

# WOTZON

Whittlesea U3A

## Weekly Fact Sheet

Edition 13 - 24th April 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

## TERM 2 information

We have had a very easy start to Term 2 with all classes starting successfully. New and existing tutors continue to provide an excellent service to the members of Whittlesea U3A in so many different subject areas. If possible during the week take the opportunity to thank your tutor for their time and effort.

This week the WOTZON has a number of different community based articles provided by 2 of our members which may be of interest to you. All have links that can be used should you wish to get further information.

**As this is the beginning of the term it is worth a look at the Whittlesea U3A website/calendar for some great classes which still have vacancies. Alternately call the office and the volunteers would be happy to help**

Whittlesea U3A has an incredible Knitting Group whose knitting skills have provided garments to various local charities. This group is always in need of wool. If you have any unused wool they would love to have it for their work. Please notify the office and they will be able to help with the donation.

Thank you

Natalie Lim, Communication Manger/Course Coordinator

[communication@whittleseau3a.org.au](mailto: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

### INFORMATION REGARDING LINE DANCING CLASSES

Line dancing on Friday **has to be cancelled temporarily** due to other commitments on the following days:

Friday 6th May

Friday 13th May

Friday 20th May

We will be going back to a normal program on Friday 27th May.

Line dancing this Wednesday 4<sup>th</sup> May will be going ahead as normal and an email will be sent out during the week about other sessions.

Apologies for any inconvenience and please contact us if you need any further information.

### WHITTLESEA U3A 20<sup>th</sup> BIRTHDAY LUNCH

ALL MEMBERS & NON MEMBERS WELCOME - ENROL IN THE EVENT - **221MON29**

DATE: Monday 27<sup>th</sup> 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 + BIRTHDAY CAKE, SOFT DRINKS AND COFFEE**

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](mailto:communication@whittleseau3a.org.au)

PLEASE NOTIFY NATALIE on 0412 230 561 or [communication@whittleseau3a.org.au](mailto:communication@whittleseau3a.org.au) if you would like to enrol a NON MEMBER TO THE LUNCH OR you would like further information.

**FINAL PAYMENT IS NOW DUE**

**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.**

## 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



**We are running a free forum about COVID booster shots for seniors on 5 May. This forum is for seniors and their friends or family that want to know more about COVID boosters. You can register [here](#).**

**The forum will:**

- ◇ provide you with useful, reliable information on COVID vaccine booster shots
- ◇ feature presentations by trusted experts, including Dr Catherine Bennett, Chair in Epidemiology at Deakin University
- ◇ provide you with the opportunity to ask the experts questions about boosters

**Where:**

**Primarily the forum is online, however we are also collaborating with some local councils and municipal libraries to enable (double-vaccinated) seniors to participate through locally hosted screenings of the forum.**

**Currently we have availability at: (note more venues may be added)**

- ◇ [Broadmeadows](#) - Hume Global Learning Centre Broadmeadows - First Floor Lounge in the Library - 1093 Pascoe Vale Rd, Broadmeadows VIC 3047
- ◇ [Sunbury](#) - Hume Global Learning Centre Sunbury - 44 Macedon St, Sunbury VIC 3429
- ◇ [Craigieburn](#) - Hume Global Learning Centre Craigieburn 75-95 Central Park Ave, Craigieburn VIC 3064

**Forum details**

**When – Thursday 5 May 2022**

**Time – 11am-12pm AEST**

**Where – Online/In Person Screenings (zoom link to be provided closer to the event)**

**Speakers - Dr Catherine Bennett, Chair in Epidemiology, School of Health and Social Development, Deakin University**

**Cost – The forum is free of charge**

**Registration – register for the online forum [here](#), or in person screenings [here](#).**

This forum is made possible with funding from the [Department of Families, Fairness and Housing](#).



## MONTHLY MORNING TEA - MONDAY May 2nd

*Don't forget that the May Morning Tea is once again being held at the Epping R.S.L. starting at 10.00.*

*It's on TOMORROW - Monday 2nd May at EPPING R.S.L. 195 Harvest Home Road, Epping. There is no need to QR Code in. Refreshments served and The Bar will be opened. Why not stay and have lunch (at own cost). Seniors' meals available at very reasonable prices.*

*Hope to see you there.*

## REUSABLE REBATE SCHEME – PROVIDE BY THE CITY OF WHITTLESEA

<https://whittlesea.vic.gov.au/zerowasterebate>

*Want to choose environmentally friendly products and save money at the same time? Households can now apply for a rebate on one of the three categories below.*

### **WHAT IS THE ZERO WASTE REBATE PROGRAM?**

The Zero Waste Rebate program is an action item in our [Rethinking Waste Plan 2021-2030](#), which outlines our goal to become a low waste city. It is one of several items that will support our community to become leaders in clean, sustainable living. As part of the rebate program, residents can claim a rebate on the purchase price of reusable nappies, reusable sanitary products or composting materials.

### **WHY IS COUNCIL PROVIDING THIS REBATE PROGRAM?**

Investing in reusable items at home is a great way to reduce household rubbish. They can also save on costs in the long term. In fact, by choosing reusable nappies, parents can save up to \$2000 per child. However, the upfront costs of purchasing reusable nappies or sanitary items can be costly. Council is looking to support residents by providing a rebate on these products, to encourage people to trial reusable items at home and discover which items suit them best. *Key dates Applications open March 2022 Applications close Until funds are exhausted or by 30 June 2022 (whichever occurs first) Applicants notified of outcome Allow up to 4 weeks*

### **HOW DOES IT WORK?**

Residents can claim 50 per cent of what you spend on reusable nappies, reusable sanitary products or composting materials, up to the limits listed below. For example, if you spend \$80 on a worm farm, you may be eligible for a rebate of \$40.

### **REBATE CATEGORIES**

**Reusable nappy items:** Items include: reusable nappies, reusable inserts, reusable swim nappies, reusable baby wipes, wet bags for reusable nappies, reusable nursing pads. Rebate: 50% of your purchase price up to \$100.

**Reusable sanitary items:** Items include: reusable sanitary pads, leak proof underwear, reusable sanitary cups, wet bags for sanitary items. Rebate: 50% of your purchase price up to \$50.

**Composting tools:** Items include: bokashi bins, compost bins and worm farms. Rebate: 50% of your purchase price up to \$50.

### **HOW TO APPLY**

**ONLINE FORM:** To apply for a Zero Waste Rebate, click on the below button and fill in the online application form. You will need a copy of your receipt and proof that you live in the City of Whittlesea.

[Apply for a Zero Waste Rebate](#)

[Smarty Grants Downloadable Guidelines \(PDF - 434KB \)](#)