



THE UNIVERSITY OF THE THIRD AGE

HIGHVALE

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Newsletter

Spring Issue 2022

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QUOTABLE QUOTE

"The more I live, the more I learn. The more I learn, the more I realize, the less I know."

— Michel Legrand

Spring is Here

Daylight hours are getting longer and the warmer air temperature is more conducive to getting out there and enjoying your favourite activities!

There is also the Victorian Seniors Festival, which is a statewide festival tailored to those over 60. It focuses on providing fun and good times with opportunities to participate in free or low-cost events and activities throughout October.

Victorian Seniors Festival Oct 2022

This year, live events are back, replacing online activities which we almost got accustomed to in 2020 and 2021. There will be eight days of free public transport for Seniors Card holders from 2 - 9 October. Festival program booklets are available at various outlets. Event details are also available at:

<https://www.seniorsonline.vic.gov.au/victorian-seniors-festival>

After a refreshing rest, you will be ready for more U3A activities in the 4th term which resumes on 4th of October! As usual, follow the guidelines below for the benefit of everyone.

Guidelines for In-person Classes

For entry to attend classes in the Village and Church premises, it is mandatory for members to be fully vaccinated (at least 2 jabs). It is U3A Highvale's policy to adhere to these rules. While masks are not required in indoor settings, they are recommended if physical distancing (1.5 metres apart) is not possible. So always have a mask ready.

From a Satisfied Member

A message from Kim Yong: I like to thank U3A Highvale Committee for running a short course on Chinese History which was delivered by Tutor Lily Lam. The course was packed with exciting information with class members each week eagerly wanting to know the progression of history. She was very generous in sharing her knowledge, research and shedding light on Chinese history from 15th century to modern China.

Highlights of Term 3



With the start of Term 3 a new course on Gardens and Gardening began, led by Linus Chang and Jessie Keh. The initial meeting on 13 July was well attended. But in-person classes were soon suspended when Village premises closed from 19 July for two weeks due to an outbreak of COVID-19. In-person classes recommenced from 1 August.

The Computer class participated in a Network IT How To session. The theme was: How to solve that one IT question that's been bugging you. Members found it interesting.

Lily Lam's Chinese Values course continued into Term 3. This enabled her to complete the lessons planned for Term 2, which were interrupted due to her bout of COVID.

Our Member-get-Member drive continued to gain traction. New members are mostly attracted to the Upper Beginners Line Dancing course.



A Monash PALS Forum was held on 17 August. In addition, PALS programs for July to September 2022 include a host of activities and events designed for a Positive Ageing Lifestyle. Here is the link for details:

<https://www.monash.vic.gov.au/files/assets/public/community/documents/july-sept-2022-pals-newsletter.pdf>

PALS also promotes the Victorian Seniors Festival. The 2022 festival is a month-long celebration in October, with entertainment and events especially for older Victorians. This year's theme is TAKIN' IT EASY. For online programs visit:

<https://www.thesenior.com.au/story/7821363/victorian-seniors-festival-2022-takin-it-easy/?cs=6776>



U3A Network Victoria meetings included Project Plans and Case Studies (21 July) and a U3A Website Template workshop (26 August).

There are two repeat workshops in October of interest to committee members. One is on 'Leadership and Governance' - an interactive workshop covering topics like: knowing your U3A and committee, how to run a committee, planning for the future and connecting with your community. The other is a 'Zen Tangle' workshop – intended for anyone who would like to lead an art class and learn how to teach a version of Zentangles (drawing structured patterns). I have attended these in the past and highly recommend them.

I shall attend the Network AGM and Council Meeting during term break on 21 September and the 2022 U3A Victorian State Conference in Bendigo, 2-4 October. Jan Clear is also a conference participant. The post-COVID theme is Building Back Better:

<https://u3avictoria.org.au/building-back-better-2022>



Two new courses - Beginners Tai Chi and Chess for Beginners will commence in Term 4. Quite a few members want to enrol in the classes. Vacancies still exist. So if you are interested, send an email to enquiries@u3ahighvale.com.au with your name and membership ID, indicating the course you wish to join and enrolment will be arranged.

Members are excited about the new offerings and the future for U3A Highvale looks promising. If you have special interests, expertise and skills you wish to share, you could volunteer some of your time to committee work or presentation of demonstrations/talks or conducting short courses. Your input is always welcome, just drop us a line.

Siew Kennedy – Secretary

Feature Article

Till the Cows Come Home

The actual time and place of the phrase “Till the cows come home” is not known. Its earliest example in print can be traced back to the 16th century. John Eliot (English writer) used it in his 1593 French teaching textbook: *Ortho-epica Gallica*. He said of his mission: “*I am tied by the foote till the cow come home.*” The singular ‘cow’ was used in the original text.

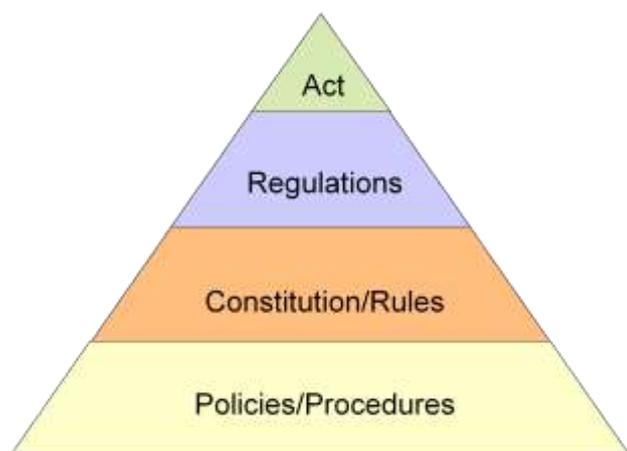
But this article is not about cows returning to their shelters at a languid pace—it is about **documentation** (digital and print). Some members may not view documentation as important and many don’t bother to read documents, missives, news etc. issued by U3A Highvale. We shall try and convince members *till the cows come home*, to read key publications written for their benefit.

What is Documentation

I am inclined to define documentation as “the collecting, abstracting and coding of printed, written, audio and visual information for future reference”.

In the U3A context, the custody and inspection of books and records (as stated in our constitution) refer to the register of members, minutes of general meetings and committee meetings, financial records, books, securities and any other relevant document of the Association.

U3A Highvale has developed a range of documents based on a documentation hierarchy.



We have created a document suite of about 24 policies/procedures, user guides, tutorials, tutors’ handbook etc. Our *Code of Conduct* and *Membership Agreement* are on our website.

Members should become familiar with these. Other documents may be inspected on request.

Why Documentation is Important

The survival of any U3A hinges on its tutors, volunteers, members and committee members. Underlying the ‘people’ aspect, is the need for a firm **corporate memory** – a repository of knowledge, formal records, insights and processes.

Just as a person depends on long-term memory to acquire, retain and recall knowledge, an association’s ability to operate effectively and efficiently relies on its corporate memory.

Documentation is an important medium for:

- Communicating information (extracted from our knowledge base)
- Retaining and retrieving organisational memory, as required.

How to Keep Documentation Alive

Documents such as policies/procedures, guides, handbooks and plans ought to be treated as **living documents**. They change with time and should stay relevant to be effective.



Keeping documents alive is the process of documentation reviews, updates and maintenance. Needless to say this painstaking process is very time consuming. It requires teamwork and willing document owners.

Conclusion

The substance of this article may or may not be consumed by all. But if there is a small chance it conveys the critical role played by documents in the running of an association, it would have achieved something of value.

The next time you encounter a document or missive produced by U3A Highvale, **please try to do it justice**.

Siew Kennedy – Secretary/Treasurer

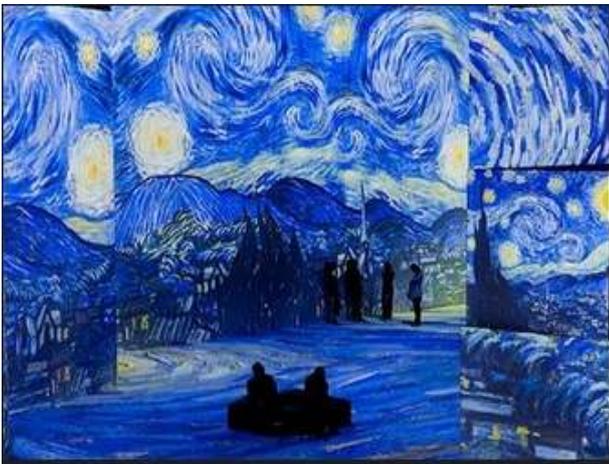


Class News

Art Appreciation

What a fantastic experience a small number of Art Appreciation members had in August. The visit was to LUME, a relatively new venue for digital art which is situated in the Melbourne Exhibition Centre.

LUME's first offering is Vincent Van Gogh in a sensory explosion of vision, colour and sound; a sensory overload with images of Van Gogh's paintings projected onto 4 walls and the floor with screens telling his story accompanied by beautiful, carefully chosen music.



This dynamic exhibition is indeed a new experience for participants and was thoroughly enjoyed by all.

Pat Tinsley – Facilitator

Book Group

Have you planned the trip of a lifetime? Did it work out as you planned? Maybe you booked just before the pandemic and you are holding a credit note from your travel agent and wondering when you will be able to use it and how much money you will lose if you don't book soon.

U3A Highvale Book Group read and discussed "The Trip of a Lifetime" by Monica McInerney, in August. In this novel the willful and eccentric Lola Quinlan (85 years young!!!) sets off on the trip of a lifetime, taking her beloved granddaughter and great-granddaughter with her. More than sixty years after emigrating to Australia, she keeps a secret promise to return to her Irish homeland. But as she embarks on her journey, Lola is still hiding the hurtful reasons she left Ireland in the first place. What - and who - will be waiting for

her on the other side of the world? Lola and her travelling companions leave the Clare Valley and travel to Ireland. We are introduced to many interesting characters as we follow the journey and there are unexpected twists and turns.

Members of our group agreed that they had enjoyed reading this delightful book and we had a great discussion.

Book Group meets on the 4th Thursday of each month from February to November at 10am, in the Community Centre. Maybe this is a group that you would like to join next year.

Jan Clear – Tutor

Computer Class

One reason U3A members join the Computer class is to better understand our digital equipment that we rely upon more and more each year. This reliance coupled with a lack of experience makes us vulnerable to those people with little moral fortitude, known as Scammers. Most weeks we include a report on the latest scams and ways that people can educate themselves to minimise any risk when using their computer, tablet or smart phone.

As technology gets better and better at security, it becomes more evident that the weakest link is us, the person using the technology. So how do we arm ourselves?

Scammers will prey on our concerns, insecurities, curiosity and beliefs in order to get a conversation going and build trust with you. This is a major key, having you trust in them to 'solve your problem', offer you a 'great opportunity', or simply assist you to better use your device. Often scams will start very low key with nothing being asked of you, in fact the scammer may be extremely helpful and trying to assist you with a problem you didn't even know you had. As always, be skeptical, resist the obligation to respond in kind and remember that you probably didn't start this conversation anyway.

If it is too good to be true, then it probably is - Ponzi schemes and pyramid selling have been around for decades, it is just that these days contact is made through emails, "gotcha advertisements" on websites and phone calls, all often using popular trends as more believable bait. Would you hand over your money to some stranger in the street? Of course not, so why would you do it online? Know with whom you are dealing, check out their credentials and reputation and don't accept their word for anything including that they are actually who they say they are.

There is never a rush to conclude a deal in the "real World" and so there should be no rush to conclude a deal online. Maybe we will miss out on a Father's Day Special through our procrastination, but another deal will appear for Christmas or other special event. It is better to miss a deal than be scammed. So take time to check the types of scams on government websites such as the ACCC Scamwatch: (<https://www.scamwatch.gov.au/types-of-scams>) or ASIC (<https://asic.gov.au/online-services/service-availability/scams-targeting-asic-customers/>) or just do a search online for the key words used by the suspect and add +scam to your search request, and cross check results rather than simply accept the first one.

Although banks and other institutions have sophisticated software designed to detect and protect against scams, their priority is themselves, and not your protection. Scammers know this which is why they target you and not the banks. So be extremely wary when providing your banking or credit card details to someone and don't rely on others or your device to protect you. And when your best friend sends you an email or a message helping you to be part of the "Best thing since sliced bread", at least ring them up and talk with them about the details. You may not just save yourself from a scam but also your friend.

David Jewell – Tutor

Karaoke

The class started in 03/02/2021. Enrolment numbers have increased and there is now a waitlist. At each weekly session, members present their 3 favourite songs. Performers learn to use the microphone to sing and choose the right songs. They practise chest breathing, strengthening of vocal cords and expressing emotions with their songs. Members have greatly improved on their singing skills and gained confidence.

Sessions are always filled with laughter and enjoyment. Members have a good time, singing and learning the songs they love. The sound system is awesome and the premises is comfortable.

I like to say Thank You to Lendlease for letting us use their karaoke equipment and venue.

Kristine See – Facilitator

The Karaoke sessions facilitated by Kristine See resumed in May 2022, which was well timed after COVID interruptions. The Manor lounge where the class is held, is a nice and spacious venue.

This in-person class has been a huge success, attracting around 12 members. Approximately two-thirds are seasoned Karaoke singers (all females) and there is one very good male singer.

I am one of the newcomers. It is very challenging for me. Singing solo with a microphone takes courage. Everyone has to select 3 songs and forward them to Kristine via WhatsApp and a list is compiled before the next class. It does need a commitment to practise singing well at home, in order to participate properly in karaoke. The love of singing and the ability to adapt to one's chosen songs require resilience. Luckily, mixing with seasoned karaoke singers makes one learn and improve with practice.

Kristine, who is a seasoned karaoke singer, is very encouraging, which helps tremendously. We really enjoy ourselves, have great fun and laugh listening to other's choice of songs. So all those who love singing are most welcome to join us each Friday from 1.30 - 3.30pm.

Anna Lim - Class Member

Line Dancing

Both our Line Dancing classes are on Fridays. Since the start of the year we have moved to a bigger hall at the Glen Waverley Uniting Church opposite the Glen Waverley Library.

The Improver class can be a bit challenging but the new members who joined are doing very well. We love all the new dances that Doris teaches us.



As for the Upper Beginners class, it's quite full but we can always squeeze in a few more. Come and join us for some toe tapping boogie-woogie fun with Ewah our tutor.



There's still plenty of room for more to join us. If you are looking for some fun whilst exercising, this is it!

Hooi Ng – Class Member

Life Skills for Health/Happiness

A word of appreciation.

What am I?

- a presenter of ideas,
- a facilitator of discussion,
- a group leader?

The truth is I would be none of those without the regular attendance of the class members who gather for each session and give it life. To each one of you, I offer my thanks and appreciation.

You motivate me to give my best efforts in finding interesting and inspiring topics each time we meet. Because I benefit so much from this challenge, I enjoy the time spent in preparation. I have learnt a great deal of practical wisdom and hope that I have also learnt to put this wisdom into practice in my own life.

I have discovered that the sources of material to present and discuss are so vast and rich with human experience from ancient Greek philosophers through to modern medicine, sociology, psychology and literature. As a result, over twelve years there has never been the need to repeat a topic.

“When you constantly feel the need to excel, perform or accomplish bigger and better things you often miss out on celebrating the everyday wins.”

The Simple Life, published in “Live your Life on Purpose”, Nov 20, 2019.

<https://medium.com/live-your-life-on-purpose/why-its-more-important-to-celebrate-the-ordinary-vs-the-extraordinary-in-your-life-46979799f1a>

John Keogh – Tutor

Mahjong (Chinese)

Mahjong was introduced into U3A Highvale in 2021. Students started learning all the rules of Cantonese/Hong Kong style mahjong. Since we resumed after the pandemic break, we have progressed to counting and scoring with chips. The class has also grown from 1 table of 4 players to 3 tables over these two years.

Mahjong is a tiled-based game, a fun way of meeting people and having a good time. It is a complex game that improves short-term memory, attention and logical thinking. It is also a difficult

game of skill, strategy and luck. It is not the easiest game, and members don't learn it in one sitting but keep building on what they have learned.

As a standby, another tiled game, Gin Rummy, was introduced 6 months ago.

Kristine See – Tutor

Started in 2021, classes were held on Wednesdays and attended by some 4 to 12 players, generally 4 to each table. This year, classes were suspended many times due to COVID.

Classes continued in 2022 with minimal COVID interruptions and Gin Rummy has been added.

Players always look forward to these sessions when they take on the challenges of the game and enjoy the thrill of scoring a mahjong win. As well, they enjoy the friendly competition, the benefits of mental stimulation, memory training, flexible thinking and the warm fellowship that goes with these.

Kristine See was able to secure the assistance of another tutor Susana Koo for some weeks this year and players gratefully acknowledged that their skills have increased considerably through the expert tutorship of Kristine and Susana.

Ken Hiew – Class Member

Mandarin Intermediate 2

Studying Intermediate Chinese is more than learning the language. It is also about learning and understanding the Chinese culture, which help me in construction of sentences and in spoken dialogues. I realised the richness of the language when Chinese idioms are discussed and explained by Tutor June Wang. These idioms heightened the personal thoughts of Chinese philosophers.

Structured lessons from textbook are great to build up vocabulary. My deficiency is in the oral practise for use in daily conversation. Tutor June Wang has been extremely encouraging, helping me with sentence structures and words for use in common conversation. Humour is often generated as a result of tonal pronunciations which help me remember the words and their structure.

I use every opportunity to learn this language and culture from various sources of media.

Kim Yong – Class Member

Snooker

I am pleased to advise that the Snooker Group has grown in number, with 8 to 9 folks attending our weekly gathering, on a regular basis. Apart from enjoying competing against each other, we enjoy the friendly and jovial manner in which we encourage those who team up with us.

I feel that apart from participating in an indoor sport which we like, we have the opportunity of getting to know and appreciate one another, as several of us have come from different parts of the world. We all have interesting stories to tell of our background and past, while appreciating each other's culture, despite all being citizens of this great nation, Australia.

Fred Kreftszheim – Tutor

Walking and Exploring

Walking Group meets on the 2nd Tuesday of each month (in school terms). We walk somewhere local (or at a park or walking track, easily reached by car).

Our August walk was around Bellbird Dell in Vermont. We met opposite Vermont South shopping centre, on the corner of Hanover Road and Woodleigh Crescent. We walked down Woodleigh Crescent and turned left at the end of the street. At that corner, we had a good view across Terrara Park.

The entrance to Bellbird Dell is near the corner of George Street and Terrara Road. As you enter the Dell, you see a picnic area and a playground. There are a number of tracks to explore and boardwalks to make the walk easier. We certainly enjoyed our walk, as none of the group members had been there before.

We walked back to Vermont South shopping centre and some members of the group enjoyed morning tea together at one of the coffee shops.

New members are always welcome. Grace joined our group in August and we are looking forward to meeting Miriam, in September.

Jan Clear – Facilitator

Yoga (Sun Salutation)

Master P T Lim is our Yoga Guru. His lessons focus more on stretching and breathing exercises. It's the best thing to do in the morning as I feel very energised after the lesson to start the day.

It is very generous of him to share his passion and skill with us every morning via Zoom from Malaysia. May I suggest that participants turn on their webcams during the sessions so that Master Lim can see faces, rather than talking to a sea of "black squares".

Although evening classes are also conducted on certain days, the routine below is for the morning sessions.

The Wonders of Morning Yoga Challenge

It is designed to adjust every part of the body, energy centre, organ and system, for a whole-body workout.

Asanas cause the body to go against gravity. Yoga Salutation involves the entire body in repetitive movements against gravity. Balancing the body, mind and emotion for wellbeing. The spinal twist and pressing of navel point and pelvic joints massage the internal organs. This stimulates and activates the systems of detoxification and rejuvenation.

The Practice:

1. Warming Up: Stretching, head, neck & shoulder. Stimulation and activation of facial muscles.
2. Pranayama: Increasing lung capacity.
3. Sun Breath: Total body workout.
4. Yoga Salutation: Stimulation & Activation, total body alignment and workout.
5. Pranayama: Strengthening the breathing mechanism.
6. Inner Smile Therapy: Gratitude & appreciation of body cells, Tapping, Cupping and Smiling.
7. Happy Yoga Body: Mind & emotional health benefits.



YOU - You are the most powerful tool for personal transformation and happiness.

Dorothy Shem – Facilitator



Advertisements



GEMs

Research on Mood & Memory



If interested email: ashahak@student.unimelb.edu.au

Who Do We Think We Are?

As part of Victoria's Seniors Week Festival, U3A Melbourne City will present a show celebrating the diversity of their members.

Deakin Edge Theatre, Federation Square
Thursday 6th October 5.30pm. Admission is Free but reservations through:

<https://www.trybooking.com/CAEZX>

For further info contact Merylyn Harris (producer)
merilynh@u3amelbcity.onmicrosoft.com

Tel: 0457 737 201.

Volunteer Op Shop Assistants

RSPCA Victoria is looking for Volunteer Op Shop Assistants to help sell a wide range of new and pre-loved items. This involves serving members of the public, assisting with stock rotation, sorting and pricing items, merchandising and keeping the Op Shop in a presentable state. Flexibility and the willingness to contribute to team effort are important. You'll need an Identity Check and Working with Children Check. To apply click:

<https://app.betterimpact.com/PublicEnterprise/EnterpriseSearch?EnterpriseGuid=3280a31d-5093-4408-89ec-8676498a2275&SearchType=Organization&SearchId=26617>

New approach to clearing toxic waste from brain could aid efforts to find treatments for Alzheimer's dementia and other diseases.

Researchers at Washington University School of Medicine in St. Louis have found a new druggable pathway that potentially could be used to help prevent Alzheimer's dementia:

<https://www.sciencedaily.com/releases/2022/08/20220824120827.htm>

Their work was based on the premise that the build up of toxic proteins in the brain are characteristic of degenerative diseases like dementia and Parkinson's and removal of these waste products in the brain prevents the development of such diseases.

They have identified certain long form of the clearance protein that can remove the waste from the brain at a faster rate. The researchers are working on finding drugs that can increase the production of the long form of waste removal protein.

'Walking sharks' caught on video, astound scientists.

On a remote outcropping at nightfall on the coast of Papua New Guinea on May 3, 2022, scientists encountered something amazing: a walking shark. The creature was an epaulette shark (*Hemiscyllium ocellatum*), and it is unique among shark species in its ability to walk on land.



This [Video reveals baby steps of newly hatched 'walking' sharks](#) and provides further details.

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

U3A HIGHVALE TIMETABLE

TERM 4 – 3rd October to 2nd December 2022

Tel: 03 9803 8592

Email: enquiries@u3ahighvale.com.au

Updated on: 9 September 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 the online version at the U3A Highvale website: <https://u3ahighvale.com.au/>
- **If a member is not enrolled in a class, his/her name will not be printed in the class roll.**
- In-person classes are subject to vacancies. **Online** classes are tagged **Google Meet or Zoom**.
- 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"/> Yoga (Sun Salutation) Zoom	Oct 3	9.15-10.30	Master Lim	Daily	Online
<input type="checkbox"/> Health Qigong Zoom	Oct 3	10.55-12.30	Michael Chan & KY Ho	Daily	Online
<input type="checkbox"/> Computer Class A Zoom	Oct 3	12-2pm	David Jewell	Weekly	Online
<input type="checkbox"/> Computer Class B	Oct 3	12-2pm	Ron Berry	Weekly	CPR
<input type="checkbox"/> Computer Class C Zoom	Oct 3	12-2pm	Dan Hauw	Weekly	Online
TUESDAY					
<input type="checkbox"/> Let's play snooker	Oct 4	9-11am	Fred Kreltszheim	Weekly	CL
<input type="checkbox"/> Walking & Exploring	Oct 11	10am	Jan Clear	2 nd Tues	TBA
<input type="checkbox"/> Chess for Beginners (New)	Oct 4	10am-12pm	Ken Hiew	Weekly	DR
<input type="checkbox"/> Art Workshop	Oct 4	1.30-3.30pm	Shrima de Zoysa	Weekly	Craft
<input type="checkbox"/> Music Appreciation	Oct 11	2-3pm	Don Baird	2 nd , 4 th Tues	DR
<input type="checkbox"/> Yoga Pranayama GoogleMeet	Oct 4	4-5pm	Krishan Pathak	Weekly	Online
WEDNESDAY					
<input type="checkbox"/> Chinese Mandarin (Intermed 1)	Oct 5	9.30-11am	Claudia Ng	Weekly	Craft
<input type="checkbox"/> Mahjong (Chinese) / Gin Rummy	Oct 5	9.30-12	Kristine See	Weekly	DR
■ Tai Chi [Full]	Oct 5	10-11am	Elva Parker & Leh Soh	Weekly	CL
<input type="checkbox"/> Mahjong (Western)	Oct 5	10am-12pm	Jenny D'Acre	Weekly	DR
<input type="checkbox"/> Gardens & Gardening	Oct 12	2-3pm	Linus Chang & Jessie Keh	Fortnightly	CL
<input type="checkbox"/> Yoga Pranayama GoogleMeet	Oct 5	4-5pm	Krishan Pathak	Weekly	Online
THURSDAY					
■ Art Appreciation	Oct 20	10-3.30	Pat Tinsley & Siew Kennedy	3 rd Thur	TBA
<input type="checkbox"/> Book Group [Full]	Oct 27	10-11am	Jan Clear	4 th Thur	CL
<input type="checkbox"/> Chinese Mandarin (Begin) Zoom	Oct 6	10-11am	Lily Lam	Weekly	Online
<input type="checkbox"/> French Zoom	Oct 6	2-3pm	Marianne Puccinelli	Weekly	Online
<input type="checkbox"/> Beginners Tai Chi (New)	Oct 6	2-3pm	Benjamin Chan	Weekly	CL
FRIDAY					
<input type="checkbox"/> Line Dancing (Improver)	Oct 7	9-10.15am	Doris Teh	Weekly	UCH
<input type="checkbox"/> Chinese Mandarin (Intermediate 2) Zoom	Oct 7	10.30-11.45	June Wang	Weekly	Online
<input type="checkbox"/> Line Dancing (Upper Beginners)	Oct 7	10.30-11.45	Ewah Lee	Weekly	UCH
<input type="checkbox"/> Life Skills	Oct 14	10.30-11.30	John Keogh	Fortnightly	ML
<input type="checkbox"/> Karaoke	Oct 7	1.30-3.30pm	Kristine See	Weekly	ML
<input type="checkbox"/> Current Affairs	Oct 7	2-3pm	Self-help	Weekly	DR
<input type="checkbox"/> Singing Group	Oct 7	3.30-4.30pm	Joan Foulcher	Weekly	ML

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 via Gate 3

UCH – Uniting Church Hall