



Whittlesea U3A News Sheet

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

President's message....

Let us look at a positive in these trying times. Maria Veerasamy (Ladies Walking Football) and Ida Tipping (Exercise) have both set up ZOOM classes with a focus on “see each other on screen, chat and exercise”. The Class members have participated with enthusiasm.

Mary Renshaw has continued with her email connection with members of her Walking Group and friends. I have enjoyed the stories and photos.

I encourage any Tutor or members who would like to set up a ZOOM “Class” of social get together. Please contact Natalia Lim Class Coordinator to arrange sessions.

Thank you to all who attended the Annual General Meeting for their valuable participation in discussion through the meeting particularly the item on “Whittlesea U3A in the Future”

We are participating in a study with RMIT University to understand the effect of COVID on changing physical activity habits and future wellbeing. Knowing these answers will help us to understand how we can best promote and enable participation in healthy physical activity in the future and what is needed. Details of the survey are included in this newsletter.

I look forward to working with the new committee and welcome Christine Czerny to the committee.

Please have your COVID Vaccination with you have not already done so. Keep occupied, call a friend, and stay safe.



If you are aged 65 years or over, we need your help

The barriers and facilitators to older people participating in physical activity: the impact of COVID19

As you will be aware, regular physical activity (PA) is important for the promotion and maintenance of good health. However the COVID19 pandemic and resultant restrictions have affected our ability to be physically active in many ways. We are therefore seeking to understand: (i) how people have changed their physical activity habits, (ii) their perceptions of how this may have affected their physical, mental and social health/wellness; (iii) their perceptions of whether they intend to return to previous PA behaviours when they become available, and (iv) their perceptions of how any changes to their PA behaviours may affect their ongoing health, fitness and well-being.

Knowing these answers will help us to understand how we can best promote and enable participation in healthy physical activity in the future and what is needed.

If you would like to help us with this, please go to the link below, which will provide you with more details and a link to a survey. The survey is entirely voluntary and involves answering a set of questions that will take approximately 20 minutes to complete. You can choose to save partially completed responses by simply closing the survey, and then resume with your saved progress if you wish to do so at another time.

Participant Information Consent Form: <https://docs.google.com/document/d/13sohm1-kp-jdz9NN-y4MDzRGarW3fNku/edit?usp=sharing&oid=105630500784770941152&rtpof=true&sd=true>

IMPORTANT REMINDER

To help our contact tracers keep Victorians safe, all businesses are now required to use the Victorian Government's QR code through the Service Victoria app, and Victorians are required to check in everywhere, every time – even if they're visiting businesses for fewer than 15 minutes.

QR code data is a key source of intelligence for Victoria's contact tracers. The more Victorians that check in, the faster the team can address outbreaks and ease any restrictions in the future.



A Special note from Alma Kristensen

Hello to Mary and everyone who has given input to emails and keeping some contact. For me, I am slowly settling into my new home in Heritage Lakes Community. It is very peaceful and very quiet here and I appreciate that very much.

Of course, there are many things that I cannot organize at the moment, things that need to be done in the unit, but not possible at the moment. Anyway, I am okay, I go for walks in the area every day. So much construction work is going on here, I wonder when it will all be finished.

It will be nice to see the Findon Road and Plenty Road update be finished. At least I see people working on the various constructions and am glad to see some people are able to work during the restrictions.

Yesterday I walked across Plenty Road into the small park area with several very old gum trees and they had all the holes that some birds use as nests. I have also walked around Hopper Lake in Mill Park and saw a couple of swans again. I think it will be some time before the lake again has been cleaned. Life goes on and we are learning to appreciate all the small things in life, they really mean a lot. We appreciate nature more and we need to take care of our environment.

Stay well, keep safe and happy. Alma



Knitting Group

This group meets on the 1st and 3rd Wednesday mornings of the month.

At Peter Lalor College Robert Street Lalor

DESCRIPTION: The group is for knitters (experienced and learners). Come along and join a group who knit for charity. We send our knits to KOGO Group(Knit One Give One) who then pass it weekly onto 300 charities. We also knit for any group who need special items

Diana Torcaso runs the knitting group these are a few of the garments that the ladies have knitted over the last month We are only a small group of ladies they do a fantastic job . *Diana*

