



WELCOME 2025

Member's Lunch, Bridgewater Inn – 31st Jan

Organiser: Susan Smalldon 0403 857 600
Venue: Bridgewater Inn, 387 Mount Barker Rd
Day: Friday 31st Jan (once only)
Time: 12:30pm – 3:00pm
Cost: \$15 payable on enrolment

Commence our U3A year once again with a delightful lunch overlooking the creek in one of the great Adelaide Hills hotels. Enjoy a main meal, catch up with old friends and welcome new members for a member's only reduced cost of \$15 (must be paid on enrolment). Vegetarian and GF options available and dessert and drinks, if wanted, at own expense.

ART & CRAFTS

Card Making with Janet

Presenter: Janet Hemsley, 0428 844 097
Venue: Private Address, Mt Barker
Day: 2nd & 4th Tuesday (excl school holidays)
Time: 1:30pm – 3:30pm
Start: 11th February – 9th December

Create two cards per session using card, paper, stickers, punches and dies. \$8:00 each session to cover the cost of materials, payable on the day.

Independent Art Group with Susan Fereday

Presenter: Susan Fereday, 0478 568 397
Venue: Coventry Library, Stirling
Day: 5th Wednesday (4 sessions)
Start: 29th Jan – 29th Oct
Time: 10:00am – 12:00pm

For individuals aiming to develop their own art practise in any chosen media. Members bring their work-in-progress to four tutorial-style sessions across the year, for constructive criticism. We discuss your ideas, providing helpful feedback as you develop a cohesive body of work. Be prepared to work independently without supervision or assignments.

Great Art – Great Ideas (Intro)

Presenter: Susan Fereday, 0478 568 397
Venue: Coventry Library, Stirling
Day: 2nd Wednesday excl school holidays
Start: 12th Feb – 10th Dec
Time: 10:00am – 12:00pm

What makes an artwork "great"? In each session we explore an example from the art history canon. Artists we look at will include Renoir, Picasso, Rodin, Manet, Van Gogh, Vermeer, Sander, Klimt, Pollock. A slide presentation will stimulate a lively group discussion as together we explore art's meaning and influence.

Great Art – Great Ideas (Level 2)

Presenter: Susan Fereday, 0478 568 397
Venue: Coventry Library, Stirling
Day: 1st Wednesday excl school holidays
Start: 5th Feb – 3rd Dec
Time: 10:00am – 12:00pm

For members who completed the "Great Art" course in 2024. Builds on previous discussions to examine just what makes a work from the artistic canon so special. Artists in the 2025 program include Arbus, Magritte, Gascoigne, Warhol, Kahlo, Shrigley, Hicks, Christo, Gilbert & George, Hirst. Slide presentations stimulate a lively group discussion as together we explore art's meaning and influence.

Guided Tours of the Art Gallery

Organiser: Cheryl Oliver, 0438 823 185
Venue: Art Gallery SA, North Terrace, Adelaide
Day: 4th Monday, including school holidays
Start: 24th February – 24th November
Time: 1:20pm – 2:30pm
Cost: \$20 annual fee at time of enrolment

Meet at 1:20pm in the foyer near restaurant via the back entrance. Trained gallery guides will lead a tour of a current exhibition or a selection of works from the Gallery's collection. Note: the gallery now requires entrance fees to be paid at the beginning of the year.

Painting and Drawing

Organiser: Margaret Campbell, 0456 752 623
Venue: The Oak, 409 Mt Barker Rd, Bridgewater
Day: 2nd & 4th Friday including school holidays
Start: 14th February – 12th December
Time: 10:00am – 12:00pm

If you enjoy playing with pencils and paint, come and join us! This is not a teaching class – everyone brings along their own materials to use. But ... we provide lots of friendly chatter along with supportive motivation and encouragement

Mosaics for Beginners with Dorothy & Susan

Presenters: Dorothy 0438 526 464
 Susan 0403 857 600
Venue: Mount Barker Town Hall,
Day: Tuesdays 4th, 11th, 18th & 25th Mar
Time: 1:30pm – 3:30pm
Cost: \$12 payable on enrolment

Learn the basics over a 4 week period while creating a small plaque to hang on either an external or internal wall. Most materials supplied but members will need to supply own equipment such as tile nippers, wheeled glass tile nippers and safety glasses.

GENERAL INTEREST

Early Lighthouses of SA with Michiel

Presenter: Michiel Lucieer 0490 119 423
Venue: St Paul's Community Room, Hahndorf
Day: Friday 2nd May (once only)
Time: 10:30am – 12:30pm

Michiel will explore the State's early navigational aids and the importance of these remote sentinels, focussing on Althorpe Island with its fascinating history. Althorpe Island was declared a 'model lighthouse station' in 1879. For nearly 113 years over 150 keepers experienced 'island life' - its trials and tribulations before automation replaced light-keepers in 1991. Michiel, a former lighthouse keeper, has been involved with Althorpe Island for the past 35 years and recently published, 'A History of Althorpe Island -South Australia'.

Film Club with Frank

Presenter: Frank Robertson, 0418 448 654
Venue: St Paul's Community Room, 6 English St
Day: 1st Thursday, excl school holidays
Time: 1:30pm – 3:30pm
Start: 6th Feb – 4th December

An opportunity to see films no longer readily available. Frank, an avid film buff and font of knowledge will present a wide range of classic films in a friendly, relaxed environment. Join us on the adventure.

Financial Matters with Fred

Organiser: Fred Guilhaus, fguilhaus@gmail.com
Venue: The Oak, 409 Mt Barker Rd, Bridgewater
Day: 1st & 3rd Wednesday (excl school holidays)
Time: 10:00am – 12:00pm
Start: 5th February – 3rd December

We cover world geopolitics as it affects the global and particularly the Australian economy. A desire to know more about the share market and basic economics is a prerequisite. Includes active discussion around Australia's economy and particular investments in shares, bonds, and real estate and how interest rates and government policies affect personal wealth preservation in an uncertain and volatile world.

Keeping Time with Les Laub

Presenter: Les Laub, 0420 393 004
Venue: Bene St Pauls Community Room
Day: Friday 21st Feb (once only)
Time: 10:30am – 12:30pm

The origins of timekeeping A presentation about how people have learned to keep time from marks on walls of pre-historic cave sites that measured the seasons to modern atomic clocks that govern our GPS system.

The Oxygen Cascade with Dave

Presenter: Dave Fenwick, 0419 817 941
Venue: St Paul's Community Room, Hahndorf
Day: Friday 28th Mar (once only)
Time: 10:30am – 12:30pm

We all use oxygen, but is a long, complicated path from the atmosphere to the mitochondria where we use it – another informative and entertaining presentation by Dave.

Medicinal Cannabis with Prof Pamela Macintyre

Organiser: Dave Fenwick, 0419 817 941
Venue: St Paul's Community Room, Hahndorf
Day: Friday 16th May (once only)
Time: 10:30am – 12:30pm

Have we learned anything from history and past experiences? Prescription of medicinal cannabis is becoming more and more common, driven largely by community demand despite a lack of good evidence of benefit and lack of formal approval from the Australian regulatory body – the Therapeutic Goods Administration. We know that the overprescription of some other medications in the past, including Valium, OxyContin and Lyrica, has led to harm in some people, including addiction and an increased risk of death. Can we learn anything from these past prescription drug epidemics and not repeat the same mistakes when it comes to medicinal cannabis?

The Global Search for Meaning

Presenter: Fred Guilhaus, fguilhaus@gmail.com
Venue: The Oak, 409 Mt Barker Rd, Bridgewater
Day: 2nd & 4th Wednesday (excl school holidays)
Time: 10:00am – 12:00pm
Start: 12th February – 10th December

In the midst of disruption and political conflict the level of anxiety has accelerated, particularly for the young. Mental health issues abound. We shall look at comparative religions, philosophy, Carl Jung, and Freud as psychiatric 'solutions', Jordan Peterson & modern philosophers.

The Many Loves of Geoffrey Dutton

Organiser: Susan Smalldon, 0403 857 600
Venue: Bene St Pauls Community Room
Day: Friday 6th Jun (once only)
Time: 10:30am – 12:30pm

South Australian film maker, director, producer and author Rob George will screen this award-winning film (New York International Film Festival – Best Biographical Film, Sept 2024) on one of South Australia's more colourful figures. Writer and founder of the Adelaide Festival and Writer's Week, Geoffrey Dutton's many loves included two wives, a fiancé, mistresses, his children, fast cars, travel, flying, literature, art and a republic. He was raised on his family's property at Anlaby Station near Kapunda, with his upbringing being described as "dominated by material wealth but haunted by emotional poverty".

Physical Science & The Cosmology with John

Organiser: Susan Smalldon, 0403 857 600
Venue: Mount Barker Community Centre
Day: Tuesday 11th Feb (once only)
Time: 1:00pm – 2:00pm

John Raymond, who has been studying sub quantum physics for 14 years and been internationally published, will explore the cosmological mysteries of the wider world and introduce new physical science ideas. How might sub quantum physics play a significant role in our everyday existence, including with our consciousnesses and the manner in which we might think and behave.

HEALTH & FITNESS

Circle Dancing (Crafers)

Presenter: Valerie Pullan, 0414 245 552
Venue: Ann Jolly Hall, 1 Epiphany Place, Crafers
Day: Thursdays (weekly excl school holidays)
Time: 1:30pm – 3:00pm
Start: 6th February – 11th December

Together in Dance - experience the well-being benefits of gentle dance in this welcoming and relaxed environment. Together we enjoy learning dances from around the world, listening to truly uplifting music, a laugh and a chat during the break.

Circle Dancing (Mount Barker)

Presenter: Valerie Pullan, 0414 245 552
Venue: Town Hall, 34 Gawler St, Mt Barker
Day: Tuesdays (weekly excl school holidays)
Time: 10:00am – 12:00pm
Start: 4th February – 9th December

Together in Dance - experience the well-being benefits of gentle dance in this welcoming and relaxed environment. Together we enjoy learning dances from around the world, listening to truly uplifting music, a laugh and a chat during the break.

Eating for Optimal Health

Presenter: Giordana Cross 0421 214 930
Venue: St Pauls Community Room Hahndorf
Day: Monday 2nd June (4 sessions)
Time: 1:30 pm – 3:30 pm

Whatever age we are, the food we eat is an important contributor to our overall health and wellbeing. This course will focus on discussing the food and nutritional needs of people 50 years and beyond. During the first week topics and questions that participants would like included will be discussed and these will be addressed in the following three weeks of the course.

LANGUAGES

French 4 & French 6 with Helen

Presenter: Helen Hughes, 0407 720 168
Venue: Mt Barker Community Centre, Dumas St
Day: Tuesdays (weekly excl school holidays)
Time: 2:30pm – 4:30pm
Start: 4th February – 9th December

French 4 - An intermediate course of continuing study; grammar, geography, history, culture and current affairs. Written work incorporates comprehension, description and story writing. Oral work focuses on dictée, weekly conversation and aural comprehension. NOTE: Intending new students please contact Helen prior to enrolling.

French for Fun with Jan & Laurel

Presenter: Jan de Weerd, 0419 802 780
Venue: Coventry Library, Stirling
Day: Thursdays (weekly excl school holidays)
Time: 9:30 am – 11:30 am
Start: 6th February – 11th December

Our emphasis is on the fun of learning the French language and exploring it through song, music, film, internet and multimedia. NOTE: Intending new students please contact Jan prior to enrolling.

LEISURE & TRAVEL

Drama - Not Until I am Gone

Presenter: Glenda Gregory, 0431 134 644
Venue: St Paul's Community Room, Hahndorf
Day: Tuesdays (weekly excl school holidays)
Time: 10:00am - 12:00pm
Start: 4th February – 9th December

A comedy directed by Glenda Gregory. Never acted before? Want to have some fun? Glenda is looking for would-be 'stars' for her new stage play, 'Not Until I'm Gone'.

What is it about? The play brings together a cast of old friends, a dysfunctional family, a death, a will and all things associated thereafter. Isn't it high time we all had some serious and even irreverent fun? So, if you're looking to laugh like you've never laughed before, join Glenda on this exciting journey.

Duplicate Bridge (Stirling)

Presenter: Trevor Waters, 0493 115 092
Venue: Pinoak Tiers, Stirling
Day: Tuesday weekly (excl school hols)
Time: 1:00pm – 4:00pm
Start: 4th February – 9th December

Recent research has found that playing bridge improves brain function and has a significant positive effect on wellbeing. New experienced players welcome but please note this is not a teaching course. Results are distributed by email each week.

Games, Games, Games

Presenter: Geoff Edwards, 0475 404 892
Venue: St Paul's Community Room, Hahndorf
Day: 2nd & 4th Wednesdays (excl school hols)
Time: 10:00am – 12:00pm
Start: 12th February – 10th December

Come along and play board games, cards, pool and darts. Bring a game you wish to play and perhaps teach others to play. A social gathering where you can find someone to play a game you love or learn one you haven't had the opportunity to play in the past.

Mah Jong – Mount Barker

Presenter: Ron Allott, 0403 533 480
Venue: Mt Barker Community Centre, Dumas St
Day: Mondays (weekly excl school hols)
Time: 10:00am – 12:00pm
Start: 3rd February – 8th December

Beginners very welcome. Join in, have fun – no scoring

Mah Jong – Stirling

Presenter: Marjolijn Haraghey, 0403 989 817
Venue: Hillside Gardens, Heathfield
Day: Fridays (weekly incl school hols)
Time: 2:00pm – 4:00pm
Start: 7th February – 12th December

We play the Western version of Mah Jong and supply course notes to assist players in extending their repertoire. This is an ongoing course and, while beginners are very welcome, enrolments for learners will only be accepted at the beginning of each Semester to accommodate the tuition schedule.

Travel

Organiser: Suzanne Arbon, 0437 389 059
Venue: St Paul's Community Centre, Hahndorf
Day: 3rd Thursday (excluding school holidays)
Time: 10:00am – 12:00pm

Various presenters show and tell about their travels, recent or not, overseas and local. Enrol in one or all three.

20/2 Phil Hoffman, A travel agent's adventures
20/3 Suzanne Arbon, The five Stans of the Silk Road
15/5 Dave Fenwick, Sailing into the Unknown
19/06 Lesley Lewis, Living the Italian lifestyle

LITERATURE & HISTORY

Adventures in Crime Fiction (Aldgate)

Presenter: Merrilie Rowley, 0400 268 214
Venue: CFS, 21 Strathalbyn Road, Aldgate
Day: 4th Monday (incl public holidays)
Time: 2:00pm – 3:30pm
Start: 27th January – 24th November

The reading list includes some "oldies, but goodies", but also seeks to introduce newer crime writers and a range of cultures to the reader. Members source their own books to read prior to each session. If you encounter any difficulties in obtaining a title, please contact Merrilie.

27 Jan Ian Pears, An Instance of the Fingerpost
24 Feb Tana French, In the Woods
24 Mar John Banville, April in Spain
28 Apr Michael Robotham, Bombproof
26 May Josephine Tey, The Franchise Affair
23 Jun Gary Disher, Bitter Wash Road
28 July Barbara Vine, A Dark Adapted Eye
25 Aug Belinda Bauer, Black Lands
22 Sep Nicola White, A Famished Heart
27 Oct Maj Sjewall & Per Wahool, Roseanne
24 Nov Denise Mina, Still Midnight

Book Group (Aldgate)

Presenter: Merrilie Rowley, 0400 268 214
Venue: CFS, 21 Strathalbyn Road, Aldgate
Day: 2nd Monday (incl public holidays)
Time: 2:00pm – 3:30pm
Start: 10th February – 8th December

An enthusiastic group who enjoy reading and discussing a wide range of literary fiction. The list of books encompasses authors from diverse cultures, hopefully guaranteeing lively discussion and broadening our literary knowledge. Members source and read the books prior to each session.

10 Feb Tess of the D'Urbavilles, Thomas Hardy
10 Mar The White Girl, Tony Birch
14 Apr Lonesome Dove, Larry McMurtry
12 May Chai Time at Cinnamon Gardens, Shankari Shandran
9 Jun This is Happiness, Nial Williams
14 Jul Sorrow and Bliss, Meg Mason
11 Aug House of Spirits, Isabel Allende
8 Sep Once Upon a River, Diane Setterfield
13 Oct North Woods, Daniel Mason
10 Nov Birnham Wood, Eleanor Catton
8 Dec Caledonian Road, Andrew O'Hagan

Creative Writing

Presenter: Tony Rogers, 0402 414 150
Venue: Library, Dumas Street, Mount Barker
Day: Thursdays (weekly incl school holidays)
Time: 2:00pm – 3:30pm
Start: 6th February – 11th December

Creative writing is a way of expressing yourself, entertaining others and of sharing one's experiences. You can pretend anything you want and help your readers do the same. If you have stories and ideas you would like to put on paper, come and get some hints - you may find it is more fun than you expected. If you are already a keen writer, then share your ideas. The course will be structured around participant's interests and needs.

Family History – Ancestors & Others

Presenter: Jacki Mussared, 0417 842 694
Organiser: Gail Edwards, 0438 840 673
Venue: The Oak, 409 Mt Barker Rd, Bridgewater,
Day: 2nd & 4th Thursdays (excl school holidays)
Time: 9:30am – 12:00pm
Start: 13th February – 11th December

Improve research skills in genealogy and social history through the sharing of experiences and knowledge. We undertake a regular program of presentations and live research sessions. Presentations often address social history issues of the times in order to understand the context in which our ancestors lived.

NOTE New members please contact either Gail or Jackie prior to enrolling to discuss your family history research status.

Literature

Presenter: Nina Chicco, 8339 3775
Venue: St Paul's Community Room, Hahndorf
Day: Wednesdays fortnightly (excl school hols)
Time: 2:00pm – 4:00pm
Start: 5th February – 10th December

Each one of these classic works of literature focuses upon a particular view of society. Is this view valid? What does it reveal to us today?

1. Brave New World by Aldous Huxley.
2. To Kill A Mockingbird by Harper Lee.
3. Picnic At Hanging Rock by Joan Lindsay.
4. They're A Weird Mob. by Nino Culotta.

Embattled Queens with Sue Garforth

Organiser: Susan Smalldon, 0403 857 600:
Venue: St Paul's Community Room, Hahndorf
Day: Friday 7th, 14th & 21st March
Time: 10:30am – 12:30pm

Too much history seems to be "his", not "hers" so this is a look at three women who took on the men and attempted to rule their respective countries in their own right. They had varying degrees of success. They are: Empress Matilda who tried to gain the English throne, Catherine of Medici who ruled France through her sons, and Catherine the Great who, after a shaky start, took Russia by storm.

Germans in Loveday with Peter Monteath

Organiser: Susan Smalldon, 0403 857 600:

Venue: St Paul's Community Room, Hahndorf

Day: Friday 7th Feb (once only)

Time: 10:30am – 12:30pm

Receiving its first internees in June of 1941, the Loveday Internment Camp and its associated work camps grew to become the largest internment camp group in Australia, accommodating over 5000 civilian internees. Located in an isolated part of rural South Australia, for a time Loveday was perhaps the most multicultural place in Australia, if not the world. While the Germans in Loveday were outnumbered by Japanese and Italians, in their more modest presence they were themselves a remarkably diverse group, including some of the 'Dunera boys'.

MUSIC

Music for Sharing

Organiser: Richard Knott, 0458 830 407

Venue: Private Home, Bridgewater

Day: 4th Monday (excl school holidays)

Time: 2:00pm – 4:00pm

Start: 24th February – 24th November

Bring your own CDs or tapes and introduce your own music from classical to rock. New members very welcome.

Monday Folk (Instrumental)

Presenter: Graeme Taylor, 0417 989 114

Venue: St Paul's Community Room, Hahndorf

Day: Mondays (weekly excl school holidays)

Time: 9:30am – 11:30am

Start: 3rd February – 8th December

Do you enjoy folk music? Do you play an instrument? Can you read music? Start off the week in a fun and interesting way with a like-minded group. BYO instrument and music stand - tin whistle, accordion, mandolin, violin, recorder, flute, bodhran. New Members please ring Graeme prior to enrolling.

Ukulele and Song (Bridgewater)

Presenter: Geoff Edwards, 0475 404 892

Venue: Grace Lutheran Church,

Day: Thursdays (weekly excl school holidays)

Time: 10:00am – 12:00pm

Start: 6th February – 11th December

An informal gathering of ukulele strummers from beginners to more advanced. Play and sing in a friendly environment. There will be a spare uke or two you can try, but if you just like to sing you are also welcome.

OUT & ABOUT

Come Lunch with Me (1)

Organiser: Geoff Edwards, 0475 404 892

Venue: Various cafes and restaurants

Day: 1st Wednesday (excl school hols)

Time: 12:30pm – 2:30pm

Start: 5th February – 3rd December

Relax over lunch at different venues in the Adelaide Hills suggested and chosen by the members when they meet.

Come Lunch with Me (2)

Organiser: Margo Poirier, 0423 249 000

Venue: Various cafes and restaurants

Day: 1st & 3rd Wednesday (excl school hols)

Time: 12:30pm – 2:30pm

Start: 5th February – 3rd December

Relax over lunch at different venues in the Adelaide Hills suggested and chosen by the members when they meet. We will eat at cafes and hotels that are reasonably priced and selected for good food and conversation.

A Garden Visit to Duck Flat with Morning Tea

Organiser: Dorothy Whiterod, 0438 526 464

Venue: Duck Flat Garden, 13 Deer Ave Mt Barker

Day: Friday 4th April (once only)

Time: 10:00am - 12:00pm

Cost: \$5:00 on the day

A garden gem hidden away in Mt Barker. The garden has an interesting history going back to early last century and is still maintained by community volunteers, one of whom will show us around. Wander winding paths to enjoy mature trees, espaliered fruit, productive plots and garden art. Plants for sale.

Travel Back in Time by Train

Organiser: Susan Smalldon, 0403 857 600

Bus pick up: Mount Barker & Bridgewater

Day: Monday 3rd March (once only)

Time: 8:30am – 2:00pm

Cost: \$23 to be paid upon enrolment

Travel by bus to the Blackwood Railway Station where we will be met by our hosts, members of the Blackwood Action Group. Cost includes bus trip, morning tea and something special to be enjoyed with BYO lunch at one of the stations.

Wednesday Wetland Walkers

Organiser: Frankie Hocking, 0407 721 819

Venue: Laratinga Wetlands, Mount Barker

Day: Wednesdays (weekly incl school hols)

Time: 8:30am – 9:30am

Start: 5th February – 10th December

Meet in the Bald Hills Road car park and walk around Laratinga Wetlands at your own pace choosing short or longer walks. (Walk takes 30- 45 mins at a steady pace) Enjoy good company and an optional coffee after in the BBQ area. NOTE: Commencing 8:30am during daylight saving, 9:30am rest of year and coffee van conveniently located in the car park.

NOT A MEMBER? – We look forward to welcoming you

Go to our website, click the [Become a Member](#) button and follow the prompts to join, pay membership fee and enrol in activities of your choice. (\$55 yearly membership fee)

ALREADY A MEMBER?

Go to the website, click the [Member Login](#) button and follow the prompts to pay the 2025 membership fee and enrol in activities of your choice.

Web: www.u3aadelaidenhills.com

Enquiries: u3a.ahills@gmail.com