

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 14 - 7th May 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,

This week's WOTZON has a great deal of information including:

- ◇ *New classes*
- ◇ *Expressions of interest for proposed classes*
- ◇ *Activities and talks that may be of interest*

This week we also have 2 classes featured in our weekly CLASS FOCUS. Thank you to those tutors who have taken the time to email me the information and photos of their class. Hope to get more as the weeks continue.

Hope you have a great week enjoying the company of friends.

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

OFFICE HOURS for WEEK BEGINNING MONDAY 8th May

PETER LALOR CAMPUS

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

OFFICE CLOSED - FRIDAY

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

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

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 BEGINS THIS WEEK

TIME: 9.30 to 12.00

TUTOR: Helen Bourgazas (Returning Tutor)

FREQUENCY: Weekly

DESCRIPTION: 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 BEGINS THIS WEEK

TUTOR: Kumar Chandrakumar

TIME: 11.00 to 12.00

FREQUENCY: Weekly

CODE: 231MON27

NAME: LEARN BASIC FRENCH

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

START DATE: Monday 15th May STARTS NEXT WEEK

TUTOR: Sylvette Bignoux (New Tutor)

TIME: 11.00 to 1.00pm

FREQUENCY: weekly

CODE: 232TUE19

NAME: Photography iPhone Android

LOCATION: Sherwin Rise, 40 Chetynd Grove, Wollert.

START DATE: Tuesday 9th May STARTS THIS WEEK

TUTOR: Natalie Lim

TIME: 10.00 to 11.30

FREQUENCY: FORTNIGHTLY

CHANGE IN CLASS TIME

ATTENTION members who are enrolled in **Body Weight and Strengthening Exercise** at Thomastown Library on Wednesday. The new tutor of this class has requested that **THE CLASS WILL START AT 9.15 (fifteen minutes earlier) and still FINISHing AT 10.00**

CHANGE IN CLASS LOCATION

The jewellery classes is moving venues. Due to the type of pieces the group is creating they will be moving to Christina's house. All participants have been notified. If you enrol in the class you will need to notify either the class coordinator or the office for the new location.

COME AND TRY DAY

SOCIAL TEN PIN BOWLING FOR SENIORS

DATE: Friday 9 June 2023

TIMES: 10am-12pm

VENUE: Oz Ten Pin Bowling Centre 41-53 Miller Street Epping

ACTIVITIES: Learn to play ten pin bowling clinic, play 2 games, morning tea

COST: \$7.50

BOOKINGS: City of Whittlesea Ageing Well 9407 5940/0439 007 455 or leap@whittlesea.vic.gov.au

MORE NEW AND PROPOSED CLASSES STARTING THIS TERM

CODE: 232TUE33

NAME: Aqua Aerobics Mill Park

LOCATION: Mill Park Leisure Centre

START DATE: Tuesday 9th May **THIS ACTIVITY BEGINS THIS TUESDAY**

TIME 10.15 to 11.00

COST \$7.50

DESCRIPTION

Swimming Program with an instructor has returned. This program will cost \$7.50 per week which can be paid either cash or card and is **ONLY AVAILABLE TO ACTIVE WHITTLESEA U3A MEMBERS WHO ENROL INTO THE CLASS ON THE CALENDAR.** Members will need to show their current 2023 membership badge to be allowed into the program each week. Please do not leave your badge at home. The program provides the member with an aquarobics class focusing on water based strengthening exercises and pool access only. It does not include the spa or sauna. After the class participants are able to sit in the coffee shop enjoying the company of friends. The program is available during the term holidays but not on public holidays

CODE: 235FRI17

NAME: Aqua Aerobics TRAC

LOCATION: Thomastown Recreation and Activity Centre (TRAC)

START DATE Friday 19th May **THIS ACTIVITY BEGINS NEXT FRIDAY WEEK**

TIME 11.00 to 11.45

COST \$7.50

DESCRIPTION Swimming Program with an instructor has returned to TRAC. This program will cost \$7.50 per week which can be paid either cash or card and is **ONLY AVAILABLE TO ACTIVE WHITTLESEA U3A MEMBERS WHO ENROL INTO THE CLASS ON THE CALENDAR.** Members will need to show their current 2023 membership badge to be allowed into the program each week. Please do not leave your badge at home. The program provides the member with an aquarobics class focusing on water based strengthening exercises and pool access only. It does not include the spa or sauna. After the class participants are able to sit in the coffee shop enjoying the company of friends. The program is available during the term holidays but not on public holidays

CODE 232TUE34

NAME Aged Care Services (presented by members of Bolton Clarke)

LOCATION Peter Lalor Campus

DATE Tuesday 6th June

TIME 10.00 to 11.00

DESCRIPTION This one day program being conducted by Bolton Clarke will provide participants with a clear understanding of what Aged Care facilities are available for the over 65s and how to access them.

YES THERE'S EVEN MORE NEW AND PROPOSED CLASSES STARTING THIS TERM

EXPRESSION OF INTEREST

WALKING BASKETBALL

After the success of the trial Walking Basketball program that was held in 2022 Mill Park Basketball Stadium is proposing to hold a weekly program starting Friday 2nd June from 9.30 to 10.30. The sessions will cost \$2 per week with a one time Registration/Insurance cost of \$5.

If you are interested in this activity could you please either notify the office, or the course coordinator.

This activity is suitable for all abilities – young, old, people with walkers etc. so why not go and have a go. Numbers are limited and as it is open to other groups I would suggest you record your interest as soon as possible.

EXPRESSION OF INTEREST

PAPER FLOWERS AND FLOWER DECORATIONS

One of our tutors is interested in starting up a new class where participants will be taught how to create paper flowers for flower decorations etc. Participants will be provided with the tools and materials needed to make these flowers and decorations. It will be a weekly class held in a venue yet to be decided in Epping/Wollert

At this stage the class will be held weekly on Tuesday and the cost will be \$5/week. This will provide participants with all the tools and materials needed.

If you are interested in this activity could you please either notify the office, or the course coordinator.

Numbers are limited and as it is open to other groups I would suggest you record your interest as soon as possible.

REMINDER TO ALL MEMBERS

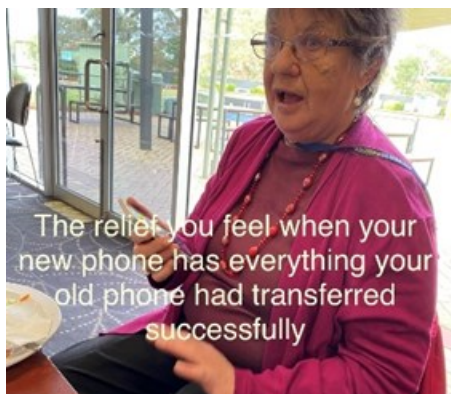
Please note: *There have been times when members have requested the contact details of a tutor - whether it is the tutor of their class or another tutor, or even another member. As indicated in our Privacy Policy which is available on our website neither the office nor members of the committee can give the contact details of any Whittlesea U3A member without their permission. If you need to contact a tutor or another member please provide your details to the office and they will contact the tutor/member for you. Thank you Natalie Lim*

Janice and Gavin are back with their **Apple iPhone/iPad classes** run on a Wednesday morning and afternoon to help with using these devices. Classes are held at Peter Lalor and for those who prefer or can't attend we also run them online using ZOOM.



We try to answer your questions and issues as we look at all the things you can do on iPhones and iPads and even Apple Watches.

We have also been known to help out when it is time to purchase a newer device with what to look at and why and can also assist you when transferring everything across to new device.



Very pleased to introduce the group of people involved in the **FRENCH CONVERSATION GROUP**. We meet every Tuesday at Lalor library from 12 to 1 pm, people interested in joining may need some knowledge of French .

The first trimester we discussed, French geography, family, culture, French symbols, History, how French people celebrate Easter, the first of May is Labour day, a public holiday. You know it's May when sprigs of fragrant muget' (lily of the valley) are sold and given to family to bring luck.

The second trimester we are travelling around France our itinerary will be posted. Why not join us for an hour of fun and information

Christiane



I wonder who we will feature next week

LALOR LIBRARY WELLNESS EXPO Saturday 20TH MAY from 11.00am to 4.00pm

The LALOR LIBRARY is holding a WELLNESS EXPO on Saturday 20th May. The aim of the day to show the community what is happening in the Whittlesea area for people of all ages to keep them connected to each other. Whittlesea U3A has a display at the Expo with both activities and manned tables showing what members are making and giving you the opportunity to purchase some of these home made items.

The groups involved will be:

- **Line dancing group** to have a display of the type of dancing they do.
- **Exercise display** to build up strength –Time 12.00pm
- **Jewellery Making** - To be there all day selling and demonstrating their skills
- **Knitting group** – will show the type of material they knit all of which is donated to charity as well as selling some of their products and they will be there all day
- **Crochet group** – will have a variety of clothes for all ages. They will have items to sell and will be there from 12.00
- **Card Making** – members will have on display cards made in class (from kits) and at home using skills taught. They will have items to sell. To be there all day,
- **Drawing group** – showing some of the work that the group has created. Will be there at 11.00am
- **Genealogy** – our genealogy group led by Marion will be displaying and explaining some of the steps used to investigate this topic. There all day
- **Digital Literacy** – Glen with other members will have a table which will assist the general public and members of Whittlesea U3A on how to use their smartphones, tablets etc. Both Android and Apple platforms assistance will available and will there all day
- **Whittlesea U3A general promotional table.** There all day

If you have an hour or 2 to spare on Saturday 20th May why not come to Lalor Library and support the members of Whittlesea U3A and you might even be able to find a bargain in the process.

Free Online Lecture: Older People and Their Relationships with Voice Assistants Like Siri and Alexa



10 May is the date to learn more about research into emotional relationships that people, including seniors, can form with their 'voice assistants' like Siri and Alexa. Dr Valerie Jones, Fulbright Scholar in residence at Swinburne University's Social Innovation Research Institute, will share her research on how voice-powered virtual assistants such as Google's Assistant or Amazon's Alexa might provide opportunities for new ways of feeling connected.

Research in this field suggests that everyone using these voice simulation routines can feel more positive about themselves and about the interaction itself when it successful results are achieved. As more and more service industries and government agencies deploy voice simulation, successful interactions are more important and are becoming more intricate.

Many U3As are keen to achieve digital inclusiveness for their organisation and for their individual members. Basic research into voice interactions can shape how organisations and individuals can get the most from these relationship.

Swinburne Uni and Dr Jones are also conducting an online survey for seniors to report on their experiences with voice assistants.

[Click here to register for this online lecture](#) which will be held at 3:00 pm on Wednesday, 10 May. Information is also available from the Network website – [click this link](#).

NBNCO'S ONLINE SAFETY SERIES CONTINUES

We had another informative and well attended presentation in April. The feedback for these sessions has been very positive. Our next collaborative presentation is scheduled for Wednesday, 24 May from 10:30 am till noon.

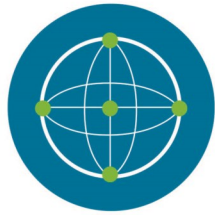
Just to remind you that the monthly sessions are open to U3A members and non-members, so tell your friends and family to register for the next session. The sessions provide information on how to keep your online world safe and helps you from becoming a victim to online scams and threats. The sessions are tailored for everyone, both for non-technical and technical people.

[Click here to register for May's online Zoom session](#).
Further details are on Network's Facebook page and website.

This is the list of the other sessions coming up in 2023:

Date	Time	Topic
Wednesday, 21 June	10:30 am to 12:00 pm	How to stay safe while shopping online and on social media
Wednesday, 26 July	10:30 am to 12:00 pm	Tips to secure your smart devices and personal information
Wednesday, 23 August	10:30 am to 12:00 pm	ScamWatch website tour, general scams tips, and open Q&A
Wednesday, 13 September	10:30 am to 12:00 pm	Your digital legacies what to know and keep in mind
Wednesday, 18 October	10:30 am to 12:00 pm	How to do speed tests and optimise your Wi-Fi connection across your house
Wednesday, 8 November	10:30 am to 12:00 pm	How to protect yourself from the common scam trends happening today
Wednesday, 13 December	10:30 am to 12:00 pm	Common smart devices that people are now using

Thomastown Library has developed a new monthly program called Scam Watchers, which is a conversation group with educational goals. We hope to bring together like-minded people keen to learn and share tips on how to spot scams and how to avoid them. We believe this program will be of interest to the U3A community.



Learning
Technology

Scam Watchers



THOMASTOWN LIBRARY

52 Main Street
Thomastown 3074

**Every Third Thursday of
the month**

2.00pm–3.00pm

Bookings essential.
Phone (03) 9464 1864
for more information.

Let's meet and share tips on how to protect ourselves from scams. Come and learn about scams to watch out for, and what tools are available to help you protect yourselves.



ypri.vic.gov.au   

CALENDAR OF MAIN EVENTS—Term 1/2 2023

DATE	EVENT	LOCATION
MAY 2023		
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