

Foodie Group

The next U3A Foodie Group get-together is scheduled for Friday 23 October at Pink Lotus Eatery in Burringbar Street Mullumbimby at approx 12.30pm. A set Vietnamese selection from a limited menu will cost around \$30. The price will be confirmed once the numbers are finalised. Please let Liz know by Monday 19 October if you would like to come. Visitors are welcome.

A snippet from the Pink Lotus website:



At Pink Lotus, you will enjoy recipes handed down from generation to generation, created by hand with love and using only the finest, freshest, local ingredients, including lemongrass, Thai basil, coriander, coconut, pickled carrots, or Dao's secret recipe Chilli Jam or Nuoc Mam sauces.

Each dish is crafted around the dishes that nurtured Dao as she grew up, the Vietnamese Street Food that she found comfort in, even when the war in Vietnam instilled her with fear and threatened her life. These are also the dishes that her close-knit family would gather together each Sunday to enjoy as a weekly ritual, sharing love and the events of each other's weeks.

We hope that at Pink Lotus Eatery, you are able to do the same - that you find comfort for your belly, a haven of calm and clarity for your soul and a setting where you feel safe and happy enough to spend many hours enjoying meals and precious time with your loved ones.

Please let Liz know if you are interested in being on the Foodie Group mailing list for future events - 0418 208 717 or greygrazing@bigpond.com .

Walking Group

A happy gang of 11 walkers set off from Fern Beach this morning for a lovely walk along a bush track. Some of us walked back along the beach, others returned in the shade of the track.

Following the success of our inaugural walk we now plan to gather twice a month, starting gently and building up the length and degree of challenge as/if our fitness levels rise. The next walk will take place at 9am on Friday 30 October, at a destination yet to be determined. If you would like more details about where and when the walks take place please let [Denise](#) know on 0423 778 573 so that you can go onto the Walkers mailing list.



get online week

Mark from the Brunswick Heads Library has asked us to let you know about **get online week** which starts this Monday. Please refer this to any of your friends who might benefit from one-on-one training in email, social media or accessing online resources. Be quick - it's on next week. Don't forget that the Bruns Library is now open again on Saturday mornings.

get online week

19-25 October



**We're taking part in
Get Online Week.
Are you?**

Brunswick Heads Library is hosting
Get Online Week!

**Try One Thing and Win a Samsung
Tablet**

Books & resources to get you started
(Bookings essential)

9:30am– 12:30pm 19, 20 & 21 Oct

Need help with e-mail, social media or online resources?

Attend the final Zoom event to win!

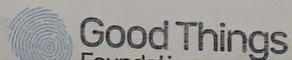
Friday, 23 October 11:30 am

Get more out of life online
#getonlineweek

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