

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 06 - 20th February 2022



CONTACT DETAILS

CLASS COORDINATOR & COMMUNICATION:

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

OR coordinator@whittleseau3a.org.au

TUTOR LIASON:

Judy – 9464 1339 or 0404119189

2022 – CELEBRATING 20 YEARS

Hello again to another edition of the WOTZON. As Term 1 quickly goes by and COVID restrictions continue to relax, members are becoming more involved in their classes and activities all over the City of Whittlesea.

This week we have 2 exciting additions to our class calendar

1. Line Dancing Social to be held on Sunday 24th April at Epping Memorial Hall and
2. 20th Birthday Celebration Lunch to be held on Monday 27th July at Epping R.S.L.

Class Focus. Last week we focused on our craft and games activities. This week we are going to focus on our *exercise, and health activities*. Remember these are just a snapshot of what is available on the calendar. Go to the Whittlesea U3A website for a complete list.

Natalie Lim, Communication Manger and Course Coordinator.

Message from TUTORS

Thank you to those members who record their absence either through the UMAS system, contacting the tutor or the course coordinator. It is important that tutors are informed if you are unable to attend as this often affects the way they organise the class. Thanks again and please continue to do this.

OFFICE OPENING TIMES AT PETER LALOR CAMPUS

The office is opened during these times to answer inquiries, take any payments and to assist members with the printing of name badges etc.

Monday 10am to 3pm

Tuesday 10am to 3pm

Wednesday 10am to 3pm

Thursday 10am to 1pm

Friday Closed.

OFFICE OPENING TIMES AT MAY ROAD CAMPUS

The office is opened during these times to answer inquiries, take any payments and to assist members with the printing of name badges etc.

Tuesday 1pm to 4pm

Thursday 10am to 4pm

NEW ACTIVITY – LINE DANCING SOCIAL EVENT

CODE: 227SUN05

DESCRIPTION: Line dancing Social Event

DATE: Sunday 24th April

TIME: 13.00 – 17.00

TUTOR: Elaine Bateman

VENUE: Epping Memorial Hall

LOCATION: Epping Memorial Hall, 827 High Street Epping.

DESCRIPTION: A line dancing social event is being organised on Sunday 24th April at Epping Memorial Hall. Come and dance the afternoon away with a huge selection of music for all ages. The afternoon will involve line dancing for all abilities with the focus being a social get-together for members to have fun with friends. Bring a plate to share for afternoon tea. The cost is a GOLD COIN donation to cover expenses. Please remember you need to be fully vaccinated to take part in this activity.

HOW TO ENROL: If you want to enrol in this class you can do so online, contact the office during OFFICE hours, contact JUDY or NATALIE (contact details on page 1)

Whittlesea U3A



Leprechaun Trivia

Trivia buffs returned to the Air Conditioned comfort of Peter Lalor Campus on Monday, February 14th to battle out for supremacy at **LEPRECHAUN TRIVIA**.

Quick to start out, The Amateur Chasers took control, however, not to be outdone, The Wombats started to reel them in and by the end of Round 6 The Wombats took the Chocolates with an exciting 1 Point win - 35 to 34 over their rivals.

If you're looking for a fun filled afternoon, why not sign up and come along to our next Leprechaun Trivia Session - *February 28th from 1.00pm to 3.00pm* at Peter Lalor Campus, 34 Robert St, Lalor.

With the move to a larger room at Peter Lalor Campus, we now have more room to accommodate more players! Why not sign up today??

If any tutor would like their activity advertised in the WOTZON please email me with the details (communication@whittleseau3a.org.au)

CELEBRATION LUNCH – 20TH BIRTHDAY

**Come and Celebrate Whittlesea U3A 20th Birthday with us.
ALL MEMBERS WELCOME - ENROL IN THE EVENT - 221MON29**

WHY NOT ORGANISE A TABLE. Tables of 8 or 10 can be prebooked.

DATE: Monday 27th June
TIME: Lunch – 12.00 to 3.00pm
VENUE: EPPING RSL, 195 Harvest Home Road, Epping
COST: \$50
MENU: THIS IS NOT A SENIOR'S MENU



Entrée: Served 50/50

- ◇ Salt & Pepper Squid Served on a bed of rocket and side of garlic aioli
- ◇ Chicken satay skewers Served on rice

Main: Served 50/50

- ◇ Porterhouse Char grilled medium, served on mash potato, green beans and a red wine jus
- ◇ Chicken Kilpatrick Topped with prawns, bacon, Worcestershire sauce and melted cheese, served with seasonal vegetables

Dessert and Tea and Coffee

- ◇ Platters of cakes, chocolate and plain will be served
- ◇ Tea and coffee available
- ◇ Jugs of soft drinks and water placed on table

Extras

- ◇ Alcohol can be purchased from the bar.
- ◇ Specialty coffees purchased from the bar.

Dietary Needs:

- ◇ Dietary needs will be catered for. If you are vegetarian, vegan or have a particular allergy please contact me at least 2 weeks prior to the event.



PAYMENT: Payment (\$50/head) can be made as follows:

PAYING ONLINE:

Login to the Membership System, enrol in "20th Anniversary Lunch" and pay using PayPal

BANK TRANSFER

Account Name: Whittlesea U3A Inc. BSB: 033 137; Account Number: 189765

Make sure you include your U3A membership number/name to make it easier to confirm your booking.

PAYING AT ANY WESTPAC BRANCH

Account Name: Whittlesea U3A Inc. BSB: 033 137; Account Number: 189765

Ask the bank teller to include your U3A membership number.

PETER LALOR CAMPUS OFFICE –CASH OR CHEQUE ONLY (exact money please)

Office is opened Monday to Thursday 10.00 – 2.00

MAY ROAD CAMPUS OFFICE – CASH OR CHEQUE ONLY– CASH OR CHEQUE ONLY (exact money please)

Office is opened Tuesday at 1.00pm – 4.00pm and Thursday 10.00am – 4.00pm

**CONTACT THE COURSE COORDINATOR IF YOU WOULD LIKE TO ORGANISE A TABLE AND TO DISCUSS PAYMENT OPTIONS on
0412 230 561 or communication@whittleseau3a.org.au**

PLEASE REMEMBER:

Epping RSL complies with the COVID -19 rules as set out by the Victorian state government therefore you need to be fully vaccinated or have a medical exemption to attend.

This week the focus is on *EXERCISES*, and *HEALTH*. Below are the classes we have in these categories that *still have spaces*. Enrolment to these classes can be done online, contacting the office at Peter Lalor Campus, contacting Judy Cleary or Natalie Lim (contact details available on our website or page one of this publication). Remember these are just a few of our classes, more are available on our website.

EXERCISE ACTIVITIES						
CODE	COURSE	LOCATION	TUTOR	DAY	TIME	FREQ
<u>221MON05</u>	<u>Walk and Talk</u>	Plenty Valley	Mary Renshaw	Mon	9:15	Wkly
<u>222TUE05</u>	<u>Water Aerobics - Thomastown</u>	Thomastown Recreation	TRAC Staff	Tue	10:15	Wkly
<u>222TUE07</u>	<u>Lalor Lazy Walking Group</u>	Lalor Library	Cath Vindgini	Tue	9:30	Wkly
<u>223WED12</u>	<u>Exercises for Healthy Ageing</u>	Thomastown Library	Ida Tipping	Wed	14:00	Wkly
<u>223WED13</u>	<u>Walking Group</u>	Norris Bank Reserve	Beth Pearce	Wed	9:30	Wkly
<u>223WED14</u>	<u>Mernda Walking Group</u>	Mernda Village Shops	Jeanette Daisley	Wed	9:30	Wkly
<u>224THU10</u>	<u>Exercise for Healthy Living - Lalor</u>	May Rd Campus	Kumar Chandrakumar	Thu	11:00	Wkly
<u>224THU12</u>	<u>Bike Riding</u>	Various Locations	Allan Fowler	Thu	9:00	Wkly
<u>225FRI09</u>	<u>Light Exercises ONLINE</u>	ONLINE	Ida Tipping	Fri	13:00	Wkly
<u>227SUN01</u>	<u>Leisurely Sunday Bike Rides</u>	Various Locations	Shirley Louie	Sun	9:00	Wkly

HEALTH ACTIVITIES						
CODE	COURSE	LOCATION	TUTOR	DAY	TIME	FREQ
<u>221MON12</u>	<u>Tai Chi & Qigong</u>	French St Hall Lalor	Phu Phan	Mon	9:00	Wkly
<u>221MON13</u>	<u>Yang Tai Chi 24 Form</u>	French St Hall Lalor	Phu Phan	Mon	10:15	Wkly
<u>221MON14</u>	<u>Wu Tao Dance with Meditation</u>	Riverside Community	Maria Veerasamy	Mon	13:30	Wkly
<u>221MON15</u>	<u>Tai Chi Sword for Health</u>	French St Hall Lalor	Phu Phan	Mon	11:30	Wkly
<u>221MON27</u>	<u>Tai Chi Bo Staff</u>	French St Hall Lalor	Phu Phan	Mon	12:00	Wkly
<u>222TUE14</u>	<u>Tai-Chi Advanced Level</u>	Riverside Community	Teresa Wong	Tue	11:30	Wkly
<u>223WED18</u>	<u>Reflexology for Health - ONLINE</u>	ONLINE	Maria Veerasamy	Wed	17:00	Fort
<u>223WED19</u>	<u>Tai Chi - ONLINE</u>	ONLINE	Teresa Wong	Wed	9:30	Wkly
<u>223WED20</u>	<u>Well Being Steps - ONLINE</u>	ONLINE	Maria Veerasamy	Wed	17:00	Fort
<u>224THU26</u>	<u>Reflexology</u>	Riverside Community	Maria Veerasamy	Thu	14:00	Mthly
<u>224THU27</u>	<u>Well Being</u>	Riverside Community	Maria Veerasamy	Thu	15:00	Mthly
<u>225FRI10</u>	<u>Tai Chi</u>	Thomastown Library	Teresa Wong	Fri	12:30	Wkly