



# Whittlesea U3A News Sheet

ISSUE 07 August 2020- **COVID-19** version  
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TERM 2 Commences on 13th July –18th September 2020

FROM THE PRESIDENT.....Glen Wall .

I do not like commencing a message with a need to refer to the COVID-19 pandemic and the situation in Victoria but we all need to comply with the regulations, **BUT there is GOOD NEWS** if you read on.



We all know that the Melbourne Metropolitan area and Mitchell Shire are again in stage 3 restrictions. In accordance with these restrictions we **MUST wear a face mask** when we leave home

1. Shopping for essential items
2. Medical or caregiving
3. Study or work if you can't do it from home
4. Exercise (2 persons only).

Please comply with these restrictions to stop the community spread of this virus. If you have concerns call the Coronavirus **hotline 1800 675 398**

**Can you help by sewing Face Masks?** If you can please email [president@whittleseau3a.org.au](mailto:president@whittleseau3a.org.au)



## “Good News”-

**What you can do:**

### ZOOM Classes and Activities

WU3A has in excess of 45 classes and activities running and the number of members participating in these activities from home is significantly increasing. A list of the classes and activities are included in this newssheet.

It is very pleasing to report that 54 Members joined the July Morning Tea “Chat from Home” meeting. The actual number attending was even larger as a number of couples shared the same screen.

The ‘**Chat from Home**’ format will **continue** and the **August ‘Chat from Home’** will be hosted on **Monday August 3 at 11am**

### LEARN HOW TO USE ZOOM

Every Friday morning, a class on using ZOOM has been scheduled to assist members to use the ZOOM application on their phone or computer.

Please contact [coordinator@whittleseau3a.org.au](mailto:coordinator@whittleseau3a.org.au) or enrol via the website. **SMALL CHAT FORM HOME GROUPS ARE ACTIVE**

Kathy Lizio is hosting 9 small “Chat from Home” sessions each week and the number of attendees is growing each week.

Janice Boswell has over 30 members attending the how to use your iPad classes each week.

Peter Cleary and Janice Boswell have successfully introduced and are facilitating the Social Seniors program which has assisted members master the use of their phone to “talk and see each other”

Mary Renshaw has a ‘keep in connect by email’ group with approaching 50 members sharing interests. Good experiences of the members participating in this group will be appearing on the Whittlesea U3A website.

# List Of Zoom Classes

# ZOOM is here to stay

Code	Course	Lo- caion	Tutor / Leadr	Day	Time	Frequency
201MON07	ZOOM E-Book Publishing	ONLINE	Jan Marshall	Mon	13:00	Wkly
201MON21	ZOOM Falls Prevention	ONLINE	Bolton Clarke	Mon	10:00	1 day
201MON22	ZOOM Master your Mind	ONLINE	Bolton Clarke	Mon	10:00	1 day
201MON23	ZOOM Healthy Skin	ONLINE	Bolton Clarke	Mon	10:00	1 day
201MON24	ZOOM Understanding Dementia	ONLINE	Bolton Clarke	Mon	10:00	1 day
201MON25	ZOOM Healthy Bladder	ONLINE	Bolton Clarke	Mon	10:00	1 day
201MON26	ZOOM Healthy Eating & Nutrition	ONLINE	Bolton Clarke	Mon	10:00	1 day
201MON33	ZOOM Feldenkrais Exercises	ONLINE	Anna Gaffney	Mon	9:30	Wkly
201MON34	ZOOM Managing Sleep & Fatigue	ONLINE	Bolton Clarke	Mon	10:00	1 day
202TUE02	ZOOM Laptop Windows	ONLINE	Kevin Whelan	Tue	14:00	Wkly
202TUE09	ZOOM Laptop Win 10 For Beginners	ONLINE	Kathy Lizio	Tue	13:00	Wkly
202TUE11	ZOOM Self Help Italian	ONLINE	Wilma Mason	Tue	12:30	Wkly
202TUE12	ZOOM Introduction to Photography	ONLINE	Peter Cleary	Tue	10:00	Wkly
203WED11	ZOOM Apple iPhone & iPad	ONLINE	Janice Boswell	Wed	13:00	Wkly
203WED12	ZOOM Creative Writing Group	ONLINE	Bryan McNally	Wed	12:30	Fort
203WED13	ZOOM Listening to Your Story	ONLINE	Paul Hollander	Wed	12:30	Fort
203WED15	ZOOM iPhone, iPad Self Help	ONLINE	Janice Boswell	Wed	10:00	Wkly
ZOOM Falls Pre- vention	ZOOM Falls Prevention	ZOOM Falls Prevention	ZOOM Falls Prevention	ZOOM Falls Prevention	ZOOM Falls Prevention	ZOOM Falls Prevention
203WED20	ZOOM Introduction to Genealogy 2	ONLINE	Peter Cleary	Wed	10:30	Wkly
203WED07	ZOOM Computer Level 1&2	ONLINE	KATHY LIZIO	Wed	11	Wkly
204THU07	ZOOM Singing For Joy	ONLINE	Ron Harvey	Thu	15:30	Wkly
204THU09	EMAIL Trivia Night	ONLINE	Kathy Lizio	Thu	19:00	1,3,5Thu
204THU18	ZOOM Ukulele with the Choir	ONLINE	Ron Harvey	Thu	15:30	Wkly
204THU31	ZOOM Catch Up and Chat with U3A members	ONLINE	Kathy Lizio	Thu	11:00	Wkly
204THU32	ZOOM Introduction to Photography	ONLINE	Peter Cleary	Thu	10:00	Wkly
205FRI06	ZOOM Computers Level 1	ONLINE	Peter Rodaughan	Fri	10:00	Wkly
205FRI18	ZOOM Introduction to Zoom	ONLINE	Various	Fri	13:00	1 day
205FRI19	ZOOM Social Seniors	ONLINE	Glen Wall	Fri	11:00	Wkly
206SAT03	ZOOM African Violet Propagation	ONLINE	Jan Marshall	Sat	10:00	4th Sat

## Post Pals is a new initiative between Estia Aged Care South Morang and Whittlesea U3A.

The residents at Estia Aged Care South Morang would love to receive a written message, a postcard or even a letter which would put a smile on their face and help them through their long days.

Each are exploring sending an deliverable email but a handwritten note would be preferable.

Even "a Hello" or I am thinking of you would be good, and it can be anonymous if you wish!

All is new, so I would appreciate any suggestions.

## A message from News Editor Lilian Kwiatkowski

The 1st round of Isolated thoughts has been placed on the web site for you to read and we are ready for more. Thank you to everyone that sent in their stories. If anyone has a story they would like to share and be published it would be appreciated if you could send them to Lilian

[news@whittleseau3a.org.au](mailto:news@whittleseau3a.org.au)

## KILLER SKY

Silent whispering of wings upon the pillars of the sky

The prey below in ignorance unknowing of the threat on high

Silent turns on thermal lifts the feathers smoothed to break winds wall

Muscles ripple feathers spread the hunter works to hold the stall

City streets to us so clean not seen the prey that's hunted there

The hunters' wings now folded tight the body spears the silent air

Screaming down no sound is heard this arrow is a bird of prey

Wings quick spread to sudden brake this killing dive from earth to stay

Talons spread to make the kill the blinding strike the death begin

This silent killer from the sky this falcon small this Peregrine

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## Photos from our last Zoom morning tea in July 2020

