

TERM 1 Commences on 4th October –26th November 2021

## President's message....



Now Spring is here we can spend more time outdoors, between rain showers. The recent government announcements of the “pathway” out of restrictions and living in a world with COVID are based on over 80% of the population being vaccinated.

We encourage all members to be vaccinated to be able to attend “Face to Face” classes when regulations permit.

The Whittlesea U3A committee has set a policy that Whittlesea U3A will comply with all COVID related regulations and comply with the conditions of use set by our venue providers. Our current information is that “Face to Face” classes when they recommence will only be open to Members who have been fully vaccinated.

To ensure that all members are able to participate in a class or activity we are extending the ZOOM classes and opportunities for members to continue to share their interests and stay in contact. We greatly appreciate the work that the tutors and group leaders have done to plan and run our ZOOM courses.

We appreciate that there are challenges in using technology to participate in these classes and activities. To meet these challenges Whittlesea U3A is partnering with the City of Whittlesea Ageing Well team to provide classes on using your mobile phone, tablet (iPad) and computer to access Telehealth, shop online, safety on the internet and address any technology challenges seniors may have. The sessions are online on a Tuesday afternoon at 2:30 pm.

Updates on recommencement of “Face to Face” classes and activities will be included in the weekly “WOTZON”.

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

Glen Wall President.

**Daylight Savings start this Sunday don't forget to put your clocks forward at 2am.**



**Don't forget Zoom Morning tea Monday 4th October, hope to see you there, 11.00am Peter will open up at 10.45am have your cuppa ready. Click on link below**

Join Zoom Meeting

<https://us06web.zoom.us/j/99845432435?pwd=dDIWKzhSMkdIRWwrdEFRK290MkdyQT09>

Meeting ID: 998 4543 2435

Passcode: 542491



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.

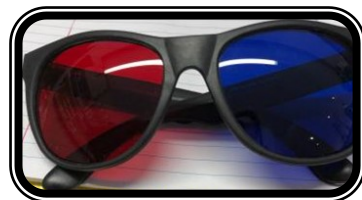
Knowing these answers will help us to understand how we can best promote and enable participation in healthy physical activity in the future and what is needed.

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: <https://docs.google.com/document/d/13sohm1-kp-jdz9NN-y4MDzRGarW3fNKU/edit?usp=sharing&oid=105630500784770941152&rtpof=true&sd=true>

NEW EYE WEAR FOR MELBOURNE SUPPORTERS



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.

The following reminder appeared in a member’s email chain to remind us of the challenges of understanding the functions of our technology.



ALMONER

if you know of anyone that is sick, in hospital or unfortunately lost a loved one that has passed away, I would like to hear from you so a card can be sent to them to let them know that we care.

I can be contacted by text or phone on 0414925567 or home phone message 94652726 or by email [kathylizio@bigpond.com](mailto:kathylizio@bigpond.com)