

Aboriginal Studies

How does the Aboriginal History of Goulburn and district share information that you can take and connect to the future? Who lived on this Country known as Mulwaree before colonisation? Time to learn about our Aboriginal history, the stuff we didn't get to learn in school. Examples are: The language groups that make up a Nation, the names off the blanket lists - all real people with real faces. The language which we use today that is directly from the Gundungurra and Ngunnawal Aboriginal people. The number of Aboriginal people living in Goulburn Mulwaree and Upper Lachlan LGA's today who identify as Aboriginal and / or Torres Strait Islander people. The Uluru Statement from the Heart is an invitation for all Australians to Get up, Stand Up and Show Up by joining with our Aboriginal and / or Torres Strait Islander people in a journey of Reconciliation.

00153-

01 Mon weekly 5/2-1/7 Terms: 12 **\$5.00**
2024

Tutor: Jennie Gordon Enquiries: enrol@u3agm.com.au

12:00pm-01:00pm U3A Depot Banksia-TheHall Cnr Bourke & Combermere Sts
 Goulburn

Classes: 5/2 12/2 19/2 26/2 4/3 11/3 18/3 25/3 8/4 29/4 6/5 13/5 20/5 27/5 3/6
 17/6 24/6 1/7

Adventurers

When you join the you also become an affiliate member of BushWalking NSW Inc which provides additional insurance for members undertaking certain outdoor activities such as bushwalking, kayaking, caving, etc.

You will also need to fill out a risk management form and undertake training classes from time to time.

Membership to Adventurers is a prerequisite for Adventurers_Ramblers and Adventurers_Kayaking which you can enrol by email.

00071-

01 Sun 11/2-9/12 Terms: 1234 **\$15.00**
2024

Tutor: Tom Lyttle Enquiries: enrol@u3agm.com.au

08:30am-03:00pm U3A Depot Car Park Cnr Bourke & Combermere Sts Goulburn

Classes: 11/2 9/12

Adventurers_Kayaking

We kayak approximately 3 times per term usually on a Sunday.

Pre-requisites:

- . Enrolled in Adventurers
- . Risk Management Form
- . Own kayak and flotation vest
- . Demonstrate paddle fitness
- . Approved by paddle leaders

00076-

01 Sun
2024

18/2-14/4

Terms: 124

\$5.00

Tutor: Peter Tapp Enquiries: enrol@u3agm.com.au

08:30am-12:00pm Marsden Weir Off Crookwell Road Goulburn

Classes: 18/2 17/3 14/4

Adventurers_Ramblers

Ramblers do approximately 3 bushwalks per term, usually on a Sunday starting at 08:00 at the U3A Depot. The walks are usually within a one hour drive of Goulburn.

Pre-requisites:

- . Enrolled in Adventurers
- . Risk Management Form
- . Approved by walk leader
- . Demonstrate walking fitness

The ramblers need to be self-sufficient, have suitable equipment and fit enough to do 5 to 10 km walks in the bush and keep up with the group.

For a list of walk destinations go to www.u3agm.com.au and Ramblers under the Class Info Tab.

00035-

01 Sun
2024

11/2-7/4

Terms: 1234

\$5.00

Tutor: Penny Lawson Enquiries: enrol@u3agm.com.au

08:00am-02:00pm U3A Depot Car Park Cnr Bourke & Combermere Sts Goulburn

Classes: 11/2 25/2 10/3 24/3 7/4

Bones 'n' Balance

An easy exercise program that focuses on strength, balance and co-ordination. Two levels - beginners and advanced.

Requirements: You will need a yoga mat, two hand dumbbells of a suitable weight (1-3kg) and a cheap 30cm diameter plastic ball.

00146-

01 Wed weekly 7/2-3/7 Terms: 12 **\$5.00**
2024

Tutor: Deborah Walker Enquiries: enrol@u3agm.com.au

04:00pm-05:00pm U3A Depot Croquet Lawn Cnr Bourke & Combermere Sts
Goulburn

Classes: 7/2 14/2 21/2 28/2 6/3 13/3 20/3 27/3 3/4 10/4 1/5 8/5 15/5 22/5 29/5 5/6
12/6 19/6 26/6 3/7

Book Clubs - Classic Book Club

This book club sets a great book, often a free download from Project Gutenberg or a book that is short listed on the latest Booker Prize or occasionally a particular genre is chosen and we all read a different book for a change. The discussions are usually robust and lively. The coffee is always excellent!

00082-

01 Wed 14/2-10/4 Terms: 1234 **\$5.00**
2024

Tutor: Brian Spilsbury Enquiries: enrol@u3agm.com.au

03:00pm-04:00pm U3A Depot Wattle-Activities Cnr Bourke & Combermere Sts
Goulburn

Classes: 14/2 13/3 10/4

Book Clubs - Third Age Book Club

Jane is starting a traditional box of books from the library book club, so no need to find your own copy.

These have proved to be most popular and the afternoon tea will be themed to suit the book. Only 10 books in each box so be quick if you want to join this book club.

00108-

01 Wed 7/2-6/11 Terms: 1234 **\$5.00**
2024

Tutor: Jane Wilkie Enquiries: enrol@u3agm.com.au

03:00pm-04:00pm U3A Depot Wattle-Activities Cnr Bourke & Combermere Sts
Goulburn

Classes: 7/2 6/3 3/4 1/5 5/6 3/7 7/8 4/9 2/10 6/11

Conversational German

Whether you're planning on going overseas or just want to learn something new.....then come along and learn how to converse in German.

We will get to know German by playing out a variety of life situations. Please note that grammar will only be talked about when needed.

00023-

01 Wed weekly 7/2-3/7 Terms: 12 **\$5.00**
2024

Tutor: William Pitt Enquiries: enrol@u3agm.com.au

10:00am-11:00am U3A Depot Banksia-TheHall Cnr Bourke & Combermere Sts
Goulburn

Classes: 7/2 14/2 21/2 28/2 6/3 13/3 20/3 27/3 3/4 10/4 1/5 8/5 15/5 22/5 29/5 5/6
12/6 19/6 26/6 3/7

Croquet @ The Depot

Pre-requisites: None

Play Croquet on the front lawn of the Depot. Bring your own mallet. Come along and have fun while you're gently exercising at the same time!

We play by the International Association Croquet rules.

****Please note Croquet times for Monday and Friday****

Monday Croquet: 10.00-12.00

Friday Croquet: 2.00-4.00

00145-

01 Mon,Fri weekly 5/2-5/7 Terms: 12 **\$5.00**
2024

Tutor: Joan Granger Enquiries: enrol@u3agm.com.au

10:00am-12:00pm U3A Depot Croquet Lawn Cnr Bourke & Combermere Sts
Goulburn

Classes: 5/2 9/2 12/2 16/2 19/2 23/2 26/2 1/3 4/3 8/3 11/3 15/3 18/3 22/3 25/3 5/4
8/4 12/4 29/4 3/5 6/5 10/5 13/5 17/5 20/5 24/5 27/5 31/5 3/6 7/6 14/6 17/6 21/6
24/6 28/6 1/7 5/7

DIY Italian - ZOOM

Members take part in reading aloud and translating, and also spend time conversing in Italian.

New members are welcome, but some knowledge of the language is essential.

00005-

01 Mon weekly 5/2-9/12 Terms: 1234 **\$5.00**
2024

Tutor: Kellie Gower Enquiries: enrol@u3agm.com.au

10:30am-11:30am Online - ZOOM via the Internet Goulburn

Classes: 5/2 12/2 19/2 26/2 4/3 11/3 18/3 25/3 8/4 29/4 6/5 13/5 20/5 27/5 3/6
17/6 24/6 1/7 22/7 29/7 5/8 12/8 19/8 26/8 2/9 9/9 16/9 23/9 14/10 21/10 28/10
4/11 11/11 18/11 25/11 2/12 9/12

Eastern Religions

A look at major eastern religions. Often eastern religions have a different focus, mainly on existence and perception of reality with the aim of self improvement or enlightenment. A quick overview of religion from another point of view.

This is a one term course in second term.

00167-

01 Tue weekly 30/4-2/7 Terms: 2 **\$5.00**
2024

Tutor: Jock McLean Enquiries: enrol@u3agm.com.au

09:30am-10:30am U3A Depot Banksia-TheHall Cnr Bourke & Combermere Sts
Goulburn

Classes: 30/4 7/5 14/5 21/5 28/5 4/6 11/6 18/6 25/6 2/7

Family History Forum - ZOOM

Members of this discussion group share knowledge and experiences in the fascinating search for ancestors, how they lived and how their lives shaped our own. We can help get you started, suggest ways of organising your information, or offer help in breaking through 'brick walls' in your research.

Pre-requisites: Enthusiasm for researching

Text/Equipment Required: Notepad & pen, internet access

00008-

01 Wed wk1,3 7/2-4/12 Terms: 1234 **\$5.00**
2024

Tutor: Daphne Penalver Enquiries: enrol@u3agm.com.au

10:00am-11:00am Online - ZOOM via the Internet Goulburn

Classes: 7/2 21/2 6/3 20/3 3/4 1/5 15/5 5/6 19/6 3/7 7/8 21/8 4/9 18/9 16/10 6/11
20/11 4/12

Forum

The Tuesday forum will be a zoom based talk that can be viewed on the large screen at the depot every Tuesday from 12:30 to 13:30 with a short follow up face to face discussion.

The forum talks will be hosted by Canberra U3A who are able to access experts from local tertiary institutions (ie ANU; University of Canberra; and Australian Catholic University) and current and retired senior Commonwealth Government officials (e.g. Ministers, policy advisors, ambassadors).

Various popular topics that include:
current affairs (both Australian politics and international developments)
economics
environmental/climate change issues and health.

Speakers usually address the topics for 30—40 minutes and then the talks are open to questions (via the zoom chat facility).

We will conclude with a short face to face discussion in the Depot.

00162-

01 Tue weekly 6/2-2/7 Terms: 12 **\$5.00**
2024

Tutor: Brian Spilsbury Enquiries: enrol@u3agm.com.au

12:00pm-02:00pm U3A Depot Banksia-TheHall Cnr Bourke & Combermere Sts
Goulburn

Classes: 6/2 13/2 20/2 27/2 5/3 12/3 19/3 26/3 2/4 9/4 30/4 7/5 14/5 21/5 28/5 4/6
11/6 18/6 25/6 2/7

Gardeners_From Soil 2 Plate

This course will show participants how to create a veggie garden 'starting from scratch' and keeping a diary of its progress for future reference. You will learn how to develop an area into a suitable 'Vegetable Patch' with the minimum effort and gaining the techniques along the way. You will need to enrol to secure your place.

With the cost of living rising and the prospects of that continuing, it is a great time to work out ways to enjoying quality, flavoursome and nutrient dense fresh vegetables grown near your back doorstep.

00154-

01 Sat 10/2-15/6 Terms: 12 **\$5.00**
2024

Tutor: Ray Shiel Enquiries: enrol@u3agm.com.au

10:00am-11:00am Community-Garden Garden Goldsmith St Goulburn

Classes: 10/2 9/3 6/4 18/5 15/6

Gardeners_Herb Garden

Learn to propagate, grow and care for herbs in your garden in Goulburn. This course complements the Herbal Medicine Course giving a practical aspect.

00102-

01 Sat 24/2-29/6 Terms: 12 **\$5.00**
2024

Tutor: Ray Shiel Enquiries: enrol@u3agm.com.au

10:00am-11:00am U3A Depot Wattle-Activities Cnr Bourke & Combermere Sts
 Goulburn

Classes: 24/2 23/3 4/5 1/6 29/6

Gardeners_Vegetable

Pre-requisites: Must be a member of U3A & Goulburn Community Gardens

Text/Equipment: Note book & pen

Extra Costs: Supply seeds and seedlings

MUST be prepared to attend to the garden beds most Saturday mornings for approximately one hour.

Learn the basic vegetable garden skills by 'hands-on' practical application of helping look after several vegetable garden beds.

00002-

01 Sat 2ndFn 17/2-22/6 Terms: 12 **\$5.00**
2024

Tutor: Pat St George Enquiries: enrol@u3agm.com.au

10:00am-11:00am Community-Garden Garden Goldsmith St Goulburn

Classes: 17/2 2/3 16/3 11/5 25/5 8/6 22/6

Herbal Medicine

Herbal Medicine – From the Garden & Kitchen

Pre-Requisites: Desire to learn about herbs

Text/Equipment: Ask Tutor

The aim of this course is to teach people to treat simple ailments using herbs and plants that can be found in the garden and ingredients from the kitchen. Many of the herbs and plants Jesse will be talking about are growing in the Goulburn Community Gardens.

In this course you will learn the traditional properties of common foods such as Garlic, Ginger, Rosemary and common garden plants such as Calendula and Lavender. The hope is to give people the confidence to treat simple complaints such as a fever, coughs and colds safely and at a minimal cost. It is also intended as an introduction to herbal medicine.

00011-

01 Tue weekly 6/2-2/7 Terms: 12 **\$5.00**
2024

Tutor: Jesse Ainsworth Enquiries: enrol@u3agm.com.au

05:00pm-06:30pm U3A Depot Banksia-TheHall Cnr Bourke & Combermere Sts
Goulburn

Classes: 6/2 13/2 20/2 27/2 5/3 12/3 19/3 26/3 2/4 9/4 30/4 7/5 14/5 21/5 28/5 4/6
11/6 18/6 25/6 2/7

Introduction to Neuroscience

In this course we describe what is known about the brain and how much more there is to learn. Weighing around 1.5 kg, the brain is the most complex organ in the human body. We will draw on research from biology, psychology, anatomy and pharmacology in furthering our understanding of the brain and how it works.

00169-

01 Thu weekly 8/2-4/7 Terms: 12 **\$5.00**
2024

Tutor: Georgina Spilsbury Enquiries: enrol@u3agm.com.au

04:00pm-05:00pm U3A Depot Banksia-TheHall Cnr Bourke & Combermere Sts
Goulburn

Classes: 8/2 15/2 22/2 29/2 7/3 14/3 21/3 28/3 4/4 11/4 2/5 9/5 16/5 23/5 30/5 6/6
13/6 20/6 27/6 4/7

Italian For Beginners

This course is for complete beginners, people who have no knowledge or very little knowledge of the language.

00133-

01 Thu weekly 22/2-4/7 Terms: 12 **\$5.00**
2024

Tutor: Georgina Templeton Enquiries: enrol@u3agm.com.au

04:00pm-05:30pm U3A Depot Banksia-TheHall Cnr Bourke & Combermere Sts
Goulburn

Classes: 22/2 29/2 7/3 14/3 21/3 28/3 4/4 11/4 2/5 9/5 16/5 23/5 30/5 6/6 13/6
20/6 27/6 4/7

Mahjong

Come along and join others for a friendly game of Mahjong. New to the game of Mahjong, don't worry tuition is available, all are welcome!

00012-

01 Wed weekly 7/2-3/7 Terms: 12 **\$5.00**
2024

Tutor: Pat Spilsbury Enquiries: enrol@u3agm.com.au

01:30pm-03:30pm U3A Depot Banksia-TheHall Cnr Bourke & Combermere Sts
Goulburn

Classes: 7/2 14/2 21/2 28/2 6/3 13/3 20/3 27/3 3/4 10/4 1/5 8/5 15/5 22/5 29/5 5/6 12/6 19/6 26/6 3/7

Makers Group

The Makers Group will be run on Thu mornings where we get together to work on individual projects making things. It usually involves individual projects with some electronics, soldering, computer programming and gadgets, 3D Modelling & 3D printing.

We are mainly a self help group where we also learn some extra skills with some short 15 minute talks and short 30 minute courses. In first term we will have short courses on 3D modelling using FreeCad and Micropython to control watering systems, tank monitors, weather stations, gadgets and things.

00168-

01 Thu weekly 8/2-4/7 Terms: 12 **\$5.00**
2024

Tutor: Brian Spilsbury Enquiries: enrol@u3agm.com.au

09:30am-11:30am U3A Depot Wattle-Activities Cnr Bourke & Combermere Sts
Goulburn

Classes: 8/2 15/2 22/2 29/2 7/3 14/3 21/3 28/3 4/4 11/4 2/5 9/5 16/5 23/5 30/5 6/6
13/6 20/6 27/6 4/7

Mindful Self Care

At the root of self-care is self-awareness and an insightful understanding about our needs and what brings meaning to our lives.

This course provides information that can help develop the iterative process of Mindful Self Awareness and Self Care.

It includes tips and techniques that can support effective management of personal well being.

00024-

01 Wed weekly 7/2-25/9 Terms: 123 **\$5.00**
2024

Tutor: Lynette de Wolff Enquiries: enrol@u3agm.com.au

01:30pm-03:00pm U3A Depot Banksia-TheHall Cnr Bourke & Combermere Sts
Goulburn

Classes: 7/2 14/2 21/2 28/2 6/3 13/3 20/3 27/3 3/4 10/4 1/5 8/5 15/5 22/5 29/5 5/6
12/6 19/6 26/6 3/7 24/7 31/7 7/8 14/8 21/8 28/8 4/9 11/9 18/9 25/9

Modern World History

Winston Churchill said: 'Those who fail to learn from history, are doomed to repeat it.'

The history of the world is a subject that is prevalent to everyone. Historical events of the past are what have formed the world of today. History is created every day. There are so many historical events that have shaped today's world. To better equip for the present and future, everyone should have a general knowledge of modern world history.

This is a continuation of Modern World History from 1500 to the present. We started in 2023 but it can also be considered a standalone class in the second half of Modern World History. This is a mainly European history. The course is based on a free text of the same name.

This is a two term course in terms 1 & 2.

00159-

01 Tue weekly 6/2-2/7 Terms: 12 **\$5.00**
2024

Tutor: Jock McLean Enquiries: enrol@u3agm.com.au

02:30pm-03:30pm U3A Depot Banksia-TheHall Cnr Bourke & Combermere Sts
Goulburn

Classes: 6/2 13/2 20/2 27/2 5/3 12/3 19/3 26/3 2/4 9/4 30/4 7/5 14/5 21/5 28/5 4/6
11/6 18/6 25/6 2/7

Mycology & Foraging

Study of Australian fungi.

Three field trips to various locations to look for and identify Australian fungi near Goulburn.

Required Text: "A Field Guide to Australian Fungi" by Bruce Fuhrer (2016 or later).

00151-

01 Sat 16/3-6/4 Terms: 12 **\$5.00**
2024

Tutor: Danial Hearne Enquiries: enrol@u3agm.com.au

01:00pm-04:00pm U3A Depot Car Park Cnr Bourke & Combermere Sts Goulburn

Classes: 16/3 23/3 6/4

Photography

This is a Special Interest Group for lovers of photography. Some Field work taking photographs trying out new skills

Pre-requisites: Some sort of digital camera, iPad, Smartphone etc.

The photography group provides a forum for photographers of all skill levels to interact. Members will expand their photographic skills through talks, set tasks, practise, peer review and support, irrespective of the type of camera they use.

00064-

01 Fri 1stFn 9/2-28/6 Terms: 12 **\$5.00**
2024

Tutor: Sylvia Brook Enquiries: enrol@u3agm.com.au

10:00am-11:30am U3A Depot Banksia-TheHall Cnr Bourke & Combermere Sts Goulburn

Classes: 9/2 23/2 8/3 22/3 5/4 3/5 17/5 31/5 14/6 28/6

Photography - Darktable Software

This course follows on from the normal photography course for those wanting to learn about post processing of their photos. After you press the button, learn more - this free photo editing software takes photography to a whole new level.

00165-

01 Fri weekly 9/2-12/4 Terms: 1 **\$5.00**
2024

Tutor: Edward Biel Enquiries: enrol@u3agm.com.au

11:30am-12:30pm U3A Depot Banksia-TheHall Cnr Bourke & Combermere Sts Goulburn

Classes: 9/2 16/2 23/2 1/3 8/3 15/3 22/3 5/4 12/4

Table Tennis

Pre-requisites: None

Play Table Tennis at the Depot. Will need to bring your own bat. Come along and have fun while exercising at the same time!

00129-

01 Thu weekly 8/2-4/7 Terms: 12 **\$5.00**
2024

Tutor: Sylvia Brook Enquiries: enrol@u3agm.com.au

10:00am-11:00am U3A Depot Banksia-TheHall Cnr Bourke & Combermere Sts
 Goulburn

Classes: 8/2 15/2 22/2 29/2 7/3 14/3 21/3 28/3 4/4 11/4 2/5 9/5 16/5 23/5 30/5 6/6
 13/6 20/6 27/6 4/7

Tai Chi @ The Depot

Pre-requisites: None

Text/Equipment: Comfortable, loose clothing & flat soled shoes. Need to bring own water bottle.

Exercise is vital for protecting the joints and can help keep the muscles healthy and strong. Proven to help you live better with arthritis, Tai Chi is suitable for every fitness level to help you with arthritis pain.

00004-

01 Mon weekly 5/2-1/7 Terms: 12 **\$5.00**
2024

Tutor: Brian Spilsbury Enquiries: enrol@u3agm.com.au

04:00pm-05:00pm U3A Depot Croquet Lawn Cnr Bourke & Combermere Sts
 Goulburn

Classes: 5/2 12/2 19/2 26/2 4/3 11/3 18/3 25/3 8/4 29/4 6/5 13/5 20/5 27/5 3/6
 17/6 24/6 1/7

Walk 4 Health

Equipment: Loose clothing, walking shoes, water

Exercise in a social atmosphere and enjoy Goulburn's open spaces and many parks. Walk at a steady pace and you'll probably be surprised how quickly your level of fitness improves. The walks are 5kms and approximately 60 mins.

Walks on Mon, Wed, Thu & Fri leave from The Weir.

Walk on Tuesday leaves from Eastgrove.

5 bridges walk on Thu leaves from Depot @ 4pm.

00096-

01 Mon weekly 5/2-9/12 Terms: 1234 **\$5.00**
2024

Tutor: Pat St George Enquiries: enrol@u3agm.com.au

08:00am-09:00am Marsden Weir Off Crookwell Road Goulburn

Classes: 5/2 12/2 19/2 26/2 4/3 11/3 18/3 25/3 8/4 29/4 6/5 13/5 20/5 27/5 3/6
17/6 24/6 1/7 22/7 29/7 5/8 12/8 19/8 26/8 2/9 9/9 16/9 23/9 14/10 21/10 28/10
4/11 11/11 18/11 25/11 2/12 9/12

Wellness

Tom will take us on a journey of looking at Wellness and how to keep it. This course will begin in Week 3 of Term 4 and will continue into next year. Tom did a similar course, many years ago when we were located in the old McDermott Centre (now GPAC) which was very popular and this one promises to be just as popular!

00157-

01 Tue weekly 6/2-2/7 Terms: 12 **\$5.00**
2024

Tutor: Tom Lyttle Enquiries: enrol@u3agm.com.au

11:00am-12:00pm U3A Depot Banksia-TheHall Cnr Bourke & Combermere Sts
Goulburn

Classes: 6/2 13/2 20/2 27/2 5/3 12/3 19/3 26/3 2/4 9/4 30/4 7/5 14/5 21/5 28/5 4/6
11/6 18/6 25/6 2/7

Western Religions

A look at the major western religions. We mainly inherit our great grandparents religion so a quick review, compare and contrast of the other main western religions is often interesting and informative.

This is a one term course in first term.

00166-

01 Tue weekly 6/2-9/4 Terms: 1 **\$5.00**
2024

Tutor: Jock McLean Enquiries: enrol@u3agm.com.au

09:30am-10:30am U3A Depot Banksia-TheHall Cnr Bourke & Combermere Sts
Goulburn

Classes: 6/2 13/2 20/2 27/2 5/3 12/3 19/3 26/3 2/4 9/4