

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 26 - 14th August 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

NEWS OF THE WEEK

Hello Everyone,

Please remember that Whittlesea U3A's AGM is scheduled for MONDAY 5th SEPTEMBER at Epping RSL beginning at 10.00. This is your opportunity to ask questions and discuss issues of concern with both the outgoing 2022 committee and the new 2023. Please remember that there will be NO CLASSES on the morning of the 5th September and the office at Peter Lalor will be closed.

This week I have started an EVENTS CALENDAR. It will be updated every week and will include special events that are occurring in our calendar. If you are a tutor and have a special event you would like me to advertise please email me the information.

In this week's edition you will also notice that there are some changes to classes. These changes have been as a result of requests by tutors.

Thank you

Natalie Lim, Communication Manger/Course Coordinator

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

WHITTLESEA U3A AGM

This year the ANNUAL GENEREL MEETING is being held on Monday 5th of September (in place of the monthly morning tea). It will be held at EPPING RSL. beginning at 10.00. All members are welcome to attend. This is your opportunity to decide who will be part of the Committee for 2022/2023, and to ask any questions you might have about classes, programs, yearly costs etc. It is important you have your say. I have emailed all members information regarding Proxy votes, and committee positions so have a read of them when they arrive in your INBOX.

THERE WILL BE NO CLASSES ON THE MORNING OF MONDAY 5TH SEPTEMBER IN ANY VENUE. This will ensure that those tutors wishing to attend do not have teaching commitments.

A light morning tea will be provided and the bar is open. It would be appreciated if you could contact one of the following if you intend to attend so that we can make catering arrangements.:

Natalie Lim: 0412230561

Judy Cleary: 9464 1339 or 0404119189

The office at either May Rd or Peter Lalor: 9464 1339 or 0404 119 189

Kathy Lizio: 0414 925 567

Looking forward to seeing lots of you there.

CHANGES TO CLASSES

CHESS (John) – *this class will resume in Term 4*

TAI CHI ADVANCED LEVEL (Teresa) – *there will be no class this Tuesday (16th August)*

LINE DANCING PROGRAM – *Due a request by the line dancing tutor there have been some changes made to the line dancing program beginning from this week. The classes will be as follows:*

WEDNESDAY:

NAME OF CLASS: Line Dancing for Exercise (223WED11)
TIME: 10.30 – 12.00 (note the change of time)
TUTOR: Mia and Lillian

223WED10 – this class has been combined with 223WED11

THURSDAY:

NAME OF CLASS: Line Dancing for Beginners (224THU33)
TIME: 10.00 – 11.00
TUTOR: Cathy and Tita
LOCATION: French Street Hall, French St Lalor

NAME OF CLASS: Line Dancing for Experienced Dancers (224THU31)
TIME: 15.30 – 17.00
TUTOR: Elaine
LOCATION: French Street Hall, French St Lalor

If you enrol in this class you will be put on a waiting list and the tutor will contact you.

FRIDAY:

NAME OF CLASS: Line Dancing for Exercise 1 (225FRI07)
TIME: 9.45—10.45
TUTOR: Cathy and Tita
LOCATION: Epping Memorial Hall

NAME OF CLASS: Line Dancing for Exercise 2 (225FRI08)
TIME: 11.00—12.00
TUTOR: Cathy and Tita
LOCATION: Epping Memorial Hall

NAME OF CLASS: Line Dancing for Fun (225FRI16)
TIME: 10.30—12.00
TUTOR: Mia and Lillian
LOCATION: Epping Activity Community Centre, 378 Findon Rd. Epping

AS YOU CAN SEE Whittlesea U3A has quite a number of line dancing classes. They are very popular and very well attended. If you would like to start a new line dancing class or know of someone who is interested in leading another class please contact the class coordinator for information. We are especially looking for classes on Monday and Tuesday as venues become available Please contact me if you have any queries regarding any of these activities.

Natalie Lim Course Coordinator - communication@whittleseau3a.org.au (0412 230 561)

DO YOU NEED HELP CLAIMING THE STATE GOVERNMENT \$250 POWER SAVING BONUS

The State Government's \$250 Power Saving Bonus one off payment is available for all households and applications need to be completed through their website. Kathy has offered to help members putting in a claim assisting them with the process of comparing energy providers. She is also available to assist members to fill out the form electronically and to explain the whole process. Kathy is available on Thursdays between 9.30 and 12.30 pm at the Thomastown Lalor Seniors Citizens Hall May Road Lalor. It is essential that you contact Kathy on 0414 925 567 to make an appointment. Also remember to bring a current electricity bill with you to the session. Other sessions will be organised at different locations later in the year.

WHITTLESEA U3A HAS A FACEBOOK PAGE

Whittlesea U3A has a Facebook page which we would love all members to like. New posts will be made on a regular basis advertising current events and classes. Photos will also be included.

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

WALKING FOOTBALL – LADIES 224THU24 & MEN 224THU25 TEAMS

Walking Football (Soccer) lead by Mick is an easy exercise indoor activity held on Thursday at Epping Leisure Centre (YMCA) Miller Street Epping. The sessions begin at 9.30 for the ladies/mixed and 11.00 at the men. No experience needed and the focus is non contact team exercise.

Why not give it a go next Thursday and join in the fun.

LEPRECHAUN TRIVIA AFTERNOON

If you have a Monday afternoon free why not join Patrick and his Trivia Group at Peter Lalor Campus for a fun time with friends. Leprechaun Trivia is on the 2nd and 4th Monday of the month beginning at 1.00pm. there is plenty of room and all are welcome.

THANK YOU

We would like to thank the following groups (local businesses and others) who with **Harcourts Rata and Co (Donated \$1000)** and **Football Victoria (Donated the teams' uniforms)** have assisted our Walking Football team get to the Masters' Games at the Gold Coast in November. We hope that you can support these companies too.

Casa D'Abruzzo Club (\$500)

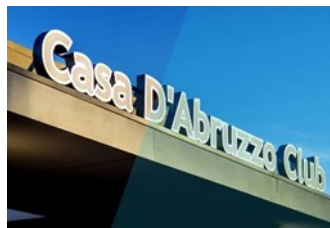
55 O'Herns Rd,

Epping 3076

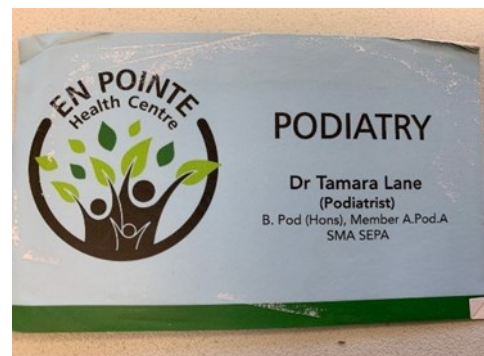
Melbourne, Victoria

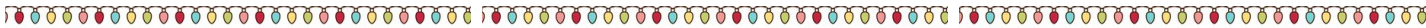
Phone us on: [\(03\) 9401 4452](tel:0394014452)

<https://www.casadabruzzoclub.com/>



En Pointe Podiatry donated \$250





CODE: 221MON30

END OF YEAR LUNCH - MEMBERS

Leader Natalie Lim

Date Monday 5th December 2022

Time 11.00am to 3.00pm

Cost \$30 members

Location Epping RSL Harvest Home Rd Epping

Description This End of Year Activity is being organised to celebrate all the achievements of 2022. It includes a 3 course seniors' meal with soft drinks and tea and coffee. The cost is \$30 for members. Why not enrol and come and have fun with friends and fellow members. Join in the games, prizes, raffles, great food and hopefully we will also have a visit from Santa himself. Non member friends or family can also attend. They can enrol in **221MON31**. See the next ad.

ENROL NOW AND PAY \$30 BY THE BEGINNING OF OCTOBER.

Please contact the office or course coordinator if you need help to enrol

CODE: 221MON31

END OF YEAR LUNCH - NON- MEMBERS

Leader Natalie Lim

Date Monday 5th December 2022

Time 11.00am to 3.00pm

Cost \$30 members + \$5 to enrol into Whittlesea U3A

Location Epping RSL Harvest Home Rd Epping

Description If you are a non member and would like to join family and friends celebrating the End of Year you will need to contact the office or the class coordinator. There will be a cost of \$5 on top of the \$30 for the lunch. Enrolment is simple we only need your name and contact details.

ENROL NOW AND PAY \$30 BY THE BEGINNING OF OCTOBER.

Remember to please contact the office or course coordinator who will be able to help you to enrol

CODE: 223WED28 - END OF YEAR LINE DANCING SOCIAL

Leader Variety of Tutors

Date Wednesday 7th December 2022

Time 1.00pm to 5.00pm

Cost Gold coin donation for Members and \$5 + gold coin donation for non members

Location Epping Memorial Hall

Description. This End of Year Activity is being organised to celebrate all the achievements of 2022 with a line-dancing social. It is open for both members and non members. Members need to enrol in the class and give a gold coin donation when they attend the event. Non members need to pay a gold coin donation plus \$5 when they get to the venue. Non members don't need to be registered. Just bring them along and they can pay on the day. Could everyone also bring a plate for afternoon tea (the charge is to cover costs like tea and coffee etc.)?

Please contact the office or course coordinator if you need help to enrol



MOVE TO NEW PORTABLES AT PETER LALOR CAMPUS

As mentioned last week we will be moving to new section of Peter Lalor Campus. We are hoping that the move will be during the coming term holidays and we will start Term 4 in this new area. The area has its own built-in toilet facilities, kitchen and ramp. During the next few days I will be contacting tutors with classes at Peter Lalor to discuss the move further. Once we move directions will be sent to all members but they are just a little distance further down from the current location – in fact the next main gate down on Robert Street. We will be in these buildings until the final refurbishment of Peter Lalor is completed which is estimated to be in 2024

WALKING BASKETBALL – COME AND TRY DAYS

Mill Park Basketball Stadium is trialling a WALKING BASKETBALL PROGRAM. The program requires no basketball skills and has been played in other regions by people (mainly seniors) with various walking abilities. It is for both men and women and the rules ensure no contact and a safe playing area.

The first session is on Monday 29th August, followed by Wednesday 31st and then Friday the 2nd of September. They are all between 10.00 and 11.00. These are all come and try days and the centre is hoping that the actual program will start in Term 4. There is no cost and I have been told it is a lot of fun. There is no cost to these sessions.

The location will be Mill Park Basketball Stadium situated at The Stables Shopping Centre, Mill Park. I have included a couple of links of videos showing what walking basketball is all about.

<https://www.youtube.com/watch?v=wAOqURx3y8w>

<https://www.youtube.com/watch?v=erHWv--IL4>

If you are interested just go to Mill Park Basketball Stadium and you will be greeted at the door by a member of the team who will be able to help.

<https://yprl.spydus.com/cgi-bin/spydus.exe/ENQ/WPAC/EVSESEQ?SETLVL=&RNI=431800>



[Science Week: A Taste of Technology | Yarra Plenty Regional Library](#)

Come and have a play with our technology this Science Week! Immerse yourself in virtual worlds and experiences, get your photo taken with our green screen, and discover media conversion of videos...

yprl.spydus.com

SPECIAL EVENTS—Terms 3 & 4 2022

DATE	EVENT	LOCATION
AUGUST 2022		
Thursday 18 th @ 12.30pm	Walking Football Meeting – Masters' Games participants	Epping Leisure Centre
SEPTEMBER 2022		
Monday 5 th @ 10.00am	Whittlesea U3A AGM – all members encouraged to attend	Epping RSL.
Thursday 8 th @ 10.00am	R U Ok Day – Walking Football + all interested Whittlesea U3A members	Epping Leisure Centre
Friday 16 th	End of Term 4	
OCTOBER 2022		
NOVEMBER 2022		
Thurs 10 th - Sun 13 th	Pan Pacific Games - Walking Football Teams	Gold Coast Queensland
DECEMBER 2022		
Friday 2 nd December	Official end of the year for Whittlesea U3A - some classes continue after this date.	Various Locations
Monday 5 th December @11.30	End of Year Lunch Celebration for both members (\$30) and non members (\$35)	Epping RSL
Wednesday 5 th December from 13.00 to 17.00	End of Year Line dancing Social for both members (gold coin donation) and non members (\$5 + gold coin donation)	Epping Memorial Hall
JANUARY 2023		
Monday 30 th January @ 11.00	Tutor Lunch - Thank you lunch for tutors of 2022	Epping RSL
FEBRUARY 2023		
Monday 6 th	Official Beginning to Term 1 2023	