

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 12 - 30th 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

Hello Everyone,

Welcome to another exciting week. Term 2 started smoothly even with a public holiday in the middle. No more public holidays until June so the weeks will just be classes from beginning to end.

There are a few changes to some of the classes this week and as listed last week we have new classes beginning. Just a reminder about the Line Dancing Social being held in June. It is filling fast so if you intend to go please enrol as soon as possible. The tutors are trying to organise tables and the general program so it would be great if they could get exact numbers.

This term I would like to feature some of our classes. So tutors if you can send me some information about your class including a photo or 2 I would love to include it in the newsletter. I think it is a great way to show our members what is happening at Whittlesea U3A and to encourage even greater participation. Our first article is from Norm who is helping Allan with the Thursday bike riding group whilst he is away. As you can see the article is not long. It would be great if we could have a new class featured every week, so waiting for the next one.

Tomorrow, May 1st is the monthly Morning Tea at Epping RSL beginning at 10.00. The office at Peter Lalor Campus is closed however the rooms will be opened and classes will be held as normal. Numbers have been down at the Morning Teas this year so it would be great if we could have more members attending as it is the time you can ask questions and have issues clarified.

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

OFFICE HOURS for WEEK BEGINNING MONDAY 1st May

PETER LALOR CAMPUS

OFFICE CLOSED - MONDAY due to **MONTHLY MORNING TEA** & FRIDAY

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

MAY ROAD CAMPUS

OPENED: TUESDAY - 1.00PM TO 4.00PM & 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

CODE: 234THU34 CARPET BOWLS

LOCATION: MAY ROAD

DATE: DATE

TIME: 1.00 to 3.00pm

FREQUENCY: WEEKLY

DESCRIPTION: THE MEMBERS of this activity would love to get it started again but they desperately need numbers. Why not come and try this coming Thursday and see what you think. The group will meet this Thursday if they can get numbers to attend. **Contact Kathy Lizio if you are interested.** 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.

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, Lincraft 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

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: 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.

GOOD TIME TO ENROL IN THIS CLASS

CODE: 231MON12

NAME: Illness, Present and Future

LOCATION: Peter Lalor Campus

START DATE: Monday 15th May

TUTOR: Bill Gould

TIME: 1.00 to 3.00pm

FREQUENCY: One session

DESCRIPTION: The class will be a 2hr discussion on Mental Illness signs, types and management. This class is a repeat of the one held in March so if you were not able to attend that class, especially those who enrolled but did not attend, you will be able to have another opportunity on the 15th.

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

CHANGE IN CLASS TIME AND TUTOR.

ATTENTION members who are enrolled in **Body Weight and Strengthening Exercise** at Thomastown Library on Wednesday. The tutor of this class, Aaron, has been given the opportunity to further his career overseas so unfortunately he will be unable to take that class. Beginning from this Wednesday, 3rd May Pattie, our Monday body building class, will be taking over. **THE CLASS WILL START AT 9.30 and for the time being will FINISH AT 10.00 (shortened time is due to bookings at Thomastown Library)**

INVITATION FROM MELBOURNE CITY U3A TO A SPECIAL FEATURE CALLED THE JAMES JOYCE FESTIVAL.

It is being held at the Bloomsdale, Flinders Street, Melbourne between the 15th and 25th June. It features James Joyce's only play 'Exiles', lunch and seminar. More information is shown below. More information about the play, seminars, lunch and dinner and how to make a booking is available at the [Bloomsday website](#)

Bloomsday in Melbourne has a long history of performing Joyce and has become one of the Joyce hotspots internationally and we'd like to invite you to join in the craic.

If you have an interest in literature and modern culture, you will be interested in Bloomsday's 30th season which has as its centrepiece Joyce's only play, *Exiles*. It's a gripping psychological drama in which he explores modern marriage and sexual ethics. And it's rarely seen. This is only the second production in Australia. It's a Victorian première with a strong director, Carl Whiteside, and a talented cast and designer. Well worth having in your literary kitbag, and also a very engaged community of literature lovers.



This term I would like to feature some of our classes. So tutors if you can send me some information about your class including a photo or 2 I would love to include it in the newsletter. I think it is a great way to show our members what is happening at Whittlesea U3A and to encourage even greater participation.

This week we are featuring the cycling group which meet every Thursday and just ride all over Melbourne. The article has been written by Norm, who is helping to steer the group whilst Allan is on holiday.

CYCLING HAS RETURNED FOR TERM 2, 2023

Great news for Thursday's cycling is that Allan Fowler's class has returned for Term 2, 2023 to get the most of this open outdoor fresh (but sometimes brisk) air activity.



On our first ride back it was a relaxing 25km ride from the Council offices at Ferris Blvd on cycle paths to Hillcroft Park (near Hawkstone Station) then Henderson Creek Wetlands and Cycle Path and Darebin Creek path to stop and re-charge over a chat at Bundoora Square's Café.

Over coming weeks, we plan to travel to Carone Estate, Mernda and a little further afield to the Northcote, Moonee Ponds and North Fitzroy, with routes generally planned to enable a short cut home by train if required.

Some good easy exercise with wheely good friends does make for a good Thursday outing.

I wonder who we will feature next week

CALENDAR OF MAIN EVENTS—Term 1/2 2023

| DATE | EVENT | LOCATION |
|---------------------------------|----------------------------------|----------------------|
| 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 |

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.