

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 7 - 5th March 2023



CONTACT DETAILS

*For information regarding classes and information listed in this WOTZON please contact
Judy – 9464 1339 or 0404119189*

NEWS OF THE WEEK

Hello Everyone,

***Up Date** on Natalie's progress the operation went well and is on her way to recovery , she is in Rehab at the moment, Natalie would like to convey her thanks and gratitude for all your well wishes, phone calls ,cards and emails.*

Kathy Lizio, Vice President

kathylizio@bigpond.com (0414 925 567)

OFFICE HOURS for WEEK BEGINNING MONDAY 6th March

PETER LALOR CAMPUS

THE OFFICE WILL BE CLOSED ON MONDAY 6TH

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

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

MONTHLY MORNING TEA

EPPING RSL ON MONDAY 6TH MARCH starting at 10.00

Our next morning tea is tomorrow 6th March 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.

Don't forget to sign the book and let us know if it is your Birthday in March

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.

Government Power Saving \$250 Bonus Program

A new round of Power saving Bonus program will commence on the 24th March 2023 Victorian households will be able to receive a new \$250.00 payment including any household that received a payment through the current round. You can apply for the new payment after the 24th March 2023.

If you haven't applied for the current round of \$250.00 you still have time until midnight 23rd March to do so that is the deadline otherwise you will miss out.

If you need help in claiming the current \$250, I am able to help you with your claim remember it finishes on the 23rd March.

I am available on any Thursday between 9.30 and 12 noon at May Road Campus Lalor, ring or text for an appointment or just call in to see me if you need any help with claiming.

You must bring in with you a recent electricity bill.

After the 24th March I will be available to do the new one for you also, if you wish same time and place.

kathylizio@bigpond.com

0414925567

INFORMATION FROM TUTORS

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

Thursday 9th March

WELL BEING 236SAT03 AND REFLEXOLOGY 236SAT02 – ONLINE

Saturday 4th March

SHOUKRY'S CLASSES

Computer, Android and Social Laptop
Trouble Shooting Activity on
Thursday 9th March has been
cancelled.

Ann McGuire's Walking Aerobics Tuesday's Class

Ann would like you to remind participants that
Tuesday Indoor Walking Aerobics begins next
Tuesday at Riverside community centre

Walking Football Chocolate Drive

The Walking Football program is conducting a chocolate drive. Funds raised from this will be used to help send Whittlesea U3A teams to the Australian Masters games in Adelaide later in the year. A box of chocolates contains 60 chocolate bars. Each bar costs \$1. If we sell all 60 bars we make \$20 profit. If you would like to take a box to sell to family and friends please contact Gerry Fay on 0418137631. Any support is greatly appreciated. If you don't sell all 60 bars it is fine to return any unsold bars.

23THU34 CARPET BOWLS

TIME: 13.00 – 15.00 -Wkly Thursday

TUTOR: Ron Gorely

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.

We are in desperately in need of more players please come and join our teams , otherwise it may have to shut down

Reminder

Line Dancing for fun with Mia

Just a reminder that the new starting and ending times held on Friday's is now 10am until 12 noon.

Whittlesea Community Festival Sunday

19th March 2023 Time 11am-5pm

Plenty Ranges and Art Convention Centre

Whittlesea U3a is organising a stall to promote our organisation and classes with some of the items produced by members will be on show

This is a day of family fun with live performances bustling market stalls and delicious food there's something for everyone please come along and be part of the activities with us.

we are in need of members to donate an hour of their time to help us promote our Whittlesea U3A can you help!!! If so please ring:

Jodie on 0407 045 471

FROM A MEMBER

Hello, yesterday I attended the Bee keeping class ran by Frank Ciechowski, just a couple of words to say it was a totally fantastic class to attend, Frank was very knowledgeable and he passed that over to us who attended. Thank You for getting him to talk about Bee keeping it was great.

Alex Shepherd member no 12018

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 fatigue without really knowing why. Practical handouts will also be provided to refer to at a later date.

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