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QUOTABLE QUOTE

"Live as if you were to die tomorrow. Learn as if you were to live forever."

— Mahatma Gandhi

Dates for Your Diary – Term 4

Victoria Seniors Festival (1-31 October 2023)

Learn, Love, Live - your best life and join the fun at the 2023 Victorian Seniors Festival! Between 1-8 October 2023, Senior Card holders will be able to travel for free on all public transport in Victoria.

Monash Seniors Festival (2-31 October 2023)

Monash Seniors Festival runs alongside the Victorian Seniors Festival to provide free or low-cost events and activities during the month of October.

Members' Responsibilities

Being a member of U3A Highvale comes with responsibilities to tutors/facilities, fellow members and to the association. As a member you are responsible for:

- **Regular attendance in their chosen classes.** Having selected to pursue a course it is only reasonable that a member makes the effort to attend classes regularly. Granted there are occasions when attendance is not possible for personal reasons, in which case an apology to the tutor/facilitator is called for. Voluntary tutors/facilitators work hard to impart their knowledge/skills. Members should in turn show their appreciation by actively participating in classes.
- **Your own safety** by wearing your name badge when attending in-person classes. The badge ensures ready access to emergency contact details recorded on its reverse side. It also acts as evidence of paid-up membership and helps one another to learn or remember names.
- **Respectful use of Village venues and facilities.** U3A Highvale members are privileged to have access to rooms located in the Retirement Village premises. Privilege goes hand-in-hand with responsibilities. Members should therefore observe the house rules as they stand:
 - Please do not treat Village reception as the U3A 'office'. U3A Highvale does not have a physical office. Any queries should be directed at class support coordinators or emailed to: enquiries@u3ahighvale.com.au.
 - When a room is used, kindly leave furniture and blinds as they were when you walked in.
 - Please keep bathroom and kitchen surfaces clean, tidy and dry to avoid accident-prone conditions.

U3A Highvale abides by a code of conduct. It is expected that members honour the norms, rules and proper practices of the association.

Highlights of Term 3



U3A Highvale was able to provide quite a few new online courses for Term 3, courtesy of U3A Geelong and U3A Network Victoria.

Term 3 offerings from U3A Geelong:

- Nightingale and the Link to Nurses. Mondays, 1:30 pm – 3:30 pm via Microsoft Teams
- Finding Psychology in Films. Thursdays, 1:30 pm - 3:30 pm via Microsoft Teams

Term 3 offerings from U3A Network Victoria was their Explore Science Series:

- AUKUS, Implications and Possibilities! 10am on Wednesday the 16th of August via Zoom.
- From Flower to Honey Pot. How does a tiny seed turn into honey? 12pm on Thursday the 17th of August via Zoom.

A one-off cooking demonstration on Egyptian Street Food was held on 23 August. Members enjoyed themselves thoroughly. Also in the pipeline is a talk on Growing Orchids. This is scheduled for 13 September at 2pm in the Community Centre dining room and is open to Village residents.

From now on, it seems expedient to use the MyU3A enrolment system as a booking service for U3A members. Special events will be included in the list of classes. Anyone who wishes to reserve a place in an event will enrol in the same way as one would for a class. The system will be able to keep count of reservations made and produce a list of respondents. This would replace the need for tracking RSVPs.



A bumper issue of the Spring 2023 edition of PALS program has been published. See: https://www.monash.vic.gov.au/files/assets/public/community/documents/pals-spring-2023_web.pdf

It contains details of the 2023 Monash Seniors Festival (2 - 31 October). Highlights include keynotes from internationally renowned nutritionist Ngaire Hobbins and Postdoctoral Research Fellow in Neuropsychology Dr Emily Rosenich.

A program of more than 50 activities will be hosted by community groups and clubs throughout the month. These events are listed in the calendar.

Monash seniors are encouraged to take advantage of free public transport with their Senior myki and Victorian Seniors Card to experience the many live Victorian Seniors Festival events.



There weren't many U3A Network meetings during Term 3. A Zoom session on Website Template Workshop was held on 25 August, which I attended.

The U3A Eastern Metropolitan Region group will meet during the term break on 18 September to share information and support each other with ideas/knowledge.

The U3A Network Victoria AGM will be held on 20 September.



The sustainability of U3A Highvale depends on the commitment of its members, tutors/facilitators and committee members. The item on *Members' Responsibilities* (page 1 of this newsletter) is a timely reminder that it is desirable for members to participate in U3A activities in as positive way.

Siew Kennedy
Secretary

Feature Article

Beyond Smoke Signals

Long distance messaging has come a long way since the use of smoke signals, carrier pigeons, message in a bottle, pony express, balloon mail, and telegrams.



Likewise at U3A Highvale messaging systems have changed over time from printed notices to online messaging. This article clarifies the types of emails based on MyU3A. Hopefully in knowing the source, you are less likely to delete omail and auto mail that happen to land in your junk folder.

Class Folders

Before MyU3A (a Membership Administration System specific to U3A business processes) was introduced in 2018, the humble class folders were used as communication tools. Alerts and notices were placed in the folders for members' information. Folders are still used now, as a way of distributing name badges.



MyU3A Mailing Functions

MyU3A's email distributor generates enrolment confirmations, facilitates the dispatch of omails to all current members and enables tutors/facilitators to send auto emails to specific class members.

Enrolment Confirmation

After a member has chosen to enrol in one or more classes, MyU3A automatically notifies the member concerned of his/her enrolment status. No human intervention is involved.



Omail

Omails require human intervention. These messages are sent by the MyU3A Administrator to all current members as notifications or reminders.



The distribution facility supported by MyU3A, ensures that personal email addresses are kept private and not visible to other recipients.

Auto Mail

Emails sent via Emler (in MyU3A) arrive as auto mail in a member's inbox. This function relies on the email addresses stored in the MyU3A database. It is normally used by tutors/facilitators to address specific classes.



A member's email address is not shared publicly thus preserving the privacy of personal data.

Cultivate Two-Way Communication

Two-way communication is essential for long distance messaging to be effective. In cases where recipients' responses are expected but not forthcoming, communication breakdown occurs. Keep in mind that it takes two to tango!



Siew Kennedy
Secretary/Treasurer



Class News

Art Appreciation

The Art Appreciation class has been spoilt for choice this term with the NGV's offerings. What a privilege to be able to view the works of 17th century Dutch master Rembrandt who was a painter, printmaker and draughtsman. The works dated from his early years in Leiden through to his final years in Amsterdam. They included more than 100 etchings from the NGV collection alongside important loans from the Rijksmuseum in Amsterdam, the National Gallery of Art in Washington DC, the Louvre Museum in Paris, the Kunsthistorisches Museum in Vienna and the Teylers Museum in Harlem. How lucky are we to have this opportunity!

In August the visit to the 2023 Melbourne Winter Masterpieces Exhibition allowed the group to see an exhibition curated by Paris's Musee d'Orsay in partnership with the NGV. It presented paintings, drawings, prints, photographs and decorative objects by Pierre Bonnard in an exhibition designed by India Mahdavi.



The scenography set the mood for captivating the magic of Bonnard's colour. Architectural props, painted walls, special carpets and furnishings combined to create an intimate environment to showcase Bonnard's works.

Pat Tinsley
Facilitator

Book Club

U3A Highvale Book Club which meets on the 4th Thursday of every month between February and November (inclusive) borrows books from Glen Waverley Library.

In August, we have read and discussed "The Land Before Avocado" by Richard Glover. Richard has written a number of bestselling books including "Flesh Wounds" and "The Mud House". He writes regularly for the Sydney Morning Herald

and the Washington Post and presents the comedy program "Thank God It's Friday" on ABC Local Radio.

In "The Land Before Avocado" Richard takes a journey through the Australia of the late 60's and early 70's. The book does make the reader laugh, cry, be inspired and feel angry as he or she remembers how the cane was used in schools, parents told the children that there were starving children in Africa who would love brussel sprouts, or exasperated mothers saying, "Just wait until your father gets home." During our discussion, we remembered Jean Shrimpton, Harold Holt, the White Australia Policy in the 60's, the treatment of migrants, Equal pay for equal work introduced in 1969, Sunny Boy drinks, musk sticks and school milk.

All members agreed that they enjoyed reading this non-fiction book as it was about the world as they knew it, when they were growing up.

I introduced the book to our U3A Current Affairs group and they enjoyed discussing the book (although they hadn't read it) and remembering their childhood.

Jan Clear
Facilitator

Chess for Beginners

Buoyed up by improvements in their tactics, class members display a high level of interest as shown by the weekly attendance.

One very pleasing development this term is the increasing contribution from Andrew and Zed, the 2 more advanced players, in the sharing of their expertise which is very welcome and beneficial. Chess is a mind game of endless variables and different perspectives are always interesting and instructive.

In my last report, I urged players to put more fun and enjoyment in their games and this has become more apparent. I'm glad to say that everyone in the class is now playing at a higher level. Congratulations!

Let me end with a quote from David Levy, master in chess:

"I prefer to lose a really good game than to win a bad one."

Ken Hiew
Tutor

Current Affairs

It's great to see the increasing participation in class discussions. In fact, interest level is such there has been a request to start the session 15 minutes earlier which has been approved and will take effect from Term 4.

Our group discussions won't stop the war in Ukraine, nor will it solve the poisonous mushroom mystery, but it widens our perspective to hear the different lines of thought on these and other topics and to have a say.

Thanks everyone for your contribution, especially those who have taken the trouble to prepare talks and notes and for listening respectfully to one another's views. It's good to leave each session with a lighter mind and a happier feeling about our world!

Ken Hiew
Facilitator

Egyptian Street Food

The cooking demonstration of Egyptian street food held on 23 August was much appreciated by all who attended. The delightful presenter Martha Botros, an expert in Egyptian cooking, carefully explained each step for preparing a typical Egyptian dish, hawashi, which is a spicy mince meat mixture encased in pita bread and cooked in the oven.



The real highlight was when we were treated to a delicious and generous tasting plate. Now we have a new recipe to share with family and friends.

Suzanne Powell
Class Member

Gardens & Gardening

--Future Proofing Your Garden--

When my husband and I decided to rebuild our house recently, we had a chance to build a new garden from scratch. As both of us are in the "above 55" cohort, our top priority was a garden that was low maintenance i.e. one we can easily look after ourselves as we grow older. For us, this meant no lawns that require frequent mowing, weeding and feeding, and no hedges that need frequent pruning. With climate change and global warming upon us, we also wanted a sustainable garden that would not require a lot of watering to keep it looking nice and healthy especially during the hot and dry summer months.

I did some research and it quickly became clear that a garden with native and indigenous plants would help us achieve our requirements for low maintenance and low water requirements. However, we also wanted a pretty garden and my husband was initially not convinced that we could achieve that with only native plants as he remembers them to be rather scraggly and we also did not want tall gum trees like those we saw in some gardens. His fears were alleviated when we visited beautiful native gardens like the Karwarra Australian Plant Garden in Kalorama, and plant nurseries like the Kurunga Native Nursery which sells many native species that are suitable for the home garden, such as dwarf varieties of gum trees.

Our conviction to go fully native was further increased after joining the [Monash Gardens for Wildlife](#) program where we discovered other benefits such as being able to provide a habitat for native wildlife. With the help of a landscape designer and landscaper who were passionate about native plants, our native garden became a reality a few months ago. We now enjoy watching the baby plants grow and flower and look forward to welcoming visitors like native birds and bees when the plants mature.

Christina Bong
Class Member

Laughter Yoga

Laughter Yoga is a popular breathing and stretching exercise. It was created by an Indian doctor Dr. Kataria in 1995 and there are Laughter Yoga clubs all over the world. Laughter yoga is a unique concept where anyone can laugh for no reason, without relying on humour, jokes or comedy. It can unlock the secret to your happiness and joy. Laughter Yoga exercises are practised in a group with eye contact and childlike playfulness. You may feel awkward with fake laughter at first, but soon it turns into real, contagious laughter. Fake laughter helps the brain to release happy hormones that make people feel happy and full of vitality. As the brain doesn't distinguish between fake and real laughter, it will release the same chemical as in true laughter.

By laughing we inhale a lot of oxygen that activates our cells, nourishes our internal organs, thereby strengthening our heart and lung functions and our immune system to achieve health and happiness. Studies have shown that Laughter Yoga can reduce anxiety and depression and improve our sleep.

When I practise Laughter Yoga, I feel more energetic as stress is reduced and it keeps me in a good, cheerful mood throughout the day. Our mentor encourages us to have a positive mental attitude in difficult times and to enhance our confidence. Laughter Yoga makes me forget every trouble and worry from the bottom of my heart.

June Cheung
Tutor

Line Dancing - Upper Beginners

Every Monday morning at 10.30 come rain, hail or shine, around twenty eager ladies gather at the Uniting Church, Bogong Avenue, Glen Waverley for line dancing with our charming teacher, Ewah Lee.

With patience and a methodical approach, Ewah leads us through a variety of dances - waltzes, rhumbas, mambos, cha chas etc. Steps with names such as a half Monterey, a Lindy or a Dorothy, a right jazz box, rocking chair and syncopated V are household words to us now.

We try hard to elicit a compliment on our progress although probably more dedicated practice between classes would produce better results at times. Ewah is never fazed when some of us make a left turn instead of a right one. A little smile and perhaps a shake of the head is the only admonishment. Positive encouragement is the

name of the game.

The music is great. Hits of the 60's and 70's are familiar and much loved by us all.

Why do we like line dancing? Some comments from our group include: "We love the social contact" and "It's so good for the brain" and "The exercise is great".

So, many thanks, Ewah, for giving your time voluntarily to share your expertise and to bring all these benefits to us so we can be fitter and happier.

Joan Chamberlin
Class Member

Line Dancing - Improvers



We're truly grateful to our teacher Doris for her endurance in our weekly line dance class. As much as I'd want to be a shining star to remember my steps, it is not easy but we continue to try put our best feet forward!

Line dancing one of the best courses to keep the seniors mentally and physically active! I enjoy the class, thank you, Doris.

Dorothy Shem
Class Member

Stillness Meditation

7 Tips for a Thriving Meditation Practice

Over the years I have been practising meditation, I have come across many writers who have shared their wisdom about how our thoughts affect our state of mind, relationships and our day-to-day living. Meditation is a scientifically proven way for helping us to live without fear and anxiety.

I would like to share some very important tips from Matteo Pistono for those who want to help themselves thrive as meditators.

1. **Remind yourself of your motivation.**
Why do I meditate?
2. **Keep your practice close to your heart.**
But let close family and friends know when you are meditating so that you are not disturbed.

3. **Establish a routine.** “A disciplined mind brings happiness.” (Words from Buddha in *the Fundamentals of the Path*.)
4. **Make a commitment to a formal meditation session each day** for a certain period.
5. **Practise when you practise** i.e. when you sit down to meditate, just meditate. Leave your mobile phones in another room!
6. **Keep a book of insights.** You, too, have wisdom to share and treasure.
7. **Rejoice** that you have made a sustained effort to cultivate clarity of mind and softness of heart.

If you like to experience Stillness Meditation, please enroll with U3A Highvale and come along to our sessions at Apartment 46, on Thursdays from 10.30 – 11.30am.

Anita Davine

Stillness Meditation Therapy Teacher

Yoga (Sun Salutation)



Daily yoga for lazy days, for the elderly and inactive couch potatoes

Who said yoga is about twist & turns, folding your body parts till you break or stretching your body till you are ‘jammed’? This is the 7/7 of our Chassis Strengthening in Daily Yoga. Yoga is about the mind, the body and simply thanking everything, everyone, every moment.

About the Instructor

P-Tong Lim is a certified Yoga Therapist. He has travelled to many different destinations to acquire the knowledge and skills of yoga and is very passionate about yoga. It gives him a sense of purpose to generously share what he has learnt. Master Lim started Star Yoga in 2020 in Alor Star, a humble town in Kedah, Malaysia. His intention was to learn various Yogasanas for fitness – *Flow Yoga*, *Chair Yoga* and *Laughter Yoga* and share with anyone in need of better living. He believes:

- “Star” brings out the best Yogasana for all ages.

- “Star” shines, we shine. We are the light, the energies. “Once lit, it cannot be extinguished”.
- “Friends are like stars, sometimes, you see them, sometimes you don’t, but they are always there.”

Class Member Testimonials

Many testify they have been helped in various ways, pain reduction, posture enhancement, stress management/reduction, breathing enhancement and more. Here are some testimonials from U3A group members:

- Quek – Thank you very much Master Lim for the Uplifting morning exercise.
- Yoke Lin – Thank you Master Lim, always so thoughtful and sharing. Enjoy your yoga retreat and we know we will benefit too.
- Jaswinder Kaur – Likewise Yoke, I resonate that Sifu is just simply amazing.
- Kuan – Master Lim, I really enjoy your daily class as it helps in our mobility. Also appreciate your patience and all the materials you sent us for our reference.
- Adeline Sze – Relax your mind, de-stress your body. Release your uptight emotions. Exercise to strengthen your muscles, good advice.
- Victoria – I like yoga because it is good exercise for joints and I feel more energetic after doing it.
- Lucy – I am doing yoga hoping it slows down and even prevents the onset of dementia. Since I started yoga my aches and pains have reduced.
- Helen – Yoga helps me with my breathing and relaxes my mind. I can sleep better at nights.
- Sothy – Yoga calms our mind when (I am) stressed. I feel very much better with my arthritis pain.
- Dorothy – I must say our yoga class is more of an exercise class and doing it daily really helps in stretching, loosening our joints and balancing which is so important for reducing the risk of falling. That’s why I do my best to attend the class.

It is good to have new pathways for neurons and to stimulate the mind. A fit body will have a fit mind, a happy body will have a happy mind. Come and experience how P-Tong unconditionally shares his love & experience with anyone online via his **FREE** lessons Zoomed to you at 7.15am Malaysian time. If you’re interested, the class facilitator can sign you up.

Dorothy Shem
Facilitator



Fun Corner

General Knowledge Trivia

"Old minds are like old horses, you must exercise them if you wish to keep them in working order."

-- John Quincy Adams --

1. Which is the smallest of the six original countries of the European Union?
2. Stinkhorn is a smelly kind of what?
3. In 1933 the Northern Territory town of Stuart was officially renamed what?
4. What would you do with an awl?
5. What is the yoga pose adho mukha svanasana commonly known as?
6. Mrs Hudson is which fictional character's housekeeper?
7. In geology, pillow and ropey are two types of what?
8. What is a cor anglais?
9. A boysenberry is a cross between which two berries?
10. What is the highest freestanding mountain in the world?

Answers at the bottom of this page.

Jenny D'Acre

Mahjong (Western) Tutor

Humour



Stupid computer keeps saying "you got mail"



Announcements

Table Tennis Anyone?

U3A Highvale does not have a suitable venue nor equipment for table tennis. However, there may be an opportunity to use external facilities. We have previously asked for expressions of interest, but the response was poor. This is another opportunity for those who are interested. Please send an email with your contact number to: enquiries@u3ahighvale.com.au. A committee member will be in touch with the necessary details.

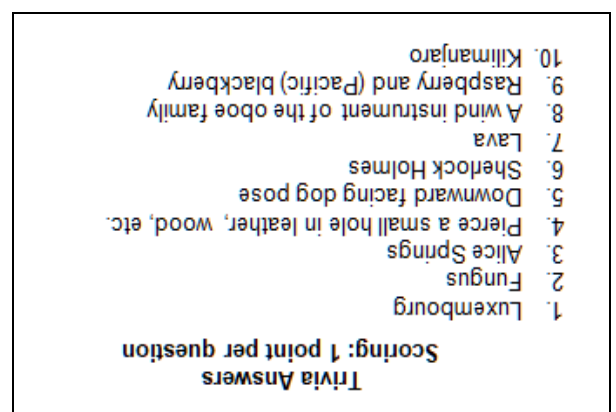
Live Life Digitally Connected

This is a new short online course delivered fortnightly via Microsoft Teams, on Wednesdays 10-11.30am, starting from 13 September.

The range of topics presented will bring to life why being connected is essential for seniors, how to get and stay connected, how to make the best of your connectivity, to enjoy life and stay safe online. Details are on our website.

History of China

Part 1 of this new course on Chinese history covers the emperors, royal families, revolutionaries and reformers through to modern day presidents. The Tuesday weekly classes from 2-3.30pm are delivered online via Microsoft Teams and starts in Term 4 on 3 October. Check our website for more information.



U3A HIGHVALE TIMETABLE

TERM 4 – 2nd October to 1st December 2023

Tel: 03 9803 8592

Email: enquiries@u3ahighvale.com.au

Updated on: 5 September 2023

- 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 or Teams**.

COURSES	Start	Time	Leader/Facilitator	Freq	Venue	
MONDAY						
<input type="checkbox"/> Yoga (Sun Salutation) Zoom	Oct 2	10.15-11.30	Master Lim	Daily	Online	
<input type="checkbox"/> Line Dancing (Upper Begin)	Oct 2	10.30-11.45	Ewah Lee	Weekly	UCH	
<input type="checkbox"/> Computer Class (Hybrid)	Zoom	Oct 2	12-2pm	David J/Dan Hauw/Ron Berry	Weekly	Online
	In-person	Oct 2	12-2pm	David Jewell	Weekly	CPR
<input type="checkbox"/> Motherland - Radioactive Teams	Oct 2	1.30-3.30pm	Dr Bruce Watson	Weekly	Online	
<input type="checkbox"/> Singing Group	Oct 2	3.30-4.30pm	Joan Foulcher	Weekly	CL	
TUESDAY						
<input type="checkbox"/> Living Younger Longer Zoom	Oct 3	9.30-11.30	Dr John Beaney	Weekly	Online	
<input type="checkbox"/> Chess for Beginners	Oct 3	10am-12pm	Ken Hiew	Weekly	DR	
<input type="checkbox"/> Walking & Exploring FULL	Oct 10	10am	Jan Clear	2 nd Tues	TBA	
<input type="checkbox"/> Health Qigong -Tue & Fri Zoom	Oct 3	10.30-11.15	Michael Chan & KY Ho	Twice wkly	Online	
<input type="checkbox"/> Music Appreciation	Oct 10	2-3pm	Don Baird	2 nd , 4 th Tues	DR	
<input type="checkbox"/> History of China Teams	Oct 3	2-3.30pm	Derek Wallace	Weekly	Online	
<input type="checkbox"/> Computer Class B	Oct 3	2-4pm	Ron Berry	Weekly	CPR	
<input type="checkbox"/> Yoga Pranayama GoogleMeet	Oct 3	4.30-5.30pm	Krishan Pathak	Weekly	Online	
WEDNESDAY						
<input type="checkbox"/> Mahjong (Chinese) / Gin Rummy	Oct 4	9-30-12	Kristine See	Weekly	DR	
<input type="checkbox"/> Advanced Tai Chi	Oct 4	10-11am	Elva Parker & Leh Soh	Weekly	ML	
<input type="checkbox"/> Live Life Digitally.... Teams	Oct 11	10-11.30am	NBN Co	Fortnightly	Online	
<input type="checkbox"/> Mahjong (Western)	Oct 4	10am-12pm	Jenny D'Acre	Weekly	DR	
<input type="checkbox"/> Cybersecurity Zoom	Oct 18	10.30-11.30	NBN Co	Monthly	Online	
<input type="checkbox"/> Individual Wisdom Teams	Oct 4	1.30-3.30pm	Dr Bruce Watson	Weekly	Online	
<input type="checkbox"/> Gardens & Gardening FULL	Oct 11	2-3pm	Linus Chang	Fortnightly	CL	
<input type="checkbox"/> Yoga Pranayama GoogleMeet	Oct 4	4.30-5.30pm	Krishan Pathak	Weekly	Online	
THURSDAY						
<input type="checkbox"/> Art Appreciation	Oct 19	10-3.30	Pat Tinsley & Siew Kennedy	3 rd Thur	TBA	
<input type="checkbox"/> Book Group FULL	Oct 26	10-11am	Jan Clear	4 th Thur	CL	
<input type="checkbox"/> Mandarin (Begin) Zoom	Oct 5	10-11am	Lily Lam	Weekly	Online	
<input type="checkbox"/> Stillness Meditation	Oct 5	10.30-11.30	Anita Davine	Weekly	MA	
<input type="checkbox"/> Laughter Yoga	Oct 5	12-1pm	June Cheung	Weekly	CL	
<input type="checkbox"/> Seacole - War Doctors Teams	Oct 5	1.30-3.30pm	Dr Bruce Watson	Weekly	Online	
<input type="checkbox"/> French Zoom	Oct 5	2-3pm	Marianne Puccinelli	Weekly	Online	
<input type="checkbox"/> Beginners Tai Chi	Oct 5	2-3pm	Benjamin Chan	Weekly	ML	
FRIDAY						
<input type="checkbox"/> Line Dancing (Improvers)	Oct 6	9-30-10.45	Doris Teh	Weekly	UCH	
<input type="checkbox"/> Living Younger Longer Zoom	Oct 6	9.30-11.30	Dr John Beaney	Weekly	Online	
<input type="checkbox"/> Life Skills	Oct 13	10.30-11.30	John Keogh	Fortnightly	ML	
<input type="checkbox"/> Mandarin (Intermed 2) Zoom	Oct 6	11-12.15	June Wang	Weekly	Online	
<input type="checkbox"/> Karaoke FULL	Oct 6	1.30-3pm	Kristine See	Weekly	DR	
<input type="checkbox"/> Current Affairs	Oct 6	1.45-3pm	Ken Hiew	Weekly	ML	

K CL – Community Centre lounge
E DR – Community Centre dining room
Y

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