

2027 SUMMER SCHOOL PROGRAM

18 January – 22 January 2027

A week of workshops, lectures, demonstrations, physical activity and excursions

U3A Nunawading Inc. is a wholly volunteer, not-for-profit organisation, supporting positive ageing by providing opportunities for learning, exercise, and social interaction for retired and semi-retired members of the community.

U3A Nunawading Inc.	Nunawading Community Hub,	Phone:	(03) 9878 3898
ABN 13 738 482 624	96 – 106 Springvale Road,	General email:	admin@u3anunawading.org.au
Reg. No. AOO21951Z	Nunawading, Vic. 3131	Course email:	courseadmin@u3anunawading.org.au
		Website:	u3anunawading.org.au

IMPORTANT INFORMATION

Many classes have waitlists, so please do not enrol in a class unless you expect to attend most of the sessions.

Class Limits: In the first week of enrolments, you are limited to enrolling in 5 Summer School Classes and 3 Cooking Classes. This will increase to 8 and 5 respectively from Monday 30 November.

Fees: Attendance at Summer School is covered by your 2027 Membership fee. The only costs are for class materials or excursion entry tickets as outlined in individual class descriptions. The 2027 Membership Fee for returning and new members is $70.

Acceptance into Classes: If you are on a waitlist for a Summer School class and a vacancy occurs, you will be contacted by email (or phone if you do not have email). **Please do not attend a class unless you are advised that you have been accepted into that class.**

Attendance: Summer School classes are very popular, so **please do not enrol in a class unless you expect to attend**. If you are going to be absent, please let us know by emailing courseadmin@u3anunawading.org.au or telephoning the office on **9878 3898**. Please ensure you arrive at least five minutes before the start of your class, and wear your U3A Name tag.

Withdrawal from Class: If you decide to withdraw from a Summer School class, you may request this online via the Member Portal on the U3A website. Alternatively, you may complete an Orange Form, available from the reception desk, or email courseadmin@u3anunawading.org.au

Physical Activity Classes: Members are solely responsible for their own level of participation in any exercise class or activity. If in doubt, members should consult their health professional prior to joining the class. Classes may be cancelled or modified in accordance with our Heat Policy which is found on our website under u3anunawading.org.au/about-us/constitution-policies-forms/

About U3A Nunawading Inc.

U3A Nunawading Inc. is governed by its Constitution and Policies, which are applicable to all members. These documents are available on our website at u3anunawading.org.au/about-us/constitution-policies-forms/ . The material presented in Classes is at the discretion of the Class Leader and does not necessarily reflect the views of U3A Nunawading Inc. No one working at U3A Nunawading is paid. Please consider sharing your skills and knowledge to assist in its operation.

Volunteering opportunities include Reception, Social Committee, e-News and Website support, and Committee of Management. See the Volunteering Section of this booklet for more details. If you would like to volunteer simply enter the appropriate Volunteer code when you enrol or on the New Member or Re-enrolment form or ask at Reception.

Monday 18 January

27SS1801 Alice in Wonderland - Part 1

Book 1 - Alice in Wonderland - A look at the man who wrote the books - Charles Dodgson (Lewis Carroll) and Alice, the girl who inspired the Books.
Book 2 - Through the Looking glass will be held on Friday

Location: Studio 6 NCH
Dates: 18 Jan 2027
Schedule: One day only: 18 Jan 2027 9:30 AM - 11:30 AM
Leader: Martin Roulston

27SS1803 Egypt before the Pharaohs

We will step back into pre-historic Egypt and explore the lives of the people who predate the Egypt we are familiar with.

Location: Meeting Room 5 NCH
Dates: 18 Jan 2027
Schedule: One day only: 18 Jan 2027 9:30 AM - 11:30 AM
Leader: Joan Kelleher

27SS1805 Cognitive exercise Games

Active challenges designed to stimulate brain function, improve memory and sharpen mental focus by engaging eyes, ears, hand and foot coordination.

Location: Studio 1 NCH
Dates: 18 Jan 2027
Schedule: One day only: 18 Jan 2027 10:00 AM - 11:00 AM
Leader: Elsa Du

27SS1807 Create a Beautiful Picture Frame

Ready to create your own masterpiece? Join our Make and Take class and transform a plain picture frame into a beautiful keepsake using colourful patterned papers. Kits include all materials, and you'll leave with your very own handcrafted masterpiece..
Cost of kit $20 to be paid to the leader on the day.
Guest presenter Jenny Aitken Decoupage Guild

Location: Meeting Room 2 NCH
Dates: 18 Jan 2027
Schedule: One day only: 18 Jan 2027 10:30 AM - 12:30 PM
Leader: Guest Leader

27SS1809 Understanding Heart Disease Part 1

Dr Paul Kertes. cardiologist. this is part 1 of a 2 part presentation . An explanation of how Heart causing Angina and Heart attacks develops, and steps to minimise your risks.
Part 2 will be held on Thursday 27SS2109

Location: Studio 2 NCH
Dates: 18 Jan 2027
Schedule: One day only: 18 Jan 2027 10:30 AM - 12 noon
Leader: Guest Leader

27SS1811 Happy Healthy Exercise

Using relaxing and elegant music, combined with various movements, let's enjoy our exercise together.

Location: Studio 1 NCH
Dates: 18 Jan 2027
Schedule: One day only: 18 Jan 2027 12:30 PM - 1:30 PM
Leader: Elsa Du

27SS1813 Cameo, decorated egg workshop

Create a cameo egg in the style of Faberge. This workshop shows participants the basic skills of egg decorating using a real goose egg. You will be provided with all the materials and tuition you need to make this beautiful, beginner's egg.
Guest presenter: Helen Schweiger

Location: Meeting Room 2 NCH
Dates: 18 Jan 2027
Schedule: One day only: 18 Jan 2027 1:00 PM - 3:00 PM
Leader: Guest Leader

27SS1815 My aged Care

My aged care will be talking about the process in receiving a package, how to prepare for an assessment. What are you care options and rights.
Guest presenter: Debbie Muir.

Location: Studio 2 NCH
Dates: 18 Jan 2027
Schedule: One day only: 18 Jan 2027 1:30 PM - 2:30 PM
Leader: Guest Leader

27SSC01 Cooking: Chiffon Cake

Light and fluffy in texture, with a soft moist delicate feel. Presenter: Ann Wang.
A donation of $5.00 will be collected on the day to cover the cost of ingredients.

Location: Kitchen NCH Public Area Kitchen
Dates: 18 Jan 2027
Schedule: One day only: 18 Jan 2027 9:30 AM - 11:00 AM
Leader: Guest Leader

27SSC03 Cooking: Pork Trotter Vinegar 1

This is a classic Cantonese dish known for its rich, tangy and slightly sweet flavour. It combines tender, gelatinous pork trotter with fragrant ginger and aromatic Chinese black vinegar, creating a wonderfully balanced contrast between the richness of the pork and the sharpness of the vinegar. Traditionally enjoyed as a comforting family dish, it is especially popular during celebrations festive occasions as a confinement dish or winter warmers.
A donation of $5.00 will be collected on the day to cover the cost of ingredients. Presenter: Albert Tay

Location: Kitchen NCH Public Area Kitchen
Dates: 18 Jan 2027
Schedule: One day only: 18 Jan 2027 1:00 PM - 4:00 PM
Leader: Guest Leader

Tuesday 19 January

27SS1901 Scrap Thread Bowls

Scrap thread bowls are constructed using scrap threads and embroidery washaway stabiliser.
The bowls are then plated over polystyrene balls and dried to create the shape of the bowl.

Location: Studio 9 NCH
Dates: 19 Jan 2027
Schedule: One day only: 19 Jan 2027 9:30 AM - 12 noon
Leader: Leonie Clyne

27SS1903 Decoding the Sixteen Psychological Types

The sixteen types describe individual differences in perception and judgement. After looking at the logic of the 16 types, participants will be assisted to identify which type they most relate to. Using Australian data, we'll discuss the differences in types.

Location: Studio 2 NCH
Dates: 19 Jan 2027
Schedule: One day only: 19 Jan 2027 9:30 AM - 11:30 AM
Leader: Guest Leader

27SS1905 Walking the Camino.

The story of the Camino de Santiago and the experience of walking the journey.

Location: Studio 6 NCH
Dates: 19 Jan 2027
Schedule: One day only: 19 Jan 2027 10:00 AM - 11:30 AM
Leader: Guest Leader

27SS1907 The Life and music of Paul Kelly

Paul Kelly has been a fixture on the Australian music scene since he started to make a name for himself in the late 1970. This presentation will focus on how his life experiences enabled him to develop such a range of songs.

Location: Meeting Room 4 NCH
Dates: 19 Jan 2027
Schedule: One day only: 19 Jan 2027 10:30 AM - 12 noon
Leader: Ivan Glynn

27SS1908 Health Ageing and Wellness Seminar. Equip for Life.

Healthy Ageing and Wellness Seminar - covers the latest evidence based research on : effective exercises, effective weight loss, reductions in blood glucose, blood pressure and cholesterol and accurate nutrition & food analysis.
There is a free follow up course available.
Guest presenter Alain Young. Equip for life

Location: Meeting Room 5 NCH
Dates: 19 Jan 2027
Schedule: One day only: 19 Jan 2027 10:30 AM - 11:30 AM
Leader: Guest Leader

27SS1909 How do We Perceive Reality - Part 1

Do you trust your senses? Do you actually see and hear and get true picture of what is outside your body?
Or does your brain compare what it had learned before to what your senses are telling you, and then reconstruct the information in an already known and acceptable form? How are the two inputs reconciled?
Part 2 of this Class will be held on Thursday.

Location: Studio 2 NCH
Dates: 19 Jan 2027
Schedule: One day only: 19 Jan 2027 12:30 PM - 1:30 PM
Leader: Guest Leader

27SS1911 High Society

High Society: Starring Bing Crosby, Grace Kelly, Frank Sinatra and Louis Armstrong. This musical is a joy to watch.

Location: Meeting Room 5 NCH
Dates: 19 Jan 2027
Schedule: One day only: 19 Jan 2027 1:00 PM - 3:00 PM
Leader: Ivan Glynn

27SS1913 Dementia Education Session

Learn more about dementia, including signs and symptoms, risk factors, diagnosis, treatment and available support. This informal session will also introduce dementia research and clinical trials, with an opportunity to ask questions and discuss concerns.
Guest presenter: Marcia Lacson

Location: Studio 6 NCH
Dates: 19 Jan 2027
Schedule: One day only: 19 Jan 2027 1:00 PM - 2:00 PM
Leader: Guest Leader

27SS1915 Body Strength and Balance

Introduce care and lower limb strengthening exercise routines to develop balance skilled on one limb stationary pose. Please bring a yoga mat.

Location: Studio 1 NCH
Dates: 19 Jan 2027
Schedule: One day only: 19 Jan 2027 1:30 PM - 3:45 PM
Leader: Guest Leader

27SSC05 Cooking: Scones

Scones are a light quick baked bread from flour, butter, sugar and milk. Today we will make a sweet and savoury scone. Scone, Jam and cream; Cheese and chive scones. Presenter: Lorraine Quarrocchi.
A donation of $5.00 will be collected on the day to cover the cost of ingredients.

Location: Kitchen NCH Public Area Kitchen
Dates: 19 Jan 2027
Schedule: One day only: 19 Jan 2027 10:00 AM - 12 noon
Leader: Guest Leader

27SSC07 Cooking: Carrot Cupcake with Cream Cheese Rosette

This carrot cupcake demo will cover baking the base and piping the cream cheese rosette Technique.
A donation of $5.00 will be collected on the day to cover the cost of ingredients. Presenter: Sokim Lau.

Location: Kitchen NCH Public Area Kitchen
Dates: 19 Jan 2027
Schedule: One day only: 19 Jan 2027 2:00 PM - 4:00 PM
Leader: Guest Leader

Wednesday 20 January

27SS2001 Excursion to Ballarat **

Most people only associate Ballarat with sovereign Hill. This day excursion will allow you to explore many of the places, events, people and quirks unique to Australia's third largest inland city. We will travel to Ballarat by train, departing Southern Cross station at approximately 8.30am. We will transfer to a mini bus to explore the city and return to Melbourne on a late afternoon train. Comfortable shoes required.
** All enrolled will be placed on a wait list for this excursion, once accepted you will be asked to pay the fee for the mini bus plus given final details.
There will be a cost per person for the hire of the bus - $50 per person.

Location: Venue Advised
Dates: 20 Jan 2027
Schedule: One day only: 20 Jan 2027 8:30 AM - 5:30 PM
Leader: Maria Ryan

27SS2003 Rummikub

This is a fun game which encourages thinking and strategy

Location: Meeting Room 2 NCH
Dates: 20 Jan 2027
Schedule: One day only: 20 Jan 2027 9:30 AM - 11:00 AM
Leader: Val Lynch

27SS2007 Strength in Long Term Health

This class will include a range of Balance and cardio with an education component of explaining why exercise is so important long term.
Guest leader: Marissa McCrimmon- Kieser Burwood East

Location: Studio 2 NCH
Dates: 20 Jan 2027
Schedule: One day only: 20 Jan 2027 10:00 AM - 11:00 AM
Leader: Guest Leader

27SS2009 How We Perceive Reality - Part 2: About Consciousness.

What is consciousness? Are people, animals, trees, and rocks conscious? Those are the issues, which philosophers and modern researchers have considered. How do you know that you actually exist and that you are conscious of self?

Location: Studio 2 NCH
Dates: 20 Jan 2027
Schedule: One day only: 20 Jan 2027 12:30 PM - 2:00 PM
Leader: Guest Leader

27SS2011 Retirement Village (Independent Living) Market compare.

Understand and compare Entry Payment. Ongoing weekly fees and Deferred Management fees (DMF)
How to derive the monthly notional cost base on different Deferred Management fees Model.
What are the common payment plans offered by different providers.
Guest Presenter: SoKim

Location: Studio 6 NCH
Dates: 20 Jan 2027
Schedule: One day only: 20 Jan 2027 1:00 PM - 2:00 PM
Leader: Guest Leader

27SS2013 Trivia Quiz

Valerie Donlon and Barbara Gardner will conduct a light-hearted quiz to test your general knowledge in a very relaxed atmosphere. Teams of four will be formed on arrival,,so just come along, test your brain power and have some fun.

Location: Meeting Room 5 NCH
Dates: 20 Jan 2027
Schedule: One day only: 20 Jan 2027 1:00 PM - 3:00 PM
Leader: Valerie Donlon
Co-Leader: Barbara Gardiner

27SS2015 My Father's Glory

My Father's Glory is a French film where the writer Macel Pagnol recalls one idyllic summer spent with his family in Provence. It is a film filled with warmth, humour and nostalgia for the bygone days of youth. (English Subtitles)

Location: Meeting Room 4 NCH
Dates: 20 Jan 2027
Schedule: One day only: 20 Jan 2027 1:00 PM - 2:30 PM
Leader: Athalie Edis

27SS2017 Falls: Strategies to help reduce risk.

Falls can happen at any age, but many are preventable. Learn practical strategies to reduce your risk, including improving balance and strength, making your home safer, managing medications, using appropriate footwear, and maintaining regular vision and health checks.
Guest presenter. Ramsay Health

Location: Studio 1 NCH
Dates: 20 Jan 2027
Schedule: Weekly on Wednesday 1:30 PM - 2:30 PM
Leader: Guest Leader

27SSC09 Cooking: Easy Roast Pork

Sharing the simplest home-cooked roast port recipe. After the cooking demonstration, you'll have the opportunity to taste the finished dish, served with fresh cucumber and rice.
A donation of $5.00 will be collected on the day to cover the cost of ingredients.

Location: Kitchen NCH Public Area Kitchen
Dates: 20 Jan 2027
Schedule: One day only: 20 Jan 2027 10:00 AM - 12:15 PM
Leader: Elsa Du

27SSC10 Seremban Siew Bao (Crispy & Flaky BBQ Pork Bun)

Seremban is a city about 45 minutes from Kuala Lumpur. One of the most well known food is the crispy/flaky baked BBQ pork bun - Seremban Siew BAO. These buns have a flaky crust that is baked to perfection with a sweet and savoury filling (cha siew) The crust is made from a combination of 2 types of dough : water and oil. They are usually filled with pork and peas, cooked with sauces to create a sweet and savoury taste.
Making Siew Boa is fun but a bit time consuming. However, it's totally worth it!

Location: Kitchen NCH Public Area Kitchen
Dates: 20 Jan 2027
Schedule: One day only: 20 Jan 2027 12:40 PM - 1:40 PM
Leader: Ewah Lee

27SSC11 Cooking: Dip x 2. 1 Salmon and 1 Spinach

This demonstration will show you how to make 2 delicious dips. 1 x Spanish Dip, presented in a Cob Loaf, with crusty bread pieces for dipping. Presenter: Pauline Weatherall
A donation of $5.00 will be collected on the day to cover the cost of ingredients.

Location: Kitchen NCH Public Area Kitchen
Dates: 20 Jan 2027
Schedule: One day only: 20 Jan 2027 2:00 PM - 4:00 PM

Thursday 21 January

27SS2101 Felt Brooches

Felt brooches, hand stitched - small. BYO scissors (small) and embroidery needle.
Felt and thread provided.

Location: Meeting Room 2 NCH
Dates: 21 Jan 2027
Schedule: One day only: 21 Jan 2027 9:30 AM - 11:30 AM
Leader: Meryl McEwen

27SS2103 The Hunt for Heinrich Muller

Henrich Muller was an SS General and head of the Gestapo in WW2. He is the most senior wanted Nasi to escape arrest. What happened to him? and if he did escape, how might he have done so?

Location: Meeting Room 4 NCH
Dates: 21 Jan 2027
Schedule: One day only: 21 Jan 2027 9:30 AM - 11:15 AM
Leader: Gilbert Foster

27SS2105 Living well at home, with a terminal illness

Eastern palliative Care (EPC) is the specialist community palliative care service for Melbourne's Eastern Region. We support people across 7 local government areas - live well at home throughout their final year, alongside their families.
Guest Presenter: Louise Brown

Location: Studio 9 NCH
Dates: 21 Jan 2027
Schedule: One day only: 21 Jan 2027 10:00 AM - 12 noon
Leader: Guest Leader

27SS2107 Facial Manoeuvres

Facial Manoeuvres (for face release) are movements which are simple, powerful techniques that target the most common areas of tension. You'll learn how to release tightness from your own body.

Location: Meeting Room 5 NCH
Dates: 21 Jan 2027
Schedule: Weekly on Thursday 10:00 AM - 12 noon
Leader: Guest Leader

27SS2109 Understanding Heart Disease Part 2

Dr Paul Kertes. Cardiologist. This is part 2 of a 2 part presentation. An explanation of how Heart disease causing angina and Heart attacks develop and steps to minimise your risks.

Location: Studio 6 NCH
Dates: 21 Jan 2027
Schedule: One day only: 21 Jan 2027 10:30 AM - 12 noon
Leader: Guest Leader

27SS2111 End of Life Choices

Your Legal end-of-life rights. Advanced care planning. Appointment of a Medical Treatment Maker. Palliative Care. Voluntary assisted dying.
Guest presenter: Jane Morris and Dr Nick Carr

Location: Studio 9 NCH
Dates: 21 Jan 2027
Schedule: One day only: 21 Jan 2027 1:00 PM - 3:00 PM
Leader: Guest Leader

27SS2113 My Mothers Castle. - French film

'My Mothers Castle' is the companion film to 'My Fathers Glory'. Writer Marcel Pagnol continues recalling summers, Easter and weekend adventures spent with his family in their rural retreat. (A French film with English subtitles)

Location: Meeting Room 4 NCH
Dates: 21 Jan 2027
Schedule: One day only: 21 Jan 2027 1:00 PM - 3:00 PM
Leader: Athalie Edis

27SS2115 Power of Attorney

Power Attorney and Medical decision-Making documents to avoid and minimise family conflict.
This presentation will provide clear, accessible guidance while helping attendees understand when professional advice may be appropriate and increase awareness around the risks of inadequate or outdated estate planning.
Guest Presenter: Simran Joshi.

Location: Studio 6 NCH
Dates: 21 Jan 2027
Schedule: One day only: 21 Jan 2027 1:30 PM - 2:30 PM
Leader: Guest Leader

27SSC13 Cooking: Chicken Ginger Fried Rice

Chicken Ginger Fried rice is a simple yet wonderfully fragrant Chinese dish that brings together tender chicken, aromatic ginger and fluffy rice. The fresh ginger gives the dish a distinctive warmth and fragrance, while chicken adds savoury richness and the egg provides a soft, satisfying texture. It is a comforting and versatile dish that showcases how a few simple ingredients can come together to create a delicious and balanced meal.
A donation of $5.00 will be collected on the day to cover the cost of ingredients. Presenter: Albert Tay.

Location: Kitchen NCH Public Area Kitchen
Dates: 21 Jan 2027
Schedule: One day only: 21 Jan 2027 9:00 AM - 11:30 AM
Leader: Guest Leader

27SSC14 Vegan Sweet Treats

This workshop showcases two simple but tasty vegan treats - chocolate pots and chocolate cupcakes.
Both recipes are egg and dairy free, with a couple of surprise ingredients. Presenter: Jenny Semple.

Location: Kitchen NCH Public Area Kitchen
Dates: 21 Jan 2027
Schedule: One day only: 21 Jan 2027 12 noon - 1:00 PM
Leader: Guest Leader

27SSC15 Cooking: Basic Brownie Loaf

This recipe is the base for any brownie, date, fruit cake you will ever need.
Made in one saucepan. The easiest, fastest loaf cake you will ever make.
As an extra we will make a sticky date sauce.
A donation of $5.00 will be collected on the day to cover the cost of ingredients.

Location: Kitchen NCH Public Area Kitchen
Dates: 21 Jan 2027
Schedule: One day only: 21 Jan 2027 1:30 PM - 3:00 PM
Leader: Elsie Mutton OAM

Friday 22 January

27SS2201 Alice in Wonderland - Part 2

Book 2 - Alice in wonderland - Through the Looking glass -Continuing from Monday with a look at the 2nd book - the origins, meanings and jokes around the well known characters and some of the best nonsense poems ever written.

Location: Studio 6 NCH
Dates: 22 Jan 2027
Schedule: One day only: 22 Jan 2027 9:30 AM - 11:30 AM
Leader: Martin Roulston

27SS2203 Gardens, plants and religion in Ancient Egypt

We will examine the significant importance of plants in Ancient Egyptian religion and visit the gardens of workers, nobles and royalty.

Location: Meeting Room 5 NCH
Dates: 22 Jan 2027
Schedule: One day only: 22 Jan 2027 9:30 AM - 11:30 AM
Leader: Joan Kelleher

27SS2205 Neanderthals, Denisovans and the 'Ghost' population.

The story of our origins is a fascinating one. this class will take a look at some of our closest relatives and how they fit into the family..

Location: Meeting Room 4 NCH
Dates: 22 Jan 2027
Schedule: One day only: 22 Jan 2027 9:30 AM - 11:15 AM
Leader: Gilbert Foster

27SS2207 Crime investigation - "Your First Homicide"

Attendees will be presented with a real homicide investigation case and be taken through the steps of investigation in an interactive manner
Guest Lecturer: Sal Perna AM

Location: Studio 2 NCH
Dates: 22 Jan 2027
Schedule: One day only: 22 Jan 2027 10:30 AM - 11:30 AM

27SS2209 True Hearing Audiology

This information presentation will explore hearing health and its importance in maintaining communication, confidence, independence and quality of life as we age. We will discuss common signs of hearing loss, tinnitus, earwax, balance and dizziness, and when to seek professional advice.
The session will also cover modern hearing assessments, advances in hearing aid technology, practical communication strategies, and simple steps you can take to protect and maintain your hearing health.
There will be an opportunity to ask questions about hearing, hearing aids and other common audiology concerns.
Guest Presenter: Michael Zamani

Location: Studio 1 NCH
Dates: 22 Jan 2027
Schedule: One day only: 22 Jan 2027 10:30 AM - 11:30 AM

27SS2211 Daily Self-beauty and Skin care

Sharing over forty years of beauty and skincare tips. this session will focus on several facial massage techniques. please bring facial cleanser, toner, scrub, facial massage cream and other skincare products. these can be provided at $10 per person.

Location: Meeting Room 2 NCH
Dates: 22 Jan 2027
Schedule: One day only: 22 Jan 2027 10:30 AM - 12 noon
Leader: Elsa Du

27SS2212 Prevention of chronic diseases for healthy aging.

1 what are chronic diseases
2 how do we prevent them w lifestyle n natural means
3 pillars for healthy aging
For those interested in integrative complementary medicine seeking natural alternatives
Guest Leader. Valerie Cole

Location: Meeting Room 4 NCH
Dates: 22 Jan 2027
Schedule: Weekly on Friday 12:30 PM - 1:30 PM
Leader: Guest Leader

27SS2213 Strength of Health and longevity

Discover why strength is essential for healthy ageing, mobility and independence. This educational seminar explores how maintaining muscle strength can support joint health, balance, mobility and injury prevention, while helping you stay active and independent. You'll also learn practical strategies for building safe, sustainable strength habits.
Guest Presenter; David Wilkins

Location: Studio 1 NCH
Dates: 22 Jan 2027
Schedule: One day only: 22 Jan 2027 1:30 PM - 3:00 PM
Leader: Guest Leader

27SS2215 Interactive Drumming Workshop

*Super Mande Percussion – African Drumming Academy & Performanc*e is about more than just drumming. We are a centre of West African music, culture, drumming and dance. All the way from Mali in West Africa, renowned musician and Master Drummer Mady Keita brings his expertise and authenticity.
Come and enjoy an interactive cultural experience like no other with authentic African drumming and musicians.
There is a charge of $20 per member, payable in advance to U3A when you enrol in this class.

Location: Studio 9 NCH
Dates: 22 Jan 2027
Schedule: One day only: 22 Jan 2027 1:30 PM - 2:30 PM
Class Fee: Members: $20.00
Leader: Guest Leader

27SSC17 Cooking: Dal Curry with Homemade Roti (Chapati)

A quick hands on interactive cooking class. You will learn how to simmer a rich aromatic curry (Dal) using simple techniques and perfectly balanced ingredients and spices. The mix, roll and puff traditional roti (Chapati) from scratch to mop up your delicious curry. Presenter: Marlene Fernandes.
A donation of $5.00 will be collected on the day to cover the cost of ingredients.

Location: Kitchen NCH Public Area Kitchen
Dates: 22 Jan 2027
Schedule: One day only: 22 Jan 2027 9:30 AM - 12 noon
Leader: Guest Leader

27SSC19 Cooking: Pork Trotter Vinegar 2

You can only enrol in 1 of these classes. This is a classic Cantonese dish known for its rich, tangy and slightly sweet flavour. It combines tender, gelatinous pork trotter with fragrant ginger and aromatic Chinese black vinegar, creating a wonderfully balanced contrast between the richness of the pork and the sharpness of the vinegar. Traditionally enjoyed as a comforting family dish, it is especially popular during celebrations festive occasions as a confinement dish or winter warmers. Presenter: Albert Tay.
A donation of $5.00 will be collected on the day to cover the cost of ingredients.

Location: Kitchen NCH Public Area Kitchen
Dates: 22 Jan 2027
Schedule: One day only: 22 Jan 2027 1:00 PM - 4:00 PM
Leader: Guest Leader