

WOTZON

Whittlesea U3A
Weekly Fact Sheet
Edition 6 - 23rd May 2021



CONTACT DETAILS

CLASS COORDINATOR:

Afroditi – coordinator@whittleseau3a.org.au (0431 488 346)

COMMUNICATION:

Natalie – communication@whittleseau3a.org.au (0412 230 561)

211MON06 SELF HELP CARD MAKING

There will be **NO CLASS on Monday 24th of May, 2021 (this is tomorrow)**

THE WOTZON THIS WEEK IS LONGER THAN USUAL as there is lots to advertise.

Hope you find the information useful.

NATIONAL VOLUNTEER WEEK

We have come to the end of National Volunteers Week!

This is Australia's largest annual celebration of volunteers. It celebrates the significant contribution of almost 6 million volunteers who dedicate over 600 million hours to help others. Thank you to all the volunteers who help Whittlesea U3A as without you none of its members could enjoy any of the social and learning events occurring weekly. *I would also like to congratulate Elaine Bateman who recently received a commendation from the City of Whittlesea for her volunteer work.*

EXPRESSIONS OF INTEREST

Learn to Speak & Write English: *This is a ZOOM only class.*

The focus of the class is divided into 2 sections:

1. **Learning to speak** English through conversation, asking questions on various topics and answering them.
2. **Writing English**, where the focus will be developed based on the needs of the participants.

Please notify Afroditi the Class Coordinator on 0431488346 or

coordinator@whittleseau3a.org.au if you will be interested in participating.

NEW CLASS

CODE: 104ONL02

NAME: ZOOM More Than Just A Phone

FREQUENCY: Wkly

TYPE: ZOOM Short

LOCATION: ONLINE

START DATE: Thursday 17/06/2021 – 22/07/2021

TIME: 14:00 – 16:00

DESCRIPTION: "More Than Just a Phone" is a short course designed to assist participants to navigate their way around smart phones, iPads, and tablets.

The 6-week, online program is also designed to assist tutors to be able to run the "More Than Just a Phone" course at their own U3A.

The training begins on Thursday the 17th of June from 2-4pm. It will be followed by drop-in sessions where tutors can gain additional support for running the course.

REQUIREMENTS: Bring your own, Android Phone/Tablet. iPhone /iPad

TO ENROL: Please notify Afroditi the Class Coordinator on 0431488346 or coordinator@whittleseau3a.org.au; enrol online; or call the office and the volunteers there will be happy to assist with your enrolment.

EXPRESSIONS OF INTEREST

Writing your story

This is a ZOOM only class.

The class will focus on participants' specific goals and needs e.g. story writing, memoirs, biographies & autobiographies.

Specific writing aspects will be discussed to enhance these stories.

Please notify Afroditi the Class Coordinator on 0431488346 or

coordinator@whittleseau3a.org.au if you will be interested in participating.

COLLECTIVELY CARING FOR CLIMATE EXHIBITION

This is an exhibition of over 250 small canvas works created by community members over the past 18 months.

It displays images from the local area all relating to "Importance of caring for the environment".

The original artworks that were used as source material for these public outcomes will be open to the public, within the **Great Hall Gallery in the Civic Centre, from 4 June until 23 July weekdays 10-4pm. Entry is free. All welcome**

WHITTLESEA U3A WALKING FOOTBALLERS

We are very excited about an upcoming Walking Football tournament. See the poster below for details. The tournament is being organised by Football Victoria and they are expecting a large number of teams to participate. Whittlesea U3A is hoping to enter one ladies team and at least 2 men's teams. If you are free on the day you are very welcome to come and have a look.

We are also very keen to get more ladies involved in our weekly program. Walking Football is on Thursday. The ladies play from 9:30 to 11:00 and the men between 11:00 and 12:30. Although we mainly play at Mill Park Basketball Stadium check with the office before you come in case we are at a different location that week. Gerry Fay



Football Victoria Inaugural Walking Football Tournament

Dear Walking Football Hubs,

Football Victoria invites all Walking Football Hubs across Victoria to participate in our Inaugural Walking Football Tournament. The tournament will be split into two groups formats:

- Competitive Group (with referees & ladder)
- Social group (fun/social & no ladder)

When submitting your teams, please confirm which group you would like to enter your teams into.

Venue: Darebin International Sports Complex (DISC)
281 Darebin Road, Thornbury VIC 3071
Date: Friday 18th June
Time: 10:30am Kick-off (please arrive by 10am)
Format: 7-a-side

Please send through team lists (attached to invitation) by no later than 1st June to allow for fixtures to be confirmed. For further information or any queries please contact: Stephen.Franzese@footballvictoria.com.au

Please note: All hubs can submit up to 10 players per team (7 players + 3 subs) subject to tournament availability. Lunch will also be provided from the FV cafe.



A WINTER WEBINAR SERIES: EXPLORING THE HIDDEN HARMS OF GAMBLING

This series of community talks, with guest speakers, are designed to inform, to inspire and to create discussions about the impact of gambling. Australia loses the most amount of money gambling, per head of population, in the world! Retirees are the 2nd most vulnerable age group to suffer gambling harm. This series is being presented in partnership between Casey U3A and Gamblers Help.

START DATE: 2-6-2021

END DATE: 16-6-2021

DAY OF THE WEEK: Wednesday

TIME (START & FINISH): 3:00 - 4:00 pm

FREQUENCY: Weekly

This is a free activity for U3A members being run by Casey U3A. If you are interested please contact Christine Trimmell

ctrinnell23@gmail.com or phone: 0408 889 569

You can also follow this link to the website which will provide further information:

<http://casey.u3anet.org.au/>

NAME: HAND SEWING FOR UNFINISHED PROJECTS

TIME: 10:00 – 13:00 every week

Hi everyone, we do sewing on Wednesdays with some participants preferring to knit. It's really just a get together, but happy to teach someone embroidery. That's how the class started. We have fun being only a small group. Remember you need to be fairly broad minded. If someone wants to learn embroidery, sewing, making teddy bears or other related stuff there is always someone who can teach you. I am no expert, but I love to help out. We play on Wednesdays at 10.30 and are currently located at Janefield Community House. It is past D.F.O in Bundoora. (moved from Epping Memorial Hall)

Cheers from Joh 🧡🧡



You must wear a face mask while travelling

PETER LALOR CAMPUS OFFICE & CLASSROOMS are opened.

Many classes are starting up at Peter Lalor. If you have a class at the Peter Lalor Campus, be advised that toilets (until sometime in May) are only available through the Men's Shed. Parking is still only available on the street.

OFFICE OPENING TIMES AT PETER LALOR CAMPUS HAVE CHANGED.

Here are the new times.

Monday 10am to 3pm

Tuesday 10am to 3pm

Wednesday 10am to 3pm

Thursday 10am to 1pm

Friday Closed.

LEPRECHAUN TRIVIA has VACANCIES

NAME: LEPRECHAUN TRIVIA

LOCATION: Peter Lalor Campus

TIME: 13:00 to 15:00 on the 2nd & 4th MON.

If you like Trivia (and, let's face it...who doesn't) see if you can answer this question...

Who said "A gentleman is someone who can play the banjo however they choose not to "?

- (i) Winston Churchill (ii) Mark Twain
(iii) Groucho Marx (iv) Jack Benny

ANSWER: Mark Twain

WANT MORE LIKE THIS? Why not come to Monday's Leprechaun Trivia afternoon. It's a daytime activity which can be loads of fun.

Challenge yourself and bring a friend to join in.

To get more information contact the office at Peter Lalor Campus on 9464 1339.

\$1 to participate. Everyone welcome!!

CLASS WITH VACANCIES

NAME: COMPUTER, ANDROID, SOCIAL MEDIA SUPPORT

LOCATION: Peter Lalor Campus

TIME: 10:00 to 12:00 Weekly

I will provide hands on one to one support to assist you to overcome problems you are having using various devices. Support will also be provided for: social media such as Facebook, WhatsApp and Viber. It includes how to manage folders, share via a home network, how to configure security, privacy, and multiuser settings, work with Mail, Calendars and People, and most importantly troubleshoot the system in Windows 10 and Microsoft Office (Word, EXCEL)

Shoukry Sidrak

CLASS WITH VACANCIES

NAME: EXERCISES FOR HEALTHY AGING

LOCATION: Thomastown Library

TIME: 14:00 to 15:00 Weekly

We are a Wednesday exercise class located at Thomastown library. Exercises focus on improving strength, balance, breathing, and heart endurance at each member's own fitness level, age and ability. We use a ball, elastic bands and dumbbell.

I assist anyone to exercise working with any physical restrictions that you may have. I have been doing this activity for 9 years and over that time our group has had members of all ages and fitness levels join. Come one day and try it. We are a very happy group who welcome new members. If you are not working out come after class for a cuppa and chat.

Looking forward to having you with us

Ida Tipping

IMPORTANT NOTICE – if you are sending money to Whittlesea U3A by mail – whether it is a cheque or money order please send it to

P.O. Box 1157 Lalor.