



THE UNIVERSITY OF THE THIRD AGE

HIGHVALE

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Newsletter

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QUOTABLE QUOTE

" Learning itself is so important. Learning has no time or age restriction, all that we need is a passion for lifelong learning."

Your New Committee for 2022

Congratulations to the following members who were elected to be the new committee for 2022 at the AGM held on 2nd March! The out-going President Jan Clear, thanked the 2021 committee for their dedication, hard work and commitments.

The new committee consists of:

Secretary & Treasurer: Siew Kennedy; Ordinary Committee Members: Marie Bellamy, Hooi Ng, Pat Tinsley and June Wang. The positions of President and Course Coordinator are currently vacant.

A Special Mention

We are sorry to hear that Samantha Barley, Village Coordinator is leaving the Highvale Retirement Village. During her stint, Samantha has been a great help to U3A Highvale for which we are grateful. We wish her well in her "new and exciting adventures".

The Karaoke class is in full swing now and getting to be very popular with Manor residents and U3A members. The committee would like to thank Kristine See (facilitator) for all her hard work in launching the class and keeping up the fun level on a weekly basis. Well done Kristine!

COVID-19 Victoria Update

Recent relaxation on movements, public gatherings and hospitality settings meant that in most situations wearing of masks is now not compulsory. However, with new strains of the virus lurking around, it is probably a good practice to wear masks in restricted spaces and maintain distancing to avoid contracting the viruses. As we move into cooler weather of Autumn and Winter, there is the added threat of influenza on top of COVID-19 Omicron virus. If you are eligible, please make appointments for your vaccinations, and stay safe.

For more information on public health COVID-Safe guidelines please visit: <https://www.health.vic.gov.au>

U3A Highvale AGM – President's Report

Good morning everyone. Thank you for giving up your precious time to attend this AGM. We are pleased that you are here with us, on Zoom. You may be interested in some statistics about U3A which were released at the June 2021 Members' Council meeting. At that time, there were 104 member U3As and 34,624 members. Eight member U3As have more than 1,000 members and twenty-seven have less than 100 members. There are 75 % more females than males. You can see from these statistics that U3A is a big organisation, maybe bigger than you thought.

The year since our last AGM has been another year of ups and downs. I think that we have coped well, under the circumstances. Firstly, I want to thank our committee members for their hard work-Siew, Hooi, June, Kerry, Mary and Marie. They have all been willing to complete any tasks and have worked together as a group. Kerry and Mary are not seeking re-election and we wish them well for the future. Secondly, I want to thank our hard working tutors and the village management. The tutors have been very patient when we weren't sure about starting in-person classes and have kept in touch with their students. Bobbie has retired as a tutor and we thank her for her years of work. Two tutors, Maya and Yvonne are working elsewhere. We thank them for taking classes at Highvale. Our Zoom tutors-Ron, Dan, David, June, Claudia and Marianne have remained on Zoom and have developed positive relationships, with their class members. Lauren, Eileen, Samantha, and Kaye -our village management are very supportive of U3A and happy to help anytime. Eileen has retired and we will be pleased to welcome her replacement.

U3A Network has run many online workshops, information sessions and Council meetings. Siew and I have attended most of these. One workshop was run by tutors from Moreland, near Coburg and was on "Understanding Friendship in Later Years". I was keen to run this course so have been doing it this term. It has been interesting and there has been good discussions although the group is small. I also attended the Course Coordinators' Support Group. This was valuable as we met other coordinators and learnt about courses that they were running. We had also represented Highvale at PALS Monash Council, (Positive Ageing Lifestyle Program), U3A Eastern Region Meetings which are held every term, and the Presidents Briefing. Other information sessions had been on Marketing, running Hybrid classes and starting up again after the Pandemic.

We have had two interesting functions this year. The first one was our 2021 End of Year function that was held at the end of November. It was quite different from any functions that we had before and Siew spent many hours preparing the material. We received many favourable comments about the function and we congratulated Siew. The prizes that we had for that function were vouchers donated by French's IGA at Kerrie Road.

On 28 January, we had a Welcome back Celebration. All tutors and members were invited to this. We introduced the tutors and they all said something about their classes. This function replaced our Tutors' Breakfast that we usually have in February. We enjoyed the musical items provided by Ken's Singing group. It was lovely to listen to songs that we knew. Afternoon tea was provided - individually wrapped. We have started a "Karaoke group" which meets in the Manor Lounge every Friday afternoon. We did have a group "Let's Do" earlier in the year but we cancelled it because there wasn't enough interest. Our two Line Dancing classes (Beginners and Improvers) are now meeting at Glen Waverley Uniting Church as the Capital Avenue cricket pavilion was not large enough. These two groups are hoping that they will get more members. We also have a Line Dancing group, Yoga and Health Qigong online.

I would like to thank our newsletter editors-Linus and Dan. They have done a wonderful job producing newsletters every term. They are always looking for more contributions. You can send them early and they can be kept on file until the next newsletter is produced.

I am not seeking re-election as President and a committee member. I will still be involved in U3A Highvale, as a tutor. I have enjoyed working on the committee and representing our U3A at various meetings. I wish the new committee all the very best for 2022.

Yours in lifelong learning,
Jan Clear

Highlights of Term 1

Throughout Term 1 of this year, U3A Highvale activities revolved around our: Classes, Members and tutors, Committee of Management, Local community — Monash and Wider community — U3A Network Victoria.

Our Classes, Members, Tutors

- 2022 classes commenced in both formats -- online and in-person. Three new classes were introduced: Karaoke (singing), Understanding Friendship in Later Years and Zumba on Zoom. The Line Dancing classes moved to larger premises at the Glen Waverley Uniting Church hall.
- Our website was enhanced to make some core functions easier to access. For example, access to online applications and enrolments have been simplified. David Jewell worked on these improvements with input from Siew Kennedy.

Our Committee of Management

- Approximately 20 members attended the AGM via Zoom on 2nd March 2022 (referred to in the President's report). Seven proxies were received.
- Jan Clear resigned from the committee and to date the positions of President and Course Coordinator are vacant. Nominations for these positions are most welcome.
- A submission was made for a grant from the Stronger Communities Program Round 7. The amount requested (about \$4,000) is to help with upgrading computers for training.

Our Local Community — Monash

- A Family History Group Course via Zoom was advertised in the recent Monash PALS publication. The group meets monthly online to listen to a range of topics on genealogy, local/Victorian history presented by guest speakers. U3A members can join this free course. Just send an email to Jason.Brack@monash.vic.gov.au.
- An application for a Monash Grant for hall hire has been submitted. If successful it will pay for the rental of the Glen Waverley Uniting Church Hall for 1 year from 1/7/2022.

Our Wider Community — U3A Network Victoria

- Siew Kennedy attended the U3A Network Council on 16th March. Reports were presented on Network plans for 2022, organisation structure and responsibilities, education - Network's digital literacy programs, marketing - harnessing social media and Search Engine Marketing (SEM).
- U3A Networks is launching a Photography Contest called 'Show Us How You U3A' – The aims are to challenge the stereotypical images of older people we often see in the media – and get the word out to the Victorian community about U3As at the same time. The competition is now open and concludes on 29 April. More information about the competition can be found on Network's website: <https://bit.ly/358X6Vr>

Siew Kennedy
Secretary

Feature Article

Future Proofing

It is now 25 years since U3A Highvale started life at the Retirement Village. Up to 2020, its approach had been a very traditional way of organising itself, managing memberships and conducting classes in the Village and other premises.

But COVID-19 has somewhat switched the focus to online communication and reduced in-person classes, enrolment days, paper-based applications/timetables and such like.

Why 2020 Was a Game Changer?

With the pandemic came COVIDSafe principles such as mask-wearing, mandatory vaccination, social distancing, COVID-19 testing and isolation.

These have impacted group communication, social connectedness, physical activities, consumer confidence and mental well-being.

How Has Our U3A Been Affected?

Lockdowns and restrictions meant that:

- On-site classes had been cancelled intermittently.
- Online classes via Zoom or other virtual meeting platforms were introduced where feasible.
- Socialising among members over a cup of coffee/tea was discouraged. Handshakes were replaced by elbow knocking (a practice I personally find ludicrous).
- Interpersonal communication turned digital.

A paradigm change was called for. The traditional approach to U3A activities and outputs needed to be adjusted.

What Should Members Expect?

There is now an emphasis on fewer physical encounters and more online experiences.

Electronic outputs and transactions will replace paper-based forms and documents.



Members and tutors are encouraged to:

- Communicate with U3A committee members via emails to enquiries@u3ahighvale.com.au
- Embrace Zoom technology and similar video-conferencing platforms. If anyone requires help, please speak to a committee member, leave a voicemail on 03 9803 8592 or send an email to the above address.
- Make better use of the MyU3A system to:
 - Update your profiles and ensure your contact details are up to date.
 - Renew or withdraw memberships.
 - Enrol in or withdraw from classes.
 - Submit apologies to tutors for absenteeism.
 - Mark class attendance (a MyU3A feature designed for tutors).
- Check the website for the latest timetable and online posts.
- Switch to Electronic Fund Transfer (EFT) for payment of fees, to avoid unnecessary trips to the bank.

Like other countries, Australia is still battling the pandemic and the future is hard to predict. Our paradigm shift aims to minimise the shock effects of times ahead. Your willingness to accept the tech savvy challenge is key and your cooperation in moving with the times is much appreciated.

Siew Kennedy
Secretary/Treasurer



Below are two snapshots of the functions referred to in the President's Report. The first shows the Singing Friends Group in entertainment mode at the Welcome Back event.



The second was taken of the AGM on Zoom.



Class Reports

Computer Class

Although things are getting back to a new "Covid normal" the U3A Highvale Computer Class continues online. The hope is that next Term will see at least one class return to the Computer Room so that those who wish to start out exploring their digital devices can make a start from scratch. In the meantime our online class each Monday at midday is going strong with a dozen or so members, exploring Windows or Macintosh desktop and laptop computers, Android or Apple tablets plus their mobile phones.

So far this term we have covered the following topics:

- Essential Windows Techniques
- Voice Activated Applications
- Storing Your Covid Certificate on Your Smartphone
- Accessibility Functions
- Password Managers
- What makes up your Computer Desktop
- Exploring Macintosh Preference settings
- Activating voice commands on a mobile phone

As readers can see, our computer class covers a broad spectrum of technologies, devices and topics. Something for everyone who has a digital device and wants to learn how to get the best use from it, and we still find time to assist students with individual computing problems by using the online Zoom Breakout Rooms.

David Jewell, Ron Berry, Dan Hauw
Tutors

Current Affairs

Our small Current Affairs group meets on Friday afternoon at 2pm. This term, we have discussed current news items as well as related and unrelated topics that have arisen during discussions. We would love to have more people join our group, so let us know if you would like to finish the week with some lively discussions. (Just put a note in the U3A letterbox to let us know that you plan to attend.)

Jan Clear

Facilitator

Line Dancing Improver

Since the start of Term 1, classes have been conducted at the Glen Waverley Uniting Church Hall. The hall is bigger than our previous venue, so there is room for more challenging dance movements! Four new members have joined and there is room for more members. The sessions are enjoyable and challenging at the same time. Everyone gets a good workout, and our brains get a tickle! In addition to revising dances we have learned, tutor Doris Teh has taught us three new dances so far this term. The latest one is called "**The older I get**", and is danced to the song made popular by country singer, **Alan Jackson**. Doris reminds us to listen to the words in the song, which go like this:

*The older I get, the more I think
You only get a minute, better live while you're in it
'Cause it's gone in a blink*

*And the older I get, the truer it is
It's the people you love, not the money and stuff
That makes you rich*

*And if they found a fountain of youth
I wouldn't drink a drop and that's the truth
Funny how it feels I'm just getting to my best years yet*

*The older I get, the fewer friends I have
But you don't need a lot when the ones that you got
Have always got your back*

*And the older I get, the better I am
At knowing when to give
And when to just not give a damn*

*And if they found a fountain of youth
I wouldn't drink a drop and that's the truth
Funny how it feels I'm just getting to my best years yet*

*The older I get
And I don't mind all the lines*

*From all the times I've laughed and cried
Souvenirs and little signs of the life I've lived*

*The older I get, the longer I pray
I don't know why, I guess that I
Got more to say
And the older I get
The more thankful I feel
For the life I've had, and all the life I'm living still*

(Lyrics by Adam Wright, Hailey Whitters and Sarah Allison Turner)

Linus Chang

Class Member

Line Dancing Upper Beginners

This class started in 2019 at a Beginner level, under the tutelage of Ewah Lee. It attracted members with no knowledge of basic line dancing steps. Class members have progressed over time and there are a few very competent dancers among the group.

It is an enjoyable class and popular, given the increasing number of happy feet. However, there is room for more due to the larger capacity of the Glen Waverley Uniting Church hall. So tell your friends about it - they can even try before they buy!

Siew Kennedy

Class Member

Mahjong

In an old English book on mahjong was the following statement that I thought was amusing, "We are not superstitious "-but if we play mahjong we believe that:

1. Good beginning is a bad ending.
2. You have to be seated opposite the light so luck can shine on you.
3. Don't touch the dog, otherwise you will certainly lose.

According to one theory, the Chinese philosopher Confucius invented and promoted the game of mahjong in the sixth century BC.

Another writer pointed to the biblical character Noah as the first mahjong player. He and his sons played mahjong in the ark for forty days and nights. This theory was based on two odd facts, during the deluge the Ark was pushed by the eastern wind and the east wind plays an important role in mahjong. The animals came in two by two, thus " Seven pairs " is a popular special hand in the game.

The Americans indulged in fantasy not only about the history but also about the rules. The mahjong fever stimulated others to make the game more simple.

After a long break we are so pleased to be back on Wednesdays at Highvale. Although our numbers are down a little due to illness and family commitments we are delighted to be playing again and without masks. The game we play is set by two English ladies and we follow the rules they have set, but over the world many different rules exist.

Don't hesitate to come and join us if you would like to play.

Jenny D'acre

Tutor

Mandarin Intermediate I

Slowly we are getting back to attending in-person classes. It is appreciated by all to be with our teacher Claudia as it is much more interesting than Zoom (and much easier for our teacher than having to write it on iPad). Also the nice atmosphere created by Claudia makes it a much more stimulating learning experience and we all interact as many questions can arise.

We are challenged by having to form sentences on different topics (homework) which in class are analysed and corrected. By saying your sentence in class we are tuned in by trying to understand what our classmates are trying to say, which is also a bit of fun. So, 2022 promises to be a great linguistic challenge and culture learning experience.

Willem

Class Member

Mandarin Intermediate 2

I come equipped to learn **Intermediate Mandarin** language at U3A Highvale. The challenge is great for a senior. Tutor June Wang, with her passion teaching her mother tongue and her understanding of the English language delivers an invigorating, interesting and exciting class. I cannot find excuses to miss lessons.

Kim Yong

Class Member

Snooker

After several months of lying low due to restrictions with the Pandemic, we commenced playing Snooker again in late January. There have been only two regular attendees over several months until Mike Turner turned up a few weeks ago. He has done a wonderful job in recruiting two others to join us on Tuesday mornings. Our group has now grown to 5 which is most encouraging. We are confident of even better numbers in the months ahead.

Fred Kreltszheim

Tutor

Understanding Friendship in Later Years

I started this four-session discussion group on 28 January. (We have met fortnightly.) Although the group is quite small, we have enjoyed our discussions, with contributions from all participants.

In the first session, I gave a brief introduction to the course and we learnt more about ageism, isolation and loneliness and the need for connection, within our communities. We discussed how sharing with someone else can be a rewarding experience.

In the second session, we reviewed the discussion points from Session 1, including the need for connection. We then talked about Friendship Containers (the places and groups where we have met friends, during different periods of our lives.) We discussed the layers of friendship (for example close friends, acquaintances and social friends.) Participants were asked to spend some time before the next session drawing up a Friendship Map.

At the beginning of Session 3, we looked at our friendship maps and participants shared some information about their maps. We talked about difficulties in working out where to place people on the map. During the rest of the session we discussed friends in the neighbourhood and other aspects of friendship, including social media friendships and toxic friendships.

I am looking forward to the 4th session, when we will look at strategies for making new friends.

The sessions have been very interesting and I hope that I may be able to run the course again later in the year, for a different group of members.

Jan Clear

Tutor

Walking and Exploring

This group meets and enjoys walks together on the second Tuesday of every month (in school terms).

On 8 February, members met at Jells Park, for the first walk for 2022. The weather forecast predicted quite a warm day but as the walk took place in the morning, it didn't worry our group. I was unable to attend that meeting but I have heard that they enjoyed a walk around the lake and were pleased to see quite a few different species of birds during the walk. We are lucky to have such a beautiful park, in our area.

On 8 March, a small group of five walkers met at Ferndale Park in Glen Iris. There is an excellent parking area near the Scout Hall, and a public toilet.

We walked across the oval, past the cricket nets and started our walk on the Gardiners Creek trail. This well-formed track is shaded by large trees and gave us a wonderful view of some traditional and modern homes on both sides of the track. The cyclists were very, very courteous and the dogs were obviously well controlled by their owners, even if they weren't always on leads.

After walking about 1.3 kms we came to the road which runs beside the Anniversary Track and Ashburton Station. We could have walked along that track (about 0.4 kms) but we decided to turn around and make our way back to the oval.

There is a lovely coffee shop across the road from the park and a pedestrian crossing. Four of us enjoyed a light lunch and coffee.

We were very lucky with the weather and enjoyed our walk in this area between Glen Iris and Ashburton.

New members are always welcome. If you would like to walk with us, please put a note in the U3A letterbox and let us know that you are joining us. Our next walk will be on Tuesday 10 May. (We don't meet in school holidays.)

Jan Clear

Facilitator



Gems

GEMS is a free monthly email newsletter sent by U3A Online. You can access archived issues using the link:

<https://www.u3aonline.org.au/content/gems>

You can read the full article by clicking on the title while holding down the Ctrl key on your keyboard.

How to spot and stop a scam text message

This article suggests a few ways to avoid falling victims to online scams.

Text messages are rapidly replacing phone calls and emails as the preferred method of brief communication (called a short messaging service or SMS) for many of us - making it a favourite target for scammers. Scammers particularly like them because texts seem to call for an urgent response - before you have time to think them through. Here are the four most common text scams.

Smishing: This is phishing via SMS. Phishing or smishing is an attempt to steal personal information from you - for identity theft or to get their hands on your money. Usually, the message says that one of your accounts needs to be updated or reactivated. It includes a link, which takes victims to a fake sign-on page where names and passwords are stolen. **Don't click on links, phone numbers, or enter website details** in the message no matter how believable.

Friend/Relative in Distress: This is a variation of the phone trick sometimes known as the grandparent scam. You receive a text seeming to come from someone you know, saying they're in trouble and asking for money to be wired to them. This particular scam is hot on WhatsApp right now. It has the advantage over phone calls of crooks not having to impersonate the voice of the individual they are pretending to be.

The bottom line on this scam is that **you should never share a verification code** from any source with someone else, even if you think it's someone you know.

Bank/Card Security: This is a widespread smishing scam using a message that pretends to come from your bank or credit card company. It usually says either your account

has been compromised, your card has been deactivated, or there's some other problem with it. You're asked to phone a number where you'll be asked to confirm your account details, your PIN, or even the three-digit security code. **Just don't do it.** Financial organizations don't operate this way.

Spam: A common trick is to pretend to be a package delivery service like UPS or FedEx or an online retailer like Amazon alerting you to a shipment code. But if you click on the included links, you'll be taken to a fake webpage where you'll be asked for sign-on or other confidential information.

The best action here is to **never click on links in unsolicited texts.** Go straight to the real source instead, and check there. Also consider using a spam-blocking app on your phone.

Always be on your guard!

Dried goji berries may provide protection against age-related vision loss

Summary: Regularly eating a small serving of dried goji berries may provide protection against age-related macular degeneration (AMD), the leading cause of vision loss in seniors.

In a small sample study (sourced from University of California - Davis, *ScienceDaily* 13 Jan 2022), researchers found that participants who consumed a handful of goji berries five times a week for 90 days had increased density of protective pigments lutein and zeaxanthin in their eyes. These pigments filter out harmful blue light and provide antioxidant protection for the eyes.

Get moving to put the brakes on early Parkinson's

Summary: A new study by led by Dr Tsukita, suggests that people with early-stage Parkinson's disease who regularly spend one to two hours of moderate exercise twice a week, like walking or gardening, may have less trouble balancing, walking and doing daily activities later. The research was published in the January 12, 2022, online issue of *Neurology*[®], the medical journal of the American Academy of Neurology.

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

U3A HIGHVALE TIMETABLE

TERM 2 – 26th April to 24th June 2022

Tel: 03 9803 8592

Email: enquiries@u3ahighvale.com.au

Updated on: 21 March 2022

- **NOTE: Members must be fully vaccinated for entry to the Retirement Village and the Uniting Church Hall. Masks are recommended indoors when social distancing is not possible.**
- 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 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.**
- For classes held in the Manor lounge at the Village – please enter from Gate 3.

COURSES	Start	Time	Leader/Facilitator	Freq	Venue
MONDAY					
<input type="checkbox"/> Health Qigong Daily on Zoom	May 2	10.55-12.30	Hooi Ng	Daily	Online
<input type="checkbox"/> Computer Class A ** Zoom	May 2	12-2pm	David Jewell	Weekly	Online
<input type="checkbox"/> Computer Class B ** Zoom	May 2	12-2pm	Ron Berry	Weekly	Online
<input type="checkbox"/> Computer Class C ** Zoom	May 2	12-2pm	Dan Hauw	Weekly	Online
TUESDAY					
<input type="checkbox"/> Let's play snooker	Apr 26	9-11am	Fred Kreltszheim	Weekly	CL
<input type="checkbox"/> Walking & Exploring	May10	10am	Jan Clear	2 nd Tues	TBA
<input type="checkbox"/> Art Workshop	Apr 26	1.30-3.30pm	Shrima de Zoysa	Weekly	Craft
<input type="checkbox"/> Music Appreciation	May10	2-3pm	Don Baird	2 nd , 4 th Tues	DR
<input type="checkbox"/> Yoga Pranayana Google Meet	Apr 26	3-4pm	Krishan Pathak	Weekly	Online
WEDNESDAY					
<input type="checkbox"/> Chinese Mandarin (Intermed 1)	Apr 27	9.30-11am	Claudia Ng	Weekly	ML
<input type="checkbox"/> Chinese Mahjong / Gin Rummy	Apr 27	9.30-12	Kristine See	Weekly	DR
<input type="checkbox"/> Tai Chi	Apr 27	10-11am	Elva Parker & Leh Soh	Weekly	CL
<input type="checkbox"/> Mahjong	Apr 27	10am-12pm	Jenny D'Acre	Weekly	DR
<input type="checkbox"/> Yoga Pranayana Google Meet	Apr 27	3-4pm	Krishan Pathak	Weekly	Online
THURSDAY					
<input type="checkbox"/> Art Appreciation	May 19	10-3.30	Pat Tinsley & Siew Kennedy	3 rd Thur	TBA
<input type="checkbox"/> Book Group (AM)	Apr 28	10-11am	Jan Clear	4 th Thur	CL
<input type="checkbox"/> Chinese Mandarin (Begin) Zoom	Apr 28	10-11am	June Wang	Weekly	Online
<input type="checkbox"/> Zumba on Zoom Zoom	Apr 28	11am-12pm	Pamja Murugiah	Weekly	Online
<input type="checkbox"/> French Zoom	Apr 28	2-3pm	Marianne Puccinelli	Weekly	Online
<input type="checkbox"/> Line Dancing (Absolute/Uppr Beginners) Zoom	Apr 28	7.45-8.45pm	Matthew Coleman	Weekly	Online
FRIDAY					
<input type="checkbox"/> Line Dancing (Improver)	Apr 29	9-10.15am	Doris Teh	Weekly	UCH
<input type="checkbox"/> Chinese Mandarin (Intermediate 2) Zoom	Apr 29	10.30-11.45	June Wang	Weekly	Online
<input type="checkbox"/> Line Dancing (Upper Beginners)	Apr 29	10.30-11.45	Ewah Lee	Weekly	UCH
<input type="checkbox"/> Life Skills	May 6	10.30-11.30	John Keogh	1 st Fortnight	ML
<input type="checkbox"/> Karaoke	Apr 29	1.15-3.15pm	Kristine See	Weekly	ML
<input type="checkbox"/> Current Affairs	Apr 29	2-3pm	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

UCH – Uniting Church Hall