

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 16 - 15th 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

Exciting week once again with lots of great classes and activities. Unfortunately we are sad to see the end of an era. Our long standing carpet bowls activity at May Road on a Thursday ended this week. Check out the write up in the following pages for more information.

This week the classes we are focusing on will be GAMES, SOCIAL EVENTS and CRAFT. All have vacancies especially some of the GAMES. Why not give them a try.

Finally if you interested in attending the 20th Birthday Lunch at Epping RSL you will need to be quick. There are only 8 places left and these are filling fast. Money for those who enrol in the next few days needs to be paid by May 23rd as I need to make final arrangements. I will be emailing all those going for any dietary requirements so I can inform the staff at the RSL.

Tables are now being organised for this event. If you are enrolled and would like to organise a table please contact me as there will be set seating during this lunch. Tables of 10 or 12 are being set up. Thank you

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.

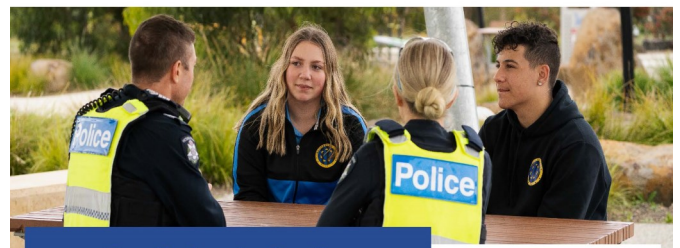
COMMUNITY CONNESTIONS – PAPER TO PLATE is starting in Term 3 on a Tuesday between 12.00 and 1.30pm on a fortnightly basis. The activity will be made up of 12 members of Whittlesea U3A and 12 students (years 11 and 12) from Peter Lalor Secondary College. Our members will talk to the students about their 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)

TELL US WHAT YOU THINK



VICTORIA POLICE



Participate in the Annual Victoria Police Community Sentiment Survey - 2022

As part of our commitment to Neighbourhood Policing, Victoria Police is seeking information about the community's safety concerns, engagement preferences, and experiences of police in local areas.



Or visit: engage.vic.gov.au/annual-vicpol-community-sentiment-survey-2022

If you are keen to know more about Neighbourhood Policing, speak to a member at your local police station or visit police.vic.gov.au

CARPET BOWLS CLASS ENDING AFTER MANY YEARS

After many years of running Carpet Bowls the numbers present weekly have dwindled to under the required 6 needed to play the game. For this reason Ron has informed me that the Bowls activity will be no more.

COFFEE AND CHAT AT OLD SCHOOL HOUSE – ESTIA HEALTH SOUTH MORANG.

An informal drop in is being organised weekly on a Monday (not Monthly Morning Tea days) by Marion at the OLD SCHOOL HOUSE – ESTIA HEALTH, Plenty Road, South Morang starting from 10.00AM. It a Coffee and Chat time where Marion will talk about her interest in Genealogy and her investigations into War Veterans.

Great opportunity to ask questions or just to chat. At this stage no enrolment into a class is necessary just drop in.

Please remember that **MASKS must be worn and full vaccination is required.**

ON STREET PARKING

On street parking in Robert Street/Ryder Street and at some other venues is sometimes difficult, especially when there are lots of classes however we need to respect the property and the owners of the houses in the street that we park in. Please do not park across driveways (which is unlawful according to Victorian Road Laws) and block the movement flow of traffic in and out of the owner's house. 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.

“TECHNOLOGY VOLUNTEER OF THE YEAR 2022”

Kevin Whelan, Whittlesea U3A's U-MAS expert, has been awarded the Connecting Up award at the Connecting Up Conference



Kevin's contribution to the activities of U3A through technology was the basis for his nomination. Over the past eight years he has been the key person managing the member management and course enrolment system used by 49 U3As in Victoria, the U-MAS system. He also manages the WordPress based Website Template (WT) used by 59 Victorian U3As. Kevin is also the administrator of Network's own database, the NMDB.

In addition, he is leading a project to assist seven small U3As to implement a 'Lite' version of the WT, hosted by Network because these U3As do not have the capacity to manage a website themselves. Kevin leads a team of nine now retired IT professionals who also volunteer their time to support the U-MAS and WT products.



He and his team provide expert training, advice and support on a case management basis.

Oh and if you didn't get all of that, he does all that as a volunteer.

Thanks heaps Kevin for all the great work you are doing at U3A Network and especially for Whittlesea U3A.

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

GAMES						
Code	Course	Location	Tutor / Leader	Day	Time	Frequency
221MON08	Scrabble	Mill Park Com. House	Joan Delbridge	Mon	10:30	Wkly
221MON09	Canasta / Samba Cards	Thomastown Library	Florence Majewski	Mon	12:00	Wkly
221MON10	Cards 500 - Laurimar	Laurimar CAC	David Ross	Mon	13:00	Wkly
222TUE08	Mah-Jong	Peter Lalor Campus	Margaret Healy	Tue	10:00	Wkly
222TUE10	Cards 500 - Epping	Epping Memorial	Alby Griffin	Tue	10:00	Wkly
222TUE12	Cards 500 - Lalor	Peter Lalor Campus	Tyrone Dark	Tue	12:30	Wkly
223WED15	Chess - Develop Skills	Peter Lalor Campus	John Kolonis	Wed	13:00	Wkly

CRAFT						
Code	Course	Location	Tutor / Leader	Day	Time	Frequency
221MON02	Crochet	Peter Lalor Campus	Freda Delia	Mon	11:30	1,3,5Mon
222TUE22	Jewellery Making	Mill Park Com. House	Christina Stamatopoulos	Tue	9:15	Wkly
223WED08	Hand Sewing for Unfinished Projects	Janefield CC	Joh Griffin	Wed	11:00	Wkly
223WED09	Knitters Group	Peter Lalor Campus	Diana Torcaso	Wed	10:00	1,3 Wed
224THU07	Origami 3D (Golden Ventures folding)	Peter Lalor Campus	Phu Phan	Thu	11:00	Wkly
224THU29	Paper Quilling Arts	Peter Lalor Campus	Phu Phan	Thu	12:00	Wkly
225FRI05	Busy Hands Circle	Peter Lalor Campus	Federica Bordin	Fri	10:00	Wkly
225FRI06	Card Making-Instructional & Self Help	Nick Ascenzo	Christine Czerny	Fri	9:15	Wkly

SOCIAL						
Code	Course	Location	Tutor / Leader	Day	Time	Frequency
221MON21	Leprechaun Trivia Afternoon	Peter Lalor Campus	Patrick Muldoon	Mon	13:00	2, 4Week
221MON29	20th Birthday Celebration Lunch	Epping RSL	Natalie Lim	Mon	12:00	1 day
222TUE24	Chat, Walk, Photo, Chat	Sherwin Rise	Natalie Lim	Tue	10:00	Wkly
224THU22	Trivia Night	May Rd Campus	Kathy Lizio	Thu	19:00	1,3,5Thu
225FRI11	Social Seniors ONLINE	ONLINE	Glen Wall	Fri	11:00	Wkly
225FRI12	Coffee and Chat on Friday	The Groove Train	Anne Carbis	Fri	14:00	Wkly
225FRI13	Film Night	Readings Cinema	Gloria Mason	Fri	17:30	Last FRI

IT'S TIME TO FIND OUT MORE ABOUT WALKING FOOTBALL

Every Thursday During School Terms
Women 9.30am-11.00am
Men 11.00am-12.30pm
'Y' Leisure Centre
41-53 Miller Street Epping
For info email Mick Trim at
mick_trim1@hotmail.com



Men Over 50



Women Over 50

No Running & No Contact

Created for players in later life to enjoy the game they love but without the stresses of running and physical contact



The core of competitive Walking Football players will be men over 50 and women over 50. With players in all age groups up to and including people in their 70's and even 80s! Younger players recovering from injury and players with specific health conditions such as Parkinsons will also be welcomed at many clubs.

Cost \$50 per year
Includes access to all Whittlesea U3A programs

Run in partnership between
Whittlesea U3A
City Of Whittlesea Council
Football Victoria
'Y' Leisure Centre Epping

Walking Football is Inclusive

No matter your ability, gender or ethnicity, there is a place for you in this wonderful sport.



Physical & Mental Health Benefits

The health benefits of Walking Football are amazing. Increased strength, mobility, motor functions, resting heart rate, lowered cholesterol, improved blood sugar levels, bone density and reducing the risk of cardiovascular disease and stroke. The mental health benefits include high levels of personal reward and satisfaction with reduced levels of stress.



Social Benefits

Walking football also gives an often isolated section of the community the chance to become involved in something they really enjoy, make new friends, form lasting relationships with like-minded people.

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