

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 12 - 23rd April 2023



CONTACT DETAILS

CLASS COORDINATOR & COMMUNICATION MANAGER:

Natalie – communication@whittleseau3a.org.au (0412 230 561)
OR coordinator@whittleseau3a.org.au

TUTOR LIASON: Judy – 9464 1339 or 0404119189

NEWS OF THE WEEK—WELCOME TO TERM 2

Hello Everyone,

*Welcome to the start of Term 2 and to some very exciting weeks ahead. Returning on Monday the 24th April we have a short week as Tuesday is ANZAC Day and a PUBLIC HOLIDAY. **There will be no classes on ANZAC Day.***

New classes begin this term covering craft, language, technology and exercise so make sure you have a careful look at the descriptions and enrol as soon as possible (refer to ads on page 2 and 3). For those of you who love to do line dancing don't forget the line dancing social being held on Sunday June 18 (Refer to ad on page 2).

IMPORTANT REMINDER.

This important reminder affects all members. Extract from Whittlesea U3A Terms and Conditions "Due to the popularity of some classes if a member fails to attend three (3) consecutive classes without a valid reason their place may be offered to someone on the waiting list subject to contact made between the member and the course coordinator." No one likes to remove members from a class so please complete the absence register by either notifying the office, the course coordinator or complete it yourself online if you are not going to be attending a class for a session or more.

REMINDER that Epping RSL is holding its traditional ANZAC Day dawn service - refer to poster on page 3

Natalie Lim, Communication Manager/Course Coordinator

communication@whittleseau3a.org.au (0412 230 561)

OFFICE HOURS for WEEK BEGINNING MONDAY 24th April

PETER LALOR CAMPUS

OFFICE OPENED 10.00 to 1.00 pm - MONDAY, WEDNESDAY & THURSDAY

OFFICE CLOSED - TUESDAY due to ANZAC DAY & FRIDAY

MAY ROAD CAMPUS

CLOSED: TUESDAY - ANZAC DAY

OPENED: THURSDAY - 9.00 TO 4.00

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

LINE DANCING SOCIAL SUNDAY 18TH JUNE

LOCATION: Epping Memorial Hall

DATE: Sunday 18th June

START/FINISH TIME: 10.00am to 3.00pm

COST: MEMBERS: \$1 for tea and coffee; NON MEMBERS \$5 + \$1 for tea and coffee

DESCRIPTION: This Line Dancing Social is being organised for June as a mid year fun dancing experience. Tables will be organised similar to previous years **however this year those booking a table MUST tell the tutor who is sitting on the table – PROVIDE FULL NAME AND CONTACT DETAILS, to make it easier to organise.** Participants to bring food and other drinks for their own table and all rubbish must be taken home with you at the end of the event. Please contact any of the line dancing tutors (Mia, Tita, Lillian, Cathy and Bev) the venue coordinator (Christine) or the course coordinator (Natalie) for further information or if you need help to enrol. Money to be paid on the day.

It is essential that members enrol for the event and tutors are advised of NON Members who are attending as all numbers need to be accounted for.

NEW CLASSES FOR TERM 2. PLEASE ENROL AS SOON AS POSSIBLE IF YOU ARE INTERESTED AS SOME HAVE LIMITED NUMBERS.

CODE: 231MON26

NAME: BEGINNERS AND ADVANCED EMBROIDERY AND TAPESTRY CLASS

LOCATION: Mernda Village CAC Community Centre, 70 Mernda Village Drive, Mernda MEETING ROOM

START DATE: Monday 8th May

TIME: 9.30 to 12.00

TUTOR: Helen Bourgazas (Returning Tutor)

FREQUENCY: Weekly

DESCRIPTION: This is a part teaching - part participants working on own projects. The tutor will demonstrate to beginners how to start their work and what stitches to use. With the tapestry you can purchase a tapestry kit (from Kmart, Linacraft etc.) preferably with a stencilled design, needle and wool included in the kit. The cost is usually under \$15. For the embroidery, a kit can also be purchased with a stencilled design, hoop, needle and threads included in the kit. Maybe do not get a counted cross-stitch kit as this is a more advanced project. Otherwise, participants can bring their own work to do in class and share their experience - or even purchase blank tapestry canvas or embroidery material, buy coloured wool for tapestry and coloured threads for embroidery and can attempt to design and draw their own pattern to complete. Please contact the tutor on 0409 964 134 for further information

CODE: 232TUE32

NAME: EXERCISE AND LIVE HEALTHY - MERNDA (THIS IS SIMILAR TO CLASS HELD AT LALOR)

LOCATION: Mernda Village CAC Community Centre, 70 Mernda Village Drive, Mernda Main Hall

START DATE: Tuesday 9th May

TUTOR: Kumar Chandrakumar

TIME: 11.00 to 12.00

FREQUENCY: Weekly

DESCRIPTION: The class is designed to provide an exercise regime suitable to support a healthy living lifestyle. It focuses on simple body movement to enhance walking, turning, twisting etc. Participants complete exercises based on their level of ability. Chairs are also used to assist with walking and support.

REQUIREMENTS: Shoes and loose clothes suitable for exercise and exercise mat

CODE: 231MON27

NAME: LEARN BASIC FRENCH

**LOCATION: Galada Community Centre,
10A Forum Way, Epping, Meeting
Room**

START DATE: Monday 15th May

TUTOR: Sylvette Bignoux (New Tutor)

TIME: 11.00 to 1.00pm

FREQUENCY: weekly

DESCRIPTION: Learn Basic French through song and the study of phonics. French is the native language of the tutor and she has spent many years teaching and loves to share the language with members of the community.

CODE: 232TUE19

NAME: Photography iPhone Android

LOCATION: Sherwin Rise, 40 Chetynd Grove, Wollert.

START DATE: Tuesday 9th May

TUTOR: Natalie Lim

TIME: 10.00 to 11.30

FREQUENCY: FORTNIGHTLY

DESCRIPTION: This activity covers photography using iPhone and Android Phone. Not suitable for tablets or iPads. It covers how best to take photos with your phone, development of skills of different types of photos - macros, wide angles, landscape, portrait etc. It includes morning tea. Great for both the beginner and intermediate level.

REQUIREMENTS: Smartphone

CODE: 232TUE27

NAME: Healthy Feet

LOCATION: Peter Lalor Campus, 34 Robert St Lalor

DATE: Tuesday 16th May

TUTOR: Peter Cleary

TIME: 14.00 to 15.00

FREQUENCY: One session

DESCRIPTION: Having healthy feet is essential as we exercise more and maintain a healthy life style. This session provides you with information on how to achieve this. Practical handouts will also be provided to refer to at a later date.

CLASS CANCELLATION

Italian Total Beginners with Oscar on Monday at Peter Lalor Campus will not be held this week (Monday 24th April)

Maria's classes listed below have been temporally cancelled for this term. Maria will be returning in Term 3. They include WuTao Dance with Mediation (Thursday @ Riverside); Beginners Tai Chi for Health (Thursday @ Riverside); Reflexology for Health (Saturday online) and Well Being Steps (Saturday online)

 eppingrsl
sub-branch



ANZAC DAY
APRIL 25
lest we forget

DAWN SERVICE STARTING FROM 5.00AM
GUNFIRE BREAKFAST TO FOLLOW

195 HARVEST HOME ROAD EPPING, 3076
WWW.EPPINGRSL.COM.AU
(03) 9408-1566

Government Power Saving \$250 Bonus Program

A new round of **the** Power saving Bonus program commenced on Friday 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 Friday 24th March 2023. Kathy is available on any Thursday between 9.30 and 12 noon at May Road Campus Lalor to assist members to complete their application. Ring or text for an appointment or just call in to see her if you need any help with claiming. You must bring in with you a recent electricity bill.

Kathy Lizio

Vice President: 0414 925 567

 Office of the Public Advocate

Community Visitors Program

**Help make
a difference
to the lives
of people
living with
disability**

Volunteer
today!

Become a Community Visitor with the Office of the Public Advocate:

- ▶ highly rewarding volunteer role
- ▶ Victorian Governor in Council appointment
- ▶ flexible time commitment
- ▶ on-going training and support provided
- ▶ reimbursement of expenses



For more information, contact the OPA Volunteer Coordinator on 1300 309 337 or opavolunteers@justice.vic.gov.au

publicadvocate.vic.gov.au

**WATCH THIS SPACE FOR
INFORMATION ABOUT A
WELL BEING EXPO BEING
HELD AT LALOR LIBRARY ON
SATURDAY 20TH MAY FROM
11.00AM TO 4.00PM**

**IT WILL FEATURE MANY OF
OUR POPULAR CLASSES
WITH A DEMONSTRATION
OR TABLE DISPLAY
(INCLUDING ITEMS TO BUY)**

**KEEP SOME TIME DURING
THE DAY FREE TO VISIT OUR
MEMBERS.**

CALENDAR OF MAIN EVENTS—Term 1/2 2023

DATE	EVENT	LOCATION
APRIL 2023		
Monday 24th	Beginning of Term 2	Classes Begin
Tuesday 25th	ANZAC Day - Public Holiday	No classes
MAY 2023		
Monday 1st @ 10.00	Whittlesea U3A Morning Tea	Epping RSL
Monday 8th @ 10.00	Committee Meeting	Peter Lalor Campus
Sunday 14th	Mother's Day	Happy Mother's Day
Saturday 20th @ 11.00 to 4.00pm	Well Being Expo	Lalor Library
JUNE 2023		
Monday 5th @ 10.00	Whittlesea U3A Morning Tea	Epping RSL
Monday 12th	King's Birthday - Public Holiday	No classes
Sunday 18th 10.00 to 3.00pm	Line Dancing Social	Epping Memorial Hall
Monday 19th @ 9.30	Committee Meeting	Peter Lalor Campus
Friday 23rd June	End of Term 2	
JULY 2023		
Monday 3rd @ 10.00	Whittlesea U3A Morning Tea	Epping RSL
Monday 10th	Beginning of Term 3	Classes Begin
Monday 10th @ 9.30	Committee Meeting	Peter Lalor Campus