

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 2 - 29th January 2023



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

CLASSES BEGIN THIS WEEK

Hello Everyone,

*For those of you who did not receive the WOTZON last week welcome to 2023. Remember that **MOST CLASSES WILL BE STARTING THIS WEEK - TUESDAY 31ST JANUARY.***

By now those of you who are active (paid your yearly subscription) would have received your welcome pack which included your badge and the classes you are enrolled in. Most members with email address have had their packs emailed (please check your junk/spam if you cannot find it). Others would have received it in the ordinary mail but it might be a little late as Thursday was a holiday. If you cannot find it please contact the office next week and they will take note of your details. The emails were sent out on Monday 23rd and the ordinary mail on Wednesday 25th.

The office will start opening on a regular basis beginning from Tuesday 31st January - check the times below. Your subscriptions can be paid both at the May Rd and Peter Lalor Offices during opening times.

Also don't forget that our first morning tea is on MONDAY 6TH FEBRUARY. It would be great if we could get a huge crowd.

Once again welcome to 2023 and see you at the morning tea if not before.

Natalie Lim, Communication Manger/Course Coordinator
communication@whittleseau3a.org.au (0412 230 561)

OFFICE HOURS for WEEK BEGINNING MONDAY 30TH JANUARY

PETER LALOR CAMPUS

CLOSED: MONDAY 30TH JANUARY

OPENED : TUESDAY, WEDNESDAY, THURSDAY: 10.00 to 1.00 pm

CLOSED: FRIDAY

MAY ROAD CAMPUS

OPENED: TUESDAY 31st JANUARY 1.00PM TO 4.00PM

OPENED: THURSDAY 10am to 4pm

Subscriptions can be paid at the office.

You can also have your badge printed and if you are a new member pick up your lanyard

FIRST MONTHLY MORNING TEA OF THE YEAR TO BE HELD AT

EPHING RSL ON MONDAY 6TH FEBRUARY.

This year to help up cover the cost of the morning tea we are asking those who attend to donate a gold coin. The morning tea provides lots of information about our program and classes. It is also a great opportunity to ask questions and just to talk to friends. Looking forward to seeing many more members there.

231MON18 FEEL WELL, BE WELL**NEW TUTOR:** Pattie Nenadich**START DATE:** Monday 06/02/2023**TIME:** 9.30 to 10.30 WKLY**LOCATION:** THOMASTOWN library
Main Road Thomastown

DESCRIPTION: This is an exercise to dancing class. The tutor Pattie, new to Whittlesea U3A uses music to get participants exercising at their own pace and level. It is a fun and light-hearted class aimed at getting the heart pumping and the legs moving.

234THU35 BOOK DISCUSSION MILL PARK LIBRARY**MONTHLY ACTIVITY – 1st Thursday of the Month****TUTOR:** Jan Marshall**START DATE:** 2nd February **TIME:** 1.00pm to 3.00pm **MONTHLY****LOCATION:** Mill Park Library, Plenty Rd Mill Park

DESCRIPTION: The group meets on the first Thursday of the month in the Make a Space Room of the library. They read and review a book supplied by the library. Great opportunity for conversation with a few laughs.

As advertised last week here are some great new classes for 2023 which occur regularly

234THU25 FILM AND BOOK DISCUSSION**TUTOR:** Christiane Gemayel **START DATE:** 2nd February **TIME:** 10.30 to 12.30 Fortnightly activity**LOCATION:** Lalor Library, May Rd Lalor

DESCRIPTION: Seen an exciting film or read a book worth sharing with a group of friends. This activity is just that. Meeting weekly the group will discuss books they have read and maybe even loan them out to those interested. Films will also be discussed. This will be done by either watching the film as part of the session or discussing a film you have already seen. This is a very casual activity where the focus is talking with friends in a friendly and light hearted environment.

Popular class from 2022 with a new time/location

236SAT03 WELL BEING STEPS**START DATE:** Saturday 11/02/2023 (occurs fortnightly)**TUTOR:** Maria Veerasamy**TIME:** 8.30 – 9.30 - FORTNIGHTLY**LOCATION:** ONLINE

DESCRIPTION: This ZOOM class called Well Being Steps is a class discussion on how to practise and maintain good health using the steps of CONNECT; BE ACTIVE; KEEP LEARNING; BE AWARE; and HELP OTHERS. Included in the class will be a time for physical exercise and mindful breathing practice.

236SAT02 REFLEXOLOGY FOR HEALTH**START DATE:** Saturday 04/02/2023 (occurs fortnightly)**TUTOR:** Maria Veerasamy**TIME:** 8.30 – 9.30 - FORTNIGHTLY**LOCATION:** ONLINE

DESCRIPTION: Reflexology for Health is a learning class covering self - care hand exercises, basic face, hand and foot massage and an introduction to Reflexology.

232TUE23 FRENCH CONVERSATION**START DATE:** Tuesday 07/02/2023 **TUTOR:** Christiane Gemayel **TIME:** 14.00 – 15.00 - Wkly**LOCATION:** Lalor Library, May Rd Lalor

DESCRIPTION: This is a French conversation class where participants practise their French to become more proficient. Topics discussed will include travel, cooking, books etc. If you are interested in this class you will need to have some knowledge of the language – spoken only – and be able to carry on a conversation in French. It would be a great class if you were planning an overseas French holiday. **PREREQUISITE:** Able to speak French to some degree

Return of old favourites. Why not give them a try!

232TUE21 BASIC BEE KEEPING

1 day activity on Tuesday 28th

February

TUTOR: Frank Ciechomski

TIME: 12.00 – 1.30pm

LOCATION: Peter Lalor Campus

DESCRIPTION: This activity sees the return of a popular one held a number of years ago. Frank, our resident bee keeper, accompanied by his bees, discusses the history of beekeeping, life cycle of bees, how a queen is chosen and her role in maintaining the hive and the collection of honey. It is a very informative and interactive activity.

232TUE09 JEWELLERY MAKING

START DATE: Tuesday 07/02/2023

TUTOR: Christina Stamatopoulos

TIME: 9.15 – 11.00 -Fortnightly

LOCATION: Mill Park Community Centre
Cnr Blamey Ave & Mill Park Drive Mill Park

DESCRIPTION: Learn to make simple jewellery using both natural material, cord, bought beads, elastic, and pearls. Tutor will discuss with participants the tools needed for the activity. There may be a small cost involved depending on materials used. The jewellery made will include bracelets, necklaces, earrings and rings. **REQUIREMENTS:** Some tools may be needed. This will be discussed at the beginning of the session

231MON13 CANASTA/SAMBA CARDS

START DATE: Monday 09/02/2023 (has been on all through the break)

TUTOR: Flo Majewski

TIME: 12.00 – 1.00pm Wkly

LOCATION: Thomastown Library Community
Room 2/52 Main Street Thomastown

DESCRIPTION: Samba card game is closely related to Canasta but it introduces a couple of variations that make the game much more enjoyable. Sessions will continue through the school holidays.

23TUE08 BOCCE

START DATE: Tuesday 31/01/2023

TUTOR: Michele Patane

TIME: 13.00 – 16.00 -Wkly

LOCATION: May Rd Campus Senior Citizen's Club 2b May Road
Lalor

DESCRIPTION: Bocce, also known as Italian lawn bowling, is one of the most widely played games in the world. The group meets for some competitive fun and exercise.

REQUIREMENTS: Some tools may be needed. This will be discussed at the beginning of the session

23THU34 CARPET BOWLS

START DATE: Thursday 09/02/2023

TUTOR: Ron Gorely

TIME: 13.00 – 15.00 -Wkly

LOCATION: May Rd Campus Senior Citizen's Club 2b May Road Lalor

DESCRIPTION: Two teams compete against each other to score the most points in two hours (e.g. closest to the little white ball). It's good fun and good exercise.

231MON09 SCRABBLE

START DATE: Monday 06/02/2023

TUTOR: Joan Delbridge

TIME: 10.30 – 13.30 -Wkly

LOCATION: Mill Park Community Centre Cnr Blamey Ave & Mill Park
Drive Mill Park

DESCRIPTION: Have a way with words, then you will love playing Scrabble with friends.

233WED03 HAND SEWING FOR UNFINISHED PROJECTS

START DATE: Wednesday 01/02/2023

TUTOR: Joh Griffin

TIME: 11.00 – 14.00 - Wkly

LOCATION: Janefield Community Centre 2
Manchester Cres. Bundoora

DESCRIPTION: Bring your unfinished objects/ projects of sewing to complete them in a friendly and inclusive social environment

Brand new one day activities

23MON10 MENTAL ILLNESS, PRESENT AND FUTURE

START DATE: Monday 20/03/2023

TUTOR: Michele Patane

TIME: 13.00 – 15.00 -

LOCATION: Peter Lalor Campus

DESCRIPTION: The class will be a 2hr discussion on Mental Illness signs, types and management

232TUE25 MANAGING SLEEP AND FATIGUE

START DATE: One day activity on Tuesday 28/03/2023

TUTOR: Peter Cleary

TIME: 10.00 – 11.00 -

LOCATION: Peter Lalor Campus, 34 Robert St Lalor

DESCRIPTION: Managing Sleep and Fatigue is an information session run by Bolton Clarke for those who have trouble sleeping and wake up fatigued without really knowing why. Practical handouts will also be provided to refer to at a later date.

232TUE24 FIRST AID

START DATE: One day activity on Tuesday 21/02/2023

TUTOR: Peter Cleary

TIME: 10.00 – 11.00 -

LOCATION: Peter Lalor Campus, 34 Robert St Lalor

DESCRIPTION: This class conducted by Bolton Clarke provides you with basic information on First Aid. There will be an opportunity for questions at the end. It is a great opportunity to listen and be part of a great information and practical session. Practical handouts will also be provided to refer to at a later date.

ANNUAL LABOUR DAY Whittlesea U3A PICNIC

231MON07 ANNUAL LABOUR DAY PICNIC

1 day activity on Monday 13th March

TUTOR: Marion Gaylard

TIME 9.00

LOCATION: Hawkstowe Park, Gordons Road, South Morang (Melways I83H8)

DESCRIPTION: This is the Whittlesea U3A Annual Labour Day Picnic hosted by Marion. Starting at 9.00 am participants stay talking until they have all had enough. B.Y.O. Everything. Food chairs drinks and whatever it takes to have a good time.

EXPRESSION OF INTEREST SOUGHT FOR A PROPOSED SWIMMING PROGRAM AT EITHER MILL PARK LEISURE CENTRE AND/OR TRAC.

- We are in negotiations to restart the swimming activity for members of Whittlesea U3A. This would be a weekly supervised Water Aerobics lesson of approximately 45 minutes to one hour. The cost would be around \$5/week as long as you are an active Whittlesea U3A member. The staff at the centres will be asking to see the current badges of the participants. The sessions would be either held on Tuesday or Thursday in the morning.
- If you would be interested in taking these weekly lessons please contact either myself (on 0412 230 561) or the office (9464 1339 or 0404 119 189) to register your interest.

**If you are interested in this activity it is in our calendar -
231MON23 so don't forget to enrol.**



City of
Whittlesea

Social Exercise and Walking Football Program

For ages
50 and
over

Men and women of all abilities are welcome to come and try!
Fun gentle exercises, games and walking football training.
Exercises are easy to do and slow paced. No running required.

Ability Level: Beginners (non competition)

Date: Every Monday (during school terms)

Times: 10.00am - 12.00pm

Bookings: Please phone the Positive Ageing Team on
9407 5940 or email leap@whittlesea.vic.gov.au

Ability Level: Regular experienced and social competition

Date: Every Thursday (during school terms)

Times: Women - 9.30am-11.00am and
Men - 11.00am-12.30pm

Bookings: Please phone Whittlesea U3A on
0418 137 631 or email info@whittleseau3a.org.au

Venue: The Y Leisure City, 41-53 Miller Street Epping

Cost: \$2.00 per day

What to bring: Comfortable clothing, runners or
indoor soccer shoes (no black soles)

COVID19 health and safety rules apply



Free telephone interpreter service



131 450

In partnership with:



**WALKING
FOOTBALL**

A place for all

whittlesea.vic.gov.au

CALENDAR OF MAIN EVENTS—Term 1 2023

DATE	EVENT	LOCATION
JANUARY 2023		
Monday 30th @ 11.00	Volunteer Lunch - Thank you lunch for volunteers of 2022	Epping RSL
Tuesday 31st	Official Beginning to Term 1 2023	Various Locations
Tuesday 31st	May Road office opened	May Rd Office
FEBRUARY 2023		
Monday 6th @10.00	First Morning Tea for 2023	Epping RSL
Monday 13th @ 10.00	Committee Meeting	Peter Lalor Campus
MARCH 2023		
Monday 6th @ 10.00	Whittlesea U3A Morning Tea	Epping RSL
Monday 13th	Labour Day Holiday	
Monday 13th @9.00	Whittlesea U3A Labour Day Picnic	Hawkstowe Recreation Reserve
Monday 20th @ 10.00	Committee Meeting	Peter Lalor Campus
APRIL 2023		
Monday 3rd @ 10.00	Whittlesea U3A Morning Tea	Epping RSL
Thursday 6th	End of Term 1	
Friday 7th - Monday 10th	Easter Public Holidays	
Tuesday 25th	ANZAC Day - Public Holiday	No classes