

# WOTZON

Whittlesea U3A

## Weekly Fact Sheet

**Edition 03 - 30th January 2022**



### CONTACT DETAILS

#### 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)

#### TUTOR LIASON:

Judy – 9464 1339 or 0404119189

### CLASSES BEGIN ON MONDAY 31st JANUARY

Enrolments are still available in many of the classes. It is much easier to enrol at the beginning of the year to ensure you get a full year of socializing and learning [CLICK HERE](#) to see the current 2022 calendar/timetable available online.

The Peter Lalor Campus office will be opened from Monday to Thursday between 10.00 and 3.00 to answer your inquiries, enrol you in classes etc.

The May Road office will be opened on Tuesday (1.00pm) and all day Thursday.

I have included some information about classes in this edition of WOTZON and more information is available on the [website](#). Remember to also check your emails. If you enrol in a class and for some reason the tutor needs to change the start time or date you will receive an email or SMS so always check. Some changes have been made to start dates of Monday's and Tuesday Indoor Walking Aerobics and to Tuesday's Beginner's Tai Chi (all with Christine Teh as tutor)

The following classes still need a leader to be able to commence:

- 223 WED22 - TABLE TENNIS at French Street occurs weekly.
- 221MON03 - CROSS COUNTRY WALKERS occurs once a month (4th Monday) starting from The City of Whittlesea car park

Tutors should have by now received their attendance and enrolment lists by email. Some have indicated that they would prefer theirs printed. Some of these will be available from the office at either May Rd or at Peter Lalor for pick up. Please contact me if you have any questions regarding these lists.

Again welcome to 2022 and hope to see you all soon.

Natalie Lim, Class Coordinator/Communication Manager.

### OFFICE VOLUNTEERS NEEDED AT PLC

The office at Peter Lalor Campus offers a great service to Whittlesea U3A members as it gives them the opportunity to pay fees, have their questions answered and get enrolled in a class. Members often drop in for a chat before they go to their classes and the volunteers there are always happy to oblige.

### UNFORTUNATELY WE NEED YOUR HELP!

Yes we need more office volunteers to assist the 5 people who are heavily committed to a 4 day roster. At the moment the office is opened Monday to Thursday from 10 to 3.00, however unless we get more assistance it may only be opened 3 days a week which would mean members would miss out on having their inquiries answered. Ideally we need an extra 3. The work is not difficult as it mainly involves answering phones and talking to members as they come to their classes.

**PLEASE CONTACT NATALIE IF YOU CAN HELP on 0412230561 or [communication@whittleseau3a.org.au](mailto:communication@whittleseau3a.org.au)**

**PLEASE HELP THE VOLUNTEERS TO HELP YOU**

### WELCOME PACK

Welcome Packs continue to go out to all members with an email address. This pack contains confirmation of classes you are enrolled in, and your 2022 membership label. If you do not have an email address the pack was mailed to you and it may take a little longer to come. Please contact me if you have not received your pack yet. Don't forget to check your junk/spam mail first just in case.

Natalie Lim, Phone # 0412 230 561 OR [communication@whittleseau3a.org.au](mailto:communication@whittleseau3a.org.au)

## COVID AND 2022 CLASSES

At this stage classes will be going ahead as advertised based on the following conditions:

- Anyone enrolled in a face-to-face class must be fully vaccinated (until we are advised otherwise by the State Government fully vaccinated means 2 injections. However the requirement to have the booster shot may become necessary soon).
- All indoor activities - except where the activity is strenuous exercise - masks must be worn.
- QR Codes need to be used in venues and tutors will need to have a COVID Marshall available.
- Tutors will check your vaccination certificate during the first class so please make sure you either have connected to your Services Victoria app or have an official copy as supplied by Medicare.
- Members of classes please remember that a tutor may decide to postpone the commencement of a class due to the current COVID conditions. If this occurs you will be notified by either SMS or email.

**PLEASE CONTACT ME OR THE OFFICE IF YOU NEED ANY FURTHER INFORMATION.**

## NEW CLASSES & ACTIVITIES

**These classes and activities have just been added to the calendar**

### **GROWLING FROG DROP IN SESSION - TECHNOLOGY HELP**

*Apologies to those people who went to the Growling Frog last week and there was no one there to help you. I have been assured that there will be a tutor there this coming Tuesday. Shoukry will be there to help answer questions you might have about your smartphone and Android tablet. The session is at the Growling Frog Golf Course, 1910 Donnybrook Road, Yan Yean this Tuesday between 11.00am and 1.00pm in the café.*

### **CODE: 224THU30 - Android tablet and smartphone**

**TUTOR:** Shoukry Sidrak

**FREQUENCY:** Weekly

**LOCATION:** Peter Lalor Campus 34 Robert Street Lalor, opp. Ryder Street

**START DATE:** 3<sup>rd</sup> February

**TIME:** 10.30 – 12.30

**DESCRIPTION:** Learn how to use your Android phone (Samsung etc) and Android tablet. This class covers the basic apps on these devices. There will be a different focus every week and lots of time to ask questions and have your problems solved.

**REQUIREMENTS:** Android smartphone and/or Android tablet.

### **CODE: 222TUE22 - Jewellery Making**

**TUTOR:** Christina Stamatopoulos (new tutor)

**FREQUENCY:** Weekly

**LOCATION:** Mill Park Community House, Cnr Blamey Ave Mill Park Dve. Mill Park

**START DATE:** 8<sup>th</sup> February

**TIME:** 9.00 – 11.00

**DESCRIPTION:** Learn to make simple jewellery using both natural material, cord, bought beads, elastic, and pearls. Tutor will discuss with participants the tools needed for the activity. There may be a small cost involved depending on materials used. The jewellery made will include bracelets, necklaces, earrings and rings.

**REQUIREMENTS:** Some tools may be needed. This will be discussed at the beginning of the session

**As stated last week classes at Thomastown library will be going ahead as normal as long as tutors have a COVID Marshall. It has been confirmed that classes at MILL PARK library will also resume. The classes will be in the computer room as other rooms are being renovated.**

CODE	DESCRIPTION	START DATE	START TIME	FINISH TIME	TUTOR	LOCATION	FREQ.	DAY
223WED01	Family History for Beginners	02-02-22	10	12	Peter Cleary	Peter Lalor Campus	Wkly	Wed
221MON19	Italian - Total Beginners	31-01-22	10	12	Antonio Pignatelli	Peter Lalor Campus	Wkly	Mon
224THU18	Italian Language Intermediate	03-02-22	10	12	Antonio Pignatelli	May Rd Campus	Wkly	Thu
224THU19	Singing for Joy	03-03-22	15.3	17.3	Ron Harvey	May Rd Campus	Wkly	Thu
224THU20	Ukulele with the Choir	03-02-22	15.3	17.3	Ron Harvey	May Rd Campus	Wkly	Thu
221MON20	Annual Labour Day Picnic at Yan Yean	14-03-22	9	17	Marion Gaylard	Yan Yean	Annual	Mon
227SUN03	Discover Melbourne by Train - GROUP 2	13-02-22	9	0	Marion Gaylard	Sth Morang Station	3rdSun	Sun
223WED21	Current Affairs	02-02-22	17	19	Glen Wall	ONLINE	Wkly	Wed
225FRI12	Coffee and Chat on Friday	04-02-22	14	16	Anne Carbis	The Groove Train	Wkly	Fri
222TUE17	Table Tennis - May Rd	01-02-22	13	16	Janice Scerri	May Rd Campus	Wkly	Tue
224THU23	Tennis	03-02-22	9.3	12	Ann Sangwell	Lalor Tennis Club	Wkly	Thu
224THU24	Walking Football - Ladies	03-02-22	9.3	11	Mick Trim	Mill Park Basketball	Wkly	Thu
224THU25	Walking Football - Gentlemen	03-02-22	11	12.3	Mick Trim	Mill Park Basketball	Wkly	Thu
221MON23	E-Book Publishing	31-01-22	13	15	Jan Marshall	Whittlesea CAC	Wkly	Mon
223WED23	Creative Writing Group	02-02-22	13	15	Jan Marshall	Jindi Centre	Fort	Wed
223WED24	Improving Your Writing Craft	09-02-22	13	15	Jan Marshall	Jindi Centre	Fort	Wed

**At this stage due to COVID restrictions John's Rock and Roll class will not commence yet. I will inform everyone of the commencement date as soon as it becomes available.**

### **RETURN OF FACE-TO-FACE MONTHLY MORNING TEA.**

**This February sees the return of face-to-face MONTHLY MORNING TEA at EPPING R.S.L.  
195 Harvest Home Road, Epping**

**It will begin at 10.00 so try to be there by 9.45 to be able to check in with the QR Code at the entrance. Light refreshments supplied. Bar will be opened. Why not stay and have lunch (at own cost). Seniors' meals available at very reasonable prices.**

CODE	DESCRIPTION	START DATE	START TIME	FINISH TIME	TUTOR	LOCATION	FREQ.	DAY
223WED05	Apple iPhone & iPad	02-02-22	13	15	Janice Boswell	Peter Lalor Campus	Wkly	Wed
223WED06	Apple iPhone & iPad Self Help	02-02-22	10	12	Janice Boswell	Peter Lalor Campus	Wkly	Wed
224THU05	Technology and Computers for Seniors	03-02-22	10.3	12.3	Glen Wall	Peter Lalor Campus	Wkly	Thu
225FRI05	Busy Hands Circle	04-02-22	10	12	Federica Bordin	Peter Lalor Campus	Wkly	Fri
225FRI06	Card Making-Instructional & Self Hel	04-02-22	9.3	11.3	Christine Czerny	Nick Ascenzo	Wkly	Fri
222TUE04	Line Dancing for Exercise	01-02-22	11.45	12.45	Elaine Bateman	French St Hall Lalor	Wkly	Tue
223WED10	Line Dancing - Intermediate	02-02-22	10	11	Elaine Bateman	Epping Memorial Hall	Wkly	Wed
223WED11	Line Dancing for Exercise	02-02-22	11	12	Elaine Bateman	Epping Memorial Hall	Wkly	Wed
225FRI07	Line Dancing - Level 1	04-02-22	9.45	10.45	Elaine Bateman	Epping Memorial Hall	Wkly	Fri
225FRI08	Line Dancing - Level 2	04-02-22	11	12	Elaine Bateman	Epping Memorial Hall	Wkly	Fri
223WED13	Walking Group	02-02-22	9.3	11	Beth Pearce	Norris Bank Reserve	Wkly	Wed
223WED14	Mernda Walking Group	02-02-22	9.3	10.3	Jeanette Daisley	Mernda Village Shops	Wkly	Wed

**This is this week's sample of some of the classes available. For a complete list go to Whittlesea U3A website. Remember new ones are added all the time.**

CODE	DESCRIPTION	START DATE	START TIME	FINISH TIME	TUTOR	LOCATION	FREQ.	DAY
222TUE08	Mah-Jong	01-02-22	10	12	Margaret Healy	Peter Lalor Campus	Wkly	Tue
222TUE10	Cards 500 - Epping	01-02-22	10	13	Alby Griffin	Epping Memorial	Wkly	Tue
222TUE12	Cards 500 - Lalor	01-02-22	12.3	15.3	Tyrone Dark	Peter Lalor Campus	Wkly	Tue
223WED15	Chess - Develop Skills	02-02-22	13	15	John Kolonis	Peter Lalor Campus	Wkly	Wed
221MON13	Yang Tai Chi 24 Form	07-02-22	10.15	11.15	Phu Phan	French St Hall Lalor	Wkly	Mon
221MON14	Wu Tao Dance with Meditation	31-01-22	13.3	14.3	Maria Veerasamy	Riverside Community	Wkly	Mon
221MON15	Tai Chi Sword for Health	07-02-22	11.3	12	Phu Phan	French St Hall Lalor	Wkly	Mon
224THU15	Gentle Yoga for Seniors	03-02-22	9.3	10.45	Alma Kristensen	May Rd Campus	Wkly	Thu
224THU26	Reflexology	24-02-22	14	15	Maria Veerasamy	Riverside Community	Mthly	Thu
224THU27	Well Being	24-02-22	15	16	Maria Veerasamy	Riverside Community	Mthly	Thu





# RESPIRATORY CLINIC

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## Locations

DPV Health Medical Centre

**Broadmeadows** - 42 - 48 Coleraine St.

**Mill Park** - 20 Civic Drive

**To book call 1300 234 263** (select option 1)  
**or online at [www.dpvhealth.org.au](http://www.dpvhealth.org.au)**

Appointments are preferred for this service.  
Referrals are not required.

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