



Whittlesea U3A News Sheet

TERM 1 Commences on 1st February –1st April 2021

President's message....

WELCOME TO WHITTLESEA U3A FOR 2021



GOOD NEWS

WHITTLESEA U3A IS OFFERING A NEW PROGRAM WHICH INCLUDES:

Face to Face Activities in a number of Venues (meet up with friends)

OUTDOOR ACTIVITIES (Meet in the Park)

PARTICIPATE FROM HOME BY ZOOM

View the 2021 Calendar on the WU3A website
<https://whittleseau3a.org.au/courses-activities/> together with
information on enrolling or by contacting the office on telephone
9464 1339 or 0404 119 189

We have been required to rearrange classes to comply with continuing social distancing regulation which have reduced the number of participants allowed in venues and in some cases some of venues or rooms in venues are not available.

To meet this challenge, we have added face to face classes, continued with ZOOM classes and have a select group of classes that will be open on ZOOM to enable those not able to physical attend the class can join the class from home.

Peter Cleary and Janice Boswell have a class on a Friday that teach members how to access classes using ZOOM and use the functions on their mobile phone, iPad or tablet.

Members having difficulties accessing classes using ZOOM or connecting with others using your phone can discuss their issues with Peter, Janice or a member of their support team by emailing
itcoordinator@whittleseau3a.org.au.

NEW CLASSES

Men's Business discussion group

We have had a number of members express an interest in running sessions that support Men meet and discuss health and wellbeing issues. In response we have arranged with John Beaney a retired medical practitioner trained in psychological interventions and Paddy Spruce a keynote speaker, trainer and coach who specialises in communication and mindfulness skills to lead a Men's Business discussion group.

John and Paddy have observed that some men enjoy their retirement. Some struggle. It has the potential to be a time of growth and new learning and have developed a six-week program.

The purpose of this six-week course is to explore ways of ensuring that this stage of our lives is the best. We can learn from the wisdom and experience of other likeminded men.

Each week we will explore topics like healthy nutrition, mental health and well-being, mindfulness, authenticity, emotional intelligence and a smooth transition to retirement.

Everyone will be encouraged to discuss their experience and share their learnings with others. This is a unique opportunity to take time out together to discuss what really matters. If you would rather rewire than retire.... this is the adventure for you. Have more fun in '21.

This is a Zoom Class commencing from Monday February 15th –29th
March Time 4.30pm -6pm Weekly

More New Classes continued

Beginners Tai Chi

Long Course: Year-long course (Feb - Nov)

Detail

This class will go ahead only after government's permissions

LOCATION: Riverside Community Main Room Doreen Rogan Way South Morang Mel 183 G12.

REQUIREMENTS: Participants to wear comfy clothing and shoes. Bring bottle of water to drink. A yoga mat or a bath towel.

Tutor / Leader Maria Veerasamy

Location

Riverside Community Centre

8 Doreen Rogan Way

South Morang 3752

Timetable

Wkly: Weekly Course

Day: Monday, 2:00 PM - 3:00 PM

Dates: 1 Feb 2021 - 29 Nov 2021

Next date: 1 Feb 2021

211MON25: Indoor Walking Aerobics

Every Monday 12.40pm to 1.30pm at French St Hall

Walking aerobics is a cardio activity which makes your heart pump stronger and faster, moving oxygen rich blood more efficiently to your muscles, organs and tissue throughout your body.

Requirements, comfortable walking shoes and clothing. Water bottle.

Additional information

Burns calories, improves heart and lung functions

Lowers the risk of heart disease, stroke and diabetes. Builds strong muscles and bones, improves brain function, and sharpens mental focus and memory.

Improves balance and coordination, improves mood, lowers stress and boosts energy levels and improves Sleep

If you are interested in any of these courses please email

coordinator@whittleseau3a.org.au

Cross Country Walkers Xmas Breakup

Leaders Regina Di Pasquale and Bernice Guizzetti

4th Monday of the month

Our Christmas get together was a cold windy rainy day, Morning Tea was held under COVID-19 conditions even that didn't spoil the day a good time was had by all, nothing keeps us from walking.



Written by Janice Boswell

This last year has been a great opportunity for learning many new skills all thanks to COVID.

ZOOM has been one of the positives especially when we couldn't do face to face learning and it was lovely during those cold and wet winter days to be warm and dry at home and still being able to enjoying classes (not the same but better than nothing) I also learned that if you asked people for help the help was there.

I was showing my iPad class some of the things we did in the Social Seniors class that Peter Cleary and I were facilitating and we needed help so after viewing a video Leonie Swift made using the app Filmorago which we were using I knew she would be great. She is so good at showing others how to produce little videos adding text, stickers and music and all the other things available with this app that it makes these classes and the support she offers Peter and myself run so much better. Helping with classes like this is a fun and easy way for anyone to learn new skills as well as helping others learn and there is always a need for this type of help.

So thank you Leonie

Innes Creighton has shared twelve commandments for seniors

- 1 - Talk to yourself. There are times you need expert advice.
- 2 - "In Style" is the clothes that still fit.
- 3 - You don't need anger management. You need people to stop making you mad.
- 4 - Your people skills are just fine. It's your tolerance for idiots that need work.
- 5 - The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."
- 6 - "On time" is when you get there.
- 7 - Even duct tape can't fix stupid - but it sure does muffle the sound.
- 8 - It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller.
- 9 - Lately, you've noticed people your age are so much older than you.
- 10 - Growing old should have taken longer.
- 11 - Ageing has slowed you down, but it hasn't shut you up.
- 12 - You still haven't learned to act your age, and hope you never will.

Memories from ZOOM Morning Tea Christmas Breakup

