



THE UNIVERSITY OF THE THIRD AGE
HIGHVALE

Telephone: (03) 9803 8592
Box U3A, 42 Capital Ave, Glen Waverley 3150

Newsletter

Winter Issue 2024

Email: enquiries@u3ahighvale.com.au

Website: <https://www.u3ahighvale.com.au>

IN THIS ISSUE

1. **Our COVID guidelines**
Term 3 dates
2. **President's message**

Changes in the committee
- 2-3 **Tutor News**
From the new Secretary and course coordinator
- 3-4 **MyU3A handy tips**
- 4- 8 **Class News**
- 9 **GEMs for Enquiring Minds**
Other news & Thanks
10. **Term 3 Timetables**

Winter is truly upon us. It is timely for everyone to have a short rest, recharged and ready for another term of interesting activities. Keep warm, stay healthy and enjoy reading this issue of our newsletter.

Our COVID-19 Guidelines

The committee reviewed our current COVID-19 guidelines with respect to government policy, Highvale Village policy and general sensibility.

In summary, the new guidelines are as follows:

For face-to face classes in the Highvale Community Centre and Manor

To ensure the safety of all, when a case of COVID-19 is present within these premises, the Keyton management protocol is as follows:

- If the infected person is a Highvale resident, the person is required to isolate until subsequent RAT test result is negative and the person has no remaining symptoms.
- No infected visitor is permitted to enter the premises.

For members of all face-to-face classes at any venues

If any class member has COVID or flu-like symptoms the member should take a RAT test for COVID and if positive,

- notify class tutor,
- if the member has face to face classes in Highvale Community Center, also notify the Highvale office (phone 9881 2800),
- do not attend any class premises until 7 days after testing negative.

These guidelines can also be found on our website <https://u3ahighvale.com.au/about-us/>.

Term 3 : 15 July – 20 Sept 2024

President's message



The months seem to be flying by and it is hard to believe that I have been in the role for just a little over 3 months. During this time, I believe I am gaining a reasonable understanding of many of the moving parts that keep U3A Highvale able to offer courses to you, our members. In no small part is understanding what many of the dedicated volunteers and tutors do behind the scenes.

In addition to looking at how we operate, I have also made contact with several local U3As and have attended a number of meetings with U3A Network Victoria. There is a set of challenges in keeping a U3A operational that is not unique to us. This includes the ongoing challenge of being responsive to members when we are operated by non full-time volunteers.

We are looking at the way we operate and areas to improve responsiveness to members by making better use of technology. A couple of examples are:

- Provide two-way Tutor / Member email communication: we are currently looking at changing the email system that tutors use that will enable them to distribute information and to be able to send attachments as well as allowing class members to be able to respond directly to tutors, which the current method does not allow.
- Improve turnaround time to obtain links for online classes: you will be able to request your online zoom link directly from the tutor rather than going via the U3A Highvale office email.

During a recent U3A Network Victoria meeting I talked about some of my thinking about improved responsiveness to our members through better use of technology and have, as a result, connected with some other local U3As who are doing or interested in doing the same thing. Our plan is to collaborate and share this with one another.- Many hands make light work.

Ultimately what all this hopefully means, is that we can take a step forward in being more responsive to you. The second benefit is that we

can relinquish some of the additional time that our volunteers have been providing tirelessly.

The changes we make will be small in nature, and they will be incremental as we work through several ideas. Lots of small steps can take us a long way!

I would love to hear from you if you come across an improvement that has helped you get a response in a more expeditious manner. If you have constructive input, please don't hesitate to share this with me as well. Please feel free to contact me via email at president@u3ahighvale.com.au.

Regards
Kingsley

Changes in the committee

There are two changes in the committee since our last newsletter. The first, is the change in the Secretary position at the end of May, with Marloney Ng replacing Siew Kennedy who resigned from this position after many years in the role. Marloney is new to the committee and is already actively engaged in our U3A's operation.

The second, which was accepted at the committee meeting on Thu 13th June, was the filling of the role of Course Coordinator by one of our existing committee members, Christina Bong. My understanding is that this role has been vacant for over three years.

I would like to congratulate and welcome both Marloney and Christina to their new roles.

- Kingsley

Tutor news

I would like to take the opportunity to thank Ron Berry and John Keogh, who both had to step back from their roles as tutors for health reasons. Both Ron and John have had a long-standing service history with U3A Highvale.

Ron's involvement in helping members in the computer classes to get a better handle and understanding of this ever-changing technological world will be missed. Ron has already handed over the baton to Dan Hauw and David Jewell.

John's Life Skills course was very popular, and we know that John will be sadly missed by his class attendees. John was a long-serving and dedicated volunteer, who started as Secretary of U3A Highvale in 2005 and has taken on the roles of Treasurer and tutor over many years.

Please join me in thanking both Ron and John for their years of dedication in providing knowledge to members, and wish them both well as they work through their personal issues.

- Kingsley

From the Secretary

Greetings U3A Highvale members,
My name is Marloney Ng and I am the new secretary for U3A Highvale.

As a bit of background, I have been a career public servant with the Commonwealth Government of Australia for more than 30 years. And my area of specialty is Taxation and Accounting. I joined U3A Highvale in 2018 and have watched how the Highvale community had evolved and adapted during the COVID era and has come out stronger and better. I feel it's time to give back to this rich community. As your new Secretary, I look forward to this new role and will make myself available to members on any matters relating to our Highvale community.

Marloney Ng



From the Course Coordinator

Hello U3A Highvale Members,

I have always had a passion in helping people learn and I have worked for many years as a

Change Management consultant which included preparing communications and training programs for large corporations. I am a huge believer of visual communications, i.e. a picture paints a thousand words, and believe a video can paint even more than that!

I have developed many training videos, and will be looking to develop training videos to help new members join U3A Highvale and enroll into courses.

Please feel free to reach out to me if you have an idea for a new course that you are willing to teach, at my email address courses@u3ahighvale.com.au.

Say hello next time you see me.

Christina Bong



MyU3A Handy Tips

Most of us know that we can enroll into classes on the MyU3A Member Portal, but did you know that there are other things that you can do as well?

If you are unable to attend classes because, say, you are going away for 3 weeks, you can send your apologies for all the classes you attend with just a few key strokes. This is what you do:

Go to the U3A Highvale website and log into the Member Portal in the usual way with your ID and password. At the bottom of the first page, enter the start and end date of your planned absence and click on the **Apologise** button, as shown below:

If you want to enrol in 2024 classes click the **Classes 2024** button.
If you will be absent from class, put in an apology.
Absence from: Date(d/m) to: Date(d/m)

This will take you to the next screen which will show all the classes that you will need to send your apologies for during this period, as shown below:

Apologise

Class	Course	From: 01/08/2024 To: 21/08/2024
24-01 Mahjong (Chinese) & Gin Rummy		<input checked="" type="checkbox"/> 7/08 <input checked="" type="checkbox"/> 14/08 <input checked="" type="checkbox"/> 21/08
34-01 Health Qigong		<input checked="" type="checkbox"/> 5/08 <input checked="" type="checkbox"/> 12/08 <input checked="" type="checkbox"/> 19/08
39-01 Gardens & Gardening		<input checked="" type="checkbox"/> 14/08
61-01 Judaism & Jewish Life		<input checked="" type="checkbox"/> 1/08 <input checked="" type="checkbox"/> 8/08 <input checked="" type="checkbox"/> 15/08
73-01 How Unique Are We ?		<input checked="" type="checkbox"/> 6/08 <input checked="" type="checkbox"/> 13/08 <input checked="" type="checkbox"/> 20/08
81-01 Live Life Digitally Connected		<input checked="" type="checkbox"/> 21/08

You are apologising for these dates.
If you DO NOT wish to apologise for one or more of these dates, untick those date(s).

u006(22)

Adjust this as required and click on Commit when you have confirmed that all is correct and it's done!

Christina Bong

MyU3A Member Portal Administrator



Art Appreciation

Our May excursion to LUME gave us an insight into the creative genius of Leonardo da Vinci through larger than life digital art, artefacts and original pages from Leonardo's codex (*collection of drawings and written notes*). LUME always manages to amaze us with its digital presentations accompanied by factual information about the artist and his creations within the society of his time, all accompanied by mood-setting music.

A highlight of our visit is eating at the café enclosed within the space, this time beneath an enlarged "The Last Supper" mural painting. See below of some of our members ordering their "Last Supper"



We are looking forward to our visit to Melbourne's Winter Masterpieces 2024 - Pharaoh, at the National Gallery of Victoria (NGV), later in June.

Facilitators:

Pat Tinsley and Siew Kennedy

Chess for Fun

More and more, the class is living up to its name, Chess for Fun. The emphasis is on learning while playing and the more games we play the more we learn. Also, we learn from looking at games played by the Masters and discuss their tactics and explore their lines of thought. I note that the class have come a long way and can follow higher-level games well.

I thank the more advanced players who provide tutoring as they play and that has been a very pleasing and beneficial feature. The group has a rich pool of chess knowledge and we share this in class and have fun.

I'm much indebted to Andrew Weatherhead for standing in for me for several sessions during this term while I was coping with health issues.

As you know, Siew, a member of our class, has just resigned from the position of Secretary of U3A Highvale. I'd like to take this opportunity to thank her on behalf of the class for the enormous contribution she has made to U3A Highvale and wish her all the very best for the future.

Ken Hiew, Tutor

Computer Class

Students in the U3A Highvale Computer Classes have the opportunity to explore this amazing world called "computers". They are given a good understanding of what computers are and, most of all, how to apply them in their daily life to achieve many of today's perplexing challenges, such as banking, shopping and participating in social media.

In the past, a computer just meant a box with a screen sitting on it (hence the term "desktop") or one placed under a desk. This "smart" box (as opposed to the TV) is driven by a collection of programs, the heart of which is the operating

system, commonly Microsoft Windows or Apple Mac OS. Instructions to drive the computer's brain are achieved by manipulating a keyboard or a touch screen via *apps* or pre-designed programs. A rapid technology advancement has now occurred with the introduction of laptops and computer tablets (making computers more portable) and of course the now ubiquitous mobile phones, often referred to as "smart phones" due to their computer-like capability.



Altair 8800:
1st commercial
PC 1974



Osborne 1:
1st commercial
portable PC
(fore-runner to
the laptop) 1981



Comvik
Millicom:
Earliest mobile
phone 1981

Today we use our mobile phones way more often than a desktop or laptop computer, and these devices are more readily to hand, being carried on our person. Their ubiquitousness has resulted in a huge lifestyle change as more often than not we are required to use our mobile phones for day-to-day living. This could be for buying a cup of coffee where the shop requires us to pay by scanning our mobile rather than pay by cash, to using a bank's app on our phone to make a bill payment because it is now getting harder to even find a bank, which are not open on weekends and public holidays anyway.

Phones used to be for making calls but these days they are more likely used for communicating via a messaging app than simply dialing a number. Of course, there is the advantage of using your mobile as a camera, or is that the other way round? We actually carry cameras that can also be used to make the occasional phone calls. We can take photos of the grandkids, or show others what a fun life we are leading via social media apps. The downside is that we must sort and file the many photos for show-and-tell later, as well as which to keep, which to transfer to our computer to email to others, and which to print as hard copy for the coffee table photobook.

To rapidly share this knowledge within U3A Highvale, two weekly classes have been organised, on Mondays and Tuesdays. Classes on Mondays have been split into 2 sessions. The first hour is a general segment where students can seek advice on whatever they have

computing issues with. In the second hour the class heads to breakout rooms, one to focus on Apple topics and the other, mainly on Microsoft topics. Classes on Tuesdays are basically Microsoft Windows topics, but there are opportunities for discussions on any other computing and mobile phone topics of interest to students.

So how do we cope with the onslaught of modern technology as we are more often driven to interact with businesses, government and social online rather than in person? Well, a great place is joining a **U3A Highvale Computer class**.

Tutors:

David Jewell, Dan Hauw

Current Affairs

There is always no shortage of topics to talk about when we get together each week and we usually go over time, which is a good sign that we enjoy the session. It's most gratifying to see that all class members have something to contribute and it's great to hear comments on a topic from so many angles. This provides a more balanced picture.

Unfortunately, most news items these days are far from heart-warming and we try to get a balance by bringing in light-hearted and humorous ones where possible. We usually manage to come away feeling a bit more cheerful after having shared with people who have bonded well and respect one another's views. This I consider to be our aim and motivation to go on.

Again, I must thank all members for their contributions in various ways to the group discussions this term. A special thank-you to Jan Clear and Ralph Widenberg who stood in for me while I was away 'on sick leave'.

Ken Hiew, Facilitator

Gardens and Gardening

Members continue to enjoy our fortnightly classes. Half the year is almost gone and we still have new members joining U3A Highvale solely for this session. They come as guests and end up signing up as members. I have to say we are such a lovely 'bunch'. Not only are we loaded with good useful information and knowledge from our Head

Gardener Linus, who prepares the bulk of class material, we are also learning from one another as we have many keen, experienced and seasoned gardeners amongst us.

I especially enjoyed a special session on 'Show & Tell' where I showed off my terrariums and my more exotic succulent plants and arrangements. We have learned so much, and some of the topics include composting, worm farming, bees and all the interesting facts about the Queen bee and the worker bees and interestingly their lifespan, nature strip landscaping where you can get free native plants, growing bonsai and more.

We have regular fun outings like our recent visit to the Alfred Nicholas Memorial Gardens in the Dandenong Ranges for the beautiful autumn colours. Those who participated were rewarded with a spectacular autumn show of colours and the weather was just as wonderful. The beautiful smiles on everyone's face says it all.



We also visited the Rooftop Gardens at the Burwood Brickworks Shopping Centre, a not-for-profit organisation run by volunteers. It was featured in a recent episode of Gardening Australia. We were free to roam about and saw some of the volunteers at work, and the scarecrows. Everyone was amazed the vegetables were so lush and healthy. One thing I learned from this visit was that one can grow water chestnuts in a recycled bathtub. All our outings conclude with a nice, warm chit chat over coffee.

Another highlight of these Gardening sessions is the generosity of all members. Without fail there are always some goodies that one or more members have brought to share with the group. These include plants and herbs to cuttings and sharing of fruits and veggies, even bread and freezer bags, books and more. I always feel like a

kid who has so many goodies to take home after a great party.

It's never too late to come and join us. Like one member said, there's never a dull moment. Come and 'Bee'-inspired. We are always buzzing around with excitement.

Hooi Ng, Member

What a wonderful discovery I made three months ago, when I attended a session of the U3A Gardening group. I was instantly excited when seated among gardening enthusiasts, listening intently to what the leader was sharing on that day. There was a table covered with a variety of plants and cuttings, kindly brought by members for all to share. There were plants I have not heard of or seen before. Immediately I sensed the caring and sharing among the members. By the time the meeting ended, I was ready to join this Gardening group! I am happy now to be part of this lovely group of gardening enthusiasts.

Recently I had the opportunity to join in some outings to the Gardens. We were excited like little children. It was fun. For me it was a refreshing awakening and awareness that we are surrounded by so much life, so much beauty, to learn that plants can grow into different shapes and colours, that lemon myrtle can be used in place of lemon grass, that there is a sweet variety of lemon, that old newspapers are good for composting.

It is indeed a blessing I've discovered the U3A Gardening Group, where I want to belong.

Pauline Chee, Member

Health Qigong

On Monday and Friday mornings, some U3A members are able to share in health Qigong exercises via Zoom in the convenience of their own homes. These exercises are shared and led by members of the Singapore Health Qigong Association, from the century-old TYHK clubhouse. They include warm-ups, joint exercises, gentle stretching, bending and turning movement routines accompanied by audio instructions and soothing background music. The emphasis is on correct postures, a calm state of mind and rhythmic slow and deep breathing.



The above picture is a silk painting, with figures in different poses, recognised by Qigong experts as various forms of keep fit exercises. This painting was one of many relics unearthed in China, from a two-thousand-year-old tomb which dated back to the Han Dynasty! These figures were evidence such exercises for health-activating meridians in the body, according to traditional Chinese medicine, existed much earlier in Chinese history.

From the poses depicted in the painting, Qigong experts developed a series of health exercises that are now practised by people all over the world. These exercises include Yi Jin Jing (*muscle and tendon changing classics*), Ba Duan Jin (*eight silk brocade*), Wu Qin Xi (*five animal play*), Ma Wang Dui, etc. In Shi Ba Shi (*Taichi 18 forms*), familiar moves like “cloud hands”, “repulse monkey”, “parry and punch”, etc. were derived from classic Taichi moves.

For the more experienced members, the routine Liu Zi Jue (*six sounds approach to health*), demands super-slow movements while pronouncing these sounds. It is thought that specific organs respond positively to these six sounds (frequencies). Regular practise of these exercises has been shown to improve concentration, flexibility, muscle strength, stability and balance.

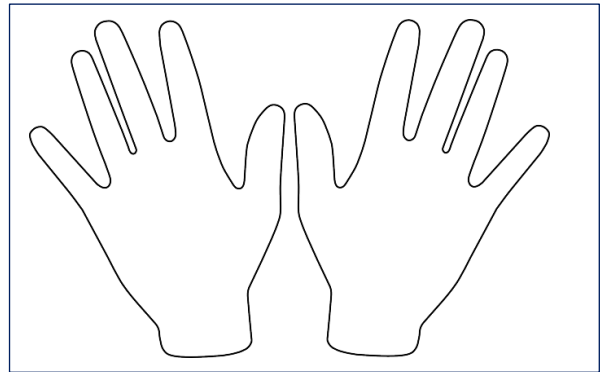
In January, my wife and I had the pleasure of meeting face to face with our Singapore counterparts and witnessed a Qigong session in progress, and then joined in their post-exercise social over a cup of Kung Fu tea, prepared by Michael himself. It was amazing that even though we only had very brief, online encounters following Zoom exercises, meeting in-person for the first time was like catching up with old friends!

Linus Chang, Member

Stillness meditation

STILLNESS TO GRATITUDE AND LIVING CALM

It has been heartening to see the growth and appreciation of people coming to the weekly Stillness Meditation sessions. To help people relax easily and feel good naturally is an important outcome of the daily practice of Stillness. At a recent session, participants were encouraged to finish each day with a ten-finger gratitude exercise so that they could see the positives in their lives and go to sleep knowing that ‘life is good.’



I invite you to write on each finger something for which you are grateful.

USA is certainly something I am grateful for since coming to the Highvale Retirement Village. Being able to offer Stillness Meditation Therapy sessions to others is both a privilege and a pleasure knowing that it can provide some space, quiet and stillness to people who seek inner peace and calm in their lives.

Special thanks to Kaye Boxshall (Senior Manor Supervisor) who turns the heater on for us prior to each session and for providing a welcoming space.

If you would like more information about Stillness Meditation, please contact me, Anita Davine on 0438025275

Anita Davine, Tutor

Sun Salutation Yoga

Our yoga class is full on, with practice every morning from 10 to 11:30. As evidenced from the

many testimonies, members enjoy and have benefited from these classes.

From time to time, Master Lim posts notes for fitness and remedies that members can use for reference, like these exercises to relief sinuses:

1. Warm the nasal areas by rubbing around the nose.
2. Humming on the alternate nostril, tongue under the roof of the mouth.**
3. Massage under the cheeks, do the pumping action.
4. Pull ear lobe to the side, pull cheek towards the ear lobe.
5. Two thumbs under the chin and push along the fascia edges-detox.
6. Massage the neck muscles.
7. Drink the hot water.
8. Let the warmth dilate the arteries and veins at the chest.
9. Visualise a milky tubing from the throat to tummy.
10. Let it dissolve, melt down.

** Humming is like internal jogging to the nasal areas. It warms up and melts down the congestion.

Try also breathing in hot water vapour, with a few drops of eucalyptus oil added. Humming produces nitric oxide which dilates the arteries, thus helping to ease breathing.

Dorothy Shem, Facilitator

Online course: Thinking about Albert Einstein

(Course offered by U3A Geelong)

Who would have thought that sitting through 8 weeks of classes on Albert Einstein would be so enjoyable? Through the expert guidance of Dr Bruce Watson, the class explored the following topics:

- The Life of Einstein
- Mileva Maric, Einstein's first wife, and her likely contribution to his theories
- Einstein's Brain
- Einstein's Big Idea
- $E = mc^2$
- The Theory of General Relativity
- Quantum Mechanics and Quantum Entanglement

Enrolling in this online course, I was assured by Bruce's words, "No prior knowledge of physics required." Using the medium of film, Einstein's complicated physics concepts were explained visually to great effect. Our tutor also included films from his own collection. The two-hour sessions sometimes comprised two to three short documentaries. Bruce always welcomed our comments, thoughts or questions. Online links to the films would be provided for reviewing at our own leisure.

I finished this course with a greater understanding of Albert Einstein the man, and the period of history in which he lived. He was the recipient of the Nobel Prize for Physics in 1921. He experienced two World Wars, and suffered Nazi aggression because he was a Jew. He left Europe and settled in Princeton, U.S.A., teaching at the Institute of Advanced Study. A lifelong pacifist, he looked on with horror when the atomic bomb was developed using his equation $E = mc^2$.

On the physics side, this course has partly filled the very wide gap in my scientific knowledge. Being only able to grasp a little of Einstein's theories and concepts does not make me feel small. Instead, it gives me a greater appreciation of this man's great mind and genius. The development of his work in this field carries on to this day. I might not fully understand his theories, but anyone can be inspired by Einstein's vast imagination and dogged perseverance as he worked on his theories.

Here are two quotes from Einstein the philosopher:

"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

.....

"I have no special talent. I am only passionately curious."

I hope our U3A Highvale members will grasp the opportunity to jump onto some online classes and enjoy some very interesting topics on offer.

Jay Tan, member

GEMs for Enquiring Minds

[Memory – what you can do to keep yours functioning](#)

Forgetting is the key to a good memory

Forgetting is one of the most important features of a good memory. Earl K. Miller, professor of neuroscience at the Massachusetts Institute of Technology, explains why: “If we literally remembered everything, it would be too much for our brains. Our brains would be completely overwhelmed. We always have selective memory.”

Our memory capacity is a lot like that of a computer – it’s finite. Unfortunately, unlike a computer, we can’t expand it with the simple addition of a new piece of hardware. Instead, we drop some memories to make room for others. If we didn’t, our brains simply wouldn’t cope.

Can we train our brain as we get older?

As we get older our memory capabilities diminish. It peaks at around the age of 20 in most people, experts say. From the early 20s our memory begins a long, slow decline.

But there are a host of things we can do to help keep our memory capacity in good shape for longer. Things such as learning a new skill or volunteering for community can help form new neural pathways in our brains.

To help you remember the simple things, try following a daily routine, plan tasks, and make to-do lists. And your keys? Put them in the same place each day, along with your wallet or purse, keys, phone, and glasses.

Ctrl + *Click on above link for complete article.*

Other News and Thanks



2024 CONFERENCE
U3A
Forty and Fabulous!
Now what's next
Network Victoria
UNIVERSITY OF THE THIRD AGE
&
U3A
Melbourne City
3 - 5 October 2024

2024 State Conference
3 - 5 October 2024
Forty and Fabulous!
Now what's next

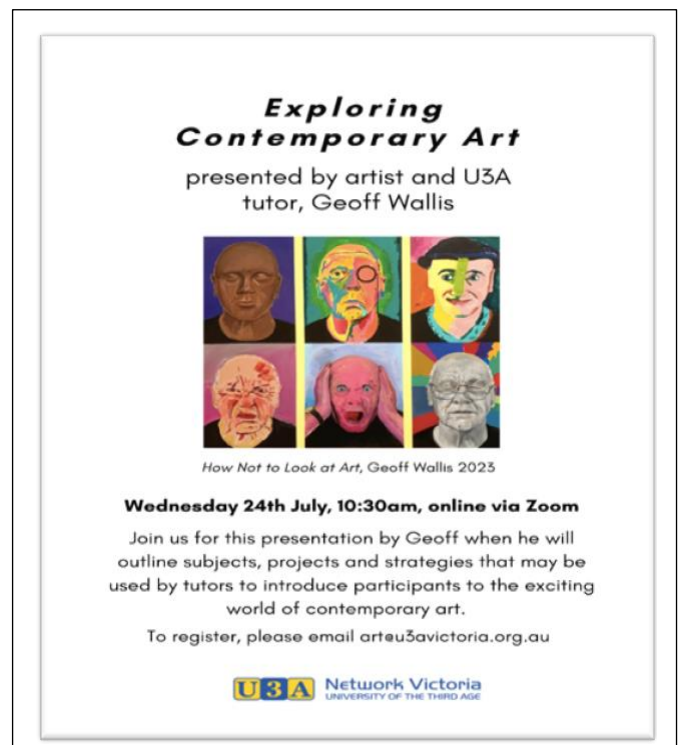
Thursday 3 October
U3A Network Victoria – AGM
Yarra River Cruise - optional

Friday 4 October
Welcome and official start of the conference
Plenary speakers
Breakout rooms
City Walking Tour - optional
Conference dinner - optional
Morning and afternoon tea, lunch provided


Saturday 5 October
Plenary speakers
Breakout rooms
Morning tea

Wrap up of conference and official end of the conference.

Booking can be made through
<https://www.trybooking.com/CPDWW>



Exploring Contemporary Art
presented by artist and U3A tutor, Geoff Wallis



How Not to Look at Art, Geoff Wallis 2023

Wednesday 24th July, 10:30am, online via Zoom

Join us for this presentation by Geoff when he will outline subjects, projects and strategies that may be used by tutors to introduce participants to the exciting world of contemporary art.

To register, please email artau3avictoria.org.au

U3A Network Victoria
UNIVERSITY OF THE THIRD AGE



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



John Mullahy MP
LABOR MEMBER FOR GLEN WAVERLEY

2 Brentford Square, Forest Hill Vic 3131
(03) 9955 2501
john.mullahy@parliament.vic.gov.au

U3A HIGHVALE TIMETABLE

TERM 3: 15th July to 20th September 2024

Email: enquiries@u3ahighvale.com.au

Updated: 12 June 2024

- This 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.

COURSES	Start	Time	Leader/Facilitator	Freq	Venue	
MONDAY						
<input type="checkbox"/> Yoga (Sun Salutation)	15 Jul	10.15 – 11.30	Master Lim	Daily	Zoom	
<input type="checkbox"/> Line Dancing (Upper Beginners)	15 Jul	10.30 – 11.45	Ewah Lee	Weekly	UCH	
<input type="checkbox"/> Health Qigong	15 Jul	10.30 – 12:00	Michael Chan & KY Ho	Weekly	Zoom	
<input type="checkbox"/> Computer Class	Online	15 Jul	12:00 – 1:00	David Jewell, Dan Hauw	Weekly	Zoom
	Hybrid	15 Jul	1:00 – 2:00	David Jewell, Dan Hauw	Weekly	CPR
<input type="checkbox"/> Karaoke	15 Jul	1:00 – 3:30	Kristine See	Weekly	DR	
<input type="checkbox"/> Singing Group	15 Jul	3.30 – 4:30	Joan Foulcher	Weekly	CL	
TUESDAY						
<input type="checkbox"/> Healing Ourselves/Planet	16 Jul	9.30 – 11:30	Dr John Beaney	Weekly	Zoom	
<input type="checkbox"/> Chess for Fun	16 Jul	9.30 – 12:00	Ken Hiew	Weekly	DR	
<input type="checkbox"/> Walking & Exploring	13 Aug	10:00 – 1:00	Jan Clear	2 nd Tues	TBA	
<input type="checkbox"/> Computer Class B	16 Jul	2:00 – 4:00	Dan Hauw, David Jewell	Weekly	CPR	
<input type="checkbox"/> Music Appreciation	23 Jul	2:00 – 3:00	Don Baird	2 nd and 4 th Tues	DR	
WEDNESDAY						
<input type="checkbox"/> Mandarin (Intermediate 1)	17 Jul	9.30 – 11:00	Claudia Ng	Weekly	Craft	
<input type="checkbox"/> Mahjong (Chinese)/Gin Rummy	17 Jul	9:30 – 12:00	Margaret Yeoh	Weekly	DR	
<input type="checkbox"/> Advanced Tai Chi	17 Jul	10:00 – 11:00	Elva Parker & Leh Soh	Weekly	ML	
<input type="checkbox"/> Mahjong (Western)	17 Jul	10:00 – 12:00	Jenny D’Acre	Weekly	DR	
<input type="checkbox"/> Gardens & Gardening	17 Jul	2:00 – 3:00	Linus Chang	Fortnightly	CL	
THURSDAY						
<input type="checkbox"/> Art Appreciation	18 Jul	10:00 – 2:30	Pat Tinsley & Siew	3 rd Thur	TBA	
<input type="checkbox"/> Book Group	25 Jul	10:00 – 11:00	Jan Clear	4 th Thur	CL	
<input type="checkbox"/> Stillness Meditation	18 Jul	10.30 – 11:30	Anita Davine	Weekly	MA	
<input type="checkbox"/> Laughter Yoga	18 Jul	12:00 – 1:00	June Cheung	Weekly	CL	
<input type="checkbox"/> French	18 Jul	2:00 – 3:00	Marianne Puccinelli	Weekly	Zoom	
FRIDAY						
<input type="checkbox"/> Line Dancing (Improvers)	19 Jul	9:30 – 10:45	Doris Teh	Weekly	UCH	
<input type="checkbox"/> Healing Ourselves/Planet	19 Jul	9.30 – 11.30	Dr John Beaney	Weekly	Zoom	
<input type="checkbox"/> Mandarin (Intermediate 2)	19 Jul	11:00 – 12:15	June Wang	Weekly	Zoom	
<input type="checkbox"/> Health Qigong	19 Jul	10.30 – 12:00	Michael Chan & KY Ho	Weekly	Zoom	
<input type="checkbox"/> Yoga Pranayama	19 Jul	1:00 – 2:00	Krishan Pathak	Weekly	Google Meet	
<input type="checkbox"/> Current Affairs	19 Jul	1.45 – 3:00	Ken Hiew	Weekly	ML	

K E Y	CL – Community Centre lounge	CPR – Community Centre computer room	Craft – Community Centre craft room
	DR – Community Centre dining room	ML – Manor lounge – enter via Gate 3	UCH – Uniting Church Hall
	Zoom – Online Using Zoom	MA – Manor apartment 46 – enter via Gate 3	
		Google Meet – Online Using Google Meet	