

U3A Albury Wodonga

DECEMBER NEWS





THREE WEEKS TO GO! Don't panic – there's plenty of time to try your hand at the tried and true Christmas Cake recipe, below!

One does have to ask, though – where has the year gone? After attending Hugh's last class on Wednesday, I recall him lamenting last January that he doubted he'd get through the subject matter in a year, and this only seems months ago. (P.S. He nearly did!)

My task, as Editor, is to collate material of interest for your Newsletter. Every month over this past year, focus was put on a course. Respective Tutors wrote an overview of their subject to give us all a greater understanding. I hope you found these articles enlightening and they perhaps triggered interest for consideration in the coming year. A few courses were featured more than once as Tutors enthusiastically wanted to share stories of outings or things of interest. One course, in particular, shared an amazing story that gripped us all. Who can forget 'Don's Story'?

Our monthly Coffee Mornings, while not always attended in great numbers, were, without exception, very engaging and informative. Engaging, as it was an opportunity for members to meet socially and enjoy a cuppa and cake, and informative, due to the array of very diverse topics. Topics that spring to mind include: road rules, health, history, fashion, law, DNA, animal rescue, OS ventures.... Thank you to the social sub-committee for sourcing such amazingly interesting speakers. And, again to the social sub-committee, a big thank you for the time and effort put into our social events of the year – the wonderfully successful Christmas in July, and the Christmas-themed end-of-year social gathering - both were resoundingly successful. We can only be thankful you didn't consider a Karaoke night – or did you?!

Celebrating the end-of-year, as we did last Thursday, is not only a great way to end our year, but also a great way to recognise and show appreciation to the hard work and contributions our Committee and Tutors contribute throughout the year. And a big thank you to Members for attending the gatherings in such great numbers. The display of support can only be taken as a 'vote of confidence'.

Included in this Newsletter are various articles, both regular and new – and the one you have no doubt been waiting on is from our Course Coordinator, Ludger. Decisions, decisions! Please note there are newly introduced topics to consider. Why not try something from left field? Nothing to lose, is there?

As this is my last article for the Newsletter this year, I'd like to sincerely thank the people who contributed articles over the year. Your willingness to help spurred me on. And a big thank you to Annie for her continued support and tireless work over the year that was. We really are a partnership. My task is easy! Not only does Annie present the Newsletter so professionally, she sources additional articles of interest and we have many laughs along the way! You are invaluable to me.

Until next year, have a joyous Christmas and a happy and safe Summer break and return to us in the New Year full of enthusiasm for the year ahead.

Take care.
Judy





from the **President**

What an amazing year we have had!

What an amazing year we have had! The variety of topics, the expertise of our Tutors, the sociable occasions have all worked together to make U3A Albury Wodonga a fantastic organisation to be a part of! And to remember that all of this enjoyment is achieved by people who love to give freely of their time and talents. Volunteers! I have learned a lot about Albury and Wodonga's history as I wandered along on John Whale's Walky

Talky group; I have grown an amazing garden with the help of Shirley Farr and her enthusiastic, friendly members; I've been astounded by family histories and what, why, and how things happened to explain the background of life in days past; and I have used words and ideas to write with some new impact in our Tools for Writing group. I hope you can all look back on your year with such gratitude and pleasure!

As the end of year approaches we know there will be many challenges ahead. But I am also excited about what 2024 has in store for us.

We needed 20 people to attend our Special General Meeting at The Venue on McFarland to form a quorum but 87 of you turned up! It made me feel so pleased that such a good representation wanted to address some of the challenges around rises in operational and rent costs but at the same time keep our membership fees to a reasonable rate. The vote was almost unanimous to increase our membership fees by \$20 per person for the year 2024. That means Membership fees will now be \$105 per person. If this is a challenge to some of you, please talk to us on enrolment day, so that you can work out a payment time frame that suits your budget.

Christmas and happy family times are both racing towards us.

May your Christmas and New Year be full of happiness, love and peace... and maybe a couple of intriguing new books to read!

Alwyn





ALL ABOARD FOR THE GARDEN GROUP'S BIG DAY OUT!

Judy White

On a bright, brisk Spring morning the Garden Group and Friends met at our U3A 'headquarters' and boarded the awaiting bus and headed for the highly anticipated Big Day Out to Shepparton.

Shirley Farr had spent hours planning the activities for the day and her efforts were not lost on anyone. Indeed, the day was planned to perfection – full to the brim with wonderful experiences.



First stop was the stunning Shepparton Art Museum (SAM). We were met by staff and encouraged to explore the various galleries and partake in a coffee and bun in its swish restaurant. Many group members took the opportunity to stroll along the adjacent lake and river areas.



Our next destination was to the evolving Australian Botanic Gardens, located just out of Kialla. The former landfill is being regenerated into a showcase of Australian native plants set amongst distinct themed gardens, with numerous pathways scattered through the wetlands and bushland. And what a time to be visiting this amazing place! Spring flowers were abundant.



On arrival, we all dispersed and explored the area at our leisure. Most found a picnic area or a shady gum tree to shelter under to partake in lunch. A few of us were lucky to be entertained by a chorus of birds of the bush in this idyllic of settings. Included in this article is a few photos of the gardens.



We then moved onto the Emerald Bank Leisure Land, located at Kialla West – an outer suburb of Shepparton. This place is a real eye opener, let me give you the whisper! There is so much to explore....

MOVE – Museum of Vehicle Evolution. The HUGE pavilion has rows and rows of classic and vintage cars from every era from every corner of the globe on display plus vintage motorcycles and more.





Leol Thompson Costume Collection: The collection takes you on a journey through 200 years of Australian fashion from clothing, jewellery, accessories and more. Leol has been collecting pieces over 40 years that tell the stories of everyday Australians from Federation up to the present day. There are pieces you've never heard of alongside the familiar, something of interest to everyone. The collection is so extensive that only 5% is on display at any one time. The display changes regularly and staff told me they have such fun dressing and undressing mannequins!



The 'piece de resistance' for Garden Group members was the Riverside Gardens/Garden Centre. This was the must see! The Garden Centre covers an area of two hectares and has been growing for over forty years to become one of Victoria's best, being judged the Best Medium Sized Garden Centre three years in a row. The business is stocked with a huge range of quality plants and trees as well as offering an extensive gift centre. Also set in the beautiful, landscaped gardens is the challenging 18-hole Mini Golf course where you're sure to 'Laugh a Lot'.

Nearby was POTWORKS who carry a huge range of pots from glazed to contemporary.

Barclay's Antiques and Collectables has recently moved to Emerald Bank Leisure Land. What fun we had reminiscing and exploring this huge space full of furniture, indoor and outdoor pieces, cabinets full of treasures from days gone by, books, dolls and everything in between!

The little café at the complex was a welcome sight after all the activities – coffee and cake can never be overestimated when contending with tired limbs.

Then, feeling somewhat rejuvenated, it was homeward bound - and Shirley hadn't finished with us yet! Raffles entertained us along the journey home and there were numerous lucky winners and lots of laughs. What a fun way to top off such a fabulous Big Day Out.





In Serbia, women shower men with nuts!

Let's revel in festive legends and ritual from around the world.

The Yule Goat | Sweden



First, a Christmas tradition from Sweden. The Yule Goat dates back to at least the 11th century, where there are mentions of a man-sized goat figure, led by Saint Nicholas, who had the power to control the devil. The Yule Goat, as you can imagine, has changed quite a bit throughout history. In the 17th century, it was popular for young men to dress as the goat creature and run around pulling pranks and demanding gifts. By the 19th century, the goat became the good guy - a giver of gifts. Instead of Father Christmas, men in the family would dress up as the goat and give gifts to the entire family. Today, the man-goat is no longer and the Yule Goat has taken its place in modern history as a traditional Christmas ornament on trees throughout Sweden. In larger cities, giant versions of these goat ornaments are created out of straw and red ribbons.

Viennese twist, Austria

Krampus figures can be somewhat alarming. While strolling around the elegant streets of Vienna, you may be treated to the shocking spectacle of half-demons, half-goat creatures emerging from bars, cafes and houses. In mid-December *Krampusnacht* is celebrated, a throwback to the darkest Grimm fairytales. The Krampus is a devil-like creature with matted fur, stag horns and flaming coals for eyes, unleashed to punish naughty children. He often has a huge birch branch in his hand ready for beating people.



While in Serbia ...

The village men traditionally wake up before dawn on Christmas Eve (6 January in Serbia) and head into the woods to cut oak branches (*badnjak*) taking homemade *šljivovica* (plum brandy) and bread to help them keep warm in the freezing weather. As darkness falls the branches are carried home to use on the fire. As the men enter with the wood, women shower them with nuts, dried fruits, wheat and coins. Only then has Christmas arrived and the advent fast is broken with a midnight meal.





Roller Skate Mass | Caracas



In the Venezuelan capital of Caracas, swathes of city-dwellers make their way to mass on roller skates every year on Christmas morning. The tradition is now so well established that many of the city's streets are closed to traffic from 8am, so that the skating congregation can get to church safely. It's even said that children will sleep with one lace from their skates tied around their toe, the other skate dangling from the window so that their friends can wake them up with a friendly tug on the lace.

Flying Witches | Norway



According to Norwegian folklore, Christmas Eve is the day when mischievous spirits and witches take to the skies for mischief and general tomfoolery. As witches often use brooms as their preferred mode of transportation, it's tradition for Norwegian families to hide away any sweeping sticks where the witches won't be able to find them.

Belfana the Witch | Italy

Forget Santa and 25th December when in Italy, as all the action takes place on the eve of 5th January. According to folklore, an old woman named Belfana visits all the children of Italy to fill their stockings with candy and leave them presents if they've been good. Just like Father Christmas, Belfana enters through the chimney and is left treats by the children who live there - typically wine and local delicacies. And what if you've been naughty – she leaves you a lump of coal!



The Yule Cat | Iceland



One of the more unique festive traditions we've heard of comes from Iceland, where a giant cat is said to roam the snowy countryside at Christmas time. Traditionally, farmers would use the Yule Cat as an incentive for their workers - those who worked hard would receive a new set of clothes, but those who didn't would be devoured by the gigantic cat-like beast.

Today it is customary for everyone in Iceland to get new clothing for Christmas to avoid an unsavoury demise.





MASTERPIECE

The Virgin Adoring the Sleeping Christ Child by Sandro Botticelli, c.1485



Sandro Botticelli painted pagan myths including the world's favourite image of the classical goddess of love, his [Birth of Venus](#). But by the mid-1480s he was returning to the Christian fold, as this passionate vision of the Madonna proves. Mary has the features of one of his pagan beauties but clasps her hands in prayer to revere her divine son. We're teetering on the edge of a mystical rapture. Botticelli depicts nature's hues with delicate accuracy, but the pink flowers interact with Mary's pink and blue clothes, and the pearly translucent complexions of mother and child, to transport your soul. This exquisite painting takes you out of the real world to glimpse a promise of paradise.

• [Scottish National Gallery, Edinburgh](#)

The 12m high tree at St Pancras station in London is made from 3,800 books on 270 shelves. Created in conjunction with Penguin Books and Hatchards book shop at St Pancras station. Unfortunately you can't climb the stairwell to the top. However, you can sit for free in one of the eight cosy nooks and listen to 5 minute excerpts from Penguin audio books. Includes old and new titles from Dickens, Beatrix Potter, CS Lewis, Michael Morpurgo, Tom Fletcher, Zadie Smith and much more...!

It's an ode to the wealth of literature that transports us to exciting worlds.





>>>> eat, drink and be
MERRY

Festive Zucchini, Orange and Almond Bundt Cake

Ingredients:

- 2 oranges (approximately 400g)
- 2 small zucchini, (approximately 200g)
- 6 x extra-large eggs, beaten
- 200g caster sugar
- 250g almond meal
- 1½ tsp baking powder
- 50g icing sugar, sifted
- Zest and juice of ½ orange (set aside a few strands of rind, to garnish)
- 1 punnet blackberries, to serve
- Greek yogurt, to serve
- Sugared rosemary, to serve (optional, see note)



Method:

- Wash then add the oranges into a saucepan of water. Simmer for one hour. Remove from the water and set aside to cool.
- Preheat the oven to 180°C (160°C fan-forced). Cut the oranges in half and remove any visible pips. Roughly chop the oranges – pith, skin and all – then blitz in a small blender until smooth. Place the puréed orange into a mixing bowl.
- Grate the zucchini onto a clean tea towel, then wrap it up to wring it dry. Separate out the grated pieces loosely, with a fork.
- Add the zucchini to the orange, along with the eggs, sugar, almond meal and baking powder. Stir well to combine.
- Pour into a well-greased, 1.25 litre bundt tin.
- Bake for 1 hour, or until an inserted skewer comes out clean. Set aside to cool for 10 minutes, then turn out onto a cooling rack and allow to cool completely.
- Transfer the cooled cake to a cake stand or plate.
- To finish, whisk the icing mixture with enough orange juice to make it thick but runny. Pour onto the cake and top with the orange zest, blackberries and sugared rosemary.
- Serve with Greek yogurt.

Tip: To make cake look festive, decorate with sugared rosemary. Simply dip rosemary sprigs into lightly whisked egg whites or a thin, cooled sugar syrup. Shake to remove excess, then roll in a bowl of caster sugar. Place onto a tray to dry for at least an hour.

Optional: You could substitute the blueberries for blackberries, or with slices of dried or candied orange.

Serves: 10 Prep Time: 15 minutes Cook Time: 2 hours





puzzled

Playing with Words

1. Can you solve these **Word Wheels** by inserting the missing letter.

2. More Words.

How many four, five and six-letter words can you create from the following letters?

F U L G N E

3. Can you identify these NSW towns?

- Opening
- Water bird
- Happy climate
- Doubly hot
- Gambling place
- Hassled
- Makes cows fat

4. WHAT AM I?

B E D

H O r o b O D

STANDS ME
—
0 ? 2 3 4 5

STORM
TH

5. And finally, some Christmas jokes!

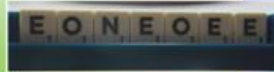
- What part of grammar are Santa's helpers?
- What do sheep say at Christmas?
- What do Santa's little helpers learn at school?
- Why does Santa work only one day a year?
- Who delivers presents to cats?
- What do you get if you eat Christmas decorations?
- Who hides in a bakery at Christmas?
- Who is Santa's favourite singer?
- How does Christmas Day end?
- What do you call Santa when he stops moving?





U3A **S**₁ **C**₃ **R**₁ **A**₁ **B**₃ **B**₃ **L**₁ **E**₁

AN AVERAGE Scrabble player by his own assessment, Rob has won his first game in a long time and by only two points, with a meagre score of 218 (main picture). But his luck worsened in his next game when he picked up a modest array of tiles (inset), which gave him a shaky start. Not so on an adjoining table, where Ann scored 78 points in one move by matching *swains* with *zest*. Ann improved on that score in her next game with an 87 by matching *tuxedos* with *hew*.



- Scrabble is played on Thursdays from 12.30pm.

Our End of Year Get Together

U3AAW recently welcomed the Xmas holiday period with a delightfully casual evening held at the "The Venue" on McFarland. It provided the perfect opportunity for many of our wonderful members to come together and reflect on the past year and also look forward to another year filled with new opportunities and shared experiences.



But where to begin to describe such a night.

Well ...

After making a list and counting it twice –

80 of us gathered - making spirits bright.

We can't let you know who was naughty or nice –

There was just so much glitter around on that night.

No Rudolph, no Frosty, and no jingling bells

Just eating and drinking with all of our friends.



A big thank you to our social committee Rod, Cherryl, Diana and Karen.





Have you sat and listened, without distraction, to good music lately?

Well, now's your chance!

Next year, Music Appreciation (M.A.) is being held 'on campus' at our U3A home in McFarland St., Wodonga, and the good news is restriction on numbers attending has been eased due to it being held in a larger venue. How good is that! M.A. will be held in Room 3 (downstairs at The Venue) for 2.5

hours in the afternoon of the second and fourth Wednesdays of the month from 1pm – 3.30pm.

Previously, Leah Whale generously opened her home to members and numbers were restricted due to the size of her music room. Leah's warmth, experience, knowledge and love of music shared in the intimate setting over the past three years expanded attendees understanding and appreciation of the various genres. Thank you, Leah.

Jennifer Schubert has been the co-Tutor of M.A. for the past three years and is eager to continue putting her stamp on the subject. As she has a long-standing interest in many genres and styles of music, Jennifer is hoping to have many new members attend the course to share the joy. As the saying goes – the more the merrier.

As an outline of the subject, the group generally watch 'shortish' YouTube clips of performers/performances and members enjoy researching the subject matter of the day. Some group members are very experienced music lovers, singers and instrument players – but don't be daunted if you don't have past experience in the field – it is all in good fun - and what's not to like when there's singing and laughter to be had?! Members learn a lot from each other and are given the opportunity to present a YouTube clip of their choice, but this is certainly not compulsory. There is one criteria that is a must, though - being a good baker! Members share a 'grand' afternoon tea in the break and members are encouraged to bring a small plate to share – but this, too, is not compulsory.



Many topics that have been presented in the past that can be expanded upon next year include, but not limited to, the following: 20th Century Opera, English composers, Viva Italia, Johann Sebastian Bach, Beethoven, Vivaldi, Latin American music, The Romantics, 20th Century composers, Shostakovich, Schubert, Prokofiev, Schuman and Brahms, Debussy, music inspired by Shakespeare, trips to Russia and France, the violin, the cello and Voices: tenors, famous sopranos, altos and castrate.

Do come and try it out!





Judy's

Christmas Cake Recipe

Once again this year, I've had requests for my Tequila Christmas Cake recipe so here goes. Please keep in your files as I am beginning to get tired of typing this up every year! (Made mine this morning!!!!) 1 cup sugar, 1 tsp. baking powder, 1 cup water, 1 tsp. salt, 1 cup brown sugar, Lemon juice, 4 large eggs, Nuts, 1 bottle tequila, 2 cups dried fruit.

Sample a cup of tequila to check quality. Take a large bowl, check the tequila again to be sure it is of the highest quality then Repeat. Turn on the electric mixer. Beat one cup of butter in a large fluffy bowl. Add 1 teaspoon of sugar. Beat again. At this point, it is best to make sure the tequila is still OK. Try another cup just in case. Turn off the mixerer thingy. Break 2 eegs and add to the bowl and chuck in the cup of dried fruit. Pick the fruit up off the floor, wash it and put it in the bowl a piece at a time trying to count it. Mix on the turner. If the fried druit getas stuck in the beaterers, just pry it loose with a drewscriver Sample the tequila to test for tonsistency. Next, sift 2 cups of salt, or something. Check the tequila. Now shift the lemon juice and strain your nuts. Add one table. Add a spoon of sugar, or somefink. Whatever you can find. Greash the oven. Turn the cake tin 360 degrees and try not to fall over. Don't forget to beat off the turner. Finally, throw the bowl through the window. Finish the tequila and wipe the counter with the cat..... :





Jokes

At an Optometrist's Office:

"If you don't see what you're looking for, you've come to the right place."

On a Plumber's truck:

"We repair what your husband fixed."

On another Plumber's truck:

"Don't sleep with a drip. Call your plumber."

At a Towing company:

"We don't charge an arm and a leg. We want tows."

On an Electrician's truck:

"Let us remove your shorts."

On a Taxidermist's window:

"We really know our stuff."

On a Fence:

"Salesmen welcome! Dog food is expensive!"

At a Car Dealership:

"The best way to get back on your feet - miss a car payment."

Outside a Muffler Shop:

"No appointment necessary. We hear you coming."

In a Veterinarian's waiting room:

"Be back in 5 minutes. Sit! Stay!"

In a Non-smoking Area:

"If we see smoke, we will assume you are on fire and take appropriate action."



Answers:

1. Word Wheels: judicial, eventual, strategy. 2. More Words: flue, fuel, glen, glue, gulf, luge, lung; flung, lunge; engulf. 3. NSW Towns: a. The Entrance, b. Pelican, c. Merewether, d. Kurri Kurri, e. Casino, f. Picton, g. Hay. 4. What am I: bedspread, Robin Hood, no one understands me, thunderstorm.

Answers: Christmas Jokes

1. Clauses 2. Merry Xmas to ewe 3. elf-abet 4. Because there's a clause in his contract 5. Santa paws 6. tinsellitis 7. mince spy 8. Elf-is Presley 9. with the letter Y 10. Santa pause.





COURSE GUIDE 2024

Ludger Pille

Dear U3A community,

I cannot believe how quickly 2023 has gone. We have had a very successful year, and I would like to take the opportunity to thank all our tutors for giving up so much of their time to bring us the activities that we all have enjoyed. I also sincerely hope that you, our members, had a good time at U3A in 2023.

I would like to thank Bruce Key in particular. For seven years Bruce has been leading the Sustainability group. Through his dedicated effort he has taught many of us so many different aspects of the threat of climate change and the importance of sustainability. Bruce has decided not to continue as a tutor as he reckons he is getting old (naah ...he is not!). We look forward to his company at U3A Albury Wodonga for many years to come! BTW, we are now desperately looking for someone to take over the sustainability field at U3A Albury Wodonga. So, if you know someone....please let me know.

We have prepared the program for next year. The short version of this program is on the following pages. We have been able to 'book' 40 different courses for 2024, which I believe is the largest number of different courses we have ever offered.

Online enrolment is available from Monday the 4th of December 2024 on [U3A Albury Wodonga](#). 'Face to Face' enrolments can be completed on the 5th and 6th of December 9.30am – 12pm and the 29th of January 2024 at the U3A venue in Wodonga at McFarland Street. Please be aware that we will restrict the max number of courses that individuals can enroll in to six for a short period of time.

I hope that you all will have a great festive season. Enjoy the time with your family and friends and I am looking forward to seeing you all healthy and happy when we return next year.

Ludger

Merry Christmas and Happy New Year





TERM 1 COURSES 2024

MONDAY			
Cinema-Women in Films 1949-2014	9.30-12pm	Room 3	John McQuilton (Face to Face)
Everyday Philosophy 1 st & 3 rd Monday of the month	10-12pm	Room 1	Michael Evans (Hybrid)
You've Done Your DNA. What now?	10-12pm	Zoom	Gail Gillis/Zoom
Buddhist Philosophy	1-3pm	Room 3	Helen Casey (Face to Face)
Economics & Politics	1-3pm	Room 1	Eddie Voogt (Face to Face)
CAE Book Study 2 nd Monday of month	1-3pm	Room 2	Carol Antonello (Face to Face)
Art Appreciation 3 rd Monday each month	3.15-4.30pm	Room 1	Lynne Keys (Face to Face)

TUESDAY			
Healing Ourselves and Our Planet Every Tuesday and Friday	9.30-11.30am	Room 2	John Beaney (Zoom)
A Toolbox for the Craft of Writing	10-12pm	Room 2	Jane Carroll (Face to Face)
English Literature	10-12pm	Room 3	Kath White (Face to Face)
Garden Group 1	1-3pm	Room 3	Shirley Farr (Face to Face)
Random Thoughts and Ideas	1.30-3.30pm	Room 1	Peter Massey (Face to Face)
Air Rifle Shooting	3.30-5pm	Room 3	Bob Cranage (Face to Face)

WEDNESDAY			
Brittania: People & Events	10-12pm	Room 1	Hugh McHarg (Hybrid)
Mahjong for Beginners	10-12pm	Room 2	Karen Ferguson (Face to Face)
Garden Group 2	10-12pm	Room 3	Shirley Farr (Face to Face)
Social Gardener 1 st & 3 rd Wednesday of month	10-12pm	Various	Pauline Harris (Face to Face)
Background Briefings 1	1-3pm	Room 1	Gerry Engwerda (Hybrid)
Music Appreciation 2 nd & 4 th Wednesday of month	1-3.30pm	Room 3	Jennifer Schubert (Face to Face)
Mahjong	1-4pm	WHC	Karen Ferguson (Face to Face)
Cryptic Crosswords	1.30-3pm	TUC	Jean Evans (Face to Face)





TERM 1 COURSES 2024

THURSDAY			
Bird Watching in Albury Wodonga	8-10am	Various	Bernie Datson (Face to Face)
Introduction to Meditation	9-10am	Other	Kaye Ellis (Face to Face)
Mindfulness Meditation	10-11am	Other	Kaye Ellis (Face to Face)
Philosophical Discussions	10-12pm	Room 3	Anthony White (Face to Face)
Walkie Talkies 1 st & 3 rd Thursday each month	10-12pm	Various	John Whale (Face to Face)
Scrabble	12.30-3pm	Room 2	Kath Clarke (Face to Face)
Background Briefings 2	1-3pm	Room 1	Gerry Engwerda (Hybrid)
Women's Writing Circle: Reminiscences	1-3.30pm	MARTIN	Aprile Alexander (Face to Face)
Chess	1-3pm	Room 3	Steve Currell (Face to Face)
Art in the Afternoon	1-4pm	Various	Kath White (Face to Face)

FRIDAY			
Family History & DNA skills (advanced)	10-12pm	Zoom	Julie Hind (Zoom)
Healing Ourselves and Our Planet 2024 Every Tuesday and Friday	9.30-11.30am	Zoom	John Beaney (Zoom)
Plays, Poetry and Prose Reading 1 st and 3 rd Friday of month	10-12pm	Room 3	Margaret Richardson (Face to Face)
Scottish Country Dancing First 3 Fridays each month	10-12pm	Room 1	Anne Murray (Face to Face)
Mahjong – Intermediate Beginners	10-12pm	Room 2	Karen Ferguson (Face to Face)
Card Games and Mahjong	1-3pm	Room 3	Karen Ferguson (Face to Face)

