

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 12 - 3rd April 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

LAST WEEK OF TERM 1

Well the term has certainly flown by and we have come to the last week of term 1. The holiday break begins this Friday. Some classes will continue during the break and if you are enrolled in one of those classes you would have been advised by your tutor. Others will resume on Tuesday 26th April. Monday 25th April is ANZAC Day and a public holiday. Offices at both May Rd and Peter Lalor are closed during the holiday break.

In this week's edition I have included some information regarding:

- ◇ Change to cost and menu of the 20th Birthday Celebration Lunch to be held on Monday 27th June at Epping R.S.L.
- ◇ New classes beginning in term 2

*You will notice that the Celebration lunch menu and cost has changed. Members have requested the change and as we would have as many attend as possible the menu will now be a **3 course seniors' lunch with soft drinks, tea and coffee, birthday cake etc.** and the price will be reduced to **\$30**. If you have already paid for the lunch and have not as yet received a partial refund, please contact the treasurer, Peter Rodaughan, with your BSB number and account details to organise a refund as soon as possible. His contact details are **0438 050 824 (text your details)** or **email him on treasurer@whittleseau3a.org.au***

THIS IS THE LAST WOTZON FOR THE TERM. The next edition will be on Sunday 24th April. I hope you all have a good break and for those going on holidays have a great time and safe return.

Natalie Lim, Communication Manger/Course Coordinator

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

OFFICE HOURS

PETER LALOR CAMPUS

The office will be closed this MONDAY as the office volunteers will be attending the MONTHLY MORNING TEA. The treasurer will be attending the event so you can make payments there. Classes will still be open at Peter Lalor on Monday 4th April.

MONDAY CLOSED 3RD APRIL

TUESDAY TO THURSDAY 10AM TO 1PM; CLOSED FRIDAY

MAY ROAD CAMPUS

TUESDAY 11.00AM TO 4.00PM & THURSDAY 10AM TO 4PM

PLEASE REMEMBER BOTH OFFICE WILL BE CLOSED BETWEEN MONDAY 11TH APRIL AND MONDAY 25TH APRIL. BOTH TO REOPEN TUESDAY 26TH APRIL.

CELEBRATION LUNCH – 20TH BIRTHDAY

CHANGE TO MENU AND COST

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: **\$30**

MENU: **3 COURSE SENIORS MENU – 50/50 ARRANGEMENT**

SOUP – CHOICES AVAILABLE TO BE ADVISED

FISH/CHICKEN – CHOICES AVAILABLE TO BE ADVISED

DESSERT – CHOICES AVAILABLE TO BE ADVISED

Cake and Tea and Coffee

- ◇ Birthday cake will be served with tea and coffee
- ◇ 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 (\$30/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 11.00am – 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.

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.

DIGITAL LITERACY POP-UP SUPPORT PROGRAM 223WED27

Do you want to improve your digital skills to access services? Join Glen and his team at DPV Health to learn how to access telehealth appointments, use online portals like MyGov, Medicare & QR codes. This program, which at this stage is on for one day is being held at the 1st Floor DPV Health 20 Civic Drive, Mill Park (near Westfield). Bring your own device and they will provide the assistance.

THIS ACTIVITY WHICH STARTED LAST WEEK WILL BE ON AGAIN THIS WEEK. ALL WELCOME. REFER TO THE FLYER ON THE BACK PAGE OF THIS EDITION FOR FURTHER INFORMATION. DO NOT WORRY ABOUT THE DATE IT IS ON THIS WEEK AT THE SAME LOCATION

APRIL MORNING TEA

Reminder that the March Monthly Morning Tea at EPPING R.S.L. 195 Harvest Home Road, Epping is being held this Monday 4th April 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
Please sign your name in the book provided in the hall. If you have a Birthday in April please put it in the book so it can be acknowledge. Hope to see you all there.

ITALIAN CLASS – whilst waiting for the return of their tutor the members of the Italian class on Thursday at May Road have been discovering different ways to learn Italian and revising what they have been taught. This is an invitation for anyone who would like to join them and experience some of this fun. They will meet this week on Thursday at May Road between 10 and 12. They will then return in term 2. At this stage we are not sure when Antonio, the tutor, will be returning however we all hope it is very soon. Why not join them and enjoy the experience. Note: basic Italian knowledge is preferred but not essential.

INDOOR WALKING AEROBICS 221MON07
THIS IS ACTIVITY WILL BE STARTING IN TERM 2
MONDAY CLASS

Location: French Street Hall Lalor, French St. Lalor

Day/Time: Monday (Wkly) 12.40 to 13.30

Starting date: Monday 2nd May (first Monday in Term 2)

Leader: Mary Leeds

Walking aerobics is a cardio activity which makes your heart pump stronger and faster moving oxygen rich blood more efficiently to your muscles, organs and tissue throughout your body. It builds strong muscles and bones, improves brain function, and sharpens mental focus and memory. It also improves balance and coordination mood and lowers stress, boosts energy levels and improves sleep.

SOME VACANCIES AVAILABLE

INDOOR WALKING AEROBICS 222TUE06
THIS IS ACTIVITY WILL BE STARTING IN TERM 2
TUESDAY CLASS

Location: Riverside Community Centre, South Morang

Day/Time: Tuesday (Wkly) 9.15 to 10.00

Starting date: Tuesday 26th April (first Tuesday in Term 2)

Leader: Ann McGuire

Walking aerobics is a cardio activity which makes your heart pump stronger and faster moving oxygen rich blood more efficiently to your muscles, organs and tissue throughout your body. It builds strong muscles and bones, improves brain function, and sharpens mental focus and memory. It also improves balance and coordination mood and lowers stress, boosts energy levels and improves sleep.

SOME VACANCIES AVAILABLE

LEARN HOW TO USE ANDROID DEVICES - TABLETS AND SMART PHONES

Location: Peter Lalor Campus, Robert St, Lalor

Day/Time: THURSDAY (Wkly) 10.00 - 11.00

Starting date: THURSDAY 28th April (first Tuesday in Term 2)

Leader: Peter Cleary

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. If you enrol in this class please ensure you attend weekly.

SOME VACANCIES AVAILABLE

This activity is continuing this week.

U3A Seniors Digital Literacy Pop-Up Support Program

Are you a senior in our community?
Do you want to improve your digital skills to access services?

Join us to learn how to access telehealth appointments,
use online portals like MyGov, Medicare & QR codes



When: 30 March at 1:00pm to 3:00pm

Where: DPV Health Medical, 20 Civic Drive, Mill Park (upstairs and accessible by lift)

What to bring: Your own device such as phone, tablet or laptop.

To Book or further enquiries:

In person with reception team at DPV Health Medical 20 Civic Drive, Mill Park or contact Population Health

Email: populationhealth@dpvhealth.org.au



Sunsets at Sherwin

Join us for an evening of Jazz and Paella.

Get a taste of what real village life is like and have all your questions answered by residents and the team who live and work there.

Thursday 7 April
5pm - 7pm
Sherwin Rise at Aurora
40 Chetwynd Grove, Wollert

RSVP to Jane Flynn by 1 April
jane.flynn@lendlease.com or call
0419 472 857 to secure your place today

Lendlease Retirement Living. Your place to live well.

Sherwin Rise at Aurora



Social Exercise and Walking Football

for people aged 50 and over

For ages
50 and
over

Men and women of all abilities are welcome to come and try Walking Football. Join us for fun, gentle exercise as well as training and games.

Exercises are easy to do and slow paced.
No running is required.

Date: Every Monday, starting
21 March 2022

Times: 10am - 12pm

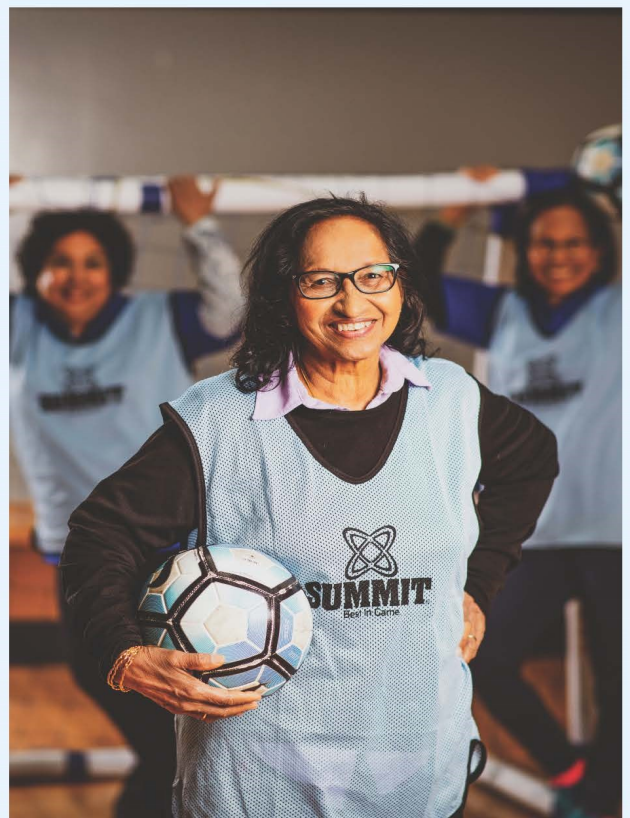
Where: The Y Leisure City,
41-53 Miller Street, Epping

Cost: Free

Bookings: Phone 9407 5913 / 0439 007 455
Or email leap@whittlesea.vic.gov.au

Please wear comfortable clothing, runners
or indoor soccer shoes (no black soles.)

COVID-19 health and safety rules will apply.



Proudly sponsored by:



**WALKING
FOOTBALL**



Free telephone interpreter service
 **131 450**