

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 5 - 19th February 2023



CONTACT DETAILS

For information regarding classes and information listed in this WOTZON please contact

Judy – 9464 1339 or 0404 119 189 or

Kathy - kathylizio30@gmail.com or 0414 925 567

NEWS OF THE WEEK

Hello Everyone,

Thanks to everyone for your thoughtful wishes for next week. Hope to be back by the end of March. Until then the contact details if you need assistance are:

JUDY – 0404 119 189: *Provide you with any assistance relating to your classes, membership, withdrawing from classes etc.*

ANNE, HEATHER & OTHER OFFICE STAFF - *During office opening times 03 9464 1339; Mobile 0404 119 189: Assisting you with general inquiries. Able to refer questions to other volunteers as needed. They are also available at Peter Lalor Campus Office in the times listed below.*

KATHY - kathylizio30@gmail.com ; 0414925567 - *Assisting with general questions you may have especially relating to classes and May Rd. She is also available on Tuesday afternoon at the May Rd Office and all day Thursday (with Jodie).*

Kathy will also be publishing the WOTZON for the next few weeks so tutors if you have any information you would like her to advertise please send it to kathylizio30@gmail.com

The info line, available on our website, info@whittleseau3a.org.au is always a great way to get in contact with us if you are not sure who to address your question to.

*Finally this edition of the WOTZON has some important information about new seminars to help you with the detection of SCAMS; new classes; change to class times and availability and also a list of classes not operating on certain dates as the tutor is not available. **Please remember** that tutors are volunteers and they lead Whittlesea U3A activities around their appointments and holidays so there will be times when classes/activities will need to be cancelled. In all cases the participants of the class will receive an official email/text or an email/text from the tutor. We also try to inform members in the WOTZON.*

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

NEED INFORMATION ABOUT WHITTLESEA U3A COURSES?

1. **FOLLOW THIS LINK FOR A SUMMARY OF OUR COURSES INCLUDING THOSE RECENTLY ADDED. [CLICK HERE](#)**
2. **FOLLOW THIS LINK TO SEE A DETAILED EXPLANATION OF ALL OUR COURSES ON THE WEBSITE. [CLICK HERE](#)**

OFFICE HOURS for WEEK BEGINNING MONDAY 20th 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

ARE YOU WORRIED ABOUT SCAMS

U3A Network Victoria and NBN have combined to create an online **SCAMS AWARENESS FORUM**. They will be a *series of seminars* suitable for everyone - those of you who are 'dabblers' on the internet to the experts.

To register for the first seminar on "HOW TO PROTECT YOURSELF FROM SCAMS WHEN 'SURFING THE INTERNET'" [CLICK HERE](#).

Oh and you do not have to be an Whittlesea U3A member so make sure you tell your friends.

Details will be sent to your email on how and when to attend the seminar using the zoom video from your computer.



INFORMATION FROM TUTORS

Please remember that the following classes lead by Maria have been cancelled.

- Wu Tao **234THU27** / BEG. TAI CHI **234THU28** – RIVERSIDE CAC
- Thursday 2nd March and Thursday 9th March
- WELL BEING **236SAT03** AND REFLEXOLOGY **236SAT02**– ONLINE
- Saturday 25th February and Saturday 4th March

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

ANTONIO'S CLASSES

Basic Computer, Tablet and Smartphone class on Tuesday 21st February has been cancelled

Italian Language Intermediate class and **Italian Culture and Language Advance** on Thursday 2nd March have been cancelled.

SHOUKRY'S CLASSES

Computer, Android and Social Media Activity on Monday 20th February has been cancelled.

Laptop Trouble Shooting Activity on Thursday 9th March has been cancelled.

CHANGE OF TIME

The following classes have had a time change. All participants have been notified by email. Please put the new time in your diary. Both classes have vacancies if you are interested in enrolling.

French Conversation classes with Christiane at Lalor Library on Tuesday. The time of this class has been changed to 12.00 to 1.00pm.

Excel Projects online classes with Oliver on Tuesday. The time of this class has been changed to 9.00 to 11.00. The zoom link is the same.

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.

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.

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.

NEW EXERCISE/HEALTH CLASS

231WED21 BODY WEIGHT AND STRENGTHENING EXERCISES.

START DATE: WEDNESDAY 22ND FEBRUARY

FREQUENCY: WEEKLY

TIME: 9.00 – 10.00 TUTOR: Aaron (new tutor)

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.

ATTENTION MEMBERS

Please remember to wear your lanyards to class displaying your current 2023 badge. This is important so the class tutor will know who you are and should an emergency occur your badge has your emergency contact details. THANK YOU

GROUP CONSULTATIONS FOR OVER 65 CARE AND SUPPORT SERVICES.

Expression of Interest

- Are you receiving aged care services?
- Are you over 65 years of age?
- Do you care for a family member or friend who is over 65?
- Are you a worker in the aged care sector?
- Do you identify as an Aboriginal and/or Torres Strait Islander person?

If you have answered **YES**, to any of these questions, we would love to hear from you at one of our upcoming group consultation sessions.

DPV Health are conducting community consultations to hear about the current challenges, barriers, service gaps and the information people over 65 years require.

You will be offered a \$50 gift voucher to participate in a session as remuneration for your time and sharing your valuable insights.

Please note this is not an information session to learn about current services, this session is an opportunity to inform DPV Health about the best ways to provide service and access information to the over 65 community.

Please complete the expression of interest form by clicking or tapping on this link - [Over 65 Care and Support Services Consultations](#) by **Wednesday 22 February 2023**.



The poster features a central illustration of a chef in a yellow uniform and white hat, holding a pink whisk and a green vegetable. The background is a bright yellow circle on a blue background. Below the illustration, the text reads: 'Summer Series Lalor World Kitchen Saturday 25 February, 11am – 3pm May Street Lalor Laneway and surrounds'. At the bottom, it includes the website 'arts.whittlesea.vic.gov.au' and logos for Lalor Neighbourhood House, Yarra Plenty Regional Library, and the City of Whittlesea.

Summer Series
Lalor World Kitchen
Saturday 25 February, 11am – 3pm
May Street
Lalor Laneway and surrounds

arts.whittlesea.vic.gov.au

The City of Whittlesea invites you out for some summer fun.
Get together with your family and friends, and amazing food from across the world and hear about its origins and stories!
Live music and free activities for the whole family too!

LALOR Neighbourhood HOUSE
YARRA PLENTY REGIONAL LIBRARY
City of Whittlesea



**SEEKING
VOLUNTEERS.**



RMIT University, in collaboration with U3A and the City of Whittlesea are developing a podcast series on topics relevant to 'Healthy Ageing.' Before recording the entire series we would like to 'pilot' two topics on healthy eating and exercise to gain your feedback and ideas about the podcasts and the accompanying website.

Would you like to volunteer to help?

You will listen to two podcasts (~35 minutes each) and participate in a 1.5 hour focus group to discuss the topics together and provide feedback on the design, topic selection and format of the podcast series. The focus group can be online or in person. We will give you a \$50 Bunnings voucher for your time.

Please sign up at the [Healthy Ageing Podcast Plus website](#) <https://audiencecomms-research.com> or [CLICK HERE](#)

If you have any questions please contact Dr Jenny Robinson at jenny.robinson@rmit.edu.au or call her on (03) 99255049.

VIRTUAL EMERGENCY DEPARTMENT

Northern Health has introduced the [Victorian Virtual Emergency Department \(VVED\)](#), which triages and treats patients with non-life-threatening conditions virtually. VVED is available 24 hours a day, seven days a week.

All VVED patients receive appropriate care from highly skilled emergency doctors and nurses. The doctors and nurses are based in Victoria, and work from Northern Health's offices or from home. There is no referral required, and all patients can connect directly from any personal device with a camera (smartphone, tablet, iPad).

[Victorian Virtual
Emergency
Department](#)



Patients can also be connected to the service via Ambulance Victoria, their GP, or other health professionals.

For patients who prefer to speak in their own language, VVED offers interpreting services. This provides the same quality of service for all patients and their families, regardless of ethnicity and level of English. The online registration forms are available in multiple languages.

We also partner with hospitals around the state, residential aged care facilities, Ambulance Victoria, general practitioners, and Primary Health Networks to ensure better access to virtual emergency care.

[CLICK HERE FOR MORE INFORMATION](#)

EPHING PRIMARY PRIORITY CARE CENTRE (PPCC)

This is a face to face service for those unable to do online connections. You can receive value-based priority care for non-life-threatening conditions, without the need to visit an emergency department.

[Epping Primary
Priority Care Epping](#)



[Located at Epping Plaza](#) Medical and Dental Centre supports the Northern Health Emergency Department

It provides free, immediate, treatment and care for patients who are experiencing non-life-threatening injuries or illnesses. The PPCC is supported by highly skilled independent doctors and nurses, utilising excellent treatment and procedure room facilities.

[The PPCC is open 7 days a week, from 7am to 10pm](#)

You can book online, call or walk-in appointments are also available.

[CLICK HERE FOR MORE INFORMATION](#)

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