

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 3 - 5th February 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

ANOTHER GREAT START TO THE YEAR

Hello Everyone,

We have had another great start to the Whittlesea U3A 'school year'. Classes have been well attended and participants excited about what 2023 will bring.

PLEASE REMEMBER:

1. If you are WAIT LISTED in a class please DO NOT ATTEND until you are notified. The Welcome Pack which is sent out to you when you enrol (most were sent out on the 23rd January) outlines which classes you are either waitlisted or enrolled in. Please check this. You can either contact myself or the office if you have any queries.
2. CLASS ABSENCES - please fill in the absence register or notify the office for assistance if you are going to be absent from a class. It is important that we keep tutors informed of absences as they spend a lot of time organising activities for members.

Thanks and hope you have a great week starting with the MORNING TEA tomorrow (6th February) at Epping RSL. Although the office at Peter Lalor is closed tomorrow due to the Morning Tea, classes will run as normal and the buildings will be opened at 9.30

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

OFFICE HOURS for WEEK BEGINNING MONDAY 6th FEBRUARY

PETER LALOR CAMPUS

CLOSED: MONDAY 6TH FEBRUARY - MORNING TEA @ EPPING RSL

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

EPPING RSL ON MONDAY 6TH FEBRUARY starting at 10.00

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.

WAITING LISTS AND FULL CLASSES

You will be aware that as many of our classes grow in popularity they start to fill up and waiting lists may occur. We are constantly reviewing these lists with an aim to reduce them by either creating a new class or by increasing the number of participants in a class after discussion with the tutor.

WHY DO WE HAVE WAITING LISTS.

Waiting lists are an unfortunate result of popular classes and although we always try to remove them they occur from time to time. Whether it is an exercise class, line dancing class or computer class we create a maximum number of people for a class based on the following:

The total number which the tutor has asked us to put in their class

The capacity of the venue – how many people can **SAFELY** fit in a room when everyone, who is enrolled, is present. Even if classes have an number of absences every week we have to consider how many people would fit **SAFELY** if everyone attends. **This is a health and safety issue.**

The number of participants that the equipment (if used) can accommodate. If it is a computer class, for example, there may be limitations with computers etc.

PLEASE DO NOT ATTEND A CLASS IF YOU ARE ON A WAITING LIST. We try to review these lists regularly and either increase the numbers with the tutor (if the venue allows) or create a new class, if a new tutor is available. We thank all members for assisting us with this matter

Celebrating the hard work our volunteers do for all members at Epping RSL on Monday 30th January



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.

WALK AND TALK – MONDAY 6TH FEBRUARY

Margaret's Walk and Talk class which usually takes place at Westfield Shopping Centre will be moving this Monday morning due to the Morning Tea. Margaret will meet those of you who would like to walk AT EPPING RSL at around 9.00 where you will be able to walk around the grounds prior to the Morning Tea.

234THU22 WALKING FOOTBALL – LADIES

DATE/FREQUENCY: WEEKLY, Thursday

TUTOR: Gerry Fay

TIME: 19.30 – 11.00

LOCATION: YMCA Leisure City, 41-53 Miller Street, Epping

DESCRIPTION: THIS CLASS IS FOR LADIES Walking Football is a small sided, no contact, no running, modified version of soccer. It is suitable for all age groups over 50 and is inclusive of gender, ability and ethnicity. It is played in a safe, fun and social environment. There are many benefits of Walking Football including improved fitness, mobility and mental health.

COST \$2/week - towards venue hire

Suggestions of great classes to enrol in

234THU23 WALKING FOOTBALL – GENTLEMEN

DATE/FREQUENCY: WEEKLY, Thursday

TUTOR: Gerry Fay

TIME: 11.00 – 12.30

LOCATION: YMCA Leisure City, 41-53 Miller Street, Epping

DESCRIPTION: THIS CLASS IS FOR MEN Walking Football is a small sided, no contact, no running, modified version of soccer. It is suitable for all age groups over 50 and is inclusive of gender, ability and ethnicity. It is played in a safe, fun and social environment. There are many benefits of Walking Football including improved fitness, mobility and mental health.

COST \$2/week - towards venue hire

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.

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.

ONCE YOU ENROL THE TUTOR WILL SEND YOU THE ZOOM LINK

234THU35 BOOK DISCUSSION MILL PARK LIBRARY

MONTHLY ACTIVITY – 1st Thursday of the Month

TUTOR: Jan Marshall

TIME: 1.00om 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.

236SAT02 REFLEXOLOGY FOR HEALTH

**NEXT DATE: Saturday 18/02/2023
(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.

ONCE YOU ENROL THE TUTOR WILL SEND YOU THE ZOOM LINK

234TUE31 FILM AND BOOK DISCUSSION DAY/TIME CHANGE

TUTOR: Christiane Gemayel NEXT DATE: 14th February

TIME: 10.00 to 12.00 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.

234THU03 LINE DANCING - FOR EXPERIENCED DANCERS

DATE/FREQUENCY: WEEKLY, Thursday

TUTOR: Elaine Bateman

TIME: 15.30 – 17.00

**LOCATION: Lalor Learning Centre French Street Hall 47a
French Street Lalor 3075**

DESCRIPTION: This line dancing class is for experienced dancers. It is NOT a beginners class and no teaching will be provided. This activity is for experienced dancers and the tutor will be focussing on Level 3 dancing.

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

CALENDAR OF MAIN EVENTS—Term 1 2023

DATE	EVENT	LOCATION
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