

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 4 - 12th 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

NEWS OF THE WEEK

Hello Everyone,

*Another new exercise class with another new tutor was added to the calendar this week. Aaron, our latest tutor to Whittlesea U3A is starting a Body Weight and Strengthening Exercise class **233WED21** at Thomastown Library, community rooms. The class, starting on Wednesday the 22nd of February between 9.00 and 10.00 has limited availability so enrol quickly in order to guarantee a place. We also have the single sessions with one of our favourite tutors, Frank, talking about Bees **232TUE2** and Bolton Clarke focusing on First Aid **232TUE24**. The First Aid session, to be held at Peter Lalor Campus, is the first in a series of health related talks that members will find very interesting.*

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

OFFICE HOURS for WEEK BEGINNING MONDAY 12th FEBRUARY

PETER LALOR CAMPUS

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

CLOSED: FRIDAY

MAY ROAD CAMPUS

OPENED: TUESDAY 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

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.

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.

ANNUAL LABOUR DAY Whittlesea U3A PICNIC

231MON07 ANNUAL LABOUR DAY PICNIC

DATE: Monday 13th March

TUTOR: Marion Gaylard

TIME: 9.00

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

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.

This event is always a lot of fun for those who attend.

233WED21 BODY WEIGHT AND STRENGTHENING EXERCISE

STARTING DATE: Wednesday 22/02/2023 (occurs WEEKLY)

TUTOR: Aaron Greschler

TIME: 9.00 – 10.00

LOCATION: THOMASTOWN LIBRARY COMMUNITY ROOMS

DESCRIPTION: This series of exercises, run by a new tutor, focus on upper body strengthening. Each participant works at their own level to improve their body weight and strengthening skills.

INFORMATION FROM TUTORS

Maria would like to inform the participants of her classes that she will need to cancel classes on the following days:

WU TAO 234THU27 / BEG. TAI CHI 234THU28 – RIVERSIDE CAC

Thursday 2nd March and Thursday 9th March

WELL BEING 236SAT03 AND REFLEXOLOGY 236SAT02 – ONLINE

Saturday 17th February, Saturday 25th February and Saturday 4th March

TAI CHI BEGINNERS LEVEL – RIVERSIDE CAC has been cancelled on
Tuesday 21st February

Singing for Joy and Ukulele at May Rd have been cancelled on Thursday
16th February

KNITTING GROUP – PETER LALOR CAMPUS has been cancelled on
Wednesday 15th February

CALENDAR OF MAIN EVENTS—Term 1 2023

DATE	EVENT	LOCATION
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

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