

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 09 - 13th March 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

SUMMARY OF WHAT'S TO COME THIS WEEK

Just a reminder that unless you have been told otherwise by your tutor there are no classes on Monday 14th March as it is a PUBLIC HOLIDAY.

Labour Day Picnic at Hawkstowe Park is on this Monday 14th March starting from about 9.15. Meet Marion in the picnic area - it doesn't matter if you haven't enrolled just come and have fun with friends. Remember to bring along all your cutlery, plates, glasses and food and drink. All participants need to be double vaccinated. Hope to see you there.

I have been talking quite a bit over the last few weeks about our 20th Birthday and I would like to take this opportunity to thank Ruth S. a long time member of Whittlesea U3A who has been the curator of our history both in photos and in stories. Ruth has managed to catalogue many of the photos taken over the years. It is hoped that we will eventually be able to produce a digital version of this account for members to refer to.

Thanks to all those members who have enrolled in the 20th Birthday lunch set for Monday 27th June. Don't forget that you do not have to pay until the beginning of May and enrolling is easy. Why not secure your table with friends now.

Class Focus. Thought I would mix it up a little this week. I have highlighted a few activities with a few ads and I have listed some **SOCIAL AND EXERCISE** activities that may be of interest.

Natalie Lim, Communication Manager and Course Coordinator.

OFFICE OPENING TIMES

Opening times at PETER LALOR CAMPUS and MAY ROAD CAMPUS offices are listed below. During these times the volunteers will be able to answer inquiries, help with payments and assist members with the printing of name badges etc.

PETER LALOR CAMPUS MONDAY - THURSDAY 10AM TO 1PM FRIDAY CLOSED.

THE OFFICE WILL BE **CLOSED** MONDAY 14TH MARCH—PUBLIC HOLIDAY

MAY ROAD CAMPUS TUESDAY 1.00PM TO 4.00PM & THURSDAY 10AM TO 4PM

ROCK AND ROLL FUN - BEGINNERS CLASS

224THU09

Located at the French Street Hall, 47A French St Lalor, this is a beginners class for rock and roll dancers. The class which is limited to 10 couples (20) people is a very basic Rock-n-Roll for beginners so no experience is needed. Due to COVID regulation all participants must have their own partner. John and Tita spend the morning teaching and dancing so why not join them. The next session is on Thursday 24th March. It runs weekly from 10.00 to 11.15

All participants must be fully vaccinated and show proof of government issued certificate or medical exemption.

JEWELLERY MAKING - BEGINNERS CLASS

222TUE22

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

The activity is located at Mill Park Community House, Cnr Blamey Ave Mill Park Dve. Mill Park and occurs weekly on Tuesday starting at 9.15

All participants must be fully vaccinated and show proof of government issued certificate or medical exemption.

*This week the focus is on **SOCIAL AND EXERCISE activities**. 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.*

SOCIAL

CODE	COURSE	LOCATION	TUTOR	DAY	TIME	FREQ
221MON21	<u>Leprechaun Trivia Afternoon</u>	Peter Lalor Campus	Patrick Muldoon	Mon	13:00	2, 4Week
221MON29	<u>20th Birthday Celebration Lunch</u>	Epping RSL	Natalie Lim	Mon	12:00	1 day
<u>223WED21</u>	<u>Current Affairs</u>	ONLINE	Glen Wall	Wed	17:00	Wkly
224THU22	<u>Trivia Night</u>	May Rd Campus	Kathy Lizio	Thu	19:00	1,3,5Thu
<u>225FRI11</u>	<u>Social Seniors ONLINE</u>	ONLINE	Glen Wall	Fri	11:00	Wkly
225FRI12	<u>Coffee and Chat on Friday</u>	The Groove Train	Anne Carbis	Fri	14:00	Wkly
<u>225FRI13</u>	<u>Film Night</u>	Readings Cinema	Gloria Mason	Fri	17:30	Last FRI
<u>227SUN05</u>	<u>Line dancing Social Event</u>	Epping Memorial Hall	Elaine Bateman	Sun	13:00	1 day

EXERCISE

CODE	COURSE	LOCATION	TUTOR	DAY	TIME	FREQ
221MON05	<u>Walk and Talk</u>	Plenty Valley	Mary Renshaw	Mon	9:15	Wkly
<u>221MON06</u>	<u>The Cross Country Walkers</u>	Council Car Park	Marion Steel	Mon	9:15	4th Mon
<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

LINE DANCING SOCIAL EVENT

CODE: 227SUN05

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.

MY AGED CARE

is the starting point to access Australian Government aged care services and information.

In case you missed the last session on how to navigate My Aged Care the Positive Ageing Team is conducting another session later this month. See details below and book via the try booking link provided below.

Healthier You – Navigating My Aged Care

My Aged Care is the starting point to access Australian Government aged care services and information. Learn about the different types of aged care services available, eligibility criteria, assessment process and fees. Presented by Northern Metropolitan Regional Assessment Service. This is a free event with afternoon tea included.

When: Tuesday 29 March 2022

Where: Mernda Village Community Activity Centre, 70 Mernda Village Drive. Mernda

Time: 1.30pm – 3pm. Afternoon tea included

Bookings: via Try booking

<https://www.trybooking.com/BXGTS>

For more information or booking assistance,

email leap@whittlesea.vic.gov.au or call

Positive Ageing Team on 9407 5913.

All participants must be fully vaccinated and show proof of government issued certificate or medical exemption.

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*

Cake and Tea and Coffee

- ◇ Birthday cake will be served with tea and coffee
- ◇ 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

WHY NOT ENROL NOW - YOU DO NOT NEED TO MAKE FINAL PAYMENT UNTIL THE BEGINNING OF MAY

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.



Country Women's Association
Diamond Valley Group Creative
Arts

Craft & Cookery Exhibition

Greensborough
Masonic Hall

23 Ester Street, Greensborough

Sunday 27th March 2022
10am-3pm

CWA Devonshire Tea & Light Lunches
Craft Demonstrations

Entry \$5

For more information
phone 0408 059 353
email dvgroupcwa@yahoo.com.au

***Knitting
& Craft***



***From the
Garden***



***Jams &
Preserves***

