

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 15 - 8th May 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

SPECIAL NEWS

This week I am going to introduce a new section in the WOTZON called 'MEMBER'S CORNER'. This will be used to place any information I get from members about special events, classes etc. Just email me the information during the week and I will attempt to put it into the following WOTZON. Today we have information about the upcoming Electricity rebate, and other community based information. Remember this is for your information. If there is a worth while community activity that can be advertised this is the place to put it.

Last week I was going to put information about some of the classes that still have vacancies. As there are quite a few I thought I would do it by category similar to what was happening in term 1. For this week I have included the exercise/health classes. Enrolment can be done either online, or through the office. Hope you find them helpful. All have very enthusiastic and experienced teachers who love the activity and love sharing it with you.

THANK YOU to all the members who have enrolled in the 20th Birthday Lunch on Monday 27th June. We have about 20 vacancies left so if you want to attend and have not put your name down now is the time to do so in order to secure a spot. PAYMENT FOR THE EVENT OF \$30 for members and \$35 for non members is now due. If you are a non member and would like to attend please notify me so I can enrol you in the activity.

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

EXPRESSION OF INTEREST—NEW CLASS

An activity is being developed between Peter Lalor Secondary College and Whittlesea U3A. The activity involves the creation of a cookbook made up of traditional recipes which have been passed down through generations.

COMMUNITY CONNECTIONS – PAPER TO PLATE is starting in Term 3 on a Tuesday between 12.00 and 1.30pm on a fortnightly basis. The activity will be made up of 12 members of Whittlesea U3A and 12 students (years 11 and 12) from Peter Lalor Secondary College. Our members will talk to the students about their life, traditions and family cultures – the main focus of the discussion will be the traditional cooking that has been passed down over the years. Recipes will be offered, cooked and eaten and a recipe book will be created. The book will also include recipes which the students share with the member.

If you are interested in this activity and can commit to a once a fortnight, every fortnight time slot – this commitment is essential as this task is part of the student's curriculum/work load – please contact me for further information. It will be held on a Tuesday from 12.00 to 1.30 beginning the 19th July. Every participant will need to have a Working with Children Check which I will apply for them through Whittlesea U3A (there is no cost)

Tables are now being organised for the 20th Birthday Lunch. If you are enrolled and have organised a table could you please contact me because there will be set seating during this activity. Thank you

TEMPORARY CANCELLATION OF LINE DANCING CLASSES

ALL LINE DANCING CLASSES are cancelled until the week beginning Monday 23rd MAY.

THIS AFFECTS ALL WEDNESDAY, THURSDAY AND FRIDAY CLASSES UNLESS OTHERWISE ADVISED BY THE TUTOR.

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

If you are interested in any of the classes listed below please enrol through the office, online or by contacting me or Judy Cleary.

EXERCISE						
Code	Course	Location	Tutor / Leader	Start	Day	Time
221MON06	The Cross Country Walkers	Council Car Park	Marion Steel	28/02/2022	Mon	9:15
221MON07	Indoor Walking Aerobics	French St Hall Lalor	Mary Leeds	02/05/2022	Mon	12:40
222TUE07	Lalor Lazy Walking Group	Lalor Library	Cath Vindgini	01/02/2022	Tue	9:30
223WED12	Exercises for Healthy Ageing	Thomastown Library	Ida Tipping	02/03/2022	Wed	14:00
223WED13	Walking Group	Norris Bank Reserve	Beth Pearce	02/02/2022	Wed	9:30
223WED14	Mernda Walking Group	Mernda Village Shops	Jeanette Daisley	02/02/2022	Wed	9:30
224THU12	Bike Riding	Various Locations	Allan Fowler	03/02/2022	Thu	9:00
225FRI09	Light Exercises ONLINE	ONLINE	Ida Tipping	04/02/2022	Fri	13:00
227SUN01	Leisurely Sunday Bike Rides	Various Locations	Shirley Louie	06/02/2022	Sun	9:00

HEALTH ACTIVITIES							
Code	Course	Location	Tutor / Leader	Start	Day	Time	Frequency
221MON12	Tai Chi & Qigong	French St Hall Lalor	Phu Phan	07/02/2022	Mon	9:00	Wkly
221MON13	Yang Tai Chi 24 Form	French St Hall Lalor	Phu Phan	07/02/2022	Mon	10:15	Wkly
221MON14	Wu Tao Dance with Meditation	Riverside Community	Maria Veerasamy	31/01/2022	Mon	13:30	Wkly
221MON15	Tai Chi Sword for Health	French St Hall Lalor	Phu Phan	07/02/2022	Mon	11:30	Wkly
221MON16	Understanding Depression - Group 1	Peter Lalor Campus	Bill Gould	16/05/2022	Mon	15:00	1 day
221MON17	Understanding Depression - Group 2	Peter Lalor Campus	Bill Gould	06/06/2022	Mon	13:30	1 day
221MON18	Understanding Depression - Group 3	Peter Lalor Campus	Bill Gould	11/07/2022	Mon	13:30	1 day
221MON27	Tai Chi Bo Staff	French St Hall Lalor	Phu Phan	07/02/2022	Mon	12:00	Wkly
222TUE14	Tai-Chi Advanced Level	Riverside Community	Teresa Wong	08/02/2022	Tue	11:30	Wkly
222TUE15	Tai Chi Beginners Level	Riverside Community	Christine Teh	15/02/2022	Tue	10:15	Wkly
223WED18	Reflexology for Health - ONLINE	ONLINE	Maria Veerasamy	02/02/2022	Wed	17:00	Fort
223WED20	Well Being Steps - ONLINE	ONLINE	Maria Veerasamy	02/02/2022	Wed	17:00	Fort
224THU26	Reflexology	Riverside Community	Maria Veerasamy	24/02/2022	Thu	14:00	Mthly
224THU27	Well Being	Riverside Community	Maria Veerasamy	24/02/2022	Thu	15:00	Mthly
225FRI10	Tai Chi	Thomastown Library	Teresa Wong	11/02/2022	Fri	12:30	Wkly

MEMBER'S CORNER. DO YOU HAVE ANYTHING YOU WOULD LIKE TO PUT INTO THE WOTZON FOR OTHER MEMBERS TO READ? CONTACT ME AND I MAY BE ABLE TO PLACE IT IN THE WOTZON

WALKING FOOTBALL is raising money to send the members of the group to the Pan Pacific Games in Queensland in November. They are operating a sausage sizzle at the YMCA, Millers Road Epping on SATURDAY 14th May. CAN YOU SUPPORT THEM by buying a sausage or 2. Every sausage sold is that one step closer to glory.

Thank you and hope to see you there.

SAUSAGE SIZZLE


SPECIAL EVENT FOR THE CITY OF WHITTLESEA AS PART OF MOTHER'S DAY CELEBRATIONS

Next week our Uplift & Connect session is held at Barry Road CAC in Thomastown. we have got a musical performance by Ellen Hundley celebrating Mother's day.

If you are interested in attending call 9407 5913

Session cost - \$7.00

Afternoon tea provided.

Date & time	Activities	Theme
Wednesday 11 May 3pm - 4.30pm	Mother's day celebration with Ellen Hundley Ellen has performed for the Duke of Edinburgh and she sings in twenty languages and plays ten musical instruments.	

The Victorian Government has announced a new \$250 Power Saving Bonus program for all Victorian households. From 1 July 2022, you can access the new \$250 program by visiting the Victorian Energy Compare website and submitting an application. [Click here](#) if you would like to receive an invitation to apply when the program opens.

I suggest you sign up to receive an invitation to apply when the program opens as it will not be available until July 2022 and you have to apply.

<https://compare.energy.vic.gov.au/#>

REMEMBER: All households are eligible to apply and receive the rebate. Some of the computer classes and digital learning hubs and information centres will be going through the application process with members later in term 2 and early in term 3.