

EASTERN

Regional President: David Rosenwax AM

Regional Course Coordinator: Mary Healy-North maryhealynorth1@bigpond.com **Enquiries only**

Bookings not required for Presentations at COA Hall

IMPORTANT INFORMATION: You must book to attend a course. Refer to "Booking a Course" on page 4.

EASTERN REGION OF SYDNEY U3A

Annual General Meeting and Election of Office Bearers

will be held on **Thursday 25 March commencing at 1:30**

at COA hall (terrace house) 25 Rowe Street Bondi Junction

Two hours free parking is available in the Westfield Centre

No bookings for the AGM are necessary, but nominations for positions on the Eastern Region Committee should be lodged beforehand with Mary Healey North maryhealynorth1@bigpond.com.

Prior presentation by Nitza Lowenstein on the Power of Facebook and its Impact on our Lives.

Afternoon tea will be available.

COA HALL

25 Rowe Street Woollahra (terrace house)

Two hour free parking is available within the Westfield Centre

Bookings: Mary Healy-North
maryhealynorth1@bigpond.com

PRESENTATIONS (max 30) BOOKINGS NOT REQUIRED

Friday mornings 10:30 – 12:00 with a break half way

Agriculture

1. Fabulous at Forty - The Australian Garden History Society - looking back and looking forward

4 Feb

Presenter: Stuart Read

Human Body

2. Age-related macular degeneration - how to help preserve your sight through simple techniques

11 Feb

Presenter: Dilini Manthilaka

Crime

3. Keeping Women out of Prison

18 Feb

Presenter: Rosalind Strong

Human Body

4. In-Home Care - What does it offer, how does it work, and how do you access it?

25 Feb

Presenter: Speaker from Council of the Ageing (COTA)

Human Body

5. Preventing falls - some advice, and techniques

4 Mar

Presenter: Christine Lopacincski

History - Ancient

6. Who was the Queen of Sheba - and what did she do?

11 Mar

Presenter: Barry Hanlon

Computers

7. Using online retail

18 Mar

Bring your own laptop if possible.

Presenter: Margaret Kropman

Social Communication

8. The Power of Facebook and its Impact on our Lives.

25 Mar

Followed by our AGM and refreshments

Presenter: Nitza Lowenstein

Human Body

9. Navigating My Aged Care

1 Apr

Presenter: Prestige In-home Care's Amanda Keogh

Economics Investment

10. How to manage your superannuation in retirement

8 Apr

Presenter: Unity Super Community Speaker

Literature

11. May Gibbs - Her Life and Wo

15 Apr

Presenter: Stewart Reed

Literature

12. May Gibbs - Cartoons and Comic Collection

22 Apr

Presenter: Stewart Reed

History

13. The Great Irish Famine - how it affected Australia

30 Apr

Presenter: Trish Power from the Great Irish Famine Commemoration Committee

My talk will reference the Great Irish Famine c1845-1850 and subsequent emigration with a particular focus on the 4114 female orphans who sought a new life in Australia

14. Dr Google is making us sick

7 May

Presenter: Ms Nitza Lowenstein

An exploration of health in the digital age, its impact on the doctor - patient relationship; the latest medical apps; how to find support groups and how to avoid 'cyberchondria'.

Famous People

15. Sir Hubert Wilkins The Australian Polar Explorer

14 May

Presenter: Christopher Beazley

The scientific years 1929-1958 when Wilkins became the first to fly over the Arctic from Alaska to Norway, followed by a zeppelin world cruise and finally a submarine voyage under the north pole.

Music

16. Opera - its origins and development through the centuries

21 May

Presenter: Dr John Carmody

Opera originated in Italy at the end of the 16th century especially from works by Claudio Monteverdi, and soon spread to the rest of Europe. Come and listen to what happened next.

Music

17. Opera - pure human emotion?

28 May

Presenter: Dr John Carmody

Opera performed live is a uniquely thrilling experience. It is storytelling at its most vivid and manipulative. The combination of dramatic narrative, stagecraft and music, and especially the range of vulnerability of the human voice, make opera the art form that comes closest to expressing pure emotion (Richard Mantle). Come and see if you agree.

History

18. Before the French: Guriwal, later, La Perouse

4 Jun

Presenter: Stuart Read

A small exploration of La Perouse which we think of as 'French' but long before 1788 it was home to Aboriginal

people as a camping and fishing site, rich in resources. Learn about the longevity of occupation, the use of this layered place, how Aboriginal people survive and thrive with us today.

Technology

19. The Impact of Technology on our Future

11 Jun

Presenter: Alec Rubinstein

A tsunami of change awaits us. We will look at the technologies driving the change and the impacts on all aspects of society. From unbelievable benefits

Medical Matters

20. The future of Medicine - an exploration of what lies ahead for us

18 Jun

Presenter: Alec Rubinstein

Totally new perspective on medicine and the practical implications for us. We will examine some of the moral dilemmas society will face.

Current Affairs

21. The QUAD – Asia's response to the expansion of China's power

25 Jun

Presenter: Thomas Delisi

As our biggest trading partner, China and Australia were joined at the hip. Over the last year this relationship has become strained as China seeks to become the dominant force in Asia. Is a clash inevitable? How does it affect us? Come and see.

Lionel Bowen Library
669 Anzac Parade Maroubra

Discussion Group Movies

FILM DISCUSSION GROUP (max 20)

Alternate Tuesdays from 16 Feb 10:00 - 12:00

Share your opinions on the acting, characters, plot and cinema photography on two pre-nominated movies.

Leaders and **Bookings**: Graham Blazey 9365 1961

gblazey@optusnet.com.au

or Gail Filetti 9349 5591 rgfil@bigpond.com

Discussion Group Current Affairs

CURRENT AFFAIRS DISCUSSION GROUP

Alternate Tuesdays from 23 Feb 10:00 - 12:00

If you are interested in the world around you, combined with occasional debate and social interaction, join us

Bookings: Marise Segelov 9363 4023, 0410 514 866 or marisesegelov@gmail.com

E J WARD CENTRE

189 Underwood Street Paddington

Language French

FRENCH CONVERSATION

Each Thurs from 4 Feb 10:30 – 12:00

Leader Michelle Scheibmair 0414078917

bookings: Michael Sullivan 0422 347 344

nemtchinov@hotmail.com

Language Spanish

SPANISH INTERMEDIATE

Each Thursday from 11 Feb 11:00 – 12:30

Leader to be advised

Bookings: Ian Finck 0405499515 ifin55@gmail.com

PRIVATE HOMES

Book Group

Woollahra Book Group

First Thursday of each month from 4 Feb

Goodwin Village apt 257, 238-290 Jersey Road Woollahra

Leader and **bookings**: Janet Schulfer 0427 870 817

schulferandmackenzie@inet.net.au

Book Group

ROSE BAY BOOK GROUP

First Wednesday of each month from 3 Feb at 2:00

At participants' homes

Leader and **bookings**: Sylvia Bennett 9371 5547

Music Appreciation

MUSIC, COFFEE & CAKE (Randwick)

Every second Monday from 8 Feb 2:00 - 4:00

We listen to compositions from the great masters, focusing on less often heard works and masters.

Group participation is warmly welcomed.

Leader and **bookings** Julie Reid 0411 575 157

julievreid@gmail.com

Book Group

Nth Bondi Book Group

3rd Wed of month 2:00

Leader :Liza Cohen liza.cohen@yahoo.com 93891336

ZOOM MEETINGS

PRESENTATIONS (ZOOM)

Leader Michelle Scheibmair 0414 978917

Bookings: Michael Sullivan 0422 347 344nemtchinov@hotmail.com

Wednesday mornings 10:00 - 11:45

Bookings need to be made 3 days in advance with

Mary Healy-North maryhealynorth1@bigpond.com

Human BodyHuman Body

1. The evolution of humans - recent fossil and DNA evidence

10 Feb

Speaker: Kevin Murray

Human Body

2. Coronavirus - The Unseen Enemy

17 Feb

Presenter: Punchi Dassanayake

Human Body

3. Beating Depression and Developing Resilience

24 Feb

Presenter: Dr Christine Lopacinski

Human Body

4. Healthy Brain ageing

17 Mar

Presenter: Dr Christine Lopacinski

The Human Body

5. DNA - How did it build you and me?

14 Apr

Presenter: Punchi Dassanayake

The Human Body

6. Epigenetics

21 Apr

The mechanisms by which the lifestyles of our parents and grandparents could influence our health and wellbeing.

Presenter: Punchi Dassanayake

History

7. The Arab World: a Fascinating Story - Part I

5 May

Presenter: Himanshu Jhala

History

10.The Arab World: a Fascinating Story - Part II

12 May

Presenter: Himanshu Jhala

Language French

FRENCH FOR BEGINNERS (zoom)

Thursdays from 11 Feb 10:30 - 12:30

Full year course, Each zoom class will have 3 sessions of 40 minutes each with a 5 minute break between each session

Leader and **bookings:** Jeanette Pham 0409 751 377
nguyetpham45@yahoo.com.au