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## TERM 1 – 28<sup>th</sup> January – 28<sup>th</sup> March 2020

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### 2019 End-Of-Year Function for U3A Highvale

will be held at 2pm on Tuesday, 26<sup>th</sup> November 2019

at the Highvale Village Community Centre.

Guest speaker is Jane Harvey who began her interest in dogs at the age of ten and has published more than 277 articles and research papers in authoritative dog publications.

The function will conclude with afternoon tea. All members of U3A Highvale Inc. are invited. If coming, please enter your name in the relevant flyers on the U3A Highvale notice board by 18 NOVEMBER 2019.

**Enrolment day for 2020 courses is Wednesday, 27<sup>th</sup> November 2019 at the Highvale Village Community Centre from 11am - 1pm.**



## ***President's Message***

**Hello Everyone !**

**I would like to begin this message by thanking Dan and Linus for being our newsletter editors, Siew for proofreading and contributing articles and other U3A members and tutors who have written reports for this newsletter. Our newsletters contain important information and I am sure that you will enjoy reading all reports and finding out information about enrolling for next year. Our enrolment morning will be 11am - 1pm on Wednesday 27 November. This year will be the second year of online enrolment. I'm sure that all will feel much more confident with it. Thanks again to Siew for all the work that she has done to keep our U3A running smoothly.**

**As I have read the reports about classes, I am assured that many happy hours have been spent in all our classes. I have visited the Advanced Mandarin class and the Current Affairs group, in the last couple of weeks. The class tutors are always very welcoming when I visit and I thank them for that. The Art Workshop group and the Current Affairs group would love some more members so you might consider joining one of these classes next year.**

**Last November, I welcomed David, Ron and Claire to our team of tutors. I have spoken to them this November and they have enjoyed their interaction with students this year. We were also very pleased to have David and Georges helping us with Intermediate Mandarin and French when the tutors were overseas. The students really enjoyed their classes.**

**I will be attending the last Network meeting for the year, on 20 November. This meeting is always held in the city. We have been represented at all Network and Eastern Region meetings. This has been good as we know what is going on in Network committees and in other groups around the state and other groups find out about our programs. I enjoy meeting people and talking to them about their activities. Three of our committee members worked at the Town Hall Hub in the city on 8 October (the Seniors' Festival). There were other U3A groups who had representatives working during the week. It was an interesting experience and we had many people asking us about U3A and finding out how they could contact a local group.**

**We have a committee meeting on Monday 18 November at 3pm in the Craft Room. We would love you to come and sit in on our meeting. This would be a good way to find out what is involved in being a committee member. Bring a friend. If you would like more information please talk to one of the current committee members.**

**We also have members who attend the Seniors' Forums and PALS meetings at Monash Council. The PALS magazine is produced by Monash council and advertises Seniors' activities within Monash. This publication is always available in libraries, supermarkets, newsagents and other places in Monash.**

**A couple of weeks ago, the Art Appreciation group travelled to Healesville to the TarraWarra Gallery to see the Archibald finalists. The last excursion for this group will be to the Heide Gallery in Bulleen, planned for 14 November.**

**I have heard that the Music Appreciation and Dance Appreciation groups have enjoyed some interesting DVDs during the last couple of sessions. The Singing group is learning many new songs and enjoying the time together. If you enjoy singing, please join this group in the Manor lounge on a Friday afternoon at 3.30pm.**

**We are looking forward to hearing our guest speaker Jane Harvey when she speaks at our end of year function on Tuesday 26 November in the Community Centre lounge. We have invited our tutors to attend this function so that we can thank them for their hard work. We will have afternoon tea as well to celebrate another successful U3A year. Classes will finish that week and resume at the end of January 2020.**

**The U3A notice board is updated every week, usually at the weekend or on Monday. It is a good idea to check for timetable changes and up-to-date information.**

**Enjoy your last couple of weeks of classes. Have a happy Christmas with family and friends and we hope that 2020 will be a happy and healthy year for you and your loved ones. We look forward to seeing you back at U3A in the new year.**

**Yours in lifelong learning,**

***Jan Clear (President and Course Co-ordinator)***

## Sweeter the Second Time Around

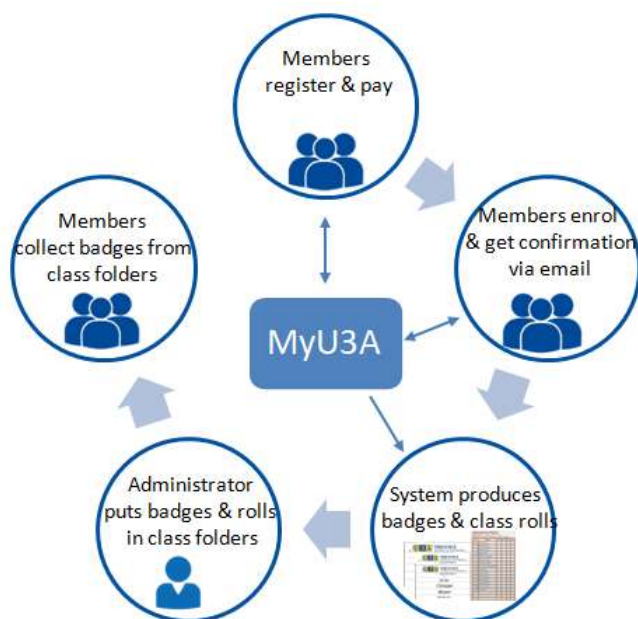
MyU3A is soon ready for membership renewal/registration and class enrolment for 2020. It is the second year the system will be used at U3A Highvale and should be better the second time around.

The efficacy of an association as a professional body depends on systems, processes and people who support it.

### **MyU3A – System and Processes**

There are system processes and people processes. As a system, MyU3A is working well and most members know what to expect of it and how to use it. But they may not be fully aware of the complementary processes that should be followed through.

This article paints the big picture and reaffirms the processes that make MyU3A tick.



### **Your Questions Answered**

Some basic HOW, WHEN, WHY and WHAT processes on renewal, payment, re-enrolment and collection of new name badges are explained to prepare you for 2020 membership registration.

### **HOW do I renew my membership?**

You can renew your membership in person at Enrolment Day on 27 November 2019 or online. For the former, bring with you a completed application form with your selected class(es) and membership fees.

For online registration, visit the U3A Highvale website at <https://www.u3ahighvale.com.au/> and select *Member Services > Member Login*. When you click **Member Login**, you'll be asked to enter your member ID and password before continuing.

Remember that due to the lapse between online registration and payment, you will NOT be able to enrol in any classes until your membership fee is processed.

### **HOW do I pay?**

Completed forms (online or printed) must be accompanied by cash/cheque payment or proof of bank transfer or Electronic Funds Transfer (EFT).

Enclose cash/cheque in envelope marked Enrolments, U3A Highvale and deposit at U3A Box in Highvale Village. Or post form and cheque to U3A Highvale Inc. U3A Box, 42 Capital Avenue, Glen Waverley, VIC 3150.

Payment details for EFT are as follows:  
Account Name: U3A Highvale Inc.  
BSB: 193 879 Account No: 483211581.

Once payment is accepted, class enrolment for 2020 will be activated.

### **HOW do I re-enrol in a class?**

The classes you joined in 2019 are not automatically rolled over to 2020. You need to re-enrol in classes for the new year either in person on Enrolment Day or online.

If you are filling in a printed form, make sure you select the class(es) you want to join. These are listed on the reverse side of the application form.

For online enrolment, visit the U3A Highvale website and select *Member Services > Member Login*. Once logged in, the *Membership Status* page displays. Following payment, the **Classes 2020** button is activated. Click it to enrol in

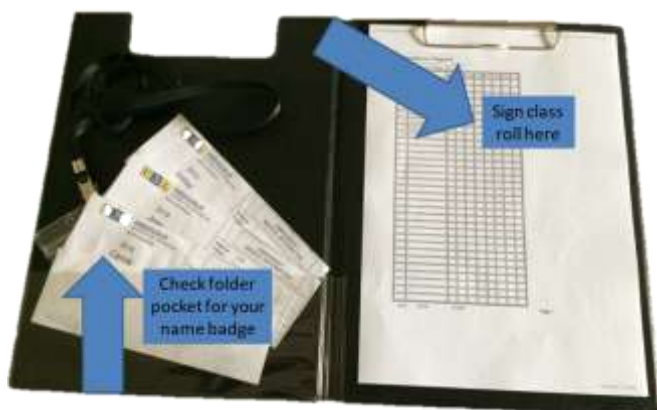
class(es). How-to instructions are provided at the bottom of the *Class Status* page.

If there are no vacancies, you will be placed on a waiting list. On successful class enrolment, you will be notified by email.

### **WHEN do I get my name badge?**

Name badges are printed as a batch after most of the registration is completed. They are then inserted into relevant class folders during the December break ready for collection at the start of Term 1 next year.

### **WHY should I check the class folder?**



When classes begin in the new year, make an attempt to check the inside pocket of the class folder for your name badge.

If you joined more than one class, it is likely your name badge will be filed in the folder for the first class of the week.

Sometimes the pocket may contain an urgent notice to class members or copies of the latest newsletter set aside for members without email addresses.

It would help if members make a habit of checking the contents of class folders. This process is too often overlooked.

### **WHAT do I do with my name badge?**

Your name badge identifies you as a financial member of U3A Highvale.

Wearing it helps tutors and members to easily recognise each other as part of a group. It is even more important to have it on you when you are on

an outing. Make sure you have your badge ready in your bag, car or somewhere handy.

Your pre-existing medical condition (if declared) and your nominated emergency contact details are stated on the reverse of your badge. Such information is critical for your own safety and you are responsible for making it available. So please wear your badge at U3A activities.

### ***Third Time's a Charm***

What lies ahead?

Bill Gates once said: "The first rule of technology used in a business is that automation applied to an efficient operation will magnify the efficiency. The second is that automation applied to an inefficient operation will magnify the inefficiency."

MyU3A technology has the potential to drive process improvement and enhance new ways of working. With your cooperation in collecting and wearing your badges, it is envisaged that by the time 2021 registration and enrolment come around, operations should be smooth sailing.

*Siew Kennedy,*  
Secretary/Treasurer

## **\*\*\* Class Reports \*\*\***

### **Qigong Class**

I have really enjoyed leading the Qigong class this year, and seeing the progress of each participant.

As the year has sped by, everyone has adapted very well to the slow mindful movements and the co-ordinated deep breathing that form the basis of Qigong practice.

The main exercises we have mastered are 8 Pieces of Brocade, 5 Elements, Shibashi, and Swimming Dragon.

These classic Qigong forms encourage a sense of well being and relaxation.

*Claire Linden*



## Art Appreciation Group

Our U3A Art Appreciation 2019 group has enjoyed a full and rewarding year attending 9 exhibitions in Melbourne and beyond. We have enjoyed works from renowned Australian painters; Sidney Nolan's Ned Kelly series from the NGA at Geelong Gallery and the works of Hans and Nora Heyson at the Ian Potter Gallery at the NGV.

Contemporary local artists' works have been viewed at McClelland Gallery in Langwarrin, the 20 Melbourne Painters' exhibition in Glen Eira, the Len Fox Painting Award entrants at Castlemaine and the Archibald finalists at TarraWarra.

Visiting exhibitions this year have included the works of Dutch artist M. C. Escher and works of the Japanese design studio Nendo, and the Terracotta Warriors and Chinese contemporary artist Cai Guo-Qiang all featured at the NGV.

We look forward to rounding the year of wonderful opportunities with a visit to the Heidi Gallery to view the works purchased from the estate of the late Mirka Mora, an iconic local artist. Also included is a visit to a virtual reality installation called Terminus: pioneered by artists Jess Johnson and Simon Ward.

*Pat Tinsley, Siëw Kennedy*

## Book Group 1 (Afternoon)

We meet on the fourth Thursday of each month at 2pm in the Community Centre – by the fireplace – nice and cosy in winter.

Though we have let the Library know of books and authors we would prefer, in the end it comes down to what is available. Books we find most difficult to read, or just don't like, often create some of our best discussions.

One of the benefits of belonging to a Book Group is being part of a small group and, throughout our discussions, getting to know one another, learning about the lives we have lived and where we have lived and sharing our experiences.

Do consider joining a Book Group if you have the opportunity. At present we do have one vacancy - give me a ring if you would like to join us in 2020. My phone number is 9803 0379, or email bobbie2r@gmail.com.

*Bobbie Rooks*

## Computer Classes

2019 Term 4 saw our student numbers vary a little, a net loss of one student in the Monday and one in the Wednesday classes.

The Monday class continued with the format of learning something new each week and then spending time pursuing individuals' interests. Always learning and improving our understanding of computers and thus lessening the fear of technology. Topics covered this term included a greater understanding of how to use email to protect the privacy of others and ourselves, and using web browsers and online mail services such as Gmail or HotMail. We have also started to look at some of the many applications that Google provide along with one's Gmail account; applications such as Google Calendar and Google Drive.

The Tuesday group continued to provide support for our students in understanding how to use the Windows interface efficiently. We spent some time looking at podcasts, saving and sending photos by email, security on the internet and how to install simple applications with a degree of confidence. Our challenges occur when students want help with very device-specific applications. Unfortunately there comes a time when we have to admit that we are not manufacturer-licensed engineers, and need to suggest an alternate solution. As always, the enthusiasm and willingness of the students to learn makes meeting with them a pleasure.

The Wednesday class spent time mastering attaching and downloading documents, such as photos in emails. Time was also spent in understanding and managing various store folders and manipulating items among them. Challenges persisted with the different processes experienced in the Apple and Microsoft operating systems.

The Highvale Village management has advised that NBN connection to the computer room is likely to occur before end 2019. At last!

*David Jewell, Ron Berry, Dan Hauw*

## Walking & Exploring Group

The Walking & Exploring group meet on the 2nd Tuesday of the month. We are an adventurous group, always ready to visit new places locally and further afield. We have explored many places

in Melbourne CBD and national parks nearer home. There is a lot of chatting as we walk and we always find a new venue for lunch. Each year the group decides on a variety of activities – so there is something for everyone. New members are very welcome.

*Jan Clear*

## Music Appreciation Group

The last 12 months have been very successful for the Music Appreciation Group. We have enjoyed a variety of music including classical, instrumental and “easy listening”, as well as viewing a number of musical DVDs.

We meet at 2-00 pm on the 2nd and 4th Tuesdays of the month throughout the school term in the Village Community Centre.

The attendance naturally varies from week to week due to members having unexpected commitments, but we seem to have an average of approximately 15 - 20 members attending.

As well as enjoying the music we also try to obtain an insight into the composers and the artists, not only to appreciate their achievements, but also to explore various details of their extraordinary lives.

Music is the “universal language” that everyone can understand and appreciate without reservation. Music is also something that people enjoy as a group and it brings them together all over the world for its mutual appreciation

*Don Baird*

## Tai Chi Group

Come to Tai Chi where you will learn to work in a box with tigers, long-tailed birds, wild horses and snakes. You will also help the fisherman cast his nets and the lady weave with her shuttles.

Then there is the experience of friendship, tranquility, sometimes finding muscles you never knew you had and always moving in the right circles.

*Elva Parker*

## Book Group 2 (Morning)

Morning Book Group meets on the 4th Thursday of the months between February and November. We read a variety of books. This year we read:

- The High Mountains of Portugal by Yan Martel
- Wimmera by Mark Brandi
- The Hare with the Amber Eyes by Edmund De Waal
- The Arsonist by Chloe Hooper
- Milkman by Anna Burns
- Nine Perfect Strangers by Liane Moriarty
- My Husband's Secret by Liane Moriarty
- My Brilliant Friend by Elena Ferrante.
- The Madonna of the Mountains by Elise Valmorbida.

Monash Library supplies and chooses our books and we have no idea what we will be reading until we open the library bag. The Library also supplies questions that we discuss. Sometimes the discussions are better when we haven't really enjoyed the book. The books that we have listed above are all available at Monash Library.

If you have always wanted to join a Book Group, the afternoon Book Group that meets at 2pm on the 4th Thursday of the month between February and November, has vacancies. Happy Reading !

*Jenny D'Acre, Jan Clear*

## Line Dancing (Improver) Group

This is the third year U3A Highvale offers a line dancing course.

In these past 2 years, eager learners attended class at the Pavillion on Capital Reserve on Friday mornings to learn line dancing from an enthusiastic and experienced teacher, Doris Teh. During each 70 minute session we would do steps like sailor, paddle, skate, rocking chair etc, as we try to remember and execute dance routines. There are times when Doris would say, "next, we are going to do 'such and such' a dance" and we would look blankly at each other, and then burst into laughter, and Doris would smile, because we have forgotten the starting steps, until we were reminded with a "walk-through".

Just this year alone, we have learned 13 new dances! But who is counting, we are having such good fun.



As this term draws to an end, we look forward to more dancing in 2020. (Photo above shows Doris leading a dance routine during class.)

*Linus Chang*

## Mandarin Class (Intermediate)

Our tutor, June Wang, took a well-earned rest from class lessons over Aug-Sep to visit her parents in Xin Jiang in northwest China. She also took the opportunity to visit other cities in China.

Anna Lim, our intrepid classmate, successfully invited David Jiang to cover June's absence. David has a law practice in China and has travelled extensively around the world. He enthralled us with very interesting facts on China, eg. the key festivals and their significance, when to avoid visiting China, and the prevalence of digital currency done via mobile phones. To thank him for spending the time with us, a yum



cha (where else!) was arranged close to his last lesson in Oct. See David (2<sup>nd</sup> from right) in this photo.

June continues to be an inspiration to us with her positive, patient and encouraging approach to teaching. This includes exploring related words and characters, resulting in a more rounded knowledge. It has helped us understand and apply the language more confidently.

*Dan Hauw, Nelson Koh*

## \*\*\* Miscellaneous Items \*\*\*

### Have Your Say on New Retirement Village Laws

Victorians can now have their say on retirement village laws as part of a review of the Retirement Villages Act 1986. The review aims to update laws about retirement villages to further protect consumers, as well as encourage growth and innovation in the sector. As part of the review, Consumer Affairs Victoria will also be facilitating a number of community consultation sessions during November 2019. The consultation sessions will be held in Shepparton, Geelong and Melbourne, ensuring all Victorians can contribute their ideas.

The review is being conducted in response to the Parliamentary Inquiry into the Retirement Housing Sector and aims to address concerns around: Contractual agreements, including whether contracts are too complex; Disclosure of fees and charges; Obligations for repairs and maintenance; and Rights and obligations when selling a village unit.

Victorians can learn more about the current laws surrounding retirement villages by visiting [www.consumer.vic.gov.au/retirementvillages](http://www.consumer.vic.gov.au/retirementvillages).

Those who wish to make a submission, contribute their stories, experiences, and suggestions on the regulation of the retirement village sector can do so before Friday, 6 December by visiting [www.engage.vic.gov.au/retirementvillagesact](http://www.engage.vic.gov.au/retirementvillagesact)



Here are a few interesting articles from the October issue of GEMS. You can also find back issues on the U3A online website.

### Chair yoga more effective than music therapy

Florida Atlantic University researchers found that the ability of older adult participants with moderate-to-severe dementia could safely adhere to non-pharmacological interventions; more than 97 percent fully engaged in each session. The chair yoga group reported a higher quality of life score, including physical condition, mood,



functional abilities, interpersonal relationships, and ability to participate in meaningful activities.

Source: [\*Chair yoga more effective than music therapy in older adults with advanced dementia\*](#)

## The brain's ability to hear someone in a crowd

Our brains have a remarkable ability to pick out one voice from among many. Now, a team from the Zuckerman Institute at Columbia University has uncovered the steps that take place in the brain to make this feat possible. Today's discovery helps to solve a long-standing scientific question as to how the brain's listening center can decode and amplify one voice over others. It also stands to spur development of hearing-aid technologies and brain-computer interfaces that more closely resemble the brain.

Source: [\*How the brain dials up the volume to hear someone in a crowd\*](#)

## Longer life for dog ownership

The American Heart Association found that dog ownership was associated with a 33% lower risk of early death for heart attack survivors living alone and 27% reduced risk of early death for stroke survivors living alone, compared to people who did not own a dog. Dog ownership was associated with a 24% reduced risk of all-cause mortality and a 31% lower risk of death by heart attack or stroke compared to non-owners.

Source: [\*Dog ownership associated with longer life, especially among heart attack and stroke survivors\*](#)

## Participants Wanted in Study on Benefits of Exercise for the Brain

A Monash University team will be conducting a study examining the benefits of exercise for the brain in healthy older adults, and those with age-related diseases such as Parkinson's disease. They are currently looking to recruit people between the ages of 50-75 with no history of neurological or psychiatric illness.

The study involves attending between two and five sessions on separate days at

- Monash University Clayton Campus, Wellington Rd, and
- Monash Biomedical Imaging, 762-772 Blackburn Rd, Clayton VIC 3168.

You will be asked to complete questionnaires about physical activity, mood, general health, and thinking skills. There will be 4 sessions including completing either computer-based tasks of learning and decision making, 20 minutes moderate to high-intensity exercise on exercise bike, or have your brain activity measured using a painless and safe technique called transcranial magnetic stimulation.

They are collecting data for the remainder of this year and into 2020. Session days and times are generally flexible, though Mondays to Fridays during business hours are preferred.

If you choose to participate, you will be reimbursed \$10 per hour for sessions involving exercise and behavioural tasks and \$15 per hour for sessions involving brain stimulation.

Contact: Eleanor Taylor

Tel. 03 9905 1561

Email: [psych.exerciseandcognition@monash.edu](mailto:psych.exerciseandcognition@monash.edu)

## Highvale Village Market Day

**FRIDAY, 22 NOVEMBER 2019 - 1.30 – 4pm**

**HIGHVALE COMMUNITY CENTRE LOUNGE**

Do you have items you would like to re-gift — something family or friends have given which you don't need? These will contribute to raffle and spinning wheel prizes.

Boxes for your goodies will be available in the Manor office. Required by Tuesday, 12 November.



### 2019

Remembrance Day: Monday 11 Nov

Highvale Village Market Day: Friday 22 Nov, 1.30 – 4pm

Highvale U3A end-of-year function: 26 Nov, 2pm

Highvale U3A enrolment day: 27 Nov, 11am – 1pm

### 2020

U3A Highvale 2020 Term 1: Starts Tuesday 28 Jan



# 2020 New Full Member/Associate Member Application & Membership Renewal Form

Entries marked \* must be supplied

\* **Application Type** ☐ New Member ☐ Renewal

**Title**  \* **Sex** ☐ M ☐ F **Member ID**

\* **Given Name**  Only enter a badge name if you want to be addressed by other than your Given Name. Do not enter your family name.

\* **Family Name**  **Badge Name**

\* **Address**

\* **City/Suburb**

\* **Post Code**  **State**  VIC \* **Year of Birth**  (for U3A statistics report)

\* **Phone Numbers**

\* **Email**  (enter No if no email)

\* **Are you a current member of other U3As?** ☐ No ☐ Yes **If Yes, which U3A?**

**Occupation (prior to retirement)**

**Skills**  **Interests**

**In the event of illness, please notify:**

**Name**  **Phone**

**Name**  **Phone**

**Are there any medical issues?**

**Would you like to receive the Newsletter?** ☐ No ☐ Yes

\* **How did you find out about U3A?**

**What is your country of origin?**  **Language at home (if not English)**

**Would you like to volunteer? (tick preferred positions)** ☐ On Call ☐ Committee ☐ Leader ☐ Tutor

**Availability**

**Fees (tick as required)** ☐ Full Member \$50 Annual Fee ☐ Associate Member \$30 Annual Fee  
☐ Computer Course \$20 Additional Fee per term

**Payment** Total Amount Paid \$\_\_\_\_\_ ☐ cash ☐ cheque ☐ EFT Date \_\_\_\_/\_\_\_\_/\_\_\_\_

I hereby apply to become a member. I will comply with the association's rules Signed: \_\_\_\_\_

\*\*\* Please turn overleaf to select your courses >>>>>

## RETURN COMPLETED FORM WITH CASH / CHEQUE PAYMENT OR PROOF OF BANK TRANSFER

Enclose in envelope marked Enrolments, U3A Highvale — Either deposit at: U3A Box in Highvale Village,  
or Mail form & cheque to: U3A Highvale Inc. U3A Box, 42 Capital Avenue, Glen Waverley, VIC 3150.

Note for EFT: Account Name: U3A Highvale Inc. BSB: 193 879 Account No: 483211581

# TIMETABLE – U3A HIGHVALE

## TERM 1 – JANUARY 28<sup>th</sup> to MARCH 28<sup>th</sup>, 2020

Mark ☒ to select course(s). Your class enrolment will be confirmed after your payment is processed.  
Members will be placed on waiting list if class is full.

ONGOING COURSES	Start	Time	Leader	Freq	Room
<b>MONDAY</b>					
<input type="checkbox"/> Qi Gong	Feb 3	10.00-11.00	Claire Linden	Weekly	CL
<input type="checkbox"/> Let's Do?	Feb 24	10.00am	Self-help	4 <sup>th</sup> Mon	TBA
<input type="checkbox"/> Chinese Mandarin (Introduction) <span style="color: red;">NEW</span>	Feb 3	11.00-12.00	David Jiang	Weekly	Craft
<input type="checkbox"/> Computer Class A <span style="color: red;">**</span>	Feb 3	1.00-3.00	David Jewell	Weekly	CPR
<b>TUESDAY</b>					
<input type="checkbox"/> Let's play snooker	Jan 28	9.00-11.00	Fred Kreltszheim	Weekly	CL
<input type="checkbox"/> Computer Class B <span style="color: red;">**</span>	Jan 28	10.00-12.00	Ron Berry	Weekly	CPR
<input type="checkbox"/> Walking & Exploring	Feb 11	10.00am	Jan Clear	2 <sup>nd</sup> Tues	TBA
<input type="checkbox"/> Music Appreciation	Jan 28	2.00-3.00	Don Baird	2 <sup>nd</sup> , 4 <sup>th</sup> Tues	DR
<b>WEDNESDAY</b>					
<input type="checkbox"/> Tai Chi	Jan 29	9.30-11.00	Elva Parker	Weekly	CL
<input type="checkbox"/> Chinese Mandarin (Beginners) <span style="color: red;">###</span>	Jan 29	9.30-11.00	Claudia Ng	Weekly	Craft
<input type="checkbox"/> Computer Class C <span style="color: red;">**</span>	Jan 29	10.00-12.00	Dan Hauw	Weekly	CPR
<input type="checkbox"/> Mah Jong	Jan 29	10.00-12.00	Jenny D'Acre	Weekly	DR
<input type="checkbox"/> Chinese Mah Jong	Jan 29	10.00-12.30	Kristine See	Weekly	DR
<input type="checkbox"/> Zumba Gold	Jan 29	1.00-2.00	Maya Hirai	Weekly	DR
<input type="checkbox"/> Art Workshop	Jan 29	1.30-3.30	Self-help	Weekly	Craft
<input type="checkbox"/> Yoga (Pranayama) <span style="color: red;">NEW</span>	Jan 29	2.15-3.15	Krishan Pathak	Weekly	DR
<input type="checkbox"/> Ballet & Dance Appreciation	Jan 29	2.30-4.00	Sue Bebarfald	Fortnightly	ML
<b>THURSDAY</b>					
<input type="checkbox"/> Art Appreciation	Feb 20	10.00-3.30	Pat Tinsley & Siew Kennedy	3 <sup>rd</sup> Thur	TBA
<input type="checkbox"/> Book Group 2	Feb 27	10.00-11.00	Jan Clear	4 <sup>th</sup> Thur	DR
<input type="checkbox"/> Book Group 1	Feb 27	2.00-3.00	Bobbie Rooks	4 <sup>th</sup> Thur	CL
<input type="checkbox"/> French	Jan 30	2.00-3.00	Marianne Puccinelli & Arlette Ulrich	Weekly	Craft
<b>FRIDAY</b>					
<input type="checkbox"/> Chinese Mandarin (Intermediate)	Jan 31	9.45-11.15	June Wang	Weekly	Craft
<input type="checkbox"/> Line Dancing (Improver)	Jan 31	9.15-10.25	Doris Teh	Weekly	Pav
<input type="checkbox"/> Line Dancing (Beginners)	Jan 31	10.30-11.30	Ewah Lee	Weekly	Pav
<input type="checkbox"/> Life skills for health & happiness	Jan 31	10.30-11.30	John Keogh	Fortnightly	ML
<input type="checkbox"/> Yoga (Asana)	Jan 31	11.30-12.30	Yvonne Woon	Weekly	CL
<input type="checkbox"/> Current Affairs	Jan 31	2.00-3.00	Self-help	Weekly	DR
<input type="checkbox"/> Music - Singing	Jan 31	3.30-4.30	Joan Foulcher	Weekly	ML
<b>SATURDAY</b>					
<input type="checkbox"/> Tai Chi (practice)	Jan 31	9.45-11.00	Leh Soh	Weekly	CL

**CL** – Community Centre lounge

**CPR** – Community Centre computer room

**Craft** – Community Centre craft room

**DR** – Community Centre dining room

**ML** – Manor lounge – enter Gate 3

**Pav** – Capital Reserve Pavilion

- **NOTE:** For the most-up-to-date status of courses, always check them online in the U3A Highvale website.
- **Life Skills for Health and Happiness, Ballet & Dance Appreciation, and Music – Singing** are held in the Manor lounge at Highvale – enter from Gate 3.
- **If a member is not enrolled in a class, his/her name will not be printed in the class roll.**
- **\*\* Fees of \$20 per term** apply to all Computer Classes.
- **###** Enrolment limited to those who attended last year's class. NOT open to new members.