



THE UNIVERSITY OF THE THIRD AGE

HIGHVALE

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Box U3A, 42 Capital Ave, Glen Waverley 3150

Newsletter

Summer Issue 2021

Email: enquiries@u3ahighvale.com.au

Website: <https://www.u3ahighvale.com.au>

COVID-19 VICTORIA UPDATE

What a relief! Victoria's COVID-19 lockdown has now been largely lifted, although the position for the unvaccinated has yet to be fully determined to everyone's satisfaction.

Most Victorians should be very proud of how they conducted themselves during the world's longest Local Government Area lockdown – 77 days including curfews.

In learning to live with COVID-19, masks and QR code check-ins are still necessary until 90% is fully vaccinated. Victorians continue to be encouraged to get vaccinated with the aim of achieving close to 100% immunisation.

For up-to-date COVID directions, see <https://www.dhhs.vic.gov.au/coronavirus>.

NEWSFLASH!

Lendlease has recently given permission for U3A to start in-person classes from Monday, 1 November.

However our committee considered this was too soon. So the decision was made to start the following Monday 8 November. Our President has now communicated to all tutors for their feedback on whether to return now or wait until 2022. More information is contained in our President's report.

Dates for your Diary

Monday, 22 Nov 2021 - Start of membership renewal for 2022.

Thursday, 25 Nov 2021 - EOY Online Event 2pm to 4pm, a Get Together with members on Zoom. Invitations were sent out on 10th November. If you have not received an invitation by now, please send an email to enquiries@u3ahighvale.com.au or inform any U3A Highvale committee member whom you meet on site:

Jan Clear, Siew Kennedy, Hooi Ng
Marie Bellamy, Mary Nolan, June Wang, Kerry Turner

Wednesday, 1 Dec 2021 - Start of 2022 class enrolment.

President's and Course Coordinator's Report

Hello Everyone !

I hope that you celebrated "Freedom Day" and you are enjoying the extended freedoms that we have now. How our lives have changed, during the last few weeks, with an earthquake, protests, an extended lockdown, severe storms and the AFL Grand Final (an exciting win for Melbourne supporters). I hope that you have been coping since I wrote to you, in our last newsletter.

I know that many of you have been quite lonely and are excited about getting back to meeting friends and enjoying our classes, even though you are unsure about going to places which may be crowded. Last time I wrote I said that I had many unfinished projects. I have finished some but there are more to complete. I look forward to hearing about your projects and achievements during lockdowns.

Your committee members have been busy during the last couple of months. We have organised the details for the End of Year function which will be held on Zoom on Thursday 25 November at 2pm. It will be quite different and I think that you will enjoy the event. Your invitation was emailed to you on 10th November.

We have also been finalising procedures for payments and enrolments for 2022. Details about these procedures are in this newsletter issued on 15th November. See *Getting Ready for 2022* on page 4. If you do not have internet access, we will send out printed copies of the newsletter to you. There will always be some copies in the tray under the U3A notice board. Please let us know if the tray is empty and you don't have access to computers and we will make sure that you get a copy of the newsletter.

Siew and I have attended many Zoom meetings during Term 3, organised by U3A Network and Monash Council. These have included Course Coordinators' Advisory group, and Eastern Metropolitan Regional meeting in which the main topic was discussion about attracting new and younger members, retaining members, and encouraging members to volunteer. We also attended a PALS meeting (Monash Council's Positive ageing Lifestyle program) on Zoom and workshops for "Understanding Friendship in Later Years" and a Scribblers course. We plan to introduce "Understanding Friendship In Later Years" in Term 1 next year. This is a short course and will be run fortnightly.

We have advertised in this newsletter for people (one or two) who may be interested in running the Scribblers course in Term 2 next year. Please look at the course overview and aims to see if this course is something that you would like to facilitate.

During the lockdowns, when we were unable to have in-person classes, I have enjoyed meeting participants of our Zoom classes – Computer, our two Intermediate Mandarin classes, French, Yoga and Zumba Gold. I haven't attended our second Yoga class which is now broadcast from India or our online Line Dancing. The members of all these classes have enjoyed meeting together

online and have made good progress. Unfortunately some members were unable to participate because they don't have Zoom or computers. Hopefully those people will join in again in 2022. If you would like to join one of the Zoom classes, please let me know.

As I write this letter, we have just received notification from Lauren (Highvale Village manager) telling us that classes can begin at Highvale in November. This is very exciting and most unexpected. I have just written to our tutors to see if they would like to resume in-person classes for the last four weeks.

The committee has just finished updating our COVIDSafe Plan and has given a review copy to Lauren. The plan indicates that EVERY CLASS will need a COVID Check- in Marshall. The COVID Check-in Marshall will keep a record of members attending the class, monitor check-ins (QR codes or sign in list) and check vaccination status. People attending the class will have to prove their vaccination status (those attending classes must be double vaccinated) or produce a valid certificate to show that they have a medical exemption.

As classes began from 8th November, the first requirement was to appoint a COVID Check-in Marshall. The tutor may decide to be the Check-in Marshall and that is fine. In the first week, Committee members would be in attendance-to help class members if there were problems with checking in.

Continue to take care and stay well and enjoy meeting with friends as classes begin. I look forward to meeting you again at classes and seeing you "on screen" at our November function.

Yours in lifelong learning,

Jan Clear

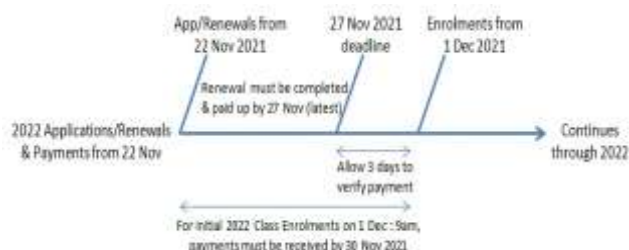
President and Course Coordinator



Getting Ready for 2022

PLEASE READ THIS VERY CAREFULLY

U3A Highvale membership renewal for 2022 starts from Monday 22 November 2021. You must be registered by 27 November to be able to enrol in 2022 classes from 1 Dec 2021. See timeline below.



There are four key points to note:

- You must be an existing fee-paying member. Honorary membership will be automatically renewed.
- You require an email address, membership ID and password to transact online.
- You cannot enrol in a class until your payment of \$50 (EFT, at bank or by cheque) has been received.
- Your membership badge will be distributed on commencement of classes in Term 1 of 2022.

Procedures for renewal, payment and class enrolment are explained here.

For more details on how to renew your membership online, make payment and enrol in class(es), download the relevant **GUIDES** from our website:- <https://u3ahighvale.com.au/>



How to Renew Membership

There are two ways you can renew your existing membership:
Method A or Method B.

Method A

Renew Online via myU3A

For Method A, you MUST have an email address, member ID and password to register online.

You can operate **myU3A** on desktops, laptops, notebooks, laptops, surfaces and smart phones. All you need is a web browser – Firefox is recommended.

1. Access myU3A via the Member Portal on our website and enter your ID and password and click **Log in**.



2. If you cannot remember your password, click **Forgot Password**.



3. At the Forgotten Password page enter your ID and email address and click **Send Password**. When you receive your password, log into the Member Portal.
4. The Membership Status page displays. Click **Renew Membership 2022**.
5. The grade of membership is set at FULL MEMBER. Confirm that you will abide by the constitution and U3A Highvale policies by ticking the check box and click **Proceed**.
6. Update your profile if you wish and click **Commit**.
7. The Membership Status 2022 page informs you that you have successfully entered your details and membership fee is owing. If everything is in order click **Next**.
8. The Member Summary 2022 page displays. Print it as a record of your successful renewal and click **Pay Office** to indicate that you will follow up with payment. The system returns you to the Member Portal page. See **STAGE 2** on how to make payment.

Method B

Renew by phone

Follow Method B if you can't renew online.

1. Committee members know those who are unfamiliar with computers. If you fall in this category, you will get a call to check if you wish to renew your membership and it will be processed for you on the spot.

- You'll have to tell the caller (a committee member) what classes you want to join.
- After your renewal is confirmed, make out a cheque to U3A Highvale, enclose it in an envelope addressed to the Treasurer.
- Drop the envelope in the U3A Box located outside the Highvale Retirement Village, Community Centre by 27 November 2021.
- As soon as your payment is received, your selected classes will be processed for you on 1 December 2021.



How to Pay

Having completed your renewal, you'll need to pay a fee of \$50 before enrolling in 2022 class(es).

There will be a time delay between your renewal and receipt of your payment. To allow for all payments to be settled, class enrolment is scheduled for 1 December 2021.

Pay By Electronic Funds Transfer (EFT)

For those who wish to pay via EFT, please use U3A Highvale's bank account details:

Bank of Melbourne
 BSB: 193-879
 Account No: 483211581
 Account Name: U3A Highvale Inc.

- When paying by EFT, use your ID and name in the payment reference: e.g. *ID987 JBlog*
- If possible, notify U3A Highvale of your payment via an email, quoting your Member ID, name and transaction reference to: postmaster@u3ahighvale.com.au.

Pay By Visiting Your Bank

- Visit your bank and arrange payment to U3A Highvale's bank account (see above).
- Use your ID and name in the payment reference: e.g. *ID987 JBlog*.
- If possible request your bank to notify U3A Highvale of your payment via an email, quoting the payment reference to: postmaster@u3ahighvale.com.au.

Pay By Cheque

- If you applied online, enclose your Member Summary and cheque made out to U3A Highvale Inc. in an envelope and drop it in the U3A Box at the Village. Alternatively, post your Member Summary and cheque payable to U3A Highvale Inc. The postal address is:

Treasurer
 Box U3A,
 42 Capital Avenue
 Glen Waverley, VIC 3150.



How to Enrol in Classes

Once all payments are receipted, the Classes 2022 button in myU3A will be available on 1 December 2021 from 9am. This allows for the selection of class(es). If a class is full, a member will be waitlisted. For online enrolment:

- Log into the Member Portal with your ID and password.
- To select class(es) for 2022 click **Classes 2022**. From the list displayed, tick the relevant checkboxes as required to enrol in one or more classes.
- Click **Next** when done.
- The Member Summary records your successful enrolment and payment receipt. Click **Exit** to finish.
- You will be informed of your successful class enrolment by email.

Siew Kennedy
 Secretary/Treasurer

MAHJONG CLASS Report

My Journey with Pungs and Chows.

During this "COVID time" I'm sure we've all had time for reflections. On one of these occasions I was pondering what I was missing from my life – firstly family and friends and I thought of our Mahjong at U3A Highvale, the companionship and the brain stimulation. This led me to consider the beginnings of my interest and then wish to play the game.

Around 1956 at the age of 10 years I had the pleasure of spending time in the company of family friends in their seemingly fairytale house – an enormous double storey Tudor styled house built in 1904 that they had recently bought, complete with wonderful large English furniture of the 1900's and earlier, sometimes finding it scary due to the stories of the resident ghosts the adults delighted in telling me! On a table in the "front room" was a fascinating collection of "tiles" with Chinese style pictures and symbols set up – no one knew anything of this collection. I remember special times with this set making up stories and enjoying the beautiful smooth pieces of mystery.

As time passed I was pleased, and envious, as my mother and her friends in our small community began playing MAHJONG. No Google nor bookshop at hand but a great Librarian who helped them grow their interest, boards crafted by my father from skirting board material, carefully finished and varnished. Friday afternoons for the Mahjong Girls began extending to tea and evenings and even weekends home or away. The glass of sherry at the end of the afternoon sometimes moved up the program to afternoon tea time but they enjoyed wonderful friendships for a very long time.

Hence when Jenny told me that U3A Highvale was happy to permit her to add Mahjong to the U3A program I was delighted to be able to put my mother's set to work again, meet and enjoy the company of like-minded people and feel the circle complete.

Bring on Wednesday mornings 10AM in the Highvale Village Dining room!

A Story to ponder whilst setting up your next Mahjong game

Long before the West showed its interest in Mahjong the Chinese made sets in small workshops with methods passed from father to son over generations. Every workshop had its own speciality – one workshop would saw the bone for the front of the tile into flat pieces, another dried the bamboo and then sawed it into little blocks, a third workshop put the two forms together, and the fourth would do the engraving.

In the 1920's when The Great Mahjong Craze broke out American businessmen wished to fulfil the demand for sets.

"Impossible", the Chinese said, "there is not enough bone as one Mahjong set requires sixteen (16) shin bones from a cow!"

"Nothing", the Americans said and they exported shiploads of cows' legs from Chicago to China.

During this time ivory and ebony were occasionally used for purveyors of Mahjong sets- fortunately this practice ceased in 1990 with the worldwide ban on trade of raw ivory to protect the African elephant.

Recruiting workers to work in a factory rather than in their workshops proved an even bigger problem and eventually the Americans and British brought the workshops, moved them to Shanghai, all under 1 roof – apart from the bamboo which required to be dried for 18months before being cut to size. This handicraft has remained as it always was.

The artisans and their craft continued. The fascinating details of that we will have to wait for another Newsletter

Reference: The Great Mahjong Book by Jelte Rep

Sue Krogh

Class Member

ART APPRECIATION CLASS Report

2021 proved to be a more successful year than 2020 for our group in that we managed to visit 4 Galleries before lockdown curtailed our outings.

February saw us travel to the Mornington Peninsula Regional Gallery to view the National Works on Paper acquisitive exhibition. In March we visited the NGV Triennial which demonstrates the extraordinary intersection between contemporary art, design and architecture. In May we were lucky enough to travel out to Healesville to the Tarrawarra Biennial which featured 24 artists from across the country and a number of on-site installations seeking to restore connections to land and earth.

We began Term 3 well with a trip to the Ian Potter Gallery of NGV to see "She-Oak and Sunlight", the wonderful and extensive Australian Impressionists.



Our planned trip to see the Twenty Melbourne Painters 103rd Annual Exhibition was cancelled due to lockdown but an online exhibition was available. Unfortunately too we have had to be content to view the French Impressionists online

as NGV had provided a number of opportunities for us to view the collection and hear interesting speakers.

With the use of the Highvale bus our day trips had included coffee stops and lunches and we were also able to socialise and discuss the stimulating art that we viewed. We thank our drivers for making our outings so easy and enjoyable. We look forward to when we can get out and about again as our wish list of galleries grows.

Pat Tinsley

Class Member/Facilitator

TAI CHI CLASS Report

Tai Chi originated in China between 700 and 1500 years ago, and has evolved from the practice of martial arts. The form we practise today is a soft form and a peaceful version of these arts but retains all the discipline of the original practices and is an excellent form of exercise. There are many benefits which include coordination of the mind and body when practising, calming the mind through a form of meditation, improving concentration and also the benefits to the brain of learning a new exercise, not to forget improving our balance.

Our U3A Highvale Tai Chi class meets on Wednesday morning from 10 o'clock to 11 o'clock and it has always been a very popular class. We have two dedicated teachers, Elva who has many years of experience and is passionate about passing on her knowledge and expertise and Leh, who is also very experienced and has assisted Elva for many years.

We start our session with warm ups to prepare us for the exercises to follow. Then we begin with Beijing 12 which is a short exercise to introduce us to some of the basic Tai Chi movements and steps, followed by Beijing 24 which is a longer form with many more movements. Yang style Tai Chi is our next practice and this is an even longer more complicated form which we are still in the process of learning. We also practise Tai Chi steps and body movements and concentrate on any of the individual movements that we feel we want to improve to master the correct execution.

Tai Chi is not an easy discipline to learn but the patience and perseverance required can be very rewarding. At times our efforts to "get it right" gives us all some very light hearted moments during our lessons and we do have some fun. Also worth mentioning is the lovely music that accompanies our exercises, which is very calming and which we all enjoy.

This is a friendly class with members who have attended for a long time and who count this class as very important to them. We are certainly not perfect in our efforts but we are keen to learn and try to improve. It's a challenge we are happy to take up. Tai Chi is an ongoing learning experience for all the students in our class.

So we welcome anyone who would like to give Tai Chi a try and we all look forward to being able to attend our classes at some stage in the near future.

Marie Bellamy

Class Member

IKEBANA WORKSHOP Report

An online workshop on Ikebana was held on 30 September 2021. This was made possible through the generosity of three members who were willing to share their prize of a free Ikebana Workshop conducted by Lai Fong (a qualified Ikebana teacher). The Zoom session was organised by Hooi Ng (a committee member) and was well received. Here are two of the many flower displays created during the workshop.



If it is possible to start an Ikebana course, would you be interested? If so, please tell us via an email to enquiries@u3ahighvale.com.au.

The number of members who are keen would determine the feasibility of running such a course.

Siew Kennedy

Participant

MANDARIN INTERMEDIATE 1 CLASS Report

“Nihao.” (“How are you?” in Mandarin).

This will be very brief report for the U3A Highvale Intermediate 1 Mandarin class for the latter half of 2021. Zoom video conferencing was used for conducting the classes. This technology has been the enabler for us to continue attending the class remotely throughout the lockdown periods.

Summer is almost here and the state COVID lockdown has mostly ended. Our choice of the Mandarin class taught by Claudia has turned out very well. On behalf of all class participants, we thank Claudia for volunteering her time to teach the consistently attended Mandarin class during this once in a lifetime period.

During this period, the class progressed the Nihao3 textbook through Chapters 4 – Leisure Life, Chapter 5 – Revision and Chapter 6 – Each Has Its Own Merits). There were about 90 new expressions or words to be remembered (and also to be forgotten). However, it is important to forget to use “pang” (plump) and remember to use “miaotiao” (slim). Claudia suggested it’s best to use “feng man” (full). In Chapter 4, Dongdong would need to figure out how to watch his tennis match. We also had some class homework to submit. Also, classmates had to make up and present some short Mandarin sentences for class discussion.

The class also use the WhatsApp chat app for class communication and some social interaction. Comments on the class from class attendees were:

- We cannot ask for a better Mandarin teacher than Claudia. There is great rapport amongst all of us in class and we thoroughly look forward to our Mandarin class with Claudia each week. AT.
- The way Claudia teaches, you do not feel embarrassed if you make mistakes it takes a lot of patience to accept that we find it challenging to learn Mandarin. Also, the class encourages us to have a go and I introduced a quick exercise after Mandarin class. W.
- Remote learning in Mandarin class is great as Claudia makes it more engaging. Can’t fault anything as all of us look forward to

lessons every week. SC.

- I appreciated Claudia’s extensive knowledge beyond the language and am grateful for her patience and kindness. Y.
- I find learning Mandarin, writing, reading and remembering the characters are very challenging. Thankfully we have a great teacher in Claudia. HY.
- Although I am not normally keen on language learning, I am glad that I chose to attend this Mandarin class a few years ago. The class lifts you out your comfort zone. We get to interact with our teacher and classmates. EC.

The aim of U3A is to promote healthy aging by engaging in stimulating mental, physical and social activities. On behalf of everyone, I would concur that this class does that very well. We look anticipatively to future classes.

The final word –Thanks also to the dedicated U3A Highvale committee who made this class possible during this challenging time.

Edmund Chin
Class Member

COMPUTER CLASS Report

Just a few lines from the U3A Computer class to convey the message that this class inspires us all to try and extend our capabilities while receiving much help and guidance along the way. We all only have to ask what we need to learn, and help is there. We are all at different knowledge levels, and many of us do not have much computer technology experience. We can only encourage people to have a go with a great group of class members.

Isabelle Anderson
Class Member

PROPOSED SCRIBBLERS’ COURSE

EXPRESSIONS OF INTEREST.

We are hoping to introduce the Scribblers' course in Term 2, next year. This course has been run successfully in the U3A in Beechworth and details were presented to other U3As in workshops on Zoom in September. The course would run for six weeks and there would be a maximum of ten participants. We think that it would be good to

GEMS for Enquiring Minds

have two presenters and they could share the work load either by doing different parts of the presentation or one working the MS PowerPoint app and the other doing the presentation.

The course overview and aims of the course are printed below. We have the PowerPoint slides and hard copies of these which we can pass onto interested presenters.

If you require further information please don't hesitate to contact us at enquiries@u3ahighvale.com.au.

We are happy to negotiate days and times.

COURSE OVERVIEW

The Scribbler course covers the fundamentals of art and principles of design to build a strong foundation in drawing, so members develop the confidence to explore their personal drawing style and find their own visual voice.

The course aims to build a supportive, social environment which is uniquely enhanced by online sharing applications like WhatsApp. It also fosters a curiosity about their local area with occasional open-air sessions.

The Scribblers course is for members who share an enthusiasm for drawing, regardless of their skill level.

COURSE TYPE

The course can be run either in-person or online, as a short or continuing course with weekly classes.

AIMS OF THE COURSE

The aims are to:

- Develop and extend basic drawing and observation skills by focusing on the fundamentals of art and principles of design.
- Explore new art mediums, self-expression and ways for participants to find their own visual voice.
- Enhance curiosity about the world and extend knowledge of the local area.
- Develop confidence as an artist and in presenting information to a group through short talks.
- Provide a vibrant creative environment, enjoyment, and social interaction for the participants.
- Enhance the social connection of the group by using WhatsApp.

Jan Clear

President

Here are a few gems to expand your general knowledge and satisfy your curiosity. Click on the link at the end of each article for the full report.

Men, women ride the same emotional roller coaster

A new University of Michigan study confirmed that men's and women's feelings such as enthusiasm, nervousness or strength fluctuate to the same extent, although likely for different reasons.

It found little-to-no differences between the men and the various groups of women.

<https://www.sciencedaily.com/releases/2021/10/211025113735.htm>

Why do we remember stressful experiences better?

"We usually have detailed images in your mind's eye of stressful experiences, such as taking the driving test, even after many years, says Oliver Wolf from the Ruhr University, Bochum, Germany, "Whereas a walk through the park on the same day is quickly forgotten."

Emotional memories appear to relate strongly to the important aspects of the episodes at the neural level and become more closely aligned with the stress trigger.

<https://www.sciencedaily.com/releases/2021/10/211015184209.htm>

Non-human mammals do have a sense of rhythm

Over a period of twelve years, the researchers from Turin visited the rainforest of Madagascar recorded songs from twenty indri groups (39 animals), living in their natural habitat. Indri family groups, e.g. lemurs, tend to sing together, in harmonised duets and choruses. The team found that indri songs had the classic rhythmic categories (both 1:1 and 1:2), as well as the typical 'ritardando' or slowing down found in several musical traditions. Male and female songs had a different tempo but showed the same rhythm.

<https://www.sciencedaily.com/releases/2021/10/211025113730.htm>

Scams are increasing

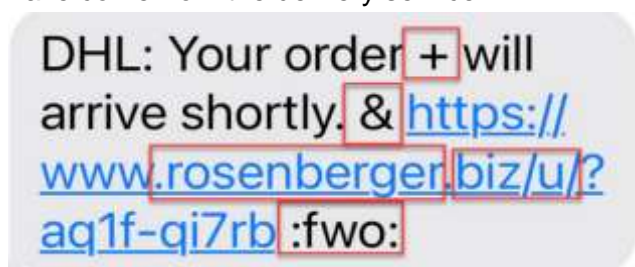
Scams are now widespread. Scammers use every avenue in attempts to trap people – via emails, malicious calls, mobile phone messages

("flubot") and even advertisements. Common scams are demands from the Australian Federal Police and Australian Tax Office. Others include news of prize winnings and awaiting item delivery. These require responses on personal information, e.g. name, address and other personal data to enable item delivery.

Scamwatch has received a record \$211 million in losses to scams by Australians so far this year. Investment scams are reported to have cost Australians over \$70 million in the first half of this year, more than the total losses reported to Scamwatch for all of 2020. The Scamwatch website below contains more news and alerts.

<https://www.sciencedaily.com/releases/2021/10/211025113730.htm>

One example is the following SMS supposed to have come from the delivery service DHL.



Apart from the fact that you did not order anything that would be delivered by DHL, there are several things in the message that identify it is a scam.

1. The message says that your "DHL order will arrive soon". Note the typo "+".
2. The website www.rosenberger.biz is suspicious. Other examples are misspelt website names or sender addresses, e.g. "wolworths", which is not from Woolworths.

This type of nasty SMS scam messages is going around and people might have received many repeat emails. **DO NOT OPEN THESE MESSAGES!** They contain malware (malicious software) that will infect your phone and PC.

More information on Scams can be found in <http://student.u3ahighvale.com.au:8080/documents.html>



"Something for nothing" is always so tempting. But behind some of these deals are expensive

subscriptions that many customers are unaware they're signing up for.

Unfortunately many such ploys are perfectly legal because the conditions under which victims end up having to pay often are hidden in the small print. So reading the fine print carefully is highly recommended.

Many spruikers of free trial programs ask customers to provide their credit card or bank account details, sometimes claiming they need the numbers for security purposes, or to cover supposed shipping and handling costs. In the process, the customer may not realise they're also actually signing up for an automatic subscription or supply.

The onus is on the customer to cancel or opt out before the trial period ends. Sometimes, that's not easy to do, and the subsequent costs may be considerably higher than the customer thought.

7 rules to apply:

1. Always research the company making the offer.
2. Check if the relevant website or TV ad offers contact details.
3. Read those terms and conditions, and other small print, carefully.
4. Make sure you know and keep a note of the cancellation procedure before you even sign up.
5. Look for and make a note of the date the free trial ends.
6. Consider using a debit card for your sign-up.
7. If paying by credit card or bank account, check your statements regularly for unexpected payments.

<https://scambusters.org/freetrial.html>



We would like to thank
Hon. Shaun Leane MP,
Member for Eastern Metropolitan Region,
for printing this newsletter.

U3A HIGHVALE TIMETABLE

TERM 1 – 28th January to 8th April 2022

Tel: 03 9803 8592

Email: enquiries@u3ahighvale.com.au

Updated on: 4 November 2021

- **NOTE: Members must be fully vaccinated for entry to the Retirement Village and the Pavilion.**
- This printed version of the timetable is **subject to change at short notice**. For the most-up-to-date status of courses, always check them online in MyU3A on the U3A Highvale website: <https://u3ahighvale.com.au/>
- In-person classes are subject to vacancies. **Online** classes are tagged **Google Meet or Zoom**.
- **If a member is not enrolled in a class, his/her name will not be printed in the class roll.**
- Life Skills and Ballet & Dance Appreciation are held in the Manor lounge at Highvale – enter from Gate 3.

COURSES	Start	Time	Leader/Facilitator	Freq	Venue
MONDAY					
<input type="checkbox"/> Health Qigong Daily on Zoom	Jan 31	11.55-1.30	Hooi Ng	Daily	Online
<input type="checkbox"/> Computer Class A ** Zoom	Jan 31	12.00-2.00	David Jewell	Weekly	Online
<input type="checkbox"/> Computer Class B ** Zoom	Jan 31	12.00-2.00	Ron Berry	Weekly	Online
<input type="checkbox"/> Computer Class C ** Zoom	Jan 31	12.00-2.00	Dan Hauw	Weekly	Online
TUESDAY					
<input type="checkbox"/> Let's play snooker	Feb 1	9.00-11.00	Fred Kreltszheim	Weekly	CL
<input type="checkbox"/> Walking & Exploring	Feb 8	10.00	Jan Clear	2 nd Tues	TBA
<input type="checkbox"/> Art Workshop	Feb 1	1.30-3.30pm	Shrima de Zoysa	Weekly	Craft
<input type="checkbox"/> Music Appreciation	Feb 8	2.00-3.00pm	Don Baird	2 nd , 4 th Tues	DR
<input type="checkbox"/> Yoga Pranayana Google Meet	Feb 1	3.00-4.00pm	Krishan Pathak	Weekly	Online
WEDNESDAY					
<input type="checkbox"/> Chinese Mandarin (Intermed 1)	Feb 2	9.30-11.00	Claudia Ng	Weekly	ML
<input type="checkbox"/> Chinese Mah Jong / Gin Rummy	Feb 2	9.30-12.00	Kristine See	Weekly	DR
<input type="checkbox"/> Tai Chi	Feb 2	10.00-11.00	Elva Parker & Leh Soh	Weekly	CL
<input type="checkbox"/> Mah Jong	Feb 2	10.00-12.00	Jenny D'Acree	Weekly	DR
<input type="checkbox"/> Ballet & Dance Appreciation	Feb 2	2.30-4.00pm	Sue Bebarfald	Fortnightly	ML
<input type="checkbox"/> Yoga Pranayana Google Meet	Feb 2	3.00-4.00pm	Krishan Pathak	Weekly	Online
THURSDAY					
<input type="checkbox"/> Art Appreciation	Feb 17	10.00-3.30	Pat Tinsley & Siew Kennedy	3 rd Thur	TBA
<input type="checkbox"/> Book Group (AM)	Feb 24	10.00-11.00	Jan Clear	4 th Thur	DR
<input type="checkbox"/> Book Group (PM)	Feb 24	2.00-3.00pm	Bobbie Rooks	4 th Thur	CL
<input type="checkbox"/> French Zoom	Feb 3	2.00-3.00pm	Marianne Puccinelli	Weekly	Online
<input type="checkbox"/> Line Dancing (Absolute/Uppr Beginners) Zoom	Feb 3	7.45-8.45pm	Matthew Coleman	Weekly	Online
FRIDAY					
<input type="checkbox"/> Line Dancing (Improver)	Jan 28	9.00-10.15	Doris Teh	Weekly	Pav
<input type="checkbox"/> Line Dancing (Beginners)	Jan 28	10.30-11.45	Ewah Lee	Weekly	Pav
<input type="checkbox"/> Chinese Mandarin (Intermediate 2) Zoom	Jan 28	9.30-11.00	June Wang	Weekly	Online
<input type="checkbox"/> Life Skills	Feb 4	10.30-11.30	John Keogh	1 st Fortnight	ML
<input type="checkbox"/> Understanding Friendship	Jan 28	10.30-11.30	Jan Clear	2 nd Fortnight	ML
<input type="checkbox"/> Flow Yoga Zoom	Jan 28	11.30-12.30	Yvonne Woon	Weekly	Online
<input type="checkbox"/> Current Affairs	Jan 28	2.00-3.00pm	Self-help	Weekly	DR

KEY to VENUES

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