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QUOTABLE QUOTE

"That is what learning is. You suddenly understand something you've understood all your life, but in a new way."
— Doris Lessing —

2024 Annual General Meeting

As mentioned under *Highlights of Term 4* (page 2), U3A Highvale will hold its Annual General Meeting in March 2024. This normally takes place on the first Wednesday of the month.

The AGM is an excellent platform to provide feedback, voice your opinions and play a part in decision making and voting. It is to your advantage, as a member of the association, to be engaged in matters related to your membership. All current positions of the executive (President, Vice President, Secretary, Treasurer) and committee members will be declared vacant at the AGM. If you or someone you know has an interest in an executive role or being a part-time volunteer, submit your nomination(s) when the time comes. Your active participation can make a difference.

New Courses for 2024

Two new courses will be introduced in 2024: *Food and Cooking* classes will be conducted monthly by Martha Botros who previously gave a demonstration on Egyptian Street Food. *Judaism and Jewish Life* is to be delivered weekly via Zoom. The course is suited to a non-Jewish audience.

A third course on *Healthy Ageing & Wellbeing* is planned. It may kick off with a Seminar, provided there are at least 20 participants. Six regular sessions will follow, if regular attendance of 20 members is guaranteed. The course can only eventuate if it has sufficient support. Please respond when the call for expression of interest is released.

The Joy of Writing

2023 is the 50th anniversary of the U3A movement worldwide. To celebrate this achievement, members were invited to send in articles for this newsletter. Three submissions were received — all interesting to read (see pages 8-9).

The committee decided that each of the writers: Ken Hiew, Marloney Ng and Kim Yong deserves a prize. They will receive their 'awards' at the EOY function on 30 November.

End-of-Year Event — 30 November 2023

All current U3A members have been invited to our End-of-Year event. For catering purposes, the closing date for acceptance was 20 November. The talk on "*An Introduction on Birds and Birding*" promises to be a very engaging presentation. Thank you to members who have enrolled in the event.

Highlights of Term 4



Term 4 saw the commencement of four new online courses, courtesy of U3A Geelong:

- Potential for Individual Wisdom. Based on the work of Alan Watts it covered the intuitive knowing of life through actual living experience of one's everyday being.
- Their Motherland is Radioactive. A non-politically oriented course that examined the aftermath of a real nuclear disaster.
- The Seacole Link to War Doctors. Discussion on the work of British Jamaican nurse Mary Jane Seacole during the Crimean War.
- History of China. The emphasis was on the Qing dynasty through to modern days.

The Beginners Tai Chi and Chinese Mandarin (Beginners) classes will discontinue in 2024. Committee members and I would like to thank Benjamin Chan (Tai Chi) and Lily Lam (Chinese Mandarin) for their excellent tutorship -- they will be sorely missed. We wish them the very best in their new ventures.



The Monash inclusive team was very active over the term. Events such as Monash Volunteer Expo, Dementia Awareness, Safety in a Digital World etc. were organised for seniors in the local community.

A Monash Positive Ageing Network Forum was held on 17 November. The meeting covered topics such as halls management, community grants, event management and promotion of the Positive Ageing Lifestyles program (PALS) events and activities.



The Website Template Workshop via Zoom was held on 27 October. U3A Network Victoria's AGM was held on 20 September. The following were elected to the Network Committee for 2023-2024:

- President: Anne Grigg (U3A Kingston)
- Vice President: Susan Webster (U3A Box Hill)
- Vice President: John Taubman (U3A Kyneton)
- Secretary: Neil Head (U3A Brimbank)
- Committee: Glen Wall (U3A Whittlesea)
- Committee: Graham Gosling (U3A Port Phillip)
- Committee: Cynthia Paciocco (U3A Bentleigh)

I attended the final Members Council meeting of U3A Network Victoria for 2023 on Wednesday 15 November. I also participated in a separate Workshop on MyU3A, held on the same day.

U3A Network Australia has negotiated a U3A Buying Group with office suppliers Officeworks. There are benefits to individual U3As that wish to participate.



The U3A Highvale Annual General Meeting is scheduled for March 2024. It is hoped that members will put up their hands and join the Committee of Management next year.

Without a Committee of Management the association cannot run. Without a Secretary, U3A Highvale cannot exist. I am sure none of us would like that to happen. Our constitution states "If the position of Secretary becomes vacant, the Committee must appoint a member to the position within 14 days after the vacancy arises."

If you wish to find out more about committee involvement, you are most welcome to talk to any one of our existing committee members.

Siew Kennedy
Secretary

Feature Article

Money Doesn't Grow on Trees

U3A Highvale is a not-for-profit (NFP) association. NFP organisations are funded through a variety of sources.



Our Funding

U3A Highvale funding includes: Membership dues and fees, government grants and contracts and individual donations.

Membership Fees

The main source of revenue for U3A Highvale is from the annual membership fees. Currently a low fee of \$50 is in place. The association cannot depend on fees alone to provide services to its members as they are simply not enough to maintain year-round operations. While fees are necessary, they are not sufficient.

Grants

Most NFP associations rely on government grants and contracts to fund specific programs or projects. But applying for a grant isn't a walk in the park — it is very time consuming. At each stage of the process: application phase, throughout the project and acquittal stage, the applicant must meet assessment criteria. Strategies on social inclusion, supporting community needs and increasing skills and knowledge need to be provided. Ways of measuring resulting benefits are required.

We have in the past received grants from U3A Network Victoria and the DISER Stronger Communities Programme for the purchase of

laptops and computers. To meet the demand for larger premises, hall hire is the inevitable solution. This doesn't come cheap, but U3A Highvale has successfully applied for Monash Council Hall Hire grants since 2018.

Donations

These can come from a variety of donors, such as individuals, corporations, foundations and fundraisers. This category of funding has not featured highly at U3A Highvale.

Other Forms of Support

Funding is only one source of support. There are other ways in which U3A Highvale is resourced.

Contributions in Kind

U3A Highvale is fortunate to be able to use some of the rooms located at the Highvale Retirement Village. The generous sharing of **space** provided by Village management lightens the burden and cost of hiring meeting facilities.

The relationship established between the Village and U3A Highvale goes back to 1996 and is a win-win formula for both parties. U3A members get acquainted with the Village and quite a few become Village residents. Existing residents have the advantage of accessing U3A classes at their doorsteps -- an easy step towards lifelong learning.

Volunteering

Volunteer tutors, facilitators and administrators offer their **time** free of charge to ensure that programmes and services operate at low cost. For this, U3A Highvale is most grateful. Most NFP organisations rely on volunteers, so do consider volunteering whenever you can.

Advocacy

Persevere to advocate for the organisation and tell your friends and family about U3A Highvale's mission. Give support to the association's AGMs and functions so as to contribute to its welfare.

Sustainability

U3A Highvale needs a reliable source of funding and support in continuing to meet its goal as a provider of lifelong learning. If its diversified funding sources prove to be insufficient, options such as other revenue sources need to be explored.

Siew Kennedy
Secretary/Treasurer



Class News

Art Appreciation

The Art Appreciation group have enjoyed two fantastic experiences in term 4, one to Mornington and one into the city.

This year's Archibald finalists were of a very high standard and the depth of talent on display was much greater than we have seen for some time. Additionally it was a lovely day and we enjoyed the pop up café and, for some of us, a walk in the rose garden afterwards.

Our visit to LUME began on a wet and dismal day but our experience, once we were dropped off, was one of colour and vibrancy. "Connections", the current exhibition is one of astonishing colour and sound from the permanent digital gallery presenting a fully immersive sensory encounter with First Nation's art, music and dance.



We are so lucky to have world class art at our fingertips in Melbourne and surrounds and the luxury of having the Highvale bus to transport us directly to the door. Thank you to Mark and Bill for being our drivers throughout the year.

Pat Tinsley

Facilitator

Chess for Beginners

This year, all who started as 'Beginners' have made great strides in their skills. They are now able to play the better members quite comfortably. Andrew and Zed continue to contribute valuable tuition during games which is much appreciated.

It was thought that the class title, 'Chess for Beginners' is no longer appropriate and needed a change. This was put to the class and 'Chess for Fun' came out as the favourite.



Though chess is a serious mind game, it's important not to lose sight of the fun element which enhances enjoyment.

Ken Hiew

Tutor

Current Affairs

This year there is no shortage of topics to talk about, with 2 wars going and lots of happenings. Discussions are respectful, lightened by humour and laughter.



It is very pleasing to have members coming forward to help run or prepare materials for meetings. Thank you Jan, Jennie and Ralph for your contributions.

Recently, we were given a treat by Grace who had made a trip to Central Asia, a group of countries with some breathtaking scenery and rich in history but still little known to the outside world. She gave a very interesting talk and showed us pictures of places she visited and dwellings of the locals in rural areas. Thanks for that, Grace.

Attendance is regular, generally we see 6 to 8 each session.

Ken Hiew

Facilitator

Karaoke

Come and join in the fun, singing your favourite songs, solo or with other members.

Karaoke session objectives include making new friends and building confidence, singing to an audience and learning from others. It's not a competition.

There are choices of songs in many languages streamed directly from YouTube.

Class leader is not a musician or a singing teacher and would not be able to teach you how to sing but can help you find songs from YouTube that suits your key for your vocal.

Attendees are advised to choose 3 songs before attending so that a playlist can be prepared before each session. This is to save time.

Songs can be in any language you like to sing, but not hymns or songs with religious bias.

Joining numbers are tight and limited.

NOTE: We have microphones, but for health reasons, we strongly recommend you bring a mic.cap. Audiences/visitors need not enrol. They are most welcome as observers.

Kristine See

Facilitator

Laughter Yoga

Laughter Yoga suits any age. It combines Laughter with Yoga breathing while we exercise. In Laughter Yoga we laugh a lot, sometimes real laughter, sometimes forced laughter. Because your brain doesn't know if laughing is real or fake it still releases a 'happy hormone' when we practise Laughter Yoga.



The various movements and stretching combined with laughter can relieve stress, enhance immunity, improve mood, prevent physical decline, improve personal health and make people happy. Please wear comfortable clothes and flat shoes.

June Cheung

Tutor

Line Dancing (Upper Beginners)

The Line Dancing (LD) year started rather tumultuously as numerous new / absolute beginners had enrolled with high expectations of learning LD 'from scratch', blissfully unaware that more than half the class members had been dancing for at least a year or more!

There was a high attrition rate in the first term but some 'newbies' persevered, and I'm pleased to report that all the members can now call themselves line dancers and be proud to say so!

The weekly LD classes became more than a fun way to exercise to music, as the students made friends with each other and a warm sense of community and camaraderie developed among them. They even hung around after class to chat in the GWUC hall and car park!

In term 4, even though there were 23 students enrolled in the class, on average, the weekly attendance was between 12 and 15, due to illness, holidays and other reasons.

We had an exceptionally short term 4 (only 5 dance classes) due to my travel plans in November.

Our term culminated on a high with a scrumptious brunch at a cafe in Glen Waverley - the members' expression of thanks and appreciation for a great year of dancing!



It was lovely just to hear the buzz of conversations in the private section of the cafe where we were seated. Thank you to all who organised / attended the brunch and for the lovely card / gift !

I look forward to more LD with U3A Highvale members next year !

Ewah Lee

Tutor

Stillness Meditation

DISCOVER PEACE AND BRING IT INTO YOUR WORLD WITH STILLNESS MEDITATION THERAPY (SMT)

Stillness Meditation is a unique meditation because of its simplicity and naturalness. It powerfully reduces anxiety, relieves the symptoms of tension and provides effective stress treatment while enhancing 'living calm' in a world that experiences much mental unrest.



Ainslie Meares M.D. (1910-1986) was the wise originator of Therapeutic Meditation and his wisdom is shared with many others who practice SMT. His technique emphasizes the importance of mental rest. It is physiologically based and is significantly different from traditional meditation and it has no affinity with Mindfulness Meditation. I quote from Meares' book: '*From the Quiet Place*' (1975).

Feel ourselves relax,

Feel the calm,

Feel the stillness,

Joy in it, ecstasy,

But it is only the path.

Flowers by the wayside,

Vistas between the trees,

It is beyond all this where we seek to go.

Pauline McKinnon used this practice to cure her agoraphobia and she now uses this method to help others conquer fear and anxiety at the Stillness Meditation Centre.

www.stillnessmeditation.com.au. Tel. 9817 2933.

In her book, *In Stillness Conquer Fear*, (Garret Publishing, 2016 30th Anniversary Edition) Pauline shares her story and subsequent work as a psychotherapist helping others to benefit from this therapy.

As one of many programs offered by U3A Highvale on a weekly basis in the Manor, I invite you to come and experience the benefits of this therapeutic meditation. What class members are saying:

Cynthia: It is a challenge these days to set aside an hour to sit in silence – to relax, chill out, or to clear one's mind of clutter and chatter. I found that in the Stillness Meditation class, I was with like-minded people and together, was able to calm my inner self in deep silence – something I cannot do on my own (unless one had lots of practice) as my mind is always racing on things that need to be done! After Anita's class, I leave the session calmer, relaxed and recharged.

Sophie: One hour of Stillness Meditation with Anita. Come and experience the joy of being calm. Anita makes it so simple.

Helen: I find the Stillness Meditation calming and restful.

Ruby: Stillness Meditation is my quiet time to be still and slow down for the hour. I find it very relaxing.

As a trained Stillness Meditation Therapy teacher I look forward to sharing this time with others who wish to bring calm into their everyday lives.

Anita Davine

Stillness Meditation Therapy Tutor

Yoga (Sun Salutation)

WHY I ENJOY YOGA CLASS

“**Salute to the Sun**” our Zoom yoga class is running zealously with 200 over participants from all over the world into its 2nd year in Melbourne.

We give all credits to our Si-Fu (yoga Master Lim) who tirelessly conducts the class even when he is on holiday. Thank goodness yoga can be done anywhere and everywhere!

Not only do we practise with him and with other participants on zoom, we very often gets tips, articles and information about health issues that might come in handy:

- Saying good words and actions to yourself heals.
- Practise, practise, practise.
- The only way is to allow yourself to enjoy good physical, mental and emotional health.



Fun Corner

12 Days of Christmas Puzzle (I)

According to the traditional song, On the first day of Christmas my true love sent to me:

- A partridge in a pear tree

On the second day of Christmas, my true love sent to me THREE presents:

- Two turtle doves
- A partridge in a pear tree

On the third day of Christmas my true love sent to me SIX presents:

- Three French hens
- Two turtle doves
- A partridge in a pear tree

This carries on until the twelfth day of Christmas, when my true love sent to me:

- Twelve drummers drumming
- Eleven pipers piping
- Ten lords a-leaping
- Nine ladies dancing
- Eight maids a-milking
- Seven swans a-swimming
- Six geese a-laying
- Five gold rings
- Four calling birds
- Three French hens
- Two turtle doves
- A partridge in a pear tree

After the twelve days of Christmas are over, how many presents has my true love sent me altogether? See Solution 1.

Elevator Puzzle (2)

A man works on the 10th floor and always takes the elevator down to ground level at the end of the day. Yet every morning, he only takes the elevator to the 7th floor and then walks up the stairs to the 10th floor, even when in a hurry.

But he will go all the way to the 10th floor when others are in the elevator with him or on a rainy day. Why? See Solution 2.

Solution 1
 Day by Day: 1 + 3 + 6 + 10 + 15 + 21 + 28 + 36 + 45 + 55 + 66 + 78 = 364 presents. Which is really interesting when you think there are 365 days in a typical year!
 Solution 2
 He is too short to reach the "10" button. But when others are with him, he can ask them to push the button for the 10th floor. And on a rainy day he has an umbrella, so he can push the button using that.

Feedback from Class Members

- *Dorothy*: It gives me energy and loosen my joints especially if done first thing in the morning.
- *Heera*: I enjoy working out in Master Lim's yoga sessions. It is a good exercise for all our muscles, without being too hectic and cumbersome. And we can join whenever we are able to! Thank you!
- *Jo Chin*: I have no health issues, but thought I'd mention I feel stiff and sore with each movement but with yoga I find my body and joints become more flexible. Also I gain better balance.
- *Anonymous*: Good morning Master Lim. Have seen my respiratory physician who is very pleased with the result of my lung function test. My lung has further increased 5% of its capacity. He is happy for me to stop the medication by end of this year and will discharge me from his care. He knew that I've been practising yoga with you for the last 2 years. Thank you very much Master Lim for your daily morning yoga. Appreciate your generous time to help many of us improve our health and general well being.

PT Lim's Response

Such wonderful news. It is your consistency in practising that results in good health. Such good news should be shared. I am so happy to hear that.

I encourage you to come and join us for an hour plus of exercise possibly every morning to start off the day! See more of you at yoga and please turn on your video!

Dorothy Shem
 Facilitator



An Ode to Learning

As we embark into our golden years,
 Slowly shutting the door on our hectic work life,
 toils and tears,
 The corporate ladder we do not need to climb,
 Finding that we all now have lots more time,
 U3A beckons us with open arms,
 A chance for a new beginning and no more early
 start alarms.
 Your life is now your canvas, a new perspective,
 a fresh start,
 At U3A, the rest of your life can be a new work of
 art,
 A journey of self-discovery now is a pleasure,
 Unlocking new skills and wisdom without any
 pressure,
 Free-time galore no more daily grind,
 With multiple courses, endless opportunity to
 expand the mind,
 In the U3A classroom of life, we all will have a
 seat,
 To learn, to take on challenges and not defeat,
 A whole new world of fun learning, exploring the
 world outside,
 A new perspective, a joy of living, we can't hide,
 With new found curiosity as we embark on this
 journey,
 U3A, you satisfy my dreams without me spending
 lots of money,
 Like learning a new language, or painting on
 canvas,
 Or a new dance step that makes you look
 absolutely fabulous,
 In my mind, we are able to plant seeds of delight,
 In a nurturing environment, there is growth and
 fresh insight,
 In U3A, I have found my fountain of youth,
 A fresh new lease of life after work, that's my
 honest truth,
 So, in retirement, let us keep our hearts and
 minds curious,
 Have a laugh, enjoy the journey, and don't be so
 serious,
 As we thrive and grow,
 New skills from lessons learned, we can show,
 In our golden years, there is a joy of knowledge,
 A love of learning without going to college,
 Embracing life and the gift of each new day,
 With U3A, we as life-long learners, we will stay.

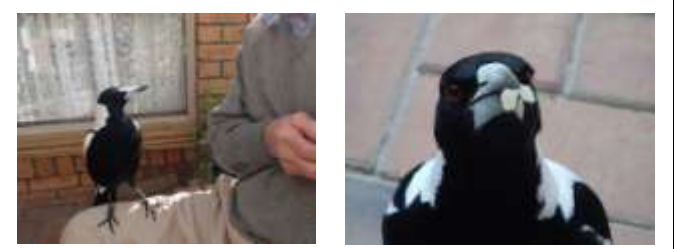
Marloney Ng

U3A Member

Experiencing Life During and After Lockdowns

How I spend time during the lockdowns? Unable to go anywhere except attending online Zooms. I have been restricted to doing things around my large garden. Fascinated by birds & nature, I begin to notice many visitors come to my garden. In particular, a group of magpies. Being socially isolated with no way to go except my garden, I decided to befriend this social group of birds. Some of them were scared of me. I persisted very patiently by enticing them with seeds. I would whistle followed with the feeding. Over the period of weeks, a particular magpie took interest in me and responded to my whistle. It would fly down from the tall gum tree towards me. The flight towards me looked scary and confronting, making me feel that I been swooped on.

I started taking notice of the behaviour. I went online and researched the magpie. I later found this particular magpie is a male, by the distinct white colour around the back of the neck. I continued my observation, photographing and recording his singing (carolling). After weeks of acquaintance, he would waddle and follow me in my garden. He became so friendly that he would sit on my lap feeding off my hand. Occasionally whilst I am on my knees gardening, this magpie would literally drop by. The dropping in from the sky, out of my awareness was a shock and surprise. We continued our friendship.



That following spring he would bring his two new chicks into my garden and introduced them to me. I enjoyed watching him looking after his family training and feeding them. They would surround me making me feeling very uncomfortable as though I am ambushed by these magpies.

He would collect the food I gave him to feed the chicks. I noticed which ever chick begged or warbled the loudest gets the most feed. In the course of time, I have lost track of him, unknown where he currently is. However, late last year I have another friendly magpie came on the scene. This time is a female magpie, distinct with grey around the back of her neck. She recognises me more with my speech than to my whistle. I believe she could be one of the offsprings of the male magpie that befriended me. I tested my

observation. I played back a previous song recording of the male magpie to magpies that visited my garden. They turned away as soon the magpie call is played, except my new magpie girlfriend. Each time I played this recording to her, she would happily sing for me.

My observations of this species of Australian magpie in my garden are they are social, protective of their territory, male and female will care for their young chicks training and feeding them. They have extremely good sight and hearing capabilities. During brooding the period the male and female will collect food as much as the bead allows, taking back to the nest to feed their chicks and return for more. Their diet consisted of grubs, insects, seeds, worms and fruits. Certainly, the magpies that I befriended recognise me in person, to my voice and whistle. It is wonderful to know I have a memorable experience from the outcome of the COVID lockdowns. I certainly hope my friendship with the magpies will continue to flourish.

Kim Yong
U3A Member

Learning for Life

I know this is not a new topic, and can be off-putting, but learning for life has become increasingly important and it's worth re-visiting.

While I was going through school, I was conditioned to think that learning would stop when I left the highest education institution. Then, most people would study for a job like teaching or nursing and stay there for life, usually with total job security.

Today we live in a very different world. There is little job security except perhaps in the professions. It's not uncommon for a person to have half a dozen job changes or more through life.

Fast technological changes often bring about workplace re-structure which results in retrenchments. New skills need to be learnt quickly to keep up. Workers have to be adaptable and multi-skilled.

Unusual events like the pandemic have forced thousands out of jobs and made them take up jobs drastically different from what they did before. For example, the air pilots and crew members had to turn to the building and healthcare sectors, or take up whatever they could find.

As well, there is the voluntary job switches for more satisfaction. Doctors and lawyers turn to

politicians, engineers to church pastors etc Some need long years of study to make a change.

For those of us, who wear the 'senior' badge, and not in the workforce, the pressure is less. We don't have to take up more serious studies for a living, but it is important to stay motivated, to keep learning new things, like computer skills, a new language, a new leisure activity. U3A courses provide a handy menu for this group. Many senior citizens have throughout the ages made valuable contributions to the sciences and arts, often defying ill-health and disabilities. Learning becomes the reason for their being, the driver of their lives. Theirs are truly inspiring stories.

Lifelong learning enables us to feel socially connected and relevant, the reward being a richer and happier life. We become more confident, more fulfilled individuals as we move forward.

Ken Hiew

U3A Member

LAST BUT NOT LEAST

A message from your U3A Committee of 2023

To All Members of U3A Highvale



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

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U3A HIGHVALE TIMETABLE

TERM I – 29th January to 28th March 2024

Tel: 03 9803 8592

Email: enquiries@u3ahighvale.com.au

Updated on: 15 November 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**.
- 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	Jan 29	10.15-11.30	Master Lim	Daily	Online	
<input type="checkbox"/> Line Dancing (Upper Begin)	Jan 29	10.30-11.45	Ewah Lee	Weekly	UCH	
<input type="checkbox"/> Health Qigong Zoom	Jan 29	11.30-1pm	Michael Chan & KY Ho	Twice wkly	Online	
<input type="checkbox"/> Computer Class (Hybrid)	Zoom	Jan 29	12-2pm	David J/Dan Hauw/Ron Berry	Weekly	Online
	In-person	Jan 29	12-2pm	David Jewell	Weekly	CPR
<input type="checkbox"/> Karaoke	Feb 5	1-3.30pm	Kristine See	Weekly	DR	
<input type="checkbox"/> Singing Group	Feb 5	3.30-4.30pm	Joan Foulcher	Weekly	CL	
TUESDAY						
<input type="checkbox"/> Chess for Fun	Jan 30	10am-12pm	Ken Hiew	Weekly	DR	
<input type="checkbox"/> Walking & Exploring	Feb 13	10am	Jan Clear	2 nd Tues	TBA	
<input type="checkbox"/> Music Appreciation	Feb 13	2-3pm	Don Baird	2 nd , 4 th Tues	DR	
<input type="checkbox"/> Computer Class B	Jan 30	2-4pm	Ron Berry	Weekly	CPR	
<input type="checkbox"/> Yoga Pranayama GoogleMeet	Jan 30	4.30-5.30pm	Krishan Pathak	Weekly	Online	
WEDNESDAY						
<input type="checkbox"/> Chinese Mandarin (Intermed 1)	Feb 7	9.30-11.00	Claudia Ng	Weekly	Craft	
<input type="checkbox"/> Mahjong (Chinese) / Gin Rummy	Jan 31	9-30-12	Margaret Yeoh	Weekly	DR	
<input type="checkbox"/> Advanced Tai Chi	Jan 31	10-11am	Elva Parker & Leh Soh	Weekly	ML	
<input type="checkbox"/> Mahjong (Western)	Jan 31	10am-12pm	Jenny D'Acree	Weekly	DR	
<input type="checkbox"/> Gardens & Gardening	Jan 31	2-3pm	Linus Chang	Fortnightly	CL	
<input type="checkbox"/> Food and Cooking	Feb 7	1.30-3.30pm	Martha Botros	Monthly	DR	
<input type="checkbox"/> Yoga Pranayama GoogleMeet	Jan 31	4.30-5.30pm	Krishan Pathak	Weekly	Online	
THURSDAY						
<input type="checkbox"/> Art Appreciation	Feb 15	10-3.30	Pat Tinsley & Siew Kennedy	3 rd Thur	TBA	
<input type="checkbox"/> Book Group	Feb 22	10-11am	Jan Clear	4 th Thur	CL	
<input type="checkbox"/> Stillness Meditation	Feb 1	10.30-11.30	Anita Davine	Weekly	MA	
<input type="checkbox"/> Judaism & Jewish Life Zoom	Feb 8	10.30-12.15	Dina Burgess	Weekly	Online	
<input type="checkbox"/> Laughter Yoga	Feb 1	12-1pm	June Cheung	Weekly	CL	
<input type="checkbox"/> French Zoom	Feb 1	2-3pm	Marianne Puccinelli	Weekly	Online	
FRIDAY						
<input type="checkbox"/> Line Dancing (Improvers)	Feb 2	9-30-10.45	Doris Teh	Weekly	UCH	
<input type="checkbox"/> Life Skills	Feb 2	10.30-11.30	John Keogh	Fortnightly	ML	
<input type="checkbox"/> Mandarin (Intermed 2) Zoom	Feb 2	11-12.15	June Wang	Weekly	Online	
<input type="checkbox"/> Health Qigong Zoom	Feb 2	11.30-1pm	Michael Chan & KY Ho	Twice wkly	Online	
<input type="checkbox"/> Current Affairs	Feb 2	1.45-3pm	Ken Hiew	Weekly	ML	

**K
E
Y**

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