

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 15 - 14th 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,

Happy Mother's, and Grandmother's Day young and old. This edition of the WOTZON will be slightly shorter due to Mother's Day so hope everyone enjoys the day.

*For those of you who love line dancing **LILLIAN'S LINE DANCING CLASS WITH NO MUSIC** is changing on Wednesday 24th May. The class will become a new beginner's class. Check it out. The change will be on the calendar after the class on Wednesday. I know the start time is early (9.00—10.00) but you have all been asking for a beginners' class so here is your opportunity.*

*The **Walking Basketball** activity has been created as a class on the calendar (235FRI18) so check it out and enrol if you are interested.*

***IMPORTANT NOTICE: AQUA AEROBICS CLASSES ON TUESDAY AND FRIDAY.** Please note it is essential that if you have enrolled in these classes you attend. Both venues have a minimum quota of participants in order to pay for the teacher of the group. If this quota is not met the activity may need to be removed. **PLEASE TELL YOUR FRIENDS TO ENROL IN THE CLASS IF THEY ARE INTERESTED SO WE CAN MAINTAIN THE ACTIVITY.** Remember you need to be a current Whittlesea U3A member to attend the class.*

HAPPY VOUNTEER'S WEEK 15TH to 21ST MAY

Natalie Lim, Communication Manager/Course Coordinator

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

OFFICE HOURS for WEEK BEGINNING MONDAY 15th May

PETER LALOR CAMPUS

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

OFFICE CLOSED - FRIDAY

MAY ROAD CAMPUS

OPENED: TUESDAY - 1.00PM TO 4.00PM & THURSDAY - 9.00AM TO 4.00PM

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: 231MON27

NAME: LEARN BASIC FRENCH

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

START DATE: Monday 15th May **CLASS BEGINS THIS WEEK**

TUTOR: Sylvette Bignoux (New Tutor)

TIME: 11.00 to 1.00pm

FREQUENCY: weekly

ACTIVITY ON THIS WEEK

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.

CODE: 232TUE27

NAME: Healthy Feet

LOCATION: Peter Lalor Campus, 34 Robert St Lalor

DATE: Tuesday 16th May ***ACTIVITY ON THIS WEEK***

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.

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

CODE: 235FRI18

NAME: WALKING BASKETBALL

LOCATION: Mill Park Basketball Stadium

START DATE: Friday 2nd June

END DATE: 15th September - May be extended

TIME: 9.30 to 10.30

FREQUENCY: Weekly

DESCRIPTION: 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. 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.

WE NEED MORE MEMBERS TO ENROL

CODE: 232TUE33

NAME: Aqua Aerobics Mill Park

LOCATION: Mill Park Leisure Centre

START DATE: Tuesday 9th May **THIS ACTIVITY HAS STARTED**

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 THIS FRIDAY**

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

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.

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.

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

CHECKOUT THE PICKLEBALL CRAZE THAT IS TAKING CITY OF WHITTLESEA BY STORM!

New at TRAC, Pickleball is a “racquet and ball” sport that is fun and challenging for all skill levels and age groups. Court, equipment and coaching provided.

Date & Time: Tuesday, 16th May 2023 from 10am-12pm.

Address: Thomastown Recreation & Aquatic Centre (TRAC), 52-54 Main St, Thomastown VIC 3074

YouTube: <https://www.youtube.com/channel/UC2FANqXsXN8RpgbEqmrUglA>

Free event! Bring your family and friends!



CALENDAR OF MAIN EVENTS—Term 1/2 2023

DATE	EVENT	LOCATION
MAY 2023		
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

HAVE YOUR SAY IN COUNCIL PLANNING

The Council is looking for community members that will be able to provide valuable community insights that will assist us to identify, assess and prioritise community interests to achieve balanced outcomes. Insight and input from Whittlesea's local creative practitioners and participants is extremely valuable to this process. Participants will need to commit to attending three focus group sessions and complete any pre-reading. We anticipate it will be a 9-12 hour commitment and participants will receive a participatory gift voucher to thank them for their time and contribution. **Applications close today - Sunday 14 May 2023.**

The focus group sessions are:

Saturday 3 June, 9.30am - 12.30pm at Civic Centre, 25 Ferres Blvd. South Morang

Saturday 17 June, 9.30am - 12.30pm at Civic Centre, 25 Ferres Blvd. South Morang

TBC - Early October at Civic Centre, 25 Ferres Blvd. South Morang

The focus groups will be capped at 25 people and will be made up of diverse local residents across the municipality who will cover a range of ages, genders, abilities, cultural backgrounds and household structures.

To be eligible to be a member of the Community Priorities Focus Group, participants will need to:

Be a resident of the City of Whittlesea

Be willing and able to attend all three focus group sessions

Be willing and able to complete any pre-session reading, assistance can be organised for those requiring it

Declare membership of any special interest group, community groups, networks such as sporting clubs, craft and hobby groups, seniors' groups, schools etc.

Not be a current staff member or contractor of Whittlesea Council.

Applications can be made online at www.engage.whittlesea.vic.gov.au/cpfocusgroup, via email to engagement@whittlesea.vic.gov.au, by mail or in person – all details are on the attached EOI. (refer link)