



CLASS BULLETIN

We regret the delay in advising you of the class news for the second semester. The lockdown before the holidays and the latest one these last weeks have prevented us from being in the office. We hope that during these hard times you have kept well and been able to find some activities to pass the time agreeably.

There are new classes and talks scheduled, and some changes have been made to existing classes. These are all listed below. We expect more classes will be added to the schedule in coming weeks, and you will be advised of these in later bulletins.

Please note that there will be limits to the number of members allowed in each classroom.

NEW & RETURNING CLASSES FOR SEMESTER 2

M21106	Bike Riding Group	Monday August 2, 10:00 am Lounge
M21207	Astronomy and Space Exploration	Tuesday August 3, 1:00 pm Room 41
M21309	The History of Spain	Wed. August 4, 1:00 pm Room 41
M21312	History of the English Language	Wed. August 11, 10:00 am Room 41
M21414	Good Bugs, Bad Bugs	Thursday August 5, 1:00 pm Room 41
M21505	Quilting for Beginners	Friday August 6, 10:00 am Room 39

NEW TALKS FOR SEMESTER 2

A21101	Memories and History of McKinnon	Monday August 23
A21408	History of Moorabbin, Bentleigh & Bentleigh East	Thursday September 2
A21415	Eye Health: what is normal, what is not.	Thursday August 12

TALK RESCHEDULED

The following talk has been rescheduled as follows:

A21402	Residential Aged Care System and Funding.	Thursday August 19
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Those already enrolled do not need to re-enrol.

All of these talks are at 10:00 am in room 41.

CARD & BOARD GAMES

Our Card and Board games have resumed but we need more players to make up tables. Come and enjoy a pleasant morning or afternoon, good company and a challenge.

We have, for the time being, deferred the Bridge session until we have more enrolments.

A Friday afternoon session of Canasta has been suggested. If this time suits you better than the morning session, let the office know and we may have a second session.

MONTHLY TREATS

FIRST FRIDAY FILM.

Friday August 6 at 1:00 in Room 41.

The August film is "Chinatown" a 1974 part-mystery, part-psychological drama, starring Jack Nicholson & Faye Dunaway. Duration: 2 hours 11 minutes.

LET'S DO LUNCH

The August lunch is at Sandy by the Beach, at the Sandringham Football Club, Beach Road, Sandringham on Friday, August 20 at 12 noon.

Please advise acceptances to Margaret by Wednesday, August 18.

For details and cancellations contact Margaret – 0400 695 500

EVENING DINE OUT

The Dine Out venue for August is the Indian Restaurant Maharani @ 65 Patterson Road, Bentleigh – Tuesday August 10 at 7:00 pm.

Please ring Merrill for bookings – 9578 8671 or 0411 209 516.

REMINDERS

THE KITCHEN

The kitchen is still out of bounds so please remember to bring your drink bottle or thermos to keep refreshed.

KEEPING WELL

With winter here we need to be alert to winter ills. Talk to your doctor about your Covid vaccination if you are yet to have it, and don't forget your flu injection. If you have any cold or flu symptoms, please do not come to classes here at Moorleigh.

Also, talk to your doctor about vaccinations for shingles, free for those 71 - 79 until 31 October 2021.

If you are thinking of joining one of our exercise-oriented classes, please talk to the office about joining the class for a one-off session to see if the level of fitness and agility is appropriate for you. The class leader will advise you. Some of these classes may have waiting lists.

If the weather limits your exercise, instead of sitting around the house, try standing up. Standing has many health benefits. You might try doing tasks, even having meals or watching TV while standing. Check online to see more.

If, in these difficult times you need more than just physical wellbeing, Asthanga Yoga may be for you.

Asthanga Yoga goes beyond flexibility of the body focussing on the breath (pranayama) and stillness (meditation), bringing awareness of our mind and body, peace and an energetic spirit. Stiffness is not only in the body and joints but also stems from the mind. The purpose of the Asthanga yoga is to bring awareness of the whole person.

M21412 Thursday, August 5 at 9.30 am in the New Gym.

We look forward to seeing you in August.
Keep warm, keep well.

MOORLEIGH OFFICE