



Whittlesea U3A News Sheet

TERM 1 Commences on 12th July –17th September 2021

President's message....

Another COVID lockdown has finished and limited face to face classes have recommenced.



Keep reading the weekly "Wotzon" for details of new Whittlesea U3S classes which will be commencing at Greenbrook Neighbourhood House (Epping), Thomastown Neighbourhood House and "Pop up" meet over coffee sessions in other locations. These classes will provide opportunity to meet between classes and share your interests with other class members.

I thank Estia Health South Morang for their support in providing their facilities to host the new "**Seed to Plate and Beyond**" class led by Yolanda Avery. The class show how to get involved in your garden, learn how to grow and enjoy cooking your own fruits and vegetables using sustainable practices. Two of the participants were heard to tell friends that the class was one of the best classes they had attended.

Our Annual General Meeting will be held on 19th August (see notice of meeting). I encourage all members to consider attending and have a voice in the management of your U3A and nominate for a committee of management position. The future for Whittlesea U3A is exciting and we would welcome any member who would like to join our full management committee of sub committees.

I would like to acknowledge the good work of Ron Harvey and Silvana Di Battista, the leaders of the Whittlesea U3A Choir and Ukulele Group, for successfully entering the Choir in the Seniors Festival, Celebration Day concert in The Edge Theatre, Federation Square, Melbourne, on Sunday 3rd October. . We all wish the Choir well for their performance. The working collaboration with the City of Whittlesea Ageing well team has been expanded to expand digital literacy classes for members of other senior's clubs which will over time broaden the range of classes and activities offered by Whittlesea U3A and contribute to increasing our membership.

Again, I would like to hear from any member who has suggestion for new classes or activities we could consider adding to our class list.

If you have not been vaccinated, please do so to contribute to bring the COVID virus under control. Keep in contact with your friends and stay well.



AGM Notice

Our AGM this year is being held on Thursday 19th August 2021 starting at 2pm. We are hoping that it will be a face to face meeting at the Epping R.S.L.

In order to provide everyone with the opportunity to attend this meeting there will be **no classes held on that afternoon.**

Due to COVID restrictions on venues and catering it is essential that we have clear indications as to the number of people attending. If you wish to attend the meeting could you please R.S.V.P. by replying no later than Monday 12th August 2021? Please contact Natalie Lim on 0412230561 or email her on communication@whittleseau3a.org.au and she will be able to assist you



IMPORTANT REMINDER

It is very important to use the QR Code which is displayed in various venues used by Whittlesea U3A. This includes short visits to the May Road and Peter Lalor Campus offices or those attending classes there. It is the easiest and fastest way to contact you should there be an unexplained outbreak.

Thank you very much for assisting us to ensure we abide by government regulations and checking in with the state government QR Code.

If you do not have a phone that enables you to complete this online the leader of your group or the office (at May Rd and Peter Lalor Campus) will be able to assist you to sign in manually



Seed to Plate and Beyond at Esita Health (South Morang)

Get involved in your local garden. Whittlesea U3A and Esita Health (South Morang) have put together a gardening activity for Seniors.

Location: Estia Health (South Morang)

Address: 879 Plenty Rd, South Morang VIC 3752

Day: Tuesday, (on a weekly basis)

Time: 1:00p.m. – 3:00p.m.

Learn how to grow and enjoy fruits and vegetables using sustainable practices. Create and enjoy: 'The Seed to Plate and Beyond' experience.

Participants are encouraged to help reduce garden waste, enrich the soil by composting, introduce a worm farm, plant fruit/vegetables/flowers and so much more.

Our inspiring goal is to bring fresh organic garden produce to the plate. Highly nutritious food served to residents and community. Traditional meals grown from active community gardeners.

All participant exploring the natural world in a friendly, informative and caring setting – so important for one's health and wellbeing.



Walking Football

Weekly Course, Thu 9:30 - 11:00 Location: Stables Shopping Centre Redleap Ave
Mill Park Tutor / Leader: Gerry Fay

: The program's main objectives are to allow participants to exercise, have fun and socialise. Walking Football is a modified form of indoor soccer. It is open to men and women and does not require any previous experience. Possibility of games against other walking footy teams .

