

# WOTZON

Whittlesea U3A

## Weekly Fact Sheet

Edition 04 - 6th February 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

## GREAT START TO THE YEAR

As you would have read in the latest Newsheet sent by Kathy it has been a great beginning to 2022. Members are really getting involved in activities and enrolments in classes continues to grow. Enrolments are still available in many of the classes. Please contact me if you have any queries about classes.

This week I have included information about different classes that might be of interest including some where changes have been made.

*There have been a few major changes to some of our classes.*

*These include:*

- 1. WALKING FOOTBALL** - Both the men's and the ladies' WALKING FOOTBALL activities has been moved during TERM 1. They are now at the YMCA Leisure City in Miller Street Epping. They should be returning to Mill Park Basketball Stadium from Term 2 once the renovations are completed.
- 2. SWIMMING AEROBICS** - Tuesday session at TRAC is starting again this week, however the cost now is \$7.50. The Thursday session has been cancelled as the venue does not have the time/staff available. See the ad for a possible new venue that may become available soon.
- 3. LINE DANCING** - Tuesday session. Unfortunately due to a problem with the venue the TUESDAY line dancing class has been cancelled until we can secure another venue. Emails have been sent out to all participants.
- 4. EXERCISES ONLINE** - IDA'S MONDAY ONLINE class which was due to start in April has had to be cancelled until further notice.
- 5. SOME GREAT NEWS** - We have a new tutor who is going to take over Christine's Walking Aerobics class on a Tuesday from the beginning of term 2. Ann is starting as a brand new tutor and I am very sure all the participants in that class are really looking forward to it. Thanks Ann on behalf of everyone.

Natalie Lim, Class Coordinator/Communication Manager.

## OFFICE VOLUNTEERS NEEDED AT PETER LALOR CAMPUS

As I mentioned last week the office at Peter Lalor Campus is a very important part of the communication stream for members. Members can drop in to pay fees, have their questions answered and get enrolled in a class. We often have members drop in for a chat before they go to their classes and the volunteers there are always happy to oblige.

### UNFORTUNATELY WE STILL NEED YOUR HELP!

**Thank you to the members who have said that they are able to help. However we desperately need someone on MONDAY. Please contact me if you can assist.**

0412230561 or [communication@whittleseau3a.org.au](mailto:communication@whittleseau3a.org.au)

**PLEASE HELP THE VOLUNTEERS TO HELP YOU**

### 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. Our first is this Monday 7th February. 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.

## 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**

### **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

### **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.

## EXPRESSIONS OF INTEREST

I have contacted the Mill Park Leisure Centre regarding the possibility of having swimming classes similar to those in Thomastown there. The cost will be \$8/session. At this stage the time and day is not decided. If you would be interested in such a session please contact me with the days/times you are available OR just leave me a message and I will return your call. The venue is located in Morang Drive Mill Park, it is recently renovated and looks great. There is plenty of parking and it very easy to get to. A minimum of 10 participants is needed to run the activity because you will have an instructor. Please notify me if you are interested so I can continue with the negotiations.

ON THIS PAGE ARE SOME CLASSES/ACTIVITIES THAT HAVE CHANGED. Should you wish any further information about these classes please contact Natalie Lim on 0412 230 561 or [communication@whittleseau3a.org.au](mailto:communication@whittleseau3a.org.au)

**CODE: 224THU24 - WALKING FOOTBALL LADIES**  
**224THU25 - WALKING FOOTBALL MEN**

**TUTOR:** Mick Trim

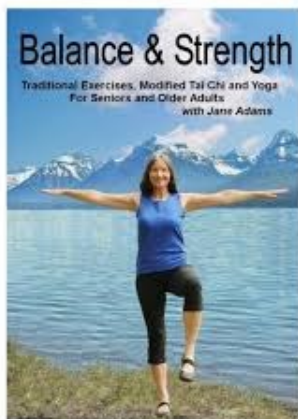
**INFORMATION:** These classes will be held at YMCA Leisure City in Miller Street Epping during Term 1. Ladies begin at 9.30 and men's at 11.00



**CODE: 223TUE06 - INDOOR WALKING AEROBICS at Riverside**

**NEW TUTOR:** Ann McGuire

**INFORMATION:** These classes will resume at the beginning of Term 2 (Tuesday 26th April) with a new tutor.



**CODE: 221MON26 - EXERCISES ONLINE**

**TUTOR:** Ida Tipping

**INFORMATION:** This class will not resume at this stage. Ida has an ONLINE class on Friday 225FRI09 starting at 1.00pm which still has vacancies.

**CODE: 222TUE04 - LINE DANCING at French Street**

**TUTOR:** Elaine Bateman

**INFORMATION:** This class has been cancelled for the time being due to the venue being unavailable. As soon as a new venue becomes available members will be

**Line Dancing!**



On the page I have included some of the classes that are available from the current calendar. There are many more on the Whittlesea U3A website. Thank you to the tutors who make all of our sessions available.

CODE	DESCRIPTION	START DATE	START TIME	FINISH TIME	TUTOR / LEADER	LOCATION	FREQ	DAY
221MON12	Tai Chi & Qigong	07-02	9	10	Phu Phan	French St Hall Lalor	Wkly	Mon
221MON13	Yang Tai Chi 24 Form	07-02	10.15	11.15	Phu Phan	French St Hall Lalor	Wkly	Mon
221MON15	Tai Chi Sword for Health	07-02	11.3	12	Phu Phan	French St Hall Lalor	Wkly	Mon
221MON21	Leprechaun Trivia Afternoon	14-02	13	15	Patrick Muldoon	Peter Lalor Campus	2 4Week	Mon
221MON24	Beginners Tai Chi for Health	07-02	14.45	15.45	Maria Veerasamy	Riverside Community	Wkly	Mon
221MON27	Tai Chi Bo Staff	07-02	12	12.3	Phu Phan	French St Hall Lalor	Wkly	Mon
222TUE05	Water Aerobics - Thomastown	08-02	10.15	11.15	TRAC Staff	Thomastown Recreation	Wkly	Tue
222TUE08	Mah-Jong	01-02	10	12	Margaret Healy	Peter Lalor Campus	Wkly	Tue
222TUE10	Cards 500 - Epping	01-02	10	13	Alby Griffin	Epping Memorial	Wkly	Tue
222TUE12	Cards 500 - Lalor	01-02	12.3	15.3	Tyrone Dark	Peter Lalor Campus	Wkly	Tue
222TUE14	Tai-Chi Advanced Level	08-02	11.3	12.3	Teresa Wong	Riverside Community	Wkly	Tue
223WED08	Hand Sewing for Unfinished Projects	02-02	11	14	Joh Griffin	Janefield CC	Wkly	Wed
223WED09	Knitters Group	02-02	10	12	Diana Torcaso	Peter Lalor Campus	1 3 Wed	Wed
223WED13	Walking Group	02-02	9.3	11	Beth Pearce	Norris Bank Reserve	Wkly	Wed
223WED20	Well Being Steps - ONLINE	02-02	17	18	Maria Veerasamy	ONLINE	Fort	Wed
223WED23	Creative Writing Group	02-02	13	15	Jan Marshall	Jindi Centre	Fort	Wed
223WED24	Improving Your Writing Craft	09-02	13	15	Jan Marshall	Jindi Centre	Fort	Wed
224THU07	Origami 3D (Golden Ventures folding)	10-02	11	12	Phu Phan	Peter Lalor Campus	Wkly	Thu
224THU10	Exercise for Healthy Living - Lalor	03-02	11	12	Kumar Chandrakumar	May Rd Campus	Wkly	Thu
224THU12	Bike Riding	03-02	9	12.3	Allan Fowler	Various Locations	Wkly	Thu
224THU15	Gentle Yoga for Seniors	03-02	9.3	10.45	Teresa Wong	May Rd Campus	Wkly	Thu
224THU19	Singing for Joy	03-03	15.3	17.3	Ron Harvey	May Rd Campus	Wkly	Thu
224THU20	Ukulele with the Choir	03-02	15.3	17.3	Ron Harvey	May Rd Campus	Wkly	Thu
224THU22	Trivia Night	03-02	19	21	Kathy Lizio	May Rd Campus	1 3 5Thu	Thu
224THU23	Tennis	03-02	9.3	12	Ann Sangwell	Lalor Tennis Club	Wkly	Thu
224THU27	Well Being	24-02	15	16	Maria Veerasamy	Riverside Community	Mthly	Thu
224THU28	Art For Fun	03-02	13	15	Noelene Jardine	Jindi Centre	Wkly	Thu
224THU29	Paper Quilling Arts	10-02	12	13	Phu Phan	Peter Lalor Campus	Wkly	Thu
225FRI04	Computer Very Basic - Total Beginners	04-02	13	15	Afroditi Toso	Thomastown Library	Wkly	Fri
225FRI05	Busy Hands Circle	04-02	10	12	Federica Bordin	Peter Lalor Campus	Wkly	Fri
225FRI06	Card Making- Instructional & Self Hel	04-02	9.3	11.3	Christine Czerny	Nick Ascenzo	Wkly	Fri
225FRI09	Light Exercises ONLINE	04-02	13	14	Ida Tipping	ONLINE	Wkly	Fri
225FRI10	Tai Chi	11-02	12.3	14	Teresa Wong	Thomastown Library	Wkly	Fri