

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 13 - 24th 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

WELCOME BACK - TERM 2 begins this TUESDAY 26th April

Welcome back! Term 2 begins this Tuesday 26th April, as Monday 25th April is ANZAC Day and a public holiday.

A number of new classes are starting this week and all other classes are returning as usual. This week WOTZON is going to focus on those classes. This term sees a change to the structure of the Committee of Management. Due to the increased workload of both the Treasurer's and Venue Coordinator's position it has been decided to split the responsibility. Peter Rodaughan will retain the position of Treasurer and our new Venue Coordinator will be Christine Czerny.

I would also like to remind everyone about the CELEBRATION LUNCH being held on MONDAY 27TH JUNE AT EPPING R.S.L. THE COST IS \$30 which includes a special 3 course senior's lunch, soft drinks, tea and coffee and birthday cake. At this stage we have 70 people attending and it would be really great if we could reach our 100. Come and help us celebrate this important event in Whittlesea U3A's history. The committee has decided to extend the invitation to NON MEMBERS of Whittlesea U3A. The cost for NON MEMBERS is \$35. Please contact me if you would like your friends to attend. ALL WELCOME.

Thank you *Natalie Lim, Communication Manger/Course Coordinator*

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

OFFICE HOURS

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

MAY ROAD CAMPUS TUESDAY 11.00AM TO 4.00PM & THURSDAY 10AM TO 4PM

STATE AND LOCAL GOVERNMENT CHANGES TO COVID REGULATIONS AND HOW THEY AFFECT WHITTLESEA U3A

As you may be aware both the State and Local Governments have relaxed the rules regarding COVID Marshalls, masks, checking in using QR Codes and the sighting of Vaccination certificates.

We, at Whittlesea U3A, still require **ALL PARTICIPANTS OF FACE-TO-FACE CLASSES TO BE FULLY VACCINATED IN ORDER TO ATTEND.** This decision has been made to ensure the health and safety of our tutors and members. Commercial venues, like restaurants etc. may still require patrons to show their certificates. Members DO NOT need to wear a mask unless you wish to do so and you do not need to check into any of the venues.

Please contact me if you need further information regarding the decision on either 0412 230 561 or communication@whittleseau3a.org.au. **THIS MATTER SHOULD NOT BE DISCUSSED WITH TUTORS.**

CELEBRATION LUNCH – 20TH BIRTHDAY

**ALL MEMBERS & NON 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 MEMBERS; \$35 NON MEMBERS**
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 FOR MEMBERS (\$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**

FINAL PAYMENT IS NOW DUE

**PLEASE NOTIFY NATALIE on 0412 230 561 or communication@whittleseau3a.org.au if you would like to enrol a
NON MEMBER TO THE LUNCH.**

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: Wednesdays in April 2022,
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

INDOOR WALKING AEROBICS **222TUE06 STARTING TUESDAY 26th** **APRIL**

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

DIGITAL LITERACY **POP-UP SUPPORT PROGRAM** **223WED27**

**This activity began as a one off pop up
session and due to its popularity is
occurring very week.**

**IT IS SUITABLE FOR BOTH ANDROID AND
APPLE SMARTPHONE, TABLETS AND IPADS.**

INDOOR WALKING AEROBICS 221MON07 **STARTING MONDAY MAY 2ND**

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

LEARN HOW TO USE ANDROID DEVICES - **TABLETS AND SMART PHONES**

Location: Peter Lalor Campus, Robert St, Lalor

Day/Time: **THURSDAY (Wkly) 9.30 - 11.30**

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

INFORMATION REGARDING ALL OF THE FOLLOWING CLASSES BOTH FACE-TO-FACE & ONLINE

221MON15: WUTAO DANCE FOR MEDITATION

221 MON24: BEGINNING TAICHI FOR HEALTH

223WED18: REFLEXOLOGY - ONLINE

223WED20: WELL BEING STEPS - ONLINE

224THU26: REFLEXOLOGY

224THU 27: WELL BEING STEPS

These are all Maria V. classes and they will all resume the week beginning **Monday 9th of May.**

SEED TO PLATE AND BEYOND – ONLINE 223WED16

FREQUENCY: WEEKLY FOR 10 WEEKS beginning Wednesday 27th April Starts this coming Wednesday

TIME: 18.30 TO 19.30

TUTOR: ALEX SHEPHERD

DESCRIPTION: This is a 10 week course. Learn how to reduce garden waste, compost, build a worm farm, plant, harvest and so much more. Share your knowledge and expertise with other participants. Get involved with your own garden and a local gardening community via this Zoom course from Whittlesea U3A. Learn how to grow and enjoy organically grown fruits, vegetables and edible flowers using sustainable practices. Enjoy 'The Seed to Plate and Beyond' experience by turning your produce into nourishing and tasty meals. Classes will include team discussions and show and tell time. Videos and demos of real-time garden practices will be shown by your course leader. Once you enrol you will be sent the zoom link.

CHAT, WALK, PHOTOGRAPH, CHAT – 222TUE24

FREQUENCY: FORTNIGHTLY FOR 7 WEEKS beginning Tuesday 10th May

TIME: 10.00 TO 11.00

TUTOR: VARIOUS + NATALIE

LOCATION: Sherwin Rise, 40 Chetynd Grove, Wollert.

DESCRIPTION: This activity, which is based in a new location, provides you with the opportunity to go for a walk in a park, take photos and then return for a chat and morning tea. Learn how to use the photos you take and edit them, place them on Facebook or WhatsApp, send using Messenger, text message or email. The session is a casual activity for you to learn more about your phone (iPhone or Android) and how you can use it to communicate with friends and family. Morning tea, coffee and cake provided.

REQUIREMENTS: Smartphone



Revitalising Yan Yean Reservoir

Melbourne Water is investigating how Yan Yean Reservoir can offer additional recreational and open space opportunities for the community.

Have your say!

Chat with us at a pop-up:

- Thursday 28 April, 11am to 1pm
Mill Park Library
- Sunday 1 May, 10am to noon
Yan Yean Reservoir Caretaker's Cottage.
First 50 people will get a free coffee!

Join a behind-the-scenes site tour:

- Sunday 1 May, noon to 1.30 pm
Yan Yean Reservoir Caretaker's Cottage.
Limited seats, register through the
Your Say page.

Complete a survey:

- Visit yoursay.melbournewater.com.au/yan-yeen-reservoir



Contact us
Melbourne Water 131 722
TTY 133 677
Interpreter 131 450



Sunday 1 May
Yan Yean Reservoir
• Pop Up: 10.00am to noon
• Site Tour: noon to 1.30pm

Thursday 28 April
Mill Park Library
11.00am to 1.00pm

