

NORTHERN BEACHES

Regional President: Kerrie Sanders kersand@bigpond.com

Regional Course Coordinator: Runa Schmidt-Muller runasm@ihug.com.au **Enquiries only**

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

NORTHERN BEACHES REGION OF SYDNEY u3a

Annual General Meeting and Election of Office Bearers

will be held on **Thursday 7 March commencing at 11:00**

at: **The Dutch Club**

1 Grattan Crescent (off Bantry Bay Road), Frenchs Forest 2086

Doors open from 10:30 for examination of reports and minutes from last meeting. Nomination forms for committee roles will be included in the Sydney u3a Northern Beaches newsletter and website nearer the date.

Guest speaker: David Hunt

A light lunch will be provided. RSVP by 15 Feb to Tricia Haines haines.avalon@bigpond.com 0417 686 399

AVALON RECREATION CENTRE

59 Old Barrenjoey Rd

wheelchair access, parking nearby

Venue Coordinator Eve Lane evelane222@gmail.com

0455 948 864

Art

ART GROUPS (max 12)

Every Monday from 15 Jan

Group 1: 9:30 to 12:15; Group 2: 12:15 to 3:00

Enjoy the company of other artists with varying levels of skill. Bring your own equipment (any medium). No tuition given. Leader: Gen Watts genwatts@hotmail.com

Bookings: Eve Lane evelane222@gmail.com

BALGOWLAH: CLUB TOTEM

195 Condamine St

wheelchair access, parking onsite

Venue Coordinator Sandra Orton

sandraorton038@gmail.com

Book Group

LITERATURE

Alternate Wednesdays from 31 Jan 11:00 to 1:00

Washaway Room Level 3

A wide range of authors and their books are discussed.

These include *The Second Sleep* by Robert Harris, *Demon Copperhead* by Barbara Kingsolver, *Small things like These* by Claire Keegan, *The Queen is Dead* by Stan Grant and *The Promise* by Damon Galgut.

Leader: Sandra Orton sandraorton038@gmail.com

0460 795 959

Bookings: Janelle Laidlaw

janelledorothylaidlaw@gmail.com 0418 436 127

BELROSE BOWLING CLUB

146 Forest Way

parking onsite

Venue Coordinator Peter Nixon

pnixon0443@gmail.com 0402 379 109

Games Bowls

ENJOY A GAME OF BOWLS

Every Friday from 17 May 10:00 to 12:00 (3 sessions)

Learn to play bowls and have fun with friends.

Equipment provided and coaches on hand. Just come along, bring a friend or two and enjoy a game over three Friday mornings.

Leader and **Bookings:** Peter Nixon

pnixon0443@gmail.com 0402 379 109

FORESTVILLE RSL CLUB

22 Melwood Ave

wheelchair access, parking onsite

Venue Coordinator Beth Robertson

bethrobertson@aapt.net.au

Craft

CRAFT IN THE FOREST

Alternate Fridays from 2 Feb 10:00 to 12:00

Bistro

Join our inspirational group of craft enthusiasts for a

relaxing morning of chat and the sharing of new skills.

No prior knowledge expected, only the love of learning.

New creative ideas are mandatory!

Leader and **Bookings:** Beth Robertson

bethrobertson@aapt.net.au 9452 2396

FRENCHS FOREST: LIONEL WATTS COMMUNITY CENTRE

93-95 Blackbutts Rd wheelchair access, parking nearby
Venue Coordinator John Watt john@wattever.com
0407 547 583

FRIDAYS IN THE FOREST

Last Friday of every month from 23 Feb 10:00 to 12:00

A monthly program of separate presentations on a wide variety of topics given by people with expertise in, and enthusiasm for, their subject. Something for everyone.

Leader: John Watt john@wattever.com (preferred)
0407 547 583

Bookings not required.

Travel

1. Small European countries Part 2

23 Feb

Our travels in Europe take us to more fascinating places. How about San Marino, the oldest country in the world or Monaco, playground of the rich? Graham Spindler will be our Tour Guide again.

Speaker: Graham Spindler

29 Mar No meeting (Good Friday)

History Britain

2. How Britain changed the world

26 Apr

The Industrial Revolution made a major impact on society as factories spread, cities grew, and workers faced harsh conditions. Hard Times indeed, our speaker is not Charles Dickens, but our own Ian Thompson.

Speaker: Ian Thompson

History Maritime

3. The final fateful feast on RMS Titanic

31 May

Join us on board RMS Titanic as Master of Gastronomy, Diana Noyce peeps in the Dining Saloons to look at the food being served and look at what's happening leading up to the tragic sinking.

Speaker: Diana Noyce

Music

4. Stars who didn't make it to The Stadium

28 Jun

We enjoyed seeing the stars who thrilled us at The Stadium, but what about those who didn't come? Think of Elvis, Fats Domino, Tony Bennett, Perry Como. Now's your chance to see them and more!

Speaker: John Watt

FRENCHS FOREST: THE DUTCH CLUB

1 Grattan Cres (off Bantry Bay Rd)
wheelchair access, parking onsite
Venue Coordinator John Peters jayefpe@hotmail.com
0412 161 069

Music Ukulele

UKULELE INTERMEDIATE/ADVANCED

Every Tuesday from 9 Jan 1:30 to 3:30

If you have learnt at least six basic chords, now is the time to move to or join this group. Lots of fun, strumming, singing and an opportunity to gain confidence in leading a song.

Leader and **Bookings:** John Peters jayefpe@hotmail.com
0412 161 069

NARRABEEN NORTH: NARRABEEN BAPTIST CHURCH

13 Grenfell Ave (cnr Wakehurst Parkway)
wheelchair access, parking onsite
Venue Coordinator Barbara Bohm
jeddasam1@bigpond.com 9913 3481

Music Singing

SINGING FOR THE JOY OF SINGING

Alternate Fridays from 2 Feb 10:00 to 12:00

Auditorium

Join us in singing well-known songs from all genres. Anyone who enjoys singing, irrespective of ability, is welcome to join our friendly group to sing, hum along or just sit and listen.

Leader and **Bookings:** Lynne Wasinski
lynne.wasinski@gmail.com 0408 971 060

Language French

FRENCH POST BEGINNERS/INTERMEDIATE

Alternate Fridays from 2 Feb 10:00 to 12:00

Education Centre GF

Easy going course suitable for people with a basic knowledge of French Grammar. Not suitable for beginners or for people who have not opened a French book since school. Book used is *Easy French Reader* by R. de Roussy de Sales (3rd edition).

Leader and **Bookings:** Olivia Kesby olivia.kesby@gmail.com
0401 303 472

Philosophy

HISTORY OF PHILOSOPHY 5

Alternate Tuesdays from 6 Feb 10:00 to 12:00

Education Centre GF

We cover key ancient and modern Western philosophers in the area of metaphysics, theory of knowledge, ethics and politics. The focus of the course is life's meaning as considered by these thinkers.

Leader and **Bookings:** John Lauricella jml1010@yahoo.com
9918 2142

Music Guitar

ACOUSTIC GUITAR GROUP

First three Wednesdays every month from 7 Feb 10:30 to 12:30

Level 1, Room 2

The group will continue building a repertoire of classic soft rock/blues acoustic pieces. Only basic skills with guitar chords and following lyric/chord charts is needed. Bring own guitar and music stand. Due to popularity, places are limited. Leader and **Bookings:** John Mitchell
johnmitchell@hotmail.com 0481 516 498

Music Performance

THE 3RD AGE ROCK ORCHESTRA

First three Wednesdays every month from 7 Feb 2:00 to 5:00

Auditorium

The orchestra plays classic rock music with singers and post-beginners on all instruments. Basic skills with following chord charts are needed. Reading music is an advantage. The orchestra performs a few times a year. There's a waiting list for membership.

Leader and **Bookings:** Harvey Broadbent 0414 486 675
3rdagerockorchestra@gmail.com

Art Painting

THURSDAY ART GROUP

Every Thursday from 8 Feb 1:00 to 4:00

Education Centre GF

For those who enjoy putting paint on canvas or paper via your preferred medium join our relaxed group. With varying levels of skill, we work on our own projects and commonly share techniques, ideas and information which is welcomed by all.

Leader: Alf Silvester a.silvester@optusnet.com.au
0493 043 111

Bookings: Barbara Tuna 0407 513 045 text only

Language Latin

LATIN BEGINNERS I (max 16)

Alternate Fridays from 9 Feb 9:30 to 11:30

8 sessions

Education Centre GF

Latin Beginners Course including Classical Latin grammar, sentence formation and vocabulary through exercises and readings with the objective of introducing you to Latin literary texts. Text: *The Oxford Latin Course Part 1 - Student Book (ISBN 9780 19912264)*

Leader and **Bookings:** Gail Sadler
gailasadler@gmail.com 0420 989 170

Philosophy

HISTORY OF PHILOSOPHY 6

Alternate Fridays from 9 Feb 10:00 to 12:00

Auditorium

We cover key ancient and modern Western philosophers in the area of metaphysics, theory of knowledge, ethics and politics. The focus of the course is life's meaning as considered by these thinkers.

Leader and **Bookings:** John Lauricella jml1010@yahoo.com
9918 2142

Language Latin

LATIN INTERMEDIATE I (max 10)

Alternate Fridays from 9 Feb 12:30 to 2:30

8 sessions

Education Centre GF

Continuation course (for 2023 students) covering Classical Latin grammar and vocabulary through exercises and readings with the inclusion of Latin literary texts. Texts: *The Oxford Latin Course Part 1* and *The Oxford Latin Course Part II*

Leader and **Bookings:** Gail Sadler gailasadler@gmail.com
0420 989 170

Music Ukulele

UKULELE FOR BEGINNERS

Every Tuesday from 12 Feb (except school holidays) 11:45 to 1:00

Level 1, Room 2

This course is for rank beginners. If you have always wanted to play a musical instrument, this is the place for you. You will learn the main chords, have great fun playing and singing. Come along and have a go!

Leader and **Bookings:** Felicity Davis
felicity@sciencefilms.com.au 0414 470 644

NARRABEEN NORTH: NARRABEEN RSL CLUB

116 Nareen Pde parking onsite

Games Croquet

CROQUET (max 20)

Every Tuesday from 30 Jan 8:30 to 12:00

Bowling Green

Teaching available on request. No partner required. Mallets supplied. Games are organised on a first come basis.

Leader: Bob Hunter 9970 7352

Bookings: Jill Barrett jillb45@hotmail.com 0456 733 336

NARRABEEN: TRAMSHED ARTS AND COMMUNITY CENTRE See also Page 44

1395A Pittwater Rd

wheelchair access, parking nearby

Venue Coordinator Marcia Andrews

marciaandrews711@hotmail.com

Current Affairs

TOPICS OF OUR TIMES (max 25)

Alternate Tuesdays from 16 Jan 2:00 to 4:00

Berry Hall

Discussions about a wide spectrum of contemporary issues with the aim to deepen our knowledge and understanding. Members are encouraged to submit topics and actively participate in the discussions. However you are welcome to simply listen.

Leader: Antoine van de Walle
antoinevdwalle@gmail.com 8056 7882

Bookings: Peggy Crocker fripeg@optusnet.com.au
9975 6828

Art Drawing and Painting

ART: PAINTING AND DRAWING IN ANY MEDIUM

Every Monday from 5 Feb 1:00 to 4:00

Berry Hall

We are a happy group of painters who paint in their medium of choice, yet still dabble in other mediums. Newcomers are welcome but there is a waiting list.

Leader: June Rodden june@rodden.net 9402 4550

Bookings: Narelle Harvey neli1@bigpond.com
0447 865 657

Discussion Group Movies

MONDAY AT THE MOVIES - MAM

First Monday every month from 5 Feb 2:00 to 4:00

Lakeview Hall

Enjoy current movies? Our movie club operates similar to a book club. Every month view up to three nominated movies in your own time and join us for a stimulating discussion about the plot, actors, producers and cinematography.

Decide your own ratings.

Leader and **Bookings:** Liz Boase
lizzyboasebruce@gmail.com 0413 736 331

Language French

ADVANCED FRENCH

Alternate Fridays from 9 Feb 10:00 to 12:00

Berry Hall

Advanced conversation in French based on a text and tape.

Leader: Wendy Clark scorpio39@bigpond.com 9913 9807

Bookings: Maureen Black maureengb192@gmail.com 9982 7149

NEWPORT COMMUNITY CENTRE

SEE ALSO PAGE 44

11-13 The Boulevard
No public or school holidays
wheelchair access, parking nearby
Venue Coordinator Helen Howes
helsim@internode.on.net 0424 464 047

Language French

INTERMEDIATE FRENCH

Alternate Wednesdays from 31 Jan 1:30 to 3:30

Activity Rooms 1 and 2

A good knowledge of French grammar is required. The objective is to increase our working knowledge of the French language, the country and culture through development of vocabulary, grammar, speaking, writing, presentation and listening.

Textbook and dictionary essential.

Leader: Danina Anderson danina_anderson@hotmail.com

Bookings: Frances Buchan francesbuchan@icloud.com
Suitable for most.

Games Table Tennis

TABLE TENNIS (max 40)

Every Thursday from 1 Feb 1:15 to 4:15

Main Hall

Table tennis stimulates physical and mental performance. We offer the opportunity to revive a dormant skill and to socialise with new friends in an air-conditioned venue that is ideal for year round play.

Leader: Richard Hughes

Bookings: Ron Heald and Angela Gollmer
ra.u3a.tt@gmail.com

CANCELLED

Yoga

~~YOGA AND RELAXATION~~

~~Every Friday from 2 Feb 12:30 to 2:00~~

~~Main Hall~~

~~Please book only one yoga class per week. Every class consists of basic yoga practice, breathing and deep relaxation which will help improve joint mobility, increase muscle flexibility and bone density.~~

~~Teacher: Allyson Lowbridge Leader: Various~~

~~**Bookings:** Ann Hardiman hardimanja@gmail.com~~

Yoga

YOGA AND RELAXATION

Every Monday from 5 Feb 12:30 to 2:00

Main Hall

Please book only one yoga class per week. Every class consists of basic yoga practice, breathing and deep relaxation which will help improve joint mobility, increase muscle flexibility and bone density.

Teacher: Maryanne Deans Kolek

Leader and **Bookings:** Susan Barnard
susanbarnard@inet.net.au

Art Painting

ART CLASS WITH KAYE DEXTER

Every Monday from 5 Feb 1:00 to 4:00

Activity Rooms 1 and 2

This acrylics class enjoys using different techniques and styles. We bring our own equipment.

Leader: Kaye Dexter kdexter@bigpond.net.au

Bookings: Robyn Mayman peter@maymans.com
9918 2941

Drama

DRAMA ACTIVITIES

Alternate Wednesdays from 7 Feb 1:30 to 4:00

Activity Rooms 1 and 2

Looking for fun and an enjoyable activity that extends you? Join our drama activities where you will meet new people and have fun along the way. We do drama to music, also mime, improvisation and roleplaying.

Leader and **Bookings:** Helen Rosenkranz
helenrosenkranz@gmail.com 0405 060 727

TOPICS OF INTEREST

First Wednesday every month from 7 Feb 1:30 to 3:30

Main Hall

Come and join a friendly group to experience separate presentations by people who are experts in or have enthusiasm for their subjects, covering a wide variety of topics from science, history, travel, the arts, social justice and some quirky topics.

Leader: Margaret White marg.white@me.com 0416 182 393

Bookings not required.

History Britain

1. A fateful feast: final repast on RMS Titanic

7 Feb

The Titanic provides an exquisite microcosm of the Edwardian world, illuminating class distinctions, etiquette and fashion, and its love of fine food. This talk examines the menus offered, illuminating the food for the differing classes. Presenter: Diana Noyce

Crime

2. Criminal justice system

6 Mar

Prosecutor, defender, judge and teacher, director of the Justice Reform Initiative, working to reduce our reliance upon imprisonment. Campaigner for drug law reform, legalise abortion and voluntary assisted dying. Presenter: Nicholas Cowdery AO KC

Environment

3. The science of religion

3 Apr

Examining theories and evidence from evolution and the cognitive sciences, that seek to explain the origin and experience of religious belief as purely naturalistic phenomena, originating entirely in the human brain. Presenter: Kevin Murray

Art Appreciation

4. Mathematics in art

1 May

From the Renaissance to the work of M C Escher, mathematical principles have inspired many breakthroughs in the visual arts.

Presenter: Adj Prof Laurie Wilson

History USA

5. 9/11: in New York on the day!

5 Jun

Alone in New York, in the middle of a world changing event, from breakfast at the World Trade Centre, to the streets, bus and ferry, Hans tells of his interactions with people he met. Presenter: Hans Kunnen

Technology

6. A closer look at the world of artificial intelligence

3 Jul

AI is a game-changing technology with transformative potential. Amid the current hype, this presentation outlines what AI is, practical applications, new risks posed to individuals and strategies to manage them.

Presenter: Michelle Moffatt

Qigong

QIGONG

Every Wednesday (except first Wednesday every month) from 14 Feb 2:00 to 3:30

Main Hall

Reconnect with nature via this gentle, moving meditation originating in China. Relaxes the joints, aids digestion and sleep, calms the mind and gently tones and strengthens muscles. Work at your own level. Leader and **Bookings:** Penny Auburn penauburn@gmail.com

NEWPORT: PITTWATER PRESBYTERIAN CHURCH

Cnr Robertson Rd and Ocean Ave parking nearby, not public holidays Venue Coordinator **Janeska Ahmed** janeska.ahmed@gmail.com

Music Recorder

RECORDER CONSORT

Every Wednesday from 31 Jan 10:30 to 12:30

A small group playing descant, treble, tenor and bass recorders, playing music from Renaissance to Bach through to Modern and Jazz.

Leader and **Bookings:** **Janeska Ahmed** janeska.ahmed@gmail.com

NORTH CURL CURL COMMUNITY CENTRE

Cnr Griffin and Abbott Rds, not public holidays wheelchair access, parking onsite
Venue Coordinator Runa Schmidt-Muller runasm@ihug.com.au **SEE ALSO PAGE 44**

Exercise

BALANCE 'N' BONES EXERCISE

Every Monday from 29 Jan 9:30 to 10:20 (Easy), 10:30 to 11:20 (Advanced)

Every Friday from 2 Feb 9:30 to 10:20 (Easy), 10:30 to 11:20 (Advanced)

Conditioning exercises for all major muscle groups and balancing to improve posture. Instruction by Beth Denny DVD.

Leaders: Runa Schmidt-Muller

runasm@ihug.com.au (Mondays)

Diane Muchar dmuchar@gmail.com (Fridays)

Bookings not required.

Games Bridge

SOCIAL BRIDGE

Every Monday from 29 Jan 1:00 to 4:00

Basic Bridge knowledge required.

Bookings: Leigh Hudson leighandrichard@gmail.com

Games Cards

CARD GAMES 500

Alternate Tuesdays from 30 Jan 10:00 to 12:00

We meet and enjoy or learn to play cards in a friendly and relaxed atmosphere. Tuition for new players will be provided.

Leader and **Bookings:** Wolfgang Buschhaus wbuschhaus@gmail.com

THURSDAYS AT NORTH CURL CURL

Every Thursday from 1 Feb 10:00 to 12:30

A series of weekly presentations by people who are experts in their subject.

Leader: Runa Schmidt-Muller runasm@ihug.com.au

Bookings not required

Music Appreciation

1. Soundtrack of our Lives

First Thursday every month from 1 Feb, 7 Mar, 4 Apr, 2 May, 6 Jun

Playing recordings and live music from the popular music charts and stage musicals with a fun discussion of the events, movies, TV and books of those years.

Presenters: Various

Cinema

2. Thriller Thursdays

8, 15, 22 and 29 Feb, 21 and 28 Mar

These sessions will showcase a selection of Alfred Hitchcock movies.

Presenter: Kerrie Sanders

Energy

3. Nuclear power generation in Australia

14 Mar

Nuclear power, its history and some facts about it. Some humour and why we need it in Australia. How to treat nuclear waste and where in Australia.

Presenter: Wesley Harder

Politics

4. Is politics failing the modern world?

11, 18 Apr, 9 May 3 sessions

A chance to explore the tensions that exist between our personal and collective needs.

Presenter: Peter Nixon

Australian History

5. The ABC – its achievements and broadcasting challenges

16 May

Learn about the ABC, Australia's national independent public broadcaster and the challenges it faces – both historically and currently in a rapidly changing media landscape.

Presenter: Janine Kitson

Travel

6. Impressions of Siberia and Russia

23 May

We share our experiences travelling from Vladivostok to St. Petersburg exploring the fascinating history, geography, culture, architecture, lifestyles and landscapes of Siberia and Russia.

Presenters: Kevin and Glenys Murray

Health

7. Food safety risks and tips

30 May

A look at current food poisoning causes and trends, and what to be aware of when providing food for people with low immune functions.

Presenter: Craig Shadbolt

History

8. Catherine the Great of Russia

13 Jun

She was an obscure German princess who became one of the most powerful women in history.

Presenter: Jim Murray

Computers

9. Cyber security and scams

20 Jun

The presenter will explain the schemes that scammers use to trick us into giving them our money, mostly through phones and computers.

Presenter: Matthew Cain

Travel

10. India

27 Jun

This presentation will show wildlife and nature, dance and music, tradition and spirituality, naturopathy and ayurveda, food and festivals, colours and fabrics, forts and palaces, and many more such uniquely Indian experiences.

Presenter: Nirup Prabakaran

Games Canasta

CANASTA - BOLIVIA VERSION

Every Thursday from 1 Feb 12:45 to 4:00

Take the opportunity to learn the strategies and tactics of this version of Canasta. Tuition for new players will be provided on 8 and 15 Feb.

Leader and **Bookings:** Eve Lane evelane222@gmail.com

Games Mahjong

MAHJONG - THE WESTERN GAME

Every Thursday from 1 Feb 1:00 to 4:00

Learn and play Mahjong in a friendly atmosphere.

Patience teaching is provided by Judith Bennett.

Leader and **Bookings:** Sylvia Strike sylviastrike@hotmail.com

Trivia

TRIVIA FOR FUN

Every Friday from 2 Feb 1:15 to 3:15

Come along to our friendly trivia sessions. Nothing too serious – just enough to exercise the grey cells! Come on your own or make up a team of six. Various presenters.

Leader and **Bookings:** Eve Lane evelane222@gmail.com

Games

GAMES AFTERNOON

Alternate Tuesdays from 6 Feb 1:00 to 4:00

Canasta, mahjong, chess, whist/crazy whist, backgammon, scrabble and possibly more games.

Bookings not required – just turn up and play

Current Affairs

ISSUES FOR DISCUSSION

Alternate Tuesdays from 6 Feb 2:00 to 4:00

Sessions on 20 Feb, 5 and 19 Mar in private home

A participative group where all are encouraged to raise issues that may be of interest to themselves and others.

The topics are debated in a friendly inclusive atmosphere, so do come and enjoy the company of other members.

Leader: Various

Enquiries: Carmen Exner carmen.exner@gmail.com

Games

SOLVING CRYPTIC CROSSWORDS (max 20) ****NEW****

BASIC INTRODUCTION

Every Tuesday from 13 Feb 1:00 to 3:00 (6 sessions)

Cryptic crosswords conform to a set of rules which, once you are aware of them, will help you unravel those tricky clues. A basic course intended for those who would like to learn some strategies and techniques to get started.

Leader and **Bookings:** Eve Lane evelane222@gmail.com

CURLY QUESTIONS IN SCIENCE

Alternate Tuesdays from 20 Feb 10:00 to 12:00

For members who enjoy science, please join us for a series of talks on a wide range of topics presented by experts in their field.

Leaders: Adj Prof Laurie Wilson and Ian Thompson

Enquiries: Adj Prof Laurie Wilson wlaurie118@gmail.com (preferred) 0417 045 934

Bookings not required.

Medical Matters

1. The Sackler story

20 Feb

How valium, oxycontin, philanthropy, art galleries, museums, laboratories, lies, addiction, deaths, court cases and billions of dollars make up the story of the Sackler family.

Presenter: Dr Rosemarie Einstein

Science

2. The DNA revolution

5 Mar

Presenting the background, the history and the latest revolutionary advances in DNA research and gene editing, and the many ethical issues that result from them.

Presenter: Kevin Murray

Famous People

3. The culinary life of naturalist Charles Darwin

19 Mar

Darwin enjoyed the pleasures of the table. It was at Cambridge University that he established the Glutton Club and where he developed a taste for "strange flesh". Our presenter continues the story!

Presenter: Diana Noyce

Wildlife

4. Wild cats of Africa

2 Apr

We know that African lions, leopards and cheetahs hunt, eat, and procreate. But little do we know about their hierarchy and interactions, survival behaviours in a harsh environment, or even the existence of other smaller African cat species.

Presenter: Rita Shaw

16 Apr No meeting as venue closed for maintenance

Science

5. The use and misuse of science: Fritz Haber

30 Apr

Although Fritz Haber introduced gas warfare to WWI in 1915, he received the 1918 Nobel Prize for Chemistry for conversion of nitrogen into fertilizer.

Presenter: Prof Don Napper

Health

6. Strategies for brain health

14 May

Are you doing everything you can to avoid the devastation of dementia? Healthy habits are important at any stage of life to keep us living our best lives.

Presenter: Dr Christine Lopacinski

Health

7. Probiotics and human health

28 May

Since 2022 there has been an explosion of new research on probiotics and their effects on just about everything from the heart to the brain, across gender and lifespan. Hear about the latest findings.

Presenter: Dr Judy Ford

Art

8. Mathematics in art

11 Jun

From the Renaissance to the work of M C Escher, mathematical principles have inspired many breakthroughs in the visual arts.

Presenter: Adj Prof Laurie Wilson

Science

9. Shedding light on light

25 Jun

For 150 years use of artificial light at night has grown to provide improved safety, increased productivity, and entertainment. Australasian Dark Sky Alliance discusses the negative impacts on astronomy, human health, and the night environment.

Presenter: Marnie Ogg

Book Group

BOOK CLUB

Tuesdays every 4 weeks from 27 Feb, 26 Mar, 23 Apr, 21 May, 18 Jun 10:00 to 12:00

Main Hall Eastern end

Join fellow book lovers monthly to select a book, and after reading, discuss at the next get together.

Leaders and **Bookings:** Anne Black

anneblack@yahoo.com.au and

Janie Stubbing janieandwal01@optusnet.com.au

Cinema

MOVIE SERIES: PRESENTER'S PICK ****NEW****

Alternate Tuesdays from 26 Mar 1:00 to 4:00

Details of the movies being presented will be in the Northern Beaches u3a Monthly Newsletter.

Leader: Kerrie Sanders kersand@bigpond.com

Bookings not required

PRIVATE HOMES

Book Group

WENDY'S BOOK CLUB (Forestville) (max 10)

Alternate Thursdays from 1 Feb 1:30 to 3:30

We borrow kits of books from the library. You will have four weeks to read your book before we discuss it. In the alternate meeting we share reading something aloud.

Leader: Bernie Gibson bernieanddavid@hotmail.com

0416 231 513

Bookings: Marianne Short 0403 939 004

Music Appreciation

BACH TO THE FUTURE (Avalon) (max 20)

Alternate Fridays from 9 Feb 2:00 to 4:00

During each session we analyse a topic related to classical music, with examples of great recordings of the music being studied. Class members are encouraged to discuss the music and suggest topics for future study.

Leader and **Bookings:** Roger Pratt

a.and.r.pratt2@bigpond.com 0405 199 093

NARRABEEN: TRAMSHED ARTS AND COMMUNITY CENTRE

Yoga

YOGA AND RELAXATION ****NEW****

Every Thursday from 1 Feb 10:30 to 12:00

Lakeview Hall

Every class consists of basic yoga practice, breathing and deep relaxation which will help improve joint mobility, increase muscle flexibility and bone density.

Leader: Maryanne Deans Kolek

Bookings (temporary): Marcia Andrews

marciaandrews711@hotmail.com

Psychology

PERSONALITY AND THE PSYCHOLOGY OF COMMUNICATION ****NEW** (max 12)**

Alternate Thursdays from 14 Mar 2:00 to 4:00

(8 sessions) Lakeview Hall

What makes us 'tick', why we communicate the way we do, our motivation needs and when things go off the rails, why and how our distress patterns can take over (if we let them!). Leader: Phil Fagan

Bookings: Runa Schmidt-Muller runasm@ihug.com.au

Music

PIANO KEYBOARD FOR BEGINNERS ****NEW** (max 8)**

Every Wednesday from 20 Mar 10:30 to 12:30 (5-7 sessions)

Berry Hall

Have fun playing simple, well-known melodies using a combination of rote-learning and traditional notation.

Understand auto chord, tempo, tone bank, etc. Create your own pentatonic relaxation music using the black keys.

Leader and **Bookings:** Tina Roberts

tinaroberts14@yahoo.com.au

VENUE: Newport Community Centre

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Qigong

QIGONG ****NEW****

Alternate Mondays from 12 Feb 10:00 to 11:00

Main Hall

Please book only one Qigong class per week (there is also a weekly Wednesday class). Zhan Zhuang Chi Kung class consists of: Warm up, Ba Duan Jin (breath exercise), standing forms, stepping and Small Circle form. Exercises stimulate the body's natural internal energy system; also improve balance, coordination and breathing. Leader: Blaise Beach

Bookings: Helen Howes heisim@internode.on.net

VENUE: North Curl Curl Community Centre

Marine

DIVING MISHAPS AND MISDEMEANERS ****NEW****

Tuesday 6 Feb 10:00 to 12:00

Diving since 1961; a background that encompasses the military, commercial, scientific and technical diving sectors, this talk offers an insight into the world of the diver through a series of personal yarns and stories and deep sea diving adventures - as well as the occasional disaster - that range from the historical to the hysterical.

Presenter: David Strike

Bookings: not required.