



THE UNIVERSITY OF THE THIRD AGE

HIGHVALE

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Newsletter

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QUOTABLE QUOTE

"Lifelong learning prevents isolation, reduces stress and improves memory as we age."

— Anon —

Committee of Management 2024

At the recent U3A Highvale AGM held on 6 March 2024, a new Committee of Management was elected:

- President/Treasurer — Kingsley McDonald
 - Secretary — Siew Kennedy
 - Marie Bellamy
 - Christina Bong
 - Hooi Ng
 - Jim Spitfill
 - Pat Tinsley
- } Committee Members

There were no nominations for Vice President — the position is still vacant.

Life Membership Awards

Before the start of Term 1, 2024, the Committee of Management (2023) voted to honour long-term members Kate Borchers and John Borchers with U3A Highvale Life Membership.



Kate and John's services to U3A Highvale have been invaluable. The awards will ensure their wisdom on U3A matters remains with U3A Highvale.

Continue reading on pages 9-10.

President's Message

Greetings from the New President

Dear Esteemed Members,

It is with great honour that I write this to you as the new President of U3A Highvale. I am both humbled and energised by the opportunity to guide the organisation forward on our journey.

I would like to thank the efforts of those before me and the committee members that have made U3A Highvale what it is today. They have set a foundation upon which we can continue to grow and provide a meaningful service to "3rd Age" citizens, both educationally, motivationally as well as socially. U3A Highvale would not exist if it wasn't for the volunteers that keep the wheels turning.

I congratulate and welcome the new committee members, including a number of returning members, providing us with a continuation of knowledge, supplemented with the new members bringing new thinking and ideas to the table.

In the coming year, we will focus on how we can expand our reach, enhance our programs, and strengthen our partnerships. We will listen to your needs and that of the community and respond in a manner that helps further the great work of U3A Highvale.

Your voice is vital in having a say and shaping the future of U3A Highvale, and I encourage you to share your thoughts and ideas. Please don't hesitate to reach out to me or any of the committee members.

Together, we will strive to make a lasting difference in the lives of those we serve. I am excited to embark on this journey with you and look forward to achieving great things together. Please do take a moment to say hello to me if you see me around.



With heartfelt appreciation,

Kingsley- President

U3A Highvale AGM & Annual Report 2023

U3A Highvale AGM 2024

The AGM was held on 6th March 2024 at the Village Community lounge. A total of 26 members were present. Siew Kennedy (Secretary/Treasurer) introduced a special guest Jonathan Gaudemer, Highvale Village Manager, who spoke to the attendees. Then as Secretary, Siew presented the Annual Report for 2023 and, as Treasurer, the Treasurer's Report for 2023.



When all positions of the U3A Highvale Committee were declared vacant, Siew Kennedy passed the Chair to Jenny D'Acree (U3A Highvale member) to preside over the election. The results are shown on page 1. After the election, Jenny D'Acree returned the Chair to Kingsley McDonald (President 2024). Kingsley accepted his nomination and thanked Siew for all of her work over the last four years in 2 executive positions. He subsequently spoke of his forecast for the year ahead.

Siew Kennedy made the announcement on U3A Highvale Life Membership awards to Kate Borchers and John Borchers. She thanked Julie Weidemann and her team for getting the lounge ready for the meeting and congratulated the newly elected committee members.

Annual Report for 2023

Introduction

Term 1 started on 31 January 2023 and most of February was busy leading up to the AGM held on 1 March. The following were nominated to the Committee of Management for 2023: Siew Kennedy for Secretary and Treasurer, Marie Bellamy, Hooi Ng, Pat Tinsley and Margaret Seet for Committee members.

There were no nominations for the executive positions of President and Vice President. These positions including that of the Course Coordinator have remained vacant since 2022. But with a five-member committee our performance did not diminish. This report highlights the activities, accomplishments and financial state of the association.

Highlights of 2023

Activities revolved around classes and courses, members and tutors/facilitators, Committee of Management, U3A Network Victoria, Monash Council and the local community.

A Tutors' breakfast on 31 January kick-started the year. The get-together allowed tutors and facilitators to mingle, meet Village staff and share their experiences with the committee.

New courses were introduced in stages throughout the year. These included *Living Younger Longer*, *Cybersecurity for Everyone* and *Laughter Yoga*. An interesting development was the trend whereby a few U3As opened their Zoom classes to other U3A members. U3A Highvale benefited from this with courses like *Finding Psychology in Films*, *Potential for Individual Wisdom* and *History of China*.

I attended a U3A Branding Basics presentation, a workshop on MyU3A and the Network AGM and Council Meetings. These kept me up to date with Network activities and strategies. I regularly participate in the Zoom sessions on the U3A Network website template -- they are practical and useful. In May, I participated in a PALS forum. The local 2023 Monash Seniors Festival ran from 2-31 October. Quite a few of our members participated in the activities organised for the festival.

We held a Mid-Year Get-together as well as an End-of-Year function. The former was a presentation on *Monash's Gardens for Wildlife*

and the latter a talk on “*An Introduction on Birds and Birding*”. Members found them most engaging and enjoyable. They appreciated the afternoon teas expertly catered for by Pat Tinsley (Committee member).

Online membership applications, renewals and enrolments for 2024 commenced on 4 December 2023.

Our Accomplishments

An application for the Monash Community Grants Program 2023/26 for hall hire funding was successful. This goes towards the rental of the Glen Waverley Uniting Church Hall used for line dancing classes -- our top drawcards.

The Committee of Management continued to expand the range of courses offered. Hence a cooking demonstration was conducted in September with the intention of making it a regular feature, if successful -- and it was!

Our quarterly Newsletter received a few complimentary reviews. Here's one from Ken Hiew (tutor).

*“Hi Siew and U3A Committee,
Many thanks for bringing out the final newsletter so promptly, as you always do, and I'm sure it makes very interesting reading for all members. The class reports give a very good foretaste of the courses that may interest new participants next year.*

.....Lastly, I wish to thank you and your committee for the hours of behind the scene hard work you've put into U3A Highvale year, without which we wouldn't have been able to enjoy the classes and bond together as a group.

Kate and John Borchers (members) best summed up our accomplishments.

*“Dear Siew,
We caught up with people leaving the U3A Christmas event and were pleased to learn that they had all enjoyed the occasion. You are doing a marvelous job keeping the U3A going Siew. It's better than ever.”*

Financial Brief

Following new applications and renewals for 2024, the Association was in a healthy financial position towards the end of 2023. The Treasurer's Report will detail the financial situation separately.

Announcement & Acknowledgements

Prior to the commencement of Term 1, 2024, the Committee of Management (2023) decided to award Life Membership to Kate Borchers and John Borchers. Through the years, they have

shown leadership and devotion to the U3A cause. Their service to U3A Highvale has been invaluable and is commendable. Details about the awards will be revealed under agenda item 7 of this meeting.

I wish to thank Committee members for their positive contributions in making 2023 a productive year. On their behalf, I want to acknowledge and thank the following:

- The Village team for their continued support of U3A Highvale activities: Jonathan Gaudemer - Village Manager, Julie Weidemann - Assistant Village Manager, Sharon Boyd - Village Administrator, Kaye Boxshall - Senior Manor Supervisor and Maintenance staff, particularly Mark. Their warm welcome and kind input are deeply appreciated.
- Our tutors/leaders/facilitators -- they volunteer their time and expertise freely to class members and endeavour to instill a zest for lifelong learning. Without tutors / leaders / facilitators, we wouldn't have a U3A.
- Newsletter compilers Linus Chang and Dan Hauw for producing each quarterly newsletter on time and within tight deadlines.
- David Jewell and Ron Berry for acquiring and setting up the new printer in time for Term 4 of 2023. Their expertise in IT-related matters is invaluable to the Association.
- All U3A members, for their continued support and willing cooperation.

Outlook

A few members have recently shown interest in joining the committee and volunteering to assist in non-committee roles. This is an encouraging development and long may it last.

The growth of U3A Highvale is somewhat limited by the availability of venues. It is best described as a boutique association and has its advantages. Members often say they like the friendly and intimate environment which is lacking in larger U3As. SMALL is BEAUTIFUL, but that's not to say we shouldn't consider ways of expanding and performing well, i.e. by propagating and preserving the values of the U3A movement for posterity.

Conclusion

U3A Highvale has grown from strength to strength in 2023. Its future depends on its volunteers and members and right now that looks promising.

Siew Kennedy – Secretary



Class News

Art Appreciation

A group of 15 art lovers headed to Mornington for our first Art excursion of 2024. The sunny day added to our enjoyment with lunch at outdoor Blackbird Café and an outstanding exhibition "Know My Name: Australian Women's Artists" at the Mornington Regional Gallery. This is NGV's newest tour exhibition which begins its two year tour of regional Australia. "Know My Name" tells the story of Australian art with over 60 First Nations and Australian women artists.



In March, the group is preparing to head to the NGV for Triennial, which features 120 artists, designers and collectives at the forefront of global contemporary practice. We look forward to this regular exhibition which always provides thought provoking works.

Pat Tinsley - Facilitator

Chess for Fun

If Wikipedia is to be trusted, "A Picture is Worth a Thousand Words" was first coined by Henrik Ibsen in 1906.

So instead of describing in words why chess is growing in popularity and how our members really enjoy and have fun with chess, these photos say it all.



Ken Hiew - Tutor

Computer Class

U3A HIGHVALE TECHNICAL DOCUMENT LIBRARY

There are many different uses for computing devices these days, and more coming along every month, it seems. So if you are feeling that your phone is smarter than yourself, consider joining one of our U3A Highvale computer classes. What started out years ago assisting people on how to use a Windows Computer has now evolved into classes to help members understand the role of technology in our day to day life. More and more often we are being forced into interacting with Government Departments and private companies via computing devices ranging from a Desktop computer to a smart phone.

Computer class students have access to a comprehensive document library, addressing many of their everyday computing challenges. The documents have been written by Highvale's computer tutors based on questions from our students.

The library currently contains over 60 documents, with topics ranging from the most fundamental subjects like "What am I looking at" on the computer screen, progressing through to computer terms (so vital to getting a clear understanding of what information is required), to "Which tools should I use" to achieve the desired outcome (e.g. transferring photos, files and documents), and finally ending with explanations of applications such as word processing and bill paying.

The documents also cover operating systems such as Windows 10 and Windows 11, MacOS and the Apple mobile iOS. You will find details on web search engines (web links) and web browsers (e.g. Google Chrome, Firefox and Safari), as well as various cloud services and YouTube. Also included are guides to the more common email applications, e.g. Gmail, Hotmail and Apple Mail.

The tutors have found that the biggest obstacle for Seniors using their devices is a lack of confidence. As a result, the library is designed to give members simple and illustrated details on various topics, such as:

- Is that email we recently received from Medicare about a rebate a legitimate email or is it a scam?
- Should I buy a laptop or a desktop or will a tablet do what I want to do?
- How do I move some photos from my smart phone to my desktop computer so I can email some to my friends?
- How do I sign and return an Admissions Form that I received in an email from a hospital?
- How can I create a Spreadsheet to keep track of my expenses?
- Can I use my computer to create a birthday card for my niece?
- Can you help us to understand Artificial Intelligence (AI)?

Come and join the Computer Class on Mondays or Tuesdays and learn the secret to beating the challenges by reading these documents or having the tutors provide more explanation.

Most of all, the real secret of progressing towards competent computer use is

Practise, Practise, Practise!

Ron Berry - Tutor

Current Affairs

The Current Affairs group has grown from strength to strength. We meet once a week in a congenial atmosphere to share and discuss topical news items and more.



I decided that for this term's report, I'll let a picture speak for itself.

Ken Hiew - Facilitator

Gardens and Gardening

Just a short drive from Melbourne's bustling centre lies a haven for nature lovers - the Royal Botanic Gardens Cranbourne. On Valentine's Day this year, some of our class members had the pleasure of exploring this expansive wonderland of native Australian flora. Cranbourne Gardens offers something for everyone. Whether you are a seasoned botanist or simply seeking a peaceful escape, the gardens cater to all interests.

Our adventure began with the Australian Garden, an award-winning display that captures the essence of Australia's diverse landscapes. From the vibrant red sandscapes reminiscent of the outback to the lush greenery of the fern gullies, each section transported us to a different corner of our vast country. The sheer variety of native plants was astounding, with towering eucalyptus trees standing alongside delicate wildflowers and everything in between.



Overall, my visit to the Royal Botanic Gardens Cranbourne was a delightful journey through Australia's diverse ecosystems. It's a place where you can learn, relax, and appreciate the unique beauty of our native flora. If you're looking for a day trip filled with fresh air, stunning scenery, and a touch of botanical wonder, I highly recommend adding Cranbourne Gardens to your list of places to visit.

Christina Bong – Class Member

Salutation to the Sun Yoga

Journeys in Yoga



The following testimonials were shared.

PT Tong: I have been practising Yoga for 20 years. I started with Sai Yoga and was later asked to teach in a Yoga Centre. To teach Yoga I had to be certified. So I had myself certified at MAYI Yoga Academy, a Malaysian Association of Yoga by Master Manisekaran from the lineage of Swami Sivananda in the Himalayas.

Dorothy Shem: Personally, I don't like yoga even in a physical class but Master Lim's class emphasises more on strength training of our whole body. Balancing is one important exercise we must keep doing. We have testimonials from members who practise with Master Lim every morning from 11am to past 12.30pm most times.

Taurian Tan: "Thanks, P Tong, for the wonderful yoga workout. Feel healthy and alert now. Maybe it is because the yoga exercise helps push the blood flow more smoothly. Namaste."

Heera: "Thank you master Lim. I used to hold my breath sometimes when doing some exercises, but now I breathe properly at the right time! It is good to know when to breathe in and when to breathe out as well! Thanks again!"

Dorothy Shem - Facilitator

Stillness Meditation Therapy

A Personal Testimony



The inspiration which captured my imagination to train in the teaching of Stillness Meditation Therapy (SMT) came after experiencing the benefits of this meditation with Pauline McKinnon who had been invited to conduct a session for a Stillness and Silence Day at Amberley in Lower Templestowe in 2014.

As I was nearing the end of my vocation as a school teacher, I felt that this could be a way that I could continue to serve the community once I had retired. I was going through a period of anxiety and needed a natural but effective means of coping with the increasing stressors that life at school was presenting. Stillness Meditation Therapy worked for me! Hence, my interest and commitment in pursuing further knowledge and experience of this natural way of bringing calm into my life.

My own experience of Christian Meditation, contemplative prayer and teaching children to meditate provided me with a foundation and motivation to seek other ways of dealing with anxiety and psychosomatic pain which I had experienced earlier in my life.

I found the group training sessions very encouraging and felt a deep sense of peace and calmness as I left each session. I was able to bring a new mindset to the frustrations and anxieties which I experienced at school by controlling my negative thinking and became more conscious of the 'self-talk' which was going on in my mind. My body's reactions to stress were brought back to balance by the practice of stillness. The spike in blood pressure during stressful times was eliminated because of the regular practice of STILLNESS. The close relationship of what was happening in my body and mind became a conscious realization that one affects the other significantly.

The 'on-flow' of Stillness Meditation has been most noticeable when I am faced with a number of minor irritations – physical, social, environmental and emotional in my day-to-day living. Whilst I accept these as part of everyday life, I find myself not over-reacting or suppressing the feelings that may have arisen in the past. I am able to handle these with calmness and 'a letting go' which has been quite enlightening.

To know and experience the 'on-flow' of SMT can only happen when Stillness Meditation is done on a regular basis.

I would like to quote some feedback from people who were part of previous SMT sessions I conducted to highlight the 'onflow' effects:

"I worked through the pain in my leg and foot. Experienced a deep peace and felt totally

relaxed. As I drove home I had a clarity of mind. Thoughts were clear and productive."

"I entered into the stillness quickly. Pain from the fall was not felt! I experienced deep relaxation and peace. I am amazed that I could let the 'pain' go!"

"The quiet and stillness came easily and brought deep peace. There was no sense of anxiety even in the light of a stressful report writing time. I was able to approach the reports with a 'new' mind."

"From my own experience, each session has left me feeling refreshed and invigorated. A sense of serenity and calm remains with me and I can honestly say that I happily anticipate the arrival of the following session."

"I have discovered a new awareness of my being, which has empowered me to have an inner confidence, and a trust of myself which I did not previously have."

I conclude with an important reminder for all meditators: "The practice of harmonizing body and mind brings more peace, clarity, compassion, and courage into our daily lives." With these four qualities we can have enough happiness to be able to help others."

Anita Davine - Stillness Meditation Therapy Teacher

Walking and Exploring Group

The Walking and Exploring Group has enjoyed two interesting walks, in Term 1.

In February, we decided to go to Forest Hill shopping centre as the forecast was for a very hot day. We began our walk on the top floor where there is the cinema, a hotel with a bistro and various rides, for the younger generation. As we headed down to the first and second floor, we discovered many shops that we hadn't been to before including Toyworld, QBD books and TK Maxx. We enjoyed a coffee, on the ground floor before heading out of an air-conditioned building into the midday heat.

Last week, we headed to Rowville, for our March walk. We met at Stud Park shopping centre and walked down Stud Road, past Peppertree Aged Care facility, to the Lakes. I had driven past the brick entrance to the Lakes many times but had never walked or driven into the lake area. The lakes are bordered by many large homes. There is also a children's playground. We saw several people fishing, although they didn't seem to have a big catch. One of the fishermen told us that they put trout, in the water, when it is school holidays

so that children have the thrill of catching something that they can take home for dinner. Normally the only fish that are caught are carp. We spoke to a couple of people who go kayaking, on the lake. This must be quite a common leisure time activity as there were kayaks, lying on one shore. We wandered back to Stud Park and enjoyed lunch, at one of the local coffee shops.

We try to visit somewhere different each month, in our Walking and Exploring Group. If you would like to join us, please contact Siew and she will pass your details, on to me.

We will be meeting again, in May.

Jan Clear - Facilitator



Of Interest

Governor's Performance Series

An email hit my inbox which captured my attention. Immediately I sent a What's App message to my good friend, Cynthia Tan, at Highvale. "Cynthia, have you seen the email about the Governor's invitation to Government House on Thursday, 28th February."

Simultaneously we agreed that it was too good an offer to miss particularly as it was free. Requests for tickets were accepted and shortly after, the event was sold out.

Excitedly we did our research and found that parking was available in the grounds to which we would be directed. Cynthia wore a new, slinky dress and I wore an old outfit which I thought was befitting of the occasion. We decided that we should take a picnic tea. How surprised we were when we were the first to arrive at the gates of Government House. A very accommodating gentleman told us that we could leave the car in prime position and have our picnic on the bench near an enormous oak tree. He then took a photo of us near the imposing gates.

Professor the Honourable Margaret Gardner opened the proceedings and welcomed us as we sat in the magnificent ballroom. As she introduced the dignitaries, she spoke of their roles on the Opera Australia Board and of her commitment to their work. Other speakers followed, telling us of the importance of the support the Board received from various groups.

The convenor of the evening told us that her father had been a Welsh miner who had a valued story to tell, seeing it as essential to the

development of our humanity. She was the first in her family to receive an education. She stressed the need to invest in our social community as well as our creative community. Opera, she said, should be as essential as cricket and coffee.



Interspersed with her talk, we were entertained by singers Nina Krobe, an indigenous young woman with a powerful, glorious voice, Silvie Paladino, Jennifer Black and Simon Meadows. Puccini was celebrated as July is the centenary month of his death. The divine aria from Tosca was a highlight as was "Tonight", sung by Nina. At present she is performing in Sydney as Maria in "West Side Story". Jennifer sang "His Name is Jan". The acoustics in the ballroom allowed the power and skill of their voices to be appreciated fully. The accompanist was a perfect foil for the singers.

The convenor spoke of the new directions being taken in Sydney this year with the embracing of new national and international partnerships. Their next programme is Opera Lab.

At the conclusion, we spied Siew and Linus Chang. Refreshments were served so we four moved through the beautiful rooms taking photos in front of grand paintings and features.

What a memorable evening!

Joan Chamberlin - Member

Less is More

I first heard this expression from a neighbour years ago. It didn't make much impact on me at the time but over the years, it has grown on me. The more I think about it, the more sense it makes.

When English poet Robert Browning first used this phrase to discuss a painting, perhaps little did he realise that these 3 pretty words would have such wide applications, from art and fashion to personal, domestic, community, national and even international issues.

It simply means in many things in life, going for less not only costs you less but can give you more, more bang for your buck! Not just in money terms, but in quality of life and well-being.

These days, in our senior consumer market, downsizing and decluttering, compact this and compact that, small units and little gardens etc. are bandied about and this is in line with the principle of less is more. Moderation in food consumption, which most of us practise, is likewise. So is the use of scarce resources and the list goes on.

We are all too familiar with the burden of house-cleaning.

Smaller spaces mean less space for dust and dirt, bacteria and germs and less work. Having fewer things means smarter use of resources and less waste. Waste disposal in large cities has become a huge community issue in rocketing costs of recycling and combating pollution.

In the consumer market, we can do with fewer choices and options, from milk products to vehicle models. This could lead to cheaper prices, less time required by shoppers and less waste in packaging.

At the national and international levels, it would be a great relief to see a reduction in the production and use of weapons of war, from the rifle to weapons of mass destruction. This would make conflicts in the world less devastating. Valuable lives, property and misery would be spared.

"Less is More" is particularly relevant to seniors and those in the slow lane of our society. Science and technology, while beneficial, have made life too complex and a return to a simpler life will give us more time for leisure activities, family and community connections, creating more peace of mind and contentment.

Ken Hiew - Member

Life Membership Awards (contd)

Kate Borchers has been a tutor for Music Appreciation for many years. Her classes were very popular. She also played an active role in the committee and took on several tasks including attending U3A Network meetings, PALS forums, minutes taking and newsletter editing. As a member, she always had the interest of U3A Highvale at heart.

John Borchers has been a long-term contributor to U3A Highvale. He was President of the association from 2014-2016 and an effective one at that. He kept busy familiarising himself with

Committee work, governance and legal issues, attending U3A Network meetings, getting insights into and learning from other U3As. He was at one point a tutor in French and has strongly promoted the values of U3A within Highvale Village.

A Life Member is a full member without annual fees and is able to join classes without having to enrol, provided a vacancy exists.

Our congratulations to Kate and John!



Expression of Interest

There is a possibility of running new chair-based exercise classes taught by a certified Yoga Instructor and member of Yoga Australia as well as the global Yoga Alliance.

Therapeutic Movement Therapy is a fun and supportive community focusing on simple gentle exercises to explore the joy of movement. Participants are seated in a chair or standing supported - no mat work, making it accessible for all experience levels and abilities

Restorative Movement Therapy is a mat-based class that helps to build strength, mobility and flexibility in a fun and supportive community.

Classes involve a mixture of movements—standing, seated, or lying down—designed to empower you on your journey towards becoming your best self.

Both classes incorporate not only movement for the body but also the mind and coordination exercises. The focus is to:

- make movement accessible to all ages
- find our best selves in body and mind.

The eventuality of these classes depends on sufficient interest from members. **To express your interest**, please send an email to: enquiries@u3ahighvale.com.au.

Housekeeping - Coffee and Tea Supplies

It has been brought to the committee's attention that some members are using the Village supplies of coffee and tea. Kindly note that U3A Highvale has its own stock stored in the kitchen cupboard.

So when you next feel like a cuppa, please use the **U3A supplies** and not those of the Village.

Thank you.

Detox Your Home

The Monash Social Inclusion Team is inviting PALS participants to a Detox Your Home Event. Details are as follows.

Detox Your Home is back on at the Monash Recycling and Waste Centre (380 Ferntree Gully Road, Notting Hill) on Saturday 27 April 2024! Register for the event and drop off your weed killers, cleaning products, cosmetics and other harmful chemicals for free.

Run by Sustainability Victoria, Detox Your Home is a drive-through event that helps residents dispose of toxic chemicals safely. These can't be put in kerbside bins or poured down the drain because of the risks they pose to human health and our environment. Please note Detox Your Home does not accept walk-ins and registrations are essential.

Monash Recycling and Waste Centre will also be open on the day. Why not save a trip and bring items in for recycling too?

Make sure to check your items can be accepted at either Detox Your Home or at the recycling centre via the links below.

To Register:

<https://detoxnottinghill2024.eventbrite.com.au/>

Check what you can bring to Detox Your Home:

www.sustainability.vic.gov.au/detoxyourhome#itemaccepted

Check what you can bring to the Monash Recycling & Waste Centre:

www.monash.vic.gov.au/recycling-centre#materialsaccepted

We hope you'll take advantage of this invitation -- it is a good opportunity to start decluttering your home!

FINALLY TO ALL OUR MEMBERS



U3A HIGHVALE TIMETABLE

TERM 2 – 15th April to 28th June 2024

Tel: 03 9803 8592

Email: enquiries@u3ahighvale.com.au

Updated on: 18 March 2024

- 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/>

COURSES	Start	Time	Leader/Facilitator	Freq	Venue	
MONDAY						
<input type="checkbox"/> Yoga (Sun Salutation) Zoom	Apr 15	10.15-11.30	Master Lim	Daily	Online	
<input type="checkbox"/> Line Dancing (Upper Beginners)	Apr 15	10.30-11.45	Ewah Lee	Weekly	UCH	
<input type="checkbox"/> Health Qigong Zoom	Apr 15	11.30-1pm	Michael Chan & KY Ho	Weekly	Online	
<input type="checkbox"/> Computer Class (Hybrid)	Zoom	Apr 15	12-2pm	David J/Dan Hauw/Ron Berry	Weekly	Online
	In-person	Apr 15	12-2pm	David Jewell	Weekly	CPR
<input type="checkbox"/> Karaoke	Apr 15	1-3.30pm	Kristine See	Weekly	DR	
<input type="checkbox"/> Singing Group	Apr 15	3.30-4.30pm	Joan Foulcher	Weekly	CL	
TUESDAY						
<input type="checkbox"/> Healing Ourselves/Planet Zoom	Apr 16	9.30-11.30	Dr John Beaney	Weekly	Online	
<input type="checkbox"/> Chess for Fun	Apr 16	10am-12pm	Ken Hiew	Weekly	DR	
<input type="checkbox"/> Walking & Exploring	May 14	10am	Jan Clear	2 nd Tues	TBA	
<input type="checkbox"/> Evolution of Nursing Teams	Apr 16	10.30-12.30	Bruce Watson	Weekly	Online	
<input type="checkbox"/> Silent to Sound Comedy Teams	Apr 16	1.30-3.30pm	Bruce Watson	Weekly	Online	
<input type="checkbox"/> Music Appreciation	Apr 23	2-3pm	Don Baird	2 nd , 4 th Tues	DR	
<input type="checkbox"/> Computer Class B	Apr 16	2-4pm	Ron Berry	Weekly	CPR	
<input type="checkbox"/> Yoga Pranayama GoogleMeet	Apr 16	4.30-5.30pm	Krishan Pathak	Weekly	Online	
WEDNESDAY						
<input type="checkbox"/> Mandarin (Intermediate 1)	Apr 17	9.30-11.00	Claudia Ng	Weekly	Craft	
<input type="checkbox"/> Mahjong (Chinese) / Gin Rummy	Apr 17	9-30-12	Margaret Yeoh	Weekly	DR	
<input type="checkbox"/> Advanced Tai Chi	Apr 17	10-11am	Elva Parker & Leh Soh	Weekly	ML	
<input type="checkbox"/> Living Digitally Connected Zoom	Apr 17	10-11.30am	NBN	Monthly	Online	
<input type="checkbox"/> Mahjong (Western)	Apr 17	10am-12pm	Jenny D'Acre	Weekly	DR	
<input type="checkbox"/> Art of Film Teams	Apr 17	1.30-3.30pm	Bruce Watson	Weekly	Online	
<input type="checkbox"/> Gardens & Gardening	Apr 17	2-3pm	Linus Chang	Fortnightly	CL	
<input type="checkbox"/> Yoga Pranayama GoogleMeet	Apr 17	4.30-5.30pm	Krishan Pathak	Weekly	Online	
THURSDAY						
<input type="checkbox"/> Art Appreciation	Apr 18	10-3.30	Pat Tinsley & Siew Kennedy	3 rd Thur	TBA	
<input type="checkbox"/> Book Group	May 23	10-11am	Jan Clear	4 th Thur	CL	
<input type="checkbox"/> Stillness Meditation	Apr 18	10.30-11.30	Anita Davine	Weekly	MA	
<input type="checkbox"/> Judaism & Jewish Life Zoom	Apr 18	10.30-12.15	Dina Burgess	Weekly	Online	
<input type="checkbox"/> Living Science Part 2 Teams	Apr 18	10.30-12.30	Bruce Watson	Weekly	Online	
<input type="checkbox"/> Laughter Yoga	Apr 18	12-1pm	June Cheung	Weekly	CL	
<input type="checkbox"/> French Zoom	Apr 18	2-3pm	Marianne Puccinelli	Weekly	Online	
FRIDAY						
<input type="checkbox"/> Line Dancing (Improvers)	Apr 19	9-30-10.45	Doris Teh	Weekly	UCH	
<input type="checkbox"/> Healing Ourselves/Planet Zoom	Apr 19	9.30-11.30	Dr John Beaney	Weekly	Online	
<input type="checkbox"/> Life Skills	Apr 19	10.30-11.30	John Keogh	Fortnightly	ML	
<input type="checkbox"/> Mandarin (Intermediate 2) Zoom	Apr 19	11-12.15	June Wang	Weekly	Online	
<input type="checkbox"/> Health Qigong Zoom	Apr 19	11.30-1pm	Michael Chan & KY Ho	Weekly	Online	
<input type="checkbox"/> Food and Cooking	May 3	1.30-3.30pm	Martha Botros	Monthly	DR	
<input type="checkbox"/> Current Affairs	Apr 19	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