

Term 2 U3A MILTON ULLADULLA CAMPUS COURSES TERM 2 2026 - (9 weeks) 4/5-3/7

CampusWebsite: www.u3amiltonulladulla.org.au E-mail: u3amiltonulladulla@yahoo.com Course Coordinator: u3a.muc@gmail.com

Day	Time	Course	Venue	Comment
MON	0900-1030	Sustainability past Present and Future (6 week)	Harry Higgs Room	We delve into the world's most pressing sustainability challenges, including climate change, biodiversity loss, poverty and social inequality. A comprehensive overview of the complex relationship between business, society and sustainability exploring multiple perspectives and global trends, including engagement with the global sustainable development goals (SDGs). Particular focus will be on business and sustainability as business is, arguably, the largest contributor to, or cause of, un-sustainability but potentially has the biggest impact on solving global sustainability issues.
	0930-1030	Hatha Yoga	CWA Hall Milton	A traditional and gentle form of exercise which is suitable for beginners and those with physical limitations.
	1000-1100	Line Dancing (session 1)	St Martin's Church Ulladulla	Enjoy exercise, music and dancing, nothing complicated ... learn basic steps & easy dances. A fun way to exercise both mind & body.
	1100-1230	Cryptic Crosswords - Secondary	Harry Higgs Room	Following Intermediate 2, learn further how to decipher and solve the clues posed by the professional cruciverbalists!
	1300-1500	Portraits with a Laugh	Harry Higgs Room	Have you a yearning to capture a portrait on paper? Maybe family members, a loved one, a friend or just an interesting face. Your efforts could be a special gift for an important person. Glenn is keen to show you how to achieve success and feel proud of your portraits. Join the class, have fun and share the challenges and successes.
	1300-1430	Bookclub 1 [monthly - 3 rd Monday]	Ulladulla Library	We focus on quality literature and enjoy reviewing the books chosen.
TUE	0900-1030	Geology of the NSW South Coast	Harry Higgs Room	Learn about the geological history of the South Coast, the forensic paleoecology. Explore the fossil house museum learn about the Fossil Walk and building with Geology
	1100-1230	The Joy of Science	Harry Higgs Room	Get an integrated understanding of all science in this mind-expanding course that weaves together biology, physics, astronomy, chemistry, Earth science and more.
	1330-1600	Film Appreciation (5 weeks commencing 12 May to 9 June)	Harry Higgs Room	This term's films are a continuation of Term 1 and only open to participants previously enrolled into Film Appreciation Term 1. (Due to unplanned postponement) <ol style="list-style-type: none"> 1. Ladies in Black – Angourie Rice & Julia Ormond 1hr 50 2. The Dish – Sam Neill & Tom Long 1hr 40 3. Shine – Geoffrey Rush & Noah Taylor 1hr 45 4. The Castle – Michael Caton & Ann Tenney 1hr 25 5. The Healing (no subtitles) – Dan Hany & Hugo Weaving 1 hr 50
WED	0900-1030	Ukulele	Harry Higgs Room	This course is for everyone, beginners and experienced. Have fun playing the ukulele with other enthusiasts.
	1100-1230	The Third Wednesday Bookclub [monthly, 3 rd Wednesday]	Ulladulla Civic Centre	Each month we discuss a book chosen by one of our members. It is a relaxed group where we share our thoughts about the book and discuss any ideas/issues the book has sparked. We also share reading recommendations, have a general chat, a few laughs and then follow up with a coffee and/or lunch. We meet monthly throughout the year, which may fall outside the U3A terms. The first book for 2026 is Beartown by Frederick Backman.
	1100-1230	Making Mosaics	Harry Higgs Room	Be introduced to the basics of making Mosaics and experience the thrill of creating your own masterpieces
	1200-1400	Croquet	Croquet Greens Milton showground	This course provides social activity and hand-eye coordination as well as outdoor exercise. Learn how to strike the ball and score the point. Strategy leads to winning the game. Wear closed in shoes and bring a bottle of water. \$5 fee per session with afternoon tea included.
	1330-1530	Decoding the Secrets of Egyptian Hieroglyphs	Harry Higgs Room	Explore the life of the people of Egypt, their Pharaohs and Gods. Find the hieroglyphs that describe this wonderful time in history.
	1600-1700	Spanish	Harry Higgs Room	Spanish for beginners and for members wishing to refresh their skill using DVD and conversation

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THU	0900-1030	French - Basic	Harry Higgs Room	These continuing sessions offer the opportunity to progress or to refresh your skills with the French language
	0930-1100	French – Advanced		Improve your spoken and written French. Also, gain an understanding of French history and culture. Weekly homework to be completed. If you an enquiry please email it to u3a.muc@gmail.com
	1000-1100	Line Dancing (session 2)	St Martin's Church Ulladulla	Enjoy exercise, music and dancing, nothing complicated ... learn basic steps & easy dances. A fun way to exercise both mind & body with friends
	1000-1130	Balance n Bones	Ulladulla Bowlo [upstairs] St Vincent St	This exercise program is designed for help strengthen all muscles of the body and aims to increase flexibility, improve balance, coordination and bone strength. It is a fun easy workout. Wear comfortable clothing and suitable footwear (eg sneakers). Bring two 1kg hand weights, a small, medium soft ball, comfortable to hold in two hands plus a bottle of water. Come along and feel the difference [must be Bowlo club members]
	1100-1230	Cryptic Crosswords - Tertiary	Harry Higgs Room	Grapple with the more obscure clues posed by the cryptic crossword setters; but more than that, experience the satisfaction of cracking them!
	1300-1430	Music Appreciation 6 week course commencing 7 May		Appreciate and enjoy the pleasure of music with fellow music lovers.
	1300-1430	The Writers Group	Harry Higgs Room	We all have a story to tell. Write your story to share with your families, especially your grandchildren.
	1400-1600	Mahjong	Mollymook Golf Club	This course is suitable for newcomers to this fascinating game as well as those looking to refresh their knowledge. Attendees must be members of the Club.
	1500-1630	French - Beginners	Harry Higgs Room	This continuing French course is for those wanting to learn the language from the start.
FRI	0900-1100	Birdwatching (fortnightly)	Out and About	Come and join us at different locations to observe the wonderful birds inhabiting there. Participants are asked to e-mail mubirdclub@gmail.com for information on activities, meets, locations and protocols [procedures and equipment] before attending
	09.30	Current Affairs	Harry Higgs Room	World and local events are always of interest and this course gives all members an opportunity to discuss and share their views.
	0900 – 1030	French - Intermediate	Harry Higgs room	This course is not for beginners. The class will study current French articles to improve their confidence with the language
	0930-1030	Tai Chi/Shibashi	Burrill Lake Community Hall	Tai Chi is a wonderful exercise designed to develop core strength, flexibility and stability necessary to maintain good health.
	1300-1500	Recorder Group	Ulladulla Bowlo [upstairs]	Take pleasure in playing the Recorder and learning music in a welcoming and friendly atmosphere. (must be Bowlo Club members)
	1330-1500	Cryptic Crosswords – Beginners	Harry Higgs Room	Learn the mysteries of cryptic crosswords. Intermediate 2 is intended as a feeder course for the Intermediate 1 class held on Monday at 1100.
SAT	0900-1030	Meditation for Health	Harry Higgs Room	We work with the mind to show how colour, light and energy contribute to a better, healthier life. Learn how energy follows thought and learn some meditation techniques.