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QUOTABLE QUOTE

“Curiosity is one of the permanent and certain characteristics of a vigorous intellect.”

— Samuel Johnson

Your New U3A Committee for 2023

At the Annual General Meeting (AGM) for U3A Highvale, held on Wednesday 1 March 2023, the following were nominated to serve for a year.

Siew Kennedy for Secretary and Treasurer.
Marie Bellamy, Hooi Ng, Margaret Seet and Pat Tinsley as Committee members.

Even though the AGM is over, U3A members are still welcome to become part of the Committee. Why not pop in during one of our monthly meetings and see what we do and how you can help?

Online Class: Living Younger Longer

A new, online course, Living Younger Longer, has been added to the curriculum of Term 2. It starts on 2 May 2023.

Climate change and global warming is not inevitable.
Our planet can turn from desert to green.
We can feed a world population of ten billion people.

**Regreening the Planet
for health and wellbeing**

The series of talks
Living Younger Longer
commences with
**Regreening the Planet
for
Health and wellbeing**
with
Dr John Beaney

Dr John Beaney MBBS, FRACGP
Thirty years in General Practice

“Regreening the Planet” is the first of a 27 part series of weekly Zoom classes.
They will run from 9.30 to 11.30 each Tuesday commencing the 2nd of May and repeated live the following Friday. There will be plenty of time for discussion.

U3A Highvale Annual Report for 2022

(Presented by Siew Kennedy at the AGM, 1 March 2023)

Introduction

2022 was the year when we started to emerge from lengthy periods of lockdowns. We celebrated our freedom with a New Year bash. Soon after that came the AGM of 2022 on 2 March. The following were nominated to the Committee of Management: Siew Kennedy for Secretary and Treasurer, Marie Bellamy, Hooi Ng, Pat Tinsley and June Wang for Committee members.

There were no nominations for the executive positions of President and Vice President and these positions have remained vacant since, so too the role of Course Coordinator. Despite the reduced size of the Committee, it was business as usual. This report addresses the highlights of 2022, our accomplishments, financial brief, a call for action and acknowledgements.

Highlights of 2022

As in other years, U3A Highvale activities revolved around our classes, members and tutors/facilitators, Committee of Management, the local council and community and U3A Network Victoria.

The New Year function referred to earlier, was a welcome-back event combined with the annual Tutors' Breakfast, usually held at the start of a new year of learning. We enjoyed the musical items provided by 'Ken's Singing Group' and afternoon tea.

In Term 1, the *Mandarin for Beginners* class restarted and in Term 2 a short course on *Understanding Chinese Values through Modern Chinese History* was introduced. Both were delivered via Zoom and led by tutor Lily Lam. In Term 3 there was a new course on *Gardens and Gardening*, facilitated by Linus Chang. Additional classes were introduced in Term 4: A *Beginners Tai Chi* class taught by Benjamin Chan and *Chess for Beginners* with Ken Hiew as tutor. A *Stillness Meditation* course by Anita Davine planned for Term 1 of 2023 has commenced.

The Committee of Management held monthly meetings to discuss U3A-related matters. Mika Verosaari, Village Manager, was invited to one meeting for a get-to-know-you session.. This was most helpful indeed. Whenever possible, U3A Highvale continued to be involved with Monash PALS activities. PALS programmes in 2022 included a host of activities and events designed for a Positive Ageing Lifestyle. The Victorian Seniors Festival -- a month-long celebration in October was promoted with entertainment and events especially for older Victorians.

The 2022 U3A Victorian State Conference in Bendigo, 2-4 October, was timed to coincide with the Seniors Festival. Its theme was *Building Better*. Jan Clear and I participated in the conference.

As U3A Highvale delegate to U3A Network Victoria, I attended the President's Briefing for the year and several workshops such as Advocacy, Leadership and Governance and Zentangles. I also represented U3A Highvale in the quarterly Council Meetings and the Annual General Meeting of U3A Network Victoria.

Our End-of-Year function was held on 24 November 2022. This involved an entertaining talk by Bronwyn Roberts, BSPsy CHP from Let's Laugh, followed by afternoon tea perfectly catered for by Pat Tinsley (Committee member). Online membership applications and renewals for 2023 commenced on 28 November and within a month, U3A Highvale welcomed 22 new members.

Our Accomplishments

Our website was enhanced to make some core functions easier to access. David Jewell was largely responsible for these improvements.

Due to the absence of a Course Coordinator, a team of Support Coordinators was established. Each Committee member who was also a class member, acted as a liaison between tutor/facilitator and the Committee. This worked well.

Our quarterly newsletter was given a new look and received good feedback.

A *Member-get-Member* campaign was launched in May 2022 with some positive results. Advertising leaflets (for letterbox drops) and business cards were printed for marketing purposes.

With a \$4,000 grant from the Australian Government Stronger Communities Program Round 7, we were able to upgrade equipment in the Computer room. Three PCs and one Apple MacOS were purchased. Superseded PCs were donated to the Village for use at The Manor.

A successful application to the Monash Community Grants Program 2022/23 for hall hire funding, helped to pay for rental of the Glen Waverley Uniting Church Hall for 1 year from 1/7/2022. Another application for Hall Only category of the Monash Community Grants Program for 2023/26 was submitted recently. If successful, the fund will go towards hiring the Church Hall for U3A Highvale.

Financial Brief

The Treasurer's Report will be delivered separately. Following new applications and renewals for next year, the Association was in a healthier financial position towards the end of 2022.

Acknowledgements

I would like to thank Committee members for helping to keep U3A Highvale ticking in 2022. On their behalf, I want to acknowledge and thank the Village team, tutors/facilitators and volunteers for their generous contribution to U3A Highvale.

- Mika Verosaari, Village Manager and Julie Weidermann, Assistant Village Manager, have been very supportive of U3A activities, so too Kaye Boxshall, Senior Manor Supervisor. Sharon Boyd, Village Administrator, is of great assistance to U3A Highvale, always ready with a warm welcome to enquirers. Staff in the Village and the maintenance team, particularly Mark, are very friendly and helpful. Their kind input towards U3A activities is very much appreciated, so thank you.
- A big thank you to our tutors/leaders/facilitators, without whom we wouldn't have a U3A. They volunteer their time and expertise to share their interests with class members and persevere to instil a zest for lifelong learning.
- Our newsletter compilers Linus Chang and Dan Hauw deserve to be recognised for their consistent output. Each quarterly newsletter was produced on time within tight deadlines.
- Thank you too to David Jewell and Ron Berry for acquiring and setting up the new computers in time for Term 2 of 2022. David's expertise in IT-related matters and technical advice are invaluable to the Association.
- Last but not least, thank you to all our members for their cooperation and continued support.

How You Can Help

- U3A Highvale is always on the lookout for volunteers with a bit of time to devote to Committee work, or to conduct demonstrations/talks or run courses (be they short or long). If you have special interests, expertise and skills you wish to share, please make yourself known via an email to enquiries@u3ahighvale.com.au. *Suggestion Slips* placed at our notice board are available for gathering members' feedback—simply fill one in and drop it in the U3A mailbox.
- A list of the *Roles and Responsibilities* of the Committee of Management was distributed with the AGM papers. It's aimed at helping members to make considered nominations for the Committee of 2023 and perhaps take on some commitments in the future.

Conclusion

This report for 2022 reflects a year of commitment and working smarter. Our achievements have been substantial, given a considerable workload and a smaller than usual Committee.

Siew Kennedy - Secretary

Feature Article

5W1H Framework

The 5 Ws and 1 H approach to information-gathering originated as a tool to help journalists write their stories. All of the information needed on a particular topic is given when the six questions are answered:

1. Who?
2. What?
3. Where?
4. When?
5. Why?
6. How?

In the recent rush of new U3A membership applications, renewals and class enrolments, I encountered many frequently-asked questions (FAQs). I hope that in grouping these questions using the 5W1H technique, I'm able to give clarity to the mystery that surrounds MyU3A.



WHO can help me with my membership application/renewal?

Membership registration for new applicants and renewing members are done on our website via MyU3A. This is an online membership management system that administers membership details, tracks class enrolment and communicates with members via their tutors etc. BUT MyU3A is not a payment system and has no facility to process annual fees. You must pay your fee from your own bank account. Do not pay at the Village office because U3A Highvale does not have an office as such.

If you need help for online registration, try to get a close friend or relative to assist you. Instructions are available on our website at the Memberships and Fees page.

WHAT is my ID and password?

When you successfully register as a U3A member, your ID and password are sent to your email address with the advice that you personalise your password as soon as possible. You must retain your ID for safekeeping. If you can't remember your password or ID, just click *Forgot Password/Id* and your details will be emailed to you.

WHERE is my name badge?

Name badges are prepared about a week before the start of the U3A calendar year. They are generated by the system provided you are officially paid-up as a member and enrolled in your chosen classes. Name tags are then manually inserted in class attendance folders to be collected by class members. If you happen to enrol in more than one class, make sure you check all the relevant folders before reporting that your name badge is missing.

Having received your name badge, you must wear it for all in-person classes. Make sure contact details are included on the verso side – critical information in cases of emergency.

WHEN will my payment be processed?

EFT payments are normally processed with a 48- to 72-hour delay. If you happen to bank with the Bank of Melbourne (used by U3A Highvale), then your payment is likely to be instantaneous, provided it is made within business hours.

WHY can't I see the Classes button?

The Classes 2023 button is only visible when activated. The activation is triggered off as soon as your payment is acknowledged.

HOW can I join a class?

This question is often asked either because the person is not yet a member or is a member who thinks that membership renewal automatically entitles enrolment in all existing classes. The distinction between application/renewal, payment and class enrolment has yet to be fully recognised.

It is encouraging to see U3A members getting used to how MyU3A works for them and realising that is quite a friendly system. Members have come a long way in understanding the few minor system oddities and are happy to embrace MyU3A warts and all.

Siew Kennedy - Secretary/Treasurer



Class News

Art Appreciation

During Term 1, we have travelled the artistic journey from Alexander McQueen, British designer of fashion and luxury clothing which, we agreed, was one of the most outstanding displays put on at NGV, to the Victorian Artists Society gallery in March.



It was an eye opener for many of us to find this stunning heritage listed building in East Melbourne, regarded as one of the finest examples of Romanesque architecture in Melbourne. The VAS has existed on this site since 1874 and is dwarfed by the modern buildings which surround it. We thoroughly enjoyed the VAS George Hicks Foundation Contemporary Exhibition 2023.

Pat Tinsley – Facilitator

Chess for Beginners

This beginners class first started in Term 4, 2022 with a small number. It's good to welcome 2 more to the group this year making 7 on the roll and attendance has been very good. The class is making steady, noticeable progress and it's most gratifying for me to be sharing chess experience with such a keen and attentive group as we unpack this fascinating game. Rewarding too, I learn as I teach; teaching and learning are inseparable.

Ken Hiew – Tutor

Gardens and Gardening

As someone who aspires to have a green thumb, gardening class has allowed for growth (both in understanding, and plants). Our classes are engaging and provide ample opportunities not only to learn, but also to connect with other horticulture enthusiasts. Our tutor Linus never fails to share his wealth of knowledge, and as such, I have been able to apply aspects of this to tend to my own garden, reaping the rewards. Being able to ask clarifying questions and discuss any pesky plant problems in an open forum throughout our sessions has been super helpful and is testament to Linus' endless abundance of patience.

Classes are interspersed with fun activities, such as exchanging plants and seeds, visiting the U3A plots in the Village Community Garden, and planning an outing to Pirianda Garden in Olinda. It has reaffirmed my interest in the gardening process (from germination to harvesting), which has evoked an immense sense of satisfaction, watching my plants grow and flourish.

In addition to the relaxing and meditative qualities of gardening, I feel that my extending knowledge has heightened my environmental awareness of sustainable practices that I aim to incorporate in my everyday life. It has reignited my curiosity and I am keen to learn more.

Susan Choo – Class Member

Stillness Meditation

BRING CALM INTO YOUR DAY.

We all want peace and harmony in our lives so why not try to spend 10-20 minutes a day in silence and meditation. Stillness Meditation Therapy (SMT) is a unique, physiologically based meditation which allows the brain to rest and is an ideal way of dealing with the stresses and anxieties that are part of human living. It is NOT related to culture, philosophy or religion. It is natural, simple to do and can help us to:

- Reduce stress
 - Improve concentration
 - Encourage a healthy lifestyle
 - Increase self-awareness
 - Increase happiness
 - Increase acceptance
 - Slow aging
 - Benefit cardiovascular and immune health.
- And much more...

Some musts to achieve these benefits:

- A quiet, conducive environment to meditate
- Make sure your posture is upright and your body is well supported
- Daily practice
- Needs commitment and motivation.

If you would like more information regarding how SMT works and its positive outcomes contact:

Stillness Meditation Therapy Consultancy -

info@stillnessmeditation.com.au

<http://stillnessmeditation.com.au>

77 Willsmere Road Kew VIC 3101, or

SMT U3A Highvale –

anitadavine1948@gmail.com

Mobile: 0438025275.



Anita Davine - Tutor

Walking and Exploring

We have enjoyed two interesting walks in Term 1.

As we have a few new members, in our group, we decided to walk around the village in February. One of our members who is a village resident, had a key to open gates and we could walk through areas that we wouldn't see normally. We walked around the courts between the Community Centre and the Manor and then crossed the road and walked around the courts there and looked at the village greenhouse and community garden. After our walk, we relaxed in the Community Centre lounge and discussed walks that we would do later in the year.

In March, we decided to go back to Jells Park and walk around the lake. This is one of our favourite walks and was also on our list of suggestions. Although it was quite warm, we enjoyed following the set path, around the lake and enjoying a coffee together after the walk.

We are looking forward to more walks, in Term 2.

Jan Clear - Facilitator

Yoga (Sun Salutation)

(Instructed by Master P T Lim from Malaysia daily on Zoom).

I'd like to share what Master Lim shared with the group on Zoom. He devised a pillow that is very good. The picture below shows you how it is done. Roll a big towel to the level you feel comfortable. Since using it, the stiffness on my neck has gone away and I have thrown away all my pillows on my bed.

No harm giving it a go!



Hope you'll like it too!

Dorothy Shem – Facilitator



Of Interest?

IF (by Rudyard Kipling)

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or being hated don't give way to hating,
And yet don't look too good, nor talk too wise;

If you can dream - and not make dreams your
master;

If you can think - and not make thoughts your
aim,

If you can meet with Triumph and Disaster
And treat those two impostors just the same.:

If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build'em up with worn-out tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings,
And never breathe a word about your loss:
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue,
Or walk with Kings - nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much:
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man, my son!

Poem submitted by Jan Clear

Her note: *The overarching theme of the poem 'If' is **successful, virtuous living based on values about integrity, rightful behavior, and self-development.** The poem speaks to every reader about what it means to become a complete man and how he operates through the thick and thins of life.*



Mentoring May Update

Hello to those who are interested in the U3A Course Guides developed by U3A Network Victoria.

Network supports U3A members to "have a go" at running a new class at their U3A by providing guides to popular U3A courses. The course guides have step-by step instructions on how to run the class, including discussions, slides and links to resources.

Mentoring, including demonstration of activities and teaching tips, is also available to Members wanting to run the course at their U3A. Below are the dates for the Mentoring May programs which will be available on Zoom.

Curious About Science course mentoring

<https://www.dropbox.com/scl/fo/nfld2ysbahubzvyvurtpd/h?dl=0&rlkey=vnhe45pt12x9gyyb9e7455zgr>

Monday May 1	10.30am-12.30pm
Monday May 8	1.00pm-2.30pm
Monday May 15	10.30am-12.30pm
Monday May 22	10.30am-12.30pm
Monday May 29	10.30am-12.30pm

Scribblers course mentoring

<https://www.dropbox.com/scl/fo/673py4x5ehyf3x731rmj/h?dl=0&rlkey=7vq8b42m6qeyqb77nzmgi1b2r1>

Monday May 8	1.00pm-2.30pm
Monday May 15	1.00pm-2.30pm
Monday May 22	1.00pm-2pm

Understanding Friendship in Later Life course mentoring

<https://www.dropbox.com/scl/fo/905n0mz5ir0iv9x0iuv0u/h?dl=0&rlkey=s2ec1adkscfzghg58ng2t6ti4>

Tuesday May 2	10.00am -11.30am
Wednesday May 10	1.00pm-2.30pm
Thursday May 18	4.00pm – 5.00pm

First Nations course mentoring

<https://www.dropbox.com/scl/fo/s28qcn3fwlepdaf1mly6u/h?dl=0&rlkey=3o23vpw5kqzhatd8bi13qt8ty>

Wednesday May 17	10.30am-12.30pm
Wednesday May 24	10.30am-12.30pm
Wednesday May 31	10.30am-11.30am

If there is someone at your U3A who might like to participate in course guide mentoring in May, they can register their interest at

<https://forms.office.com/r/xT487dNWdK>

Nellie Collier

U3A Network VIC Education Program Manager

Pickleball/Table Tennis

We are at this stage gauging the level of interest in Pickleball and/or table tennis. While you are all familiar with table tennis, **Pickleball** may be new to you. It is "racquet and ball" that use a paddle and plastic "wiffle" ball, played on a hard surface indoors or outdoors. The game is a combination of tactical shots, patience, and easy to learn strokes, which encourages an inclusive play environment. Whether U3A Highvale will consider these activities as new courses would depend on

your feedback. Send an email to enquiries@u3ahighvale.com.au to indicate your interest.

Cooking Demos

U3A Highvale would also like to conduct short Cooking Demos on-site. They help you learn to create fresh, healthy and tasty dishes that are quick and easy to prepare. Such demonstrations are a great way to try easy recipes and creating delicious foods from your food shelf. They help to promote ingredients that you may be unfamiliar with or to highlight a less common preparation method. Once again we need sufficient numbers to run these demos. If you are interested, send an email to enquiries@u3ahighvale.com.au.



The following 4 articles make interesting reading. To read the articles in more details, simply hold down CTRL key and click on the link. If you wish to read more similarly interesting articles over the holidays, head to U3A online archived articles on:

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

1. How weather influences the mind

By Thomas Rutledge, Ph.D. (26 February 2023). <https://www.psychologytoday.com/au/blog/the-healthy-journey/202302/how-weatherinfluences-the-mind>

The weather affects us by influencing biological factors such as hormones and altering our lifestyle habits.

We can minimise seasonal mood changes and maintain more consistent mood states using behavioural and nutritional strategies.



2. Organise your time and boost your happiness

By Brad Lockyer (22 February 2023). <https://www.yourlifechoices.com.au/retirement/organise-your-time-and-boost-your-happiness/>

Learning to organise time effectively could be the key to relieving stress and increasing one's wellbeing. At the same time, too much leisure time can leave you feeling as though you have little purpose. This can be a real problem in retirement, especially if you derived a lot of your self-worth and identity from your job.

3. Seven secrets to making friends as an adult

By Marisa G. Franco Ph.D. (6 September 2022). <https://www.psychologytoday.com/au/blog/platonilove/202209/7-secrets-to-making-friends-as-anadult>

- Assume people like you. Research shows that people tend to underestimate how much they are liked by one another.
- Don't wait for friendship to happen organically.
- Pursue a hobby in a group and keep showing up.

4. What is mindful eating?

By Anna Gora (20 January, 2023). <https://www.livescience.com/what-is-mindfuleating>

Mindful eating is a practice that encourages people to focus on enjoying food while utilizing all of the senses. "The focus is really on the meal," looking at the food and how it is presented on the plate, taking time to enjoy the smell of the food, listening to the sounds of food being served, picking up a fork or spoon and feeling the weight of the cutlery in the hand and then finally eating the food and tasting every bite."

Thank you to John Mullahy MP, State Member for Glen Waverley District, for assistance with printing of this publication. If you require assistance with any State Government issues please contact John's office.

John Mullahy MP
LABOR MEMBER FOR GLEN WAVERLEY

2 Benthall Square, Forest Hill Vic 3105
(03) 9955 2501
john.mullahy@parliament.vic.gov.au



U3A HIGHVALE TIMETABLE

TERM 2 – 24th April to 23rd June 2023

Tel: 03 9803 8592

Email: enquiries@u3ahighvale.com.au

Updated on: 1 April 2023

- **NOTE: Members must be fully vaccinated for entry to the Retirement Village. 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.**
- If a class member is absent for 4 weeks+ with no apology, the person will be withdrawn from the class.
- In-person classes are subject to vacancies. **Online** classes are tagged **Google Meet or Zoom**.
- A **Hybrid class** combines traditional in-person learning **onsite** with online learning **offsite**.
- For classes held in the Manor lounge or apartment at the Village – please enter from Gate 3.

COURSES	Start	Time	Leader/Facilitator	Freq	Venue	
MONDAY						
<input type="checkbox"/> Yoga (Sun Salutation) Zoom	Apr 24	10.15-11.30	Master Lim	Daily	Online	
<input type="checkbox"/> Line Dancing (Up Begin) FULL	Apr 24	10.30-11.45	Ewah Lee	Weekly	UCH	
<input type="checkbox"/> Health Qigong Zoom	Apr 24	11.55-1.15	Michael Chan & KY Ho	Daily	Online	
<input type="checkbox"/> Computer Class (Hybrid)	Zoom	Apr 24	12-2pm	DavidJewell/DanHauw/RonBerry	Weekly	Online
	In-person	Apr 24	12-2pm	David Jewell	Weekly	CPR
<input type="checkbox"/> Singing Group	Apr 24	3.30-4.30pm	Joan Foulcher	Weekly	CL	
TUESDAY						
<input type="checkbox"/> Living Younger Longer Zoom	May 2	9.30-11.30	Dr John Beaney	Weekly	Online	
<input type="checkbox"/> Chess for Beginners	May 2	10am-12pm	Ken Hiew	Weekly	DR	
<input type="checkbox"/> Walking & Exploring	May 9	10am	Jan Clear	2 nd Tues	TBA	
<input type="checkbox"/> Music Appreciation	May 9	2-3pm	Don Baird	2 nd , 4 th	DR	
<input type="checkbox"/> Computer Class B	May 2	2-4pm	Ron Berry	Weekly	CPR	
<input type="checkbox"/> Yoga Pranayama GoogleMeet	May 2	4.30-5.30pm	Krishan Pathak	Weekly	Online	
WEDNESDAY						
<input type="checkbox"/> Mahjong (Chinese) / Gin Rummy	Apr 26	9-30-12	Kristine See	Weekly	DR	
<input type="checkbox"/> Tai Chi	Apr 26	10-11am	Elva Parker & Leh Soh	Weekly	CL	
<input type="checkbox"/> Mahjong (Western)	Apr 26	10am-12pm	Jenny D'Acre	Weekly	DR	
<input type="checkbox"/> Gardens & Gardening	May 3	2-3pm	Linus Chang	Fortnite	CL	
<input type="checkbox"/> Yoga Pranayama GoogleMeet	Apr 26	4.30-5.30pm	Krishan Pathak	Weekly	Online	
THURSDAY						
<input type="checkbox"/> Art Appreciation FULL	My 18	10-3.30	Pat Tinsley & Siew Kennedy	3 rd Thur	TBA	
<input type="checkbox"/> Book Group FULL	Apr 27	10-11am	Jan Clear	4 th Thur	CL	
<input type="checkbox"/> Mandarin (Begin) Zoom FULL	Apr 27	10-11am	Lily Lam	Weekly	Online	
<input type="checkbox"/> Stillness Meditation	May 4	10.30-11.30	Anita Davine	Weekly	MA	
<input type="checkbox"/> French Zoom	Apr 27	2-3pm	Marianne Puccinelli	Weekly	Online	
<input type="checkbox"/> Beginners Tai Chi	Apr 27	2-3pm	Benjamin Chan	Weekly	CL	
FRIDAY						
<input type="checkbox"/> Living Younger Longer Zoom	May 5	9.30-11.30	Dr John Beaney	Weekly	Online	
<input type="checkbox"/> Line Dancing (Improvers)	Apr 28	9-30-10.45	Doris Teh	Weekly	UCH	
<input type="checkbox"/> Life Skills	May 5	10.30-11.30	John Keogh	Fortnite	ML	
<input type="checkbox"/> Chinese Mandarin (Intermediate 2) Zoom	Apr 28	11-12.15	June Wang	Weekly	Online	
<input type="checkbox"/> Karaoke FULL	Apr 28	1.30-3.30pm	Kristine See	Weekly	ML	
<input type="checkbox"/> Current Affairs	Apr 28	2-3pm	Self-help	Weekly	DR	

KEY to VENUES

CL – Community Centre lounge

DR – Community Centre dining room

CPR – Community Centre computer room

ML – Manor lounge – enter via Gate 3

MA – Manor apartment 46 – enter via Gate 3

Craft – Community Centre craft room

UCH – Uniting Church Hall