

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 23 - 3rd October 2021



CONTACT DETAILS

CLASS COORDINATOR & COMMUNICATION:

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

OR coordinator@whittleseau3a.org.au

CLASS COORDINATOR:

Judy – 9464 1339 or 0404119189

WELCOME TO TERM 4 - CLASS RESUMPTION

Welcome to Term 4 and the ever so slight lifting of restrictions. Some changes have been made to the restrictions regarding outdoor activities, even though we are still in lockdown. These affect only a few classes and as always it is up to the discretion of the leader/tutor whether these activities will go ahead. I have indicated on page 2 which classes, zoom and face to face will be operating this week. If a tutor wishes to either conduct a class (based on government regulations) or suspend a class, you will be notified by email or in the WOTZON.

Do not hesitate to contact me on communication@whittleseau3a.org.au or OR 0412230561 if you have any questions

COVID—19 POLICY—Whittlesea U3A

A statement has been published by Whittlesea U3A Committee of Management regarding COVID-19 and its affect on face to face classes. It was minuted on Friday 1st October 2021.

It reads: **Whittlesea U3A complies with all State Government and venue provider regulations in regard to Covid 19 attendance in courses and activities particularly in regard to vaccination status.**

Updated information will be provided to all members via email, Newsheet or the WOTZON as soon as it becomes available regarding class availability.



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>

RESUMPTION OF CLASSES BEGINNING OF TERM 4

Based on current regulations the activities below will be operating next week. You will note that there are 2 face to face activities that are operating. Please be aware of government regulations regarding the rules that will permit these to resume and contact me or your tutor if you have any questions.

If you are a tutor and believe that your activity/class can resume, please contact me on communication@whittleseau3a.org.au and I will check the guidelines.

Notifications will be sent out as regulations change and more classes can be added to the group.

CODE	DESCRIPTION/NAME	LOCATION	TUTOR	DAY	TIME	FREQ
101ONL02	ZOOM Exercises	ONLINE	Ida Tipping	Mon	13:00	Wkly
101ONL12	ZOOM Just A Chat Session	ONLINE	Janice Boswell	Mon	14:30	Wkly
102ONL02	ZOOM Self Help Italian	ONLINE	Wilma Mason	Tue	12:30	Wkly
103ONL01	ZOOM Apple iPHONE & iPad Self Help	ONLINE	Janice Boswell	Wed	10:00	Wkly
103ONL02	ZOOM Apple iPHONE & iPad	ONLINE	Janice Boswell	Wed	13:00	Wkly
103ONL04	ZOOM Reflexology for Health	ONLINE	Maria Veerasamy	Wed	17:00	Fort
103ONL06	ZOOM Introduction to Genealogy	ONLINE	Peter Cleary	Wed	10:00	Wkly
103ONL07	ZOOM Tai Chi	ONLINE	Teresa Wong	Wed	9:30	Wkly
103ONL08	Zoom Line Dancing With Elaine	ONLINE	Elaine Bateman	Wed	13:30	Wkly
103ONL09	ZOOM: Seed to Plate & Beyond Comm.Garden	ONLINE	Yolanda Avery	Wed	18:30	Wkly
103ONL10	ZOOM Well Being Steps	ONLINE	Maria Veerasamy	Wed	17:00	Fort
104ONL01	ZOOM Technology-Computers for Seniors	ONLINE	Glen Wall	Thu	10:30	Wkly
104ONL03	ZOOM Trivia Night	ONLINE	Kathy Lizio	Thu	19:00	2ndThu
104ONL04	ZOOM Catch Up and Chat	ONLINE	Kathy Lizio	Thu	13:00	Wkly
104ONL10	ZOOM Just A Chat Session	ONLINE	Janice Boswell	Thu	10:00	Wkly
105ONL01	ZOOM Computers Level 1	ONLINE	Peter Rodaughan	Fri	10:00	Wkly
105ONL02	ZOOM Social Seniors	ONLINE	Glen Wall	Fri	11:00	Wkly
105ONL03	ZOOM Training for Android, Apple & Zoom	ONLINE	Peter Cleary	Fri	12:00	Wkly
105ONL08	ZOOM Lockdown Light Exercises	ONLINE	Ida Tipping	Fri	13:00	Wkly
212TUE07	GOLF	Growling Frog Golf Course	Domenic Marino	Tue	8.30	Wkly
214THU14	TENNIS	Lalor Tennis Club	Ann Sangwell	Thu	9.30	Wkly

103ONL09	ZOOM: Seed to Plate & Beyond Comm.Garden	ONLINE	Yolanda Avery	Wed	18:30	Wkly
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THIS IS A NEW COURSE STARTING Wednesday 6th October.
It cost \$20 to join and it runs until Wednesday 15th December.

103ONL10	ZOOM Well Being Steps	ONLINE	Maria Veerasamy	Wed	17:00	Fort
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THIS IS A NEW COURSE STARTING Wednesday 6th October. The runs through to the end of January 2022

103ONL04	ZOOM Reflexology for Health	ONLINE	Maria Veerasamy	Wed	17:00	Fort
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PLEASE NOTE THE CHANGE OF TIME FOR THIS CLASS. It now starts at 17.00