	Pauline McAdam	0428 295 540	Harry Higgs Room	Pauline's established sessions continue; contact her if you feel your standard is sufficient and you could slot into her class
	0930-1030	Tai Chi/Shibashi	Irene Mitchell	0427 875 845	Burrill Lake Community Hall	Irene is returning to take Liz's class whilst she is away. Shibashi exercises promote balance, strength and concentration; they are easy to do and leave you feeling relaxed and energised.
	1100-1230				Harry Higgs Room	
	1245-1415				Harry Higgs Room	
	1300-1500	Recorder Group	Vern Flay	4454 5860	Ulladulla Bowling Club [upstairs]	Take pleasure from playing the Recorder and learning music in a welcoming and friendly atmosphere under the baton of Vern Flay [participants must be Bowling Club members]
	1400-1700	Canasta/Samba	Bill Lampard	0413 583 689	Mollymook Golf Club	Would you like to learn how to play Canasta or Samba; if so, contact Bill – he has room for more. Participants need to be members of the Golf Club
	1430-1600	Cryptic Crosswords – intermediate 2	John Dallimore	0493 855 224	Harry Higgs Room	Intermediate 2 is intended as a feeder course for John's Intermediate 1 class.