



Whittlesea U3A News Sheet March Edition 2021

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

President's message....

WELCOME TO WHITTLESEA U3A FOR 2021



The city of Whittlesea, Libraries and Community Centres are progressively opening up and we expect that all classes and activities on our Class Calendar will be available if not in a venue online using ZOOM.

We are trialling in some classes having some members in the class room and some joining the class for home by ZOOM. All participants are able to contribute to discussions and see and hear each other.

Are you finding it challenging to access Tele Health, access information online and use all the functions on your mobile phone?

The Whittlesea U3A technology support program is successfully assisting members learn how to connect confidently and safely with their doctor, through Tele Health connections, access government online services and sharing interests with friends by joining closed secure face book groups.

This program is based on responding to challenges individuals are having "going online" for essential support. We have found small group sharing of experience is a very effective way to assist members build their skills to connect through the internet for their health and wellbeing.

Please call or email me president@whittleseau3a.org.au or the office **9464 1339** if you require any help to join classes. We can help if we know the problem.

A MESSAGE FROM A MEMBER

Sue a member of the Whittlesea U3A Walking Football program provided the following comments on the benefits to her by participating in the Walking Football program.

"Sue enrolled in 2020 but did not have a chance to attend sessions or classes due to COVID-19. This session today (February 4th) is her first activity. Sue has always been interested in sport and being active. Although she states that she is a slow learner she finds walking football good and it gives her a good workout. It is going to be excellent for her wellbeing and for developing of friendships, especially in the current environment. When asked what advice she had for those not sure about walking football she states: 'Get out of the house and do something to keep yourself active. Think positive about your life!'



Put Victorian Energy compare into search engine

<https://compare.energy.vic.gov.au/>

Victorian Energy Compare

The \$250 Power Saving Bonus for Pensioner Concession Card holders and some Health Care Card holders (including JobSeeker, Youth Allowance, Austudy and Abstudy recipients) is now available. Before submitting an application for the bonus, please read the eligibility requirements.

Eligibility Requirements

- You must be a Victorian residential energy consumer (i.e. have a residential electricity account)
- You must receive one of the following concession benefits:
 - Centrelink Pensioner Concession Card
 - Jobseeker, Youth Allowance, Austudy or Abstudy

Department of Veterans Affairs Pensioner Concession Card (DVA Pensioner Concession Card holders will be able to apply online from 1 March 2021 or may access the bonus through a manual application from 1 February 2021 – email info.vec@delwp.vic.gov.au)

RMIT University is conducting research into a new way of improving balance using a handheld vibration massager. If you are interested in being part of this study, are between the ages of 65 and 80 years of age, have good balance and are generally fit and well, please emailpresident@whittleseau3a.org.au
This message is being included in this newsletter as the University of the Third Age has agreed to distribute information about this study to its members on behalf of RMIT University.

This is information as forwarded was sent from Northern Health as a consumer.

We have been advised if you have a pacemaker to not wear a magnetic name badge

Although we do not have magnetic name badges at Whittlesea U3A, maybe some other U3A's may use them.

U3A stands for University of the Third Age. A U3A is a university in the original sense of the word: a community of people devoted to learning. We are a volunteer co-operative of older people who share many educational, creative and leisure activities. Although it is called a "university", being in your Third Age is the only qualification needed to participate in our U3A

12 things to always remember.

1. The past can't be changed.
2. Opinions don't define your reality.
3. Everyone's journey is different.
4. Judgements are not about you.
5. Overthinking will lead to sadness.
6. Happiness is found within.
7. Your thoughts affect your mood.
8. Smiles are contagious.
9. Kindness is free.
10. It's okay to let go and move on.
11. What goes around, comes around.
12. Things always get better with time.

! TheMindJournal

Tai Chi Sword for Health

This is a class open to all members who wish to further extend their knowledge in the Art of Tai Chi and also to enhance their skills. These forms include learning how to hold a sword. To start with, we just need the sword. To make it easy, our tutor, Phu is happy to order the sword for anyone who would like to purchase their sword. Cost: \$12.00

CLASS WILL COVER: - Taichi Sword Yang 32 form - Taichi sword 42 form (competition form)

HEALTH BENEFITS 1) Reducing stress and anxiety 2) Headache relief, Balance and stability, 3) Reduced bone loss and fractures. 4) Blood pressure, 5) Heart health 6) Aging 7) Osteoarthritis.

This class is held weekly on Monday's 11.30am at French Hall Lalor please notify coordinator@whittleseau3a.org.au if you wish to join this class.

