

# WOTZON

Whittlesea U3A

**Weekly Fact Sheet**

**Edition 16 - 21st May 2023**



## CONTACT DETAILS

**CLASS COORDINATOR & COMMUNICATION MANAGER:**

Natalie – [communication@whittleseau3a.org.au](mailto:communication@whittleseau3a.org.au) (0412 230 561)  
OR [coordinator@whittleseau3a.org.au](mailto:coordinator@whittleseau3a.org.au)

TUTOR LIASON: Judy – 9464 1339 or 0404119189

## NEWS OF THE WEEK

*Hello Everyone,*

*Once again great week which was finished off with a very successful Wellness Expo at Lalor Library on Saturday. I have included some photos of this great event. We are planning to hold something similar with lots more tutor/member involvement during Seniors' month in October at May Rd. More information will be provided during Term 3 but if your group would like to be involved in a demonstration, or have a table to show/sell what you are creating in class or at home, please contact me so I can record your interest.*

*Please refer to the information in the WOTZON about the change to the Wednesday line dancing program*

*We still need more members to enrol and ATTEND the Aqua Aerobics classes in Mill Park and Thomastown. Please remember that it is important to attend these activities if you have enrolled in them.*

*The June Morning Tea to be held on the 5th June is going to be attended by members of DPV Health. They will be available to assist with My Aged Care issues through their Care Finder program. It is also going to have 2 new elements:*

- 1. Bring a friend day. Come to the morning tea with a NEW friend - someone who has not been before. Both of you will receive a special raffle ticket for a chance to win a great prize.*
- 2. During some of our morning teas you will have the opportunity to view the work done in our craft classes. This month Christine's card class will be featuring their work which you will be able to purchase. Cards will be from \$1 to \$3.*

*Natalie Lim, Communication Manager/Course Coordinator*

*[communication@whittleseau3a.org.au](mailto:communication@whittleseau3a.org.au) (0412 230 561)*

## OFFICE HOURS for WEEK BEGINNING MONDAY 22nd 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*

### 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](mailto:leap@whittlesea.vic.gov.au)

**CODE: 234THU36 THIS IS A NEW CLASS - ENROL AS SOON AS POSSIBLE AS NUMBERS ARE INTERESTED**

**NAME:** BALLROOM DANCING

**LOCATION:** Riverside CAC South Morang

**START DATE:** Thursday 1st June

**END DATE:** Thursday 30th November

**TIME:** 11.00 to 1.00pm

**FREQUENCY:** Weekly

**DESCRIPTION:** This is a basic ballroom dancing for beginners. Learn the basic steps and how to dance to the rhythm of the music rather than learning only the steps. You can attend the class with or without a partner. Members coming by themselves can pair up to others at the class.

### CHANGE OF TIME AND TYPE OF CLASS - LINE DANCING

Lillian's Line Dancing with No Music **233WED01** has now changed to a Beginners' Line Dancing (with the same code). It will start at 9.15 for one hour finishing at 10.15. If you were enrolled in her original class you will be automatically enrolled in this. **THIS CLASS CAN HAVE LOTS MORE PARTICIPANTS** so why not enrol if you are a beginner and cannot get into the Thursday Beginners' class. Although it is not suitable for the advance line dancer it is a great class to revise those basic steps you might need to make sure you remember. The class will be followed at 10.30 by Mia's Line Dancing for Various Levels which will still start at 10.30

**CODE: 235FRI18**

**NAME:** WALKING BASKETBALL

**LOCATION:** Mill Park Basketball Stadium

**START DATE:** Friday 2<sup>nd</sup> June

**END DATE:** Refer to poster on page 6

**TIME:** 9.30 to 10.30

**FREQUENCY:** Refer to poster on page 6

**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 2<sup>nd</sup> 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. REFER TO THE POSTER ON PAGE 6

### CLASS OF THE WEEK - CELEBRATING IDA'S WEDNESDAY EXERCISE CLASS

During Ida's exercise class they celebrated her birthday with a fantastic chocolate cake. Ida would like to thank everyone especially Judy Sheriff for bring the cake and also for bringing and taking me back and forth from Thomastown station rain or shine every week.



## WE NEED MORE MEMBERS TO ENROL

**CODE: 232TUE33**

**NAME:** Aqua Aerobics Mill Park

**LOCATION:** Mill Park Leisure Centre

**START DATE:** Tuesday 9<sup>th</sup> 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 19<sup>th</sup> 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

### LOCAL EVENT

*Join us for our Active Adults Neil Diamond tribute show & lunch*

*On Thursday 6 July 2023 from 10:30am - 2:00pm.*

*This event will be held at Whittlesea Bowls Club, 101 Church St, Whittlesea VIC 3757*

*Cost is \$17.50 per person - price includes morning tea, Neil Diamond tribute show & set lunch.*

*Last day for registrations and cancellations is Friday 16 June*

*No refunds after Friday 16 June [transfers to others are permitted]*

*Register at reception or call us on [03 8432 7600](tel:0384327600).*





Thank you to everyone who participated in the Wellness Expo at Lalor Library yesterday. I think those who attended had both an enjoyable and successful day. Here are some photos from the day.



Line dancing with Mia and friends



Freda and her crochet group

Christine's card group



The knitting group with Diana

Federica and her Busy Hands group



Promoting Whittlesea U3A with Glen, Lillian



Christina's jewellery group

The KNITTING GROUP held a raffle. The winning ticket was GREEN C35 which was bought by Lillian Madden.



# Australia's **Biggest Morning Tea**

**Celebrating  
30 years!**

**Every dollar raised helps support  
those impacted by cancer.**

**When:** Wednesday 24 May .....

**Where:** Mill Park Leisure .....

**Time:** 9:30AM - 11:30AM .....

**Details:** Come along and enjoy some delicious treats,  
you'll also be supporting a great cause! All funds raised  
on the day will go towards Cancer Council. So come on  
down with a gold coin donation and help us make a  
difference. We'll see you there!

**Mill Park  
Leisure**



**Cancer  
Council**

[biggestmorningtea.com.au](http://biggestmorningtea.com.au)



## CALENDAR OF MAIN EVENTS—Term 1/2 2023

DATE	EVENT	LOCATION
<b>JUNE 2023</b>		
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	
<b>JULY 2023</b>		
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

### Government Power Saving \$250 Bonus Program

*A new round of the Power saving Bonus program commenced on Friday 24<sup>th</sup> 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 24<sup>th</sup> 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  
Dates*

## Come & Play!

**Fri 2nd, 9th, 16th & 23rd June 2023**

SCAN HERE  
TO REGISTER



Open to all!

9.30am to 10.30am  
Mill Park Stadium

**COST: \$2 per session**

For further information call 9404 1999

