

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 19 - 29th August 2021



CONTACT DETAILS

CLASS COORDINATOR:

Judy – 9464 1339 or 0404119189

CLASS COORDINATOR & COMMUNICATION:

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

OR coordinator@whittleseau3a.org.au

SORRY EVERYONE WE ARE STILL IN LOCKDOWN BUT GOOD NEWS WE HAVE 4 NEW CLASSES AVAILABLE ON ZOOM

IMPROVING YOUR WRITING CRAFT 213WED25

TUTOR: JAN MARSHALL

FREQUENCY: FORTNIGHTLY

DATE: WEDNESDAY

TIME: 13.00 TO 15.00

LOCATION: JINDI CENTRE, MERNDA

This class will run using ZOOM during lockdown and whilst COVID restrictions are in force and then return to face-to-face sessions as government regulations permit.

The first session of this class is Wednesday 8th September.

Using many of the resources available online, we will explore the creative writer's craft including elements of plot, character, structure, and editing, for short stories, poems and longer pieces of work.

This will not look at one's writing but include a discussion of elements that will improve your writing. This class is suitable for someone who is already writing in some form and wishes to improve their craft.

For feedback on your writing, please see the **Creative Writing Class (213WED24)** which is also running on ZOOM during lockdown

LOCKDOWN LIGHT EXERCISES 105ONL08

TUTOR: IDA TIPPING

FREQUENCY: WEEKLY

DATE: FRIDAY

TIME: 13.00 TO 14.00

This is a ZOOM only class that will be available when LOCKDOWNS and COVID RESTRICTIONS do not permit FACE-TO-FACE exercise classes.

It is a gentle exercise class focussing on BREATHING, BALANCE, STAMINA and STRETCHING. Suitable for those members unable to do strenuous exercises but who still want to remain mobile and active. Once you enrol in the class you will be sent the ZOOM link

JUST A CHAT SESSIONS

JUST A CHAT MONDAY

CODE: 101ONL12

TUTOR:

JANICE BOSWELL

FREQUENCY: WEEKLY

DATE: MONDAY

TIME: 14.30 - 15.30

JUST A CHAT THURSDAY

CODE: 104ONL10

TUTOR:

JANICE BOSWELL

FREQUENCY: WEEKLY

DATE: THURSDAY

TIME: 10.00 - 11.00

This online class is purely social. If you are at home and just want to spend some time chatting with friends (even if it is online) this is the class for you. Janice is making the class available twice a week. Starting next Monday (30th August) or next Thursday (2nd September) this online chat group will occur during LOCKDOWN and, based on the arrangement made by the group and leader, during COVID restriction time that usually follows. The session aims to give participants the opportunity to talk to others using ZOOM/STARLEAF. You can take part using a **smartphone, tablet, iPad or PC**. Once you enrol in the class the leader will email you the necessary link and information needed to take part. You can enrol in both Monday and Thursday if you want.

PLEASE EMAIL ME IF YOU HAVE ANY
QUERIES ENROLLING IN ANY OF THESE
SESSIONS.

Contact me on

communication@whittleseau3a.org.au



COVID-19 Community Forum

Online Event

31 August 2021



In partnership with **North Eastern Public Health Unit**, DPV Health invites you to a public community forum in response to the notification of new cases in metropolitan Melbourne.

Guest speakers:

Maria Vamvakinou MP - Federal Member for Calwell

Paul Johnson - Director North Eastern Public Health Unit (NEPHU)

Bridget Ruff - Community Engagement and Partnerships Lead NEPHU

Mia Bromley - Director, Rapid Response Engagement and Testing, Department of Health

Shamadei Marsh - Operations Manager, Relief and Community Support Unit, Readiness, Response and Emergency Management Division, DFFH

Speakers will provide:

- > an update on the current outbreak in the metropolitan Melbourne
- > information on outbreak management
- > ideas to help keep you & your loved ones safe
- > an opportunity to ask questions



When: Tuesday
31st August 2021

Time:
7:00pm - 8:00pm

How to join:
Zoom Link:
zoom.us/j/96719577837
or scan QR code below:



www.dpvhealth.org.au



RMIT is inviting you to a Thought Leadership Webinar Series Digital Acceleration in Business and Society.

This webinar focuses on one of the most important challenges policy makers and communities are facing worldwide: Digital Inclusion. Collaborating with the [Shaping Connections Network](#) in the [School of Economics Finance and Marketing \(EFM\)](#), we are excited to discuss the question of digital inclusion and what role it plays in business and society today. Join them and learn from industry experts and leading researchers about ground breaking insights and how businesses can adapt and embrace digital inclusion

Our speakers include:

- [Liz Jones](#), Head of Collaborative Projects at the Good Things Foundation
- [Wayne Hawkins](#), Director of Inclusion at ACCAN
- [Glen Wall](#), Vice-President at the University of the Third Age Network Victoria (U3A)
- [Mike Reid](#), Professor of Marketing and Director of the Consumer Wellbeing Research Group at RMIT University



Get your tickets to this free event - registrations are open now!

Tuesday, 31 August 2021

12.30 - 01.30pm

Microsoft TEAMS

Please contact me if you would like to register to attend the meeting

ACTIVITY DURING SENIORS WEEK - WE NEED YOUR HELP

Subject to COVID regulations, The City of Whittlesea Ageing Well Team, in partnership with the City of Whittlesea's Young at Heart games is holding an open morning at Mill Park Leisure Centre on Thursday 28th October for Seniors' Week. They are planning to have a group fitness class at the centre in the morning along with a morning tea and some stalls in the foyer. A number of groups have been organised with stalls that will provide information for the community regarding what their group has to offer. Whittlesea U3A would like to organise such a stall. It would showcase some of the activities we do as well as provide information about enrolment and available classes.

CAN YOU HELP US. We need:

- **Groups to provide information (verbal or written) about their class and photos, examples of their work – knitting, cards, crochet, etc. etc.**
- **Members who would be willing to be part of a roster to man the stall during the day talking to members of the community about Whittlesea U3A and the activities they are involved in.**
- **Any information about activities or 'freebies' that could be included in a 'show bag' that would be distributed during the day.**

You do not have to be a tutor or leader to take part the more members we have the better. A roster is being organised so if we have lots of members able to take part we would only require an hour of your time.

If you are able to help IN ANY WAY please contact me on communication@whittleseau3a.org.au or call 0412230561. Thank you in advance for your assistance.

As indicated above this event would only go ahead subject to COVID restrictions.