

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 17 - 28th 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,

Once again this edition has new classes - some come and try programs and some weekly programs like the new ballroom dancing activity being held on a Thursday at Riverside Community Centre. Here is a link to our website - course information section [CLICK HERE](#)

As advertised last week for those of you who like line dancing but are not quite ready for the more advanced classes there is a new beginners class at Epping Memorial on Wednesday morning. The Thursday beginners' class is closed and no further enrollments can be accepted. The waiting list of this class has been removed so if you were on the waiting list you will need to enrol in the Wednesday program. Please contact the office or the class coordinator for further information. The class focusses on learning those common steps that many dances have. Give it a go. Those who are attending find it great.

There has also been a change to the swimming program at TRAC. Due to the low enrolments and even lower attendance this program is now being combined with another program. The class starts at 10.15 and is now in the HYDRO POOL. Please contact the office or the course coordinator. If you would like to enrol in this program and need assistance.

Included in this edition is a survey which RMIT is conducting with those of us over 65. if you able to assist the contact details for more information and to register are available on page 2.

Just a reminder that 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.*

It is hoped that other groups will take up the opportunity to take part in the Monthly Morning Tea.

Natalie Lim, Communication Manager/Course Coordinator

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

OFFICE HOURS for WEEK BEGINNING MONDAY 29th 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

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

CODE: 234THU36 THIS NEW CLASS STARTS THIS FRIDAY

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.

CODE: 231MON26

NAME: BEGINNERS AND ADVANCED EMBROIDERY AND TAPESTRY CLASS

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

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: 235FRI18

NAME: WALKING BASKETBALL

LOCATION: Mill Park Basketball Stadium

START DATE: Friday 2nd June

TIME: 9.30 to 10.30

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.

THOSE ENROLLED IN THIS EVENT TO GO TO MILL PARK BASKETBALL STADIUM THIS FRIDAY AT 9.30

CODE: 232TUE32

NAME: EXERCISE AND LIVE HEALTHY - MERNDA

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

TUTOR: Kumar Chandrakumar

TIME: 11.00 to 12.00

FREQUENCY: Weekly

DESCRIPTION: THIS IS SIMILAR TO CLASS HELD AT LALOR

Forgetting, skipping or even ignoring to take your medications is a growing health concern amongst older Australians.

We're looking for adults aged 65 years or above to let us know their thoughts and experiences of taking their medicines.

The aim of this study is to explore whether a person's beliefs, experiences or literacy may be affecting medication-related outcomes.



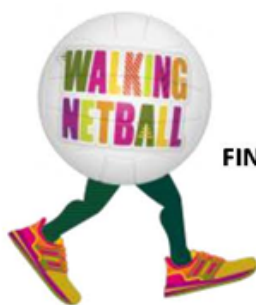
ARE YOU 65 YEARS OR OLDER?

Let us know your thoughts about your medications and the healthcare system by completing a survey via the QR code provided or through the following link:

https://rmit.au1.qualtrics.com/jfe/form/SV_cSb7AmACDWSIW4u

If you're unsure if you meet the study requirements or would like to discuss this study further, please contact:

Dr Kate Wang
Email: kate.wang@rmit.edu.au
Phone: 03 9925 7907



IS COMING TO

FIND OUT WHY ANYONE CAN PARTICIPATE IN WALKING NETBALL
REGARDLESS OF THEIR ABILITY OR PREVIOUS NETBALL
EXPERIENCE WITH



A FREE COME AND TRY SESSION

THURSDAY 8TH JUNE

11AM to 12.30PM



41-53 MILLER STREET EPPING

QUALIFIED COACHES FROM WILL BE PRESENT TO TEACH YOU THE RULES AND HOW TO
PLAY



**BECOME A MEMBER OF WHITTLESEA U3A TO BE
ELIGIBLE TO PLAY IN REGULAR PROGRAM STARTING IN JULY**

ENQUIRIES AND EXPRESSIONS OF INTEREST PLEASE EMAIL MICK TRIM AT MICK_TRIM1@HOTMAIL.COM

THE WORLDWIDE PHENOMENON OF



IS COMING TO



SEE WHY PICKLEBALL IS ONE OF THE WORLDS FASTEST GROWING SPORTS
WITH


A FREE COME AND TRY SESSION

THURSDAY 22ND JUNE

11AM to 12.30PM



41-53 MILLER STREET EPPING

A QUALIFIED COACH FROM  WILL BE PRESENT
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**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

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

CHANGE TO SWIMMING PROGRAM AT TRAC

CODE: 235FRI17

CHANGE TO TIME AND POOL TYPE

NAME: Aqua Aerobics TRAC

LOCATION: Thomastown Recreation and Activity Centre (TRAC)

START DATE Friday 2ND JUNE -

NEW TIME STARTS THIS FRIDAY

TIME **10.15 - 11.00 IN HYDRO POOL**

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.**

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CALENDAR OF MAIN EVENTS—Term 1/2 2023

DATE	EVENT	LOCATION
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

Mill Park E-waste Collection Event

DESCRIPTION:

To get rid of your unwanted small household electrical items in an environmentally friendly way, bring them to this E-waste collection event.

Date: Wednesday, 7 June 2023

Time 11:00AM — 1:00PM

Location: Mill Park Softball Carpark (next to the Leisure Centre), 39 Morang Drive, Mill Park

Contact: Resource Recovery Officer

Phone: [\(03\) 9401 0579](tel:0394010579)

Cost: FREE

HIGHLIGHTS

What will be accepted on the day: Any small household electrical or electronic items with a cord or battery, for example: computers, televisions, vacuum cleaners, printers, toasters, hair dryers, video and DVD players, hi-fi equipment, stereo equipment, digital and video cameras.

What will NOT be accepted on the day: Any whitegoods (microwaves, refrigerators, freezers, dish washers, washing machines, and clothes dryers) and solar panels.

Where can you drop certain items:

- ◇ Drop whitegoods off to Wollert Landfill, 55 Bridge Inn Road, Wollert for free recycling.
- ◇ Cameras, mobile phones, CDs, DVDs, fluorescent light globes, printer cartridges, X-rays, and small electrical appliances like iPod, electric toothbrushes and calculators (provided they fit into the slot) can be dropped at our various Recycling Stations.

If you cannot make these events, take your e-waste to the designated recycling skips at Hanson's Wollert Landfill (55 Bridge Inn Road, Wollert).