

# WOTZON

Whittlesea U3A

## Weekly Fact Sheet

**Edition 20 - 5th September 2021(rev)**



### CONTACT DETAILS

**CLASS COORDINATOR:**

*Judy* – 9464 1339 or 0404119189

**CLASS COORDINATOR & COMMUNICATION:**

*Natalie* – [communication@whittleseau3a.org.au](mailto:communication@whittleseau3a.org.au) (0412 230 561)

OR [coordinator@whittleseau3a.org.au](mailto:coordinator@whittleseau3a.org.au)

**SORRY EVERYONE WE ARE STILL  
IN LOCKDOWN BUT GOOD NEWS  
WE HAVE A NEW LINE DANCING  
CLASS AVAILABLE ON ZOOM**

### ZOOM LINE DANCING WITH ELAINE 103ONL08

**TUTOR: ELAINE BATEMAN**

**FREQUENCY: WEEKLY**

**DATE: WEDNESDAY**

**TIME: 13.30 TO 14.30**

*This Zoom, online course will operate whilst lockdown and COVID restrictions are in operation. It is a weekly class starting from the 8<sup>th</sup> September.*

*Participants will work through a series of line dancing based exercises. The zoom link will be provided each Monday to those enrolled in the class.*

*You can enrol online or if you are unable to please contact me (Natalie) on*

*[communication@whittleseau3a.org.au](mailto:communication@whittleseau3a.org.au)  
and I will assist you with the enrolment.*

*DON'T FORGET THE MONTHLY MORNING  
TEA TOMORROW STARTING AT 11.00AM.  
IT WILL BE ONLINE WITH ZOOM AND  
KATHY WOULD HAVE SENT YOU THE LINK  
LAST WEEK.*

*HOPE TO SEE MANY OF YOU THERE.*

**PLEASE EMAIL ME IF YOU HAVE ANY  
QUERIES ENROLLING IN ANY OF THESE  
SESSIONS.** Contact me on

[communication@whittleseau3a.org.au](mailto:communication@whittleseau3a.org.au)

**Thank You, Natalie**

### 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 LOCK-DOWNS and COVID RESTRICTIONS do not permit FACE-TO-FACE exercise classes.

It is a gentle exercise class focusing on BREATHING, BALANCE, STRENGTHENING 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

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 (30<sup>th</sup> August) or

#### 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**

next Thursday (2<sup>nd</sup> 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.



## 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.

All responses are anonymous.

Thank you for taking the time to read this.

[Participant Information Consent Form: click here](#)

Hello Everyone,

If you have the time read the letter below and Putting choice and control of aged care in the hands of older people, is one of COTA Australia's core values. Older people are not all the same, and we do not all want the same aged care services. Nursing homes should all be high quality, but that does not mean they should all be the same.

Achieving our goal, the goal of ensuring every older Australian can have choice and control of they need aged care, means we need to lobby the government, but it also means we need to inform the industry about what the diversity of our desires are.

If you need a nursing home, maybe today, maybe in the future, maybe for you, maybe for a parent... what will you be looking for? What makes one aged care facility more attractive than another?

We are working with Catalyst Research to ask those questions, and many more of current and future aged care consumers.

If we do not tell aged care providers what we want, we are unlikely to get it, so please help us tell providers what they should be providing.

Please take 10 minutes and fill out the survey—[click here](#).

Pass it around too - we are looking for 5,000 responses, so that we make sure to hear from people with lots of different preferences and needs.

We have campaigned for government and industry to listen more to Older Australians as they design aged care... now they are listening, let's make sure to tell them.

Kind Regards  
**Ian Yates AM**  
Chief Executive  
COTA Australia



Suite 9, 16 National Circuit Barton ACT 2603  
Email: [cota@cota.org.au](mailto:cota@cota.org.au)  
Phone: 02 6154 9740