

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 28 - 28th 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,

There is a great deal of information in this week's WOTZON which will be of interest to many of you. You will notice I have included 2 pages on the line dancing program at Whittlesea U3A. The tutors met and together we have organised a program that I think is excellent and a big thank you has to go to all of them for their hard work and desire to make line dancing available to as many people as possible. Read the information carefully. There are two new classes on Wednesday which may be of interest. Please remember DO NOT enrol in classes (especially line dancing) which run at the same time as you are taking the place of some one else. There is also information about other programs which are running over the next few weeks.

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 **CLOSED MONDAY 5TH SEPTEMBER**

MAY ROAD CAMPUS

TUESDAY 11.00AM TO 4.00PM & THURSDAY 10AM TO 4PM

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 list of classes not on Monday 5th of September have been included.

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.

ATTENTION ALL LINE DANCERS AND POTENTIAL LINE DANCERS AT WHITTLESEA U3A

The line dancing program at Whittlesea U3A has been adjusted to ensure that all members wishing to take these classes can find one to meet their needs. This change includes the addition of two new classes. We are hoping to add more classes into term 4 once venues become available.

It is important that you enrol in the class you want as some venues have very strict number restrictions. Tutors have been asked to ensure members are formally enrolled so we would appreciate it if all participants would help them by **NOT ATTENDING** a class they are not enrolled in. You will notice that some of the classes are waitlisted. This is only due to their popularity and the capacity of the venue. If you are waitlisted for a class the class coordinator will notify you as soon as a vacancy is available. **TO MAKE IT FAIR TO ALL MEMBERS PLEASE DO NOT ENROL IN 2 CLASSES THAT RUN AT THE SAME TIME - WHETHER THEY ARE 2 LINE DANCING CLASSES OR A LINE DANCING CLASS AND ANOTHER CLASS. THIS CUTS DOWN ON THE NUMBER OF AVAILABLE PLACES FOR MEMBERS.**

Please have your current Whittlesea U3A badge with you as you may be asked to show it by the tutor or assistant when checking in. *Contact me if you have any questions regarding the classes so I can assist you to enrol.* Thank you to all participants for your assistance and I hope you enjoy the program.

THE LINE DANCING PROGRAM FOR THE REST OF 2022 IS AS FOLLOWS
(MEMBERS WILL BE NOTIFIED IF ADDITIONS/CHANGES OCCUR):

WEDNESDAY CLASSES

EPPING MEMORIAL HALL

LINE DANCING FOR EXERCISE #1 223WED11

TIME: 10.30 to 12.00 TUTORS Mia and Lillian

This is a line dancing class covering BEGINNERS TO INTERMEDIATE. New steps will be introduced throughout the session. It is not really suitable for advanced dancers [Class capacity 100]

FRENCH STREET HALL

LINE DANCING ADVANCED 223WED29 (NEW CLASS)

TIME: 10.00 to 11.00 STARTING Wednesday 7TH September TUTOR Elaine

This is the line dancing session for ADVANCED AND EXPERIENCED DANCERS. No teaching will be provided [Class capacity 40]

LINE DANCING FOR EXERCISE #2 223WED30 (NEW CLASS)

TIME: 11.00 to 12.00 STARTING Wednesday 7TH September TUTOR Elaine

This is a Line Dance session for those wishing to get a good workout whilst dancing. No teaching will be provided and the session is fast pace and suitable for all levels other than beginners [Class capacity 40]



THURSDAY

FRENCH STREET

LINE DANCING FOR BEGINNERS 224THU33

TIME: 10.00 to 11.00 TUTORS Cathy and Tita

This is a BEGINNERS CLASS. The pace is slow as the tutor teaches the participants new steps and adapts them to different music. As this class is for beginners only it would be appreciated if those who know how to line dance do not enrol. At this stage this class is almost full. [Class capacity 40]

LINE DANCING FOR EXPERIENCED DANCERS 224THU31

TIME: 3.30PM to 5.30PM TUTOR: Elaine

This is an ADVANCED CLASS where participants dance to music at a quick pace. There is no teaching or instructions given. Please do not enrol in this class if you are starting line dancing for the first time as you will find it difficult to follow. [Class capacity 40]

REFER TO THE NEXT PAGE FOR FRIDAY'S PROGRAM

FRIDAY

EPPING MEMORIAL HALL

LINE DANCING FOR EXERCISE 1 225FRI07

TIME: 9.45 to 10.30 [note change of time]

TUTORS Cathy and Tita

This is a slower paced class suitable for BEGINNERS or someone wanting to review the steps. The tutors will both call and teach some steps as they work through the music [Class capacity 100]

LINE DANCING FOR EXERCISE 2 225FRI08

TIME: 10.45 to 11.45

TUTORS Cathy and Tita

This class is more suitable to the INTERMEDIATE DANCER however BEGINNERS can also give it a go. Some music will be fast paced. Calling and instructions will be provided as appropriate. This class may not be suitable for the super advanced dancer however everyone is welcome to enrol. [Class capacity 100]

EPPING ACTIVITY COMMUNITY CENTRE

LINE DANCING FOR FUN 225FRI16

TIME: 10.30 to 12.00

TUTORS: Mia and Lillian

This is a general Class suitable for BEGINNERS TO INTERMEDIATE. The focus of the class is a combination of teaching and exercise through dance. At this stage this class is full so you will be waitlisted if you enrol. If waitlisted you will be notified when a place becomes available. Please do not attend the class if you are waitlisted [Class capacity 35]



LINE DANCING POINTS TO REMEMBER

1. Always enrol in the class you want to attend.
2. If you are waitlisted in a class wait for confirmation that a place is available for you.
3. Have your current 2022 name badge for confirmation and take it with you to class. Badges can be emailed to you from the office if you need one. A tutor may ask to see it.
4. Please DO NOT take a friend to class unless they are a member of Whittlesea U3A and enrolled in the class
5. All line dancing classes will operate during the school holidays unless the tutor or course coordinator informs you otherwise.
6. All line dancing classes will end on the 9th December and then there will be some summer classes on the 9th and 16th January for the 2022 classes. These classes will be available if members wish to attend. Further information will be provided closer to the end of the year.
7. Have fun and keep dancing

WHAT YOU NEED TO DO IF YOU ARE GOING TO BE ABSENT FROM A CLASS

Hello Everyone some of the tutors have noticed that there are a large number of members enrolled in classes who do not inform the tutor that they are not attending a class and simple not show up week after week. Please remember that if you do not attend a class without informing us on 3 consecutive weeks you may be removed from that class especially if the class is full and there is a waiting list. We understand that people get ill or have appointments etc. All we are asking is you notify the tutor, or the class coordinator, or the office, or register your absence rather than not showing up.

WHITTLESEA U3A HAS A FACEBOOK PAGE

Whittlesea U3A has a Facebook page which we would love all members to like. The number of likes is increasing and new posts will be made on a regular basis advertising current events and classes. Photos will also be included. If you are a tutor and would like to have your class advertised or a member and have taken a photo of an activity why not send it to me and I will ensure it is place in the page.

PLEASE REMEMBER that if you want to include photos taken of members make sure you have their permission

The following classes will be cancelled on Monday 5th September due to the AGM

221MON02 Crochet	Peter Lalor Campus	Freda Delia	Mon	11:30
221MON07 Indoor Walking Aerobics	French St Hall Lalor	Mary Leeds	Mon	12:40
221MON08 Scrabble	Mill Park Com Centre	Joan Delbridge	Mon	10:30
221MON12 Tai Chi & Qigong	French St Hall Lalor	Phu Phan	Mon	9:00
221MON13 Yang Tai Chi 24 Form	French St Hall Lalor	Phu Phan	Mon	10:15
221MON14 Wu Tao Dance with Meditation	Riverside Community	Maria Veerasamy	Mon	13:30
221MON15 Tai Chi Sword for Health	French St Hall Lalor	Phu Phan	Mon	11:30
221MON24 Beginners Tai Chi for Health	Riverside Community	Maria Veerasamy	Mon	14.45
221MON25 Computers for Advanced Beginners	Thomastown Library	Ben Caruana	Mon	10.30
221MON27 Tai Chi Bo Staff	French St Hall Lalor	Phu Phan	Mon	12:00

W U Tao Dance with Meditation and Beginners Tai Chi will be on this Monday (29th September) as normal and then will return in Term 4.

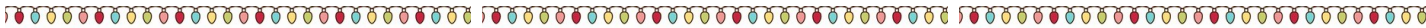
Getting Started on the Aged Care Journey

Thinking about care options but don't know where to start? CareAbout has helped thousands of families navigate their aged care journey.

Download their free [step-by-step guide](#) or call one of CareAbout's Care Advisors on 1300 721 855 for a free consultation.

CONGRATULATIONS TO THE WHITTLESEA U3A CHOIR AND UKULELE GROUP

As part of the Seniors' Week Celebrations the WU3A Choir and Ukulele group will be performing at The Edge theatre, Federation Square, on Sunday the 2nd of October 2022. According to the program they will be performing at 3.00pm. We are hoping that as many Whittlesea U3A members as possible can attend. Look up the information on page 15 of the "Victorian Seniors Festival" booklet.



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



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.

RU OK DAY – Thursday 8th September

This year Whittlesea U3A is going to take part in this NATIONAL MENTAL HEALTH AWARENESS DAY. We will be conducting activities at the YMCA, Millers Rd Epping.

THE PROGRAM WILL BE AS FOLLOWS:

COME AND TRY:

- TENNIS AT 9.00 – meet DOMENIC
- WALKING FOOTBALL LADIES AT 9.30 – meet MICK
- WALKING FOOTBALL MEN AT 11.00 – meet MICK
- TAI CHI with MARIA AT 11.15

INFORMATION TABLES WILL BE AVAILABLE FROM:

- ◇ Whittlesea U3A
- ◇ DPV Health
- ◇ City of Whittlesea
- ◇ YMCA

There will be a **PUTTING MAT TO PRACTISE AND SKILL UP YOUR GOLF** – this will be on all day.

PHYSIOTHERAPISTS will be on site to provide information about body strength and fitness as well as providing some warm up exercises.

PLUS MORNING TEA WILL BE PROVIDED.

The event is between 9.00 and 1.00pm on Thursday 8th September at YMCA, Miller Street Epping, so why not drop in and support the groups.

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 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, Redleap Ave, 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--lL4>

If you 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.



Come & Play!

Wednesday 31st August
Friday 2nd September

10am to 11am
Mill Park Stadium
FREE OF CHARGE
Morning Tea provided

Open to all!

For further information call 9404 1999

SCAN HERE TO REGISTER



SPECIAL EVENTS—Terms 3 & 4 2022

DATE	EVENT	LOCATION
AUGUST 2022		
Wednesday 31st @ 10.00	Walking Basketball Come and Try Day - All Welcome	Mill Park Basketball Stadium
SEPTEMBER 2022		
Friday 2nd @ 10.00	Walking Basketball Come and Try Day - All Welcome	Mill Park Basketball Stadium
Monday 5 th @ 10.00am	Whittlesea U3A AGM – all members encouraged to attend	Epping RSL.
Monday 5 th @ 10.00am	Peter Lalor Office closed - AGM	Peter Lalor Campus
Monday 5th @ 10.00am	NO CLASSES IN THE MORNING DUE TO AGM	ALL VENUES
Thursday 8 th @ 10.00am	R U Ok Day – Walking Football + all interested Whittlesea U3A members	Epping Leisure Centre
Monday 12 th @ 10.00am	Committee meeting (First meeting of 2022/2023 Committee)	Peter Lalor Campus
Friday 16th	End of Term 4	
OCTOBER 2022		
Monday 10 th @ 10.00am	Committee meeting	Peter Lalor Campus
NOVEMBER 2022		
Monday 14 th @ 10.00am	Committee meeting	Peter Lalor Campus
Thurs 10th - Sun 13th	Pan Pacific Games - Walking Football Teams	Gold Coast Queensland
DECEMBER 2022		
Friday 2nd	Official end of the year for Whittlesea U3A - some classes continue after this date.	Various Locations
Monday 5 th @11.30	End of Year Lunch Celebration for both members (\$30) and non members (\$35)	Epping RSL
Wednesday 7 ^h 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
Friday 9th	Line Dancing classes finish by this date (other than summer school)	Various venues
JANUARY 2023		
Monday 30th @ 11.00	Tutor Lunch - Thank you lunch for tutors of 2022	Epping RSL
FEBRUARY 2023		
Monday 6th	Official Beginning to Term 1 2023	