

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 18 - 4th June 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,

*As we get closer to the end of Term 2 and classes continue to increase, we are reminded about how hard our tutors work for the benefit of Whittlesea U3A members. There is still a belief that those who work for Whittlesea U3A whether as a tutor, committee member or office volunteer, get paid for their time. I would like to stress again that ALL of these people volunteer their time and skill to ensure that all members of Whittlesea U3A enjoy their experience and learn something along the way. I think that sometimes we take these people for granted and we forget that they work very hard to ensure that every activity, whether it is an exercise class, craft class, or computer class etc., is interesting and worth attending. **Could you please take some time this week to thank your tutor for their willingness to impart their knowledge/skill to others?** Someone reminded me recently that one of the aims of joining Whittlesea U3A is to be part of a community that helps each other to remain social and less isolated. We would not be able to do this without our tutors so the next time you walk into a class please remember this and when you leave thank them for their service.*

Just a reminder that the June Morning Tea to be held tomorrow 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 'Bring a friend day' to the Morning Tea. When you come into the room get a raffle ticket from Faye who will meet you at the door. This raffle ticket will put you into a draw for a special prize. There will also be an opportunity to view and purchase, if you want, greeting cards made in Christine's card class. Finally for those of you who love to read a couple of boxes of books have been handed into Peter Lalor and as we do not have the facilities to leave them there, they will be available on Monday to anyone who wants them (free of charge). So don't forget to come and listen to information about classes etc. that may be assistance. A gold coin donation towards the cost of the morning tea would be appreciated.

*Please remember that the office at Peter Lalor Campus will be closed tomorrow (Monday) due to the Monthly Morning Tea. Classes will continue as normal. Also **Monday 12th June is a PUBLIC HOLIDAY. There will be NO CLASSES ON MONDAY 12TH JUNE.***

Natalie Lim, Communication Manager/Course Coordinator

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

OFFICE HOURS for WEEK BEGINNING MONDAY 5th June

PETER LALOR CAMPUS

OFFICE CLOSED MONDAY (MONTHLY MORNING TEA) & FRIDAY

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

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. 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. **The rebate finishes on the 31st August**

Kathy Lizio

Vice President: 0414 925 567

CODE: 234THU36

NAME: BALLROOM DANCING

LOCATION: Riverside CAC South Morang

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 with others at the class.

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

PLEASE NOTE THE FOLLOWING CLASSES WILL NOT BE ON THIS WEEK

231MON26 - BEGINNERS AND ADVANCED EMBROIDERY AND TAPESTRY CLASS (Tutor at Morning Tea)

234THU08 - ITALIAN CULTURE AND LANGUAGE ADVANCED

CODE: 232TUE34

NAME: AGED CARE SERVICES

LOCATION: Peter Lalor Campus

TUTOR: Peter Cleary

DATE: 6TH JUNE (this activity is on this coming Tuesday)

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.

CODE: 232TUE28

NAME: HEALTHY SKIN

LOCATION: Peter Lalor Campus

TUTOR: Peter Cleary

DATE: 20TH JUNE

TIME: 14.00 to 15.00

DESCRIPTION: In order to achieve healthy skin, focus needs to be given to our diet and the products we may use on a daily basic. This sessions will provide you with practical information on how to achieve a healthy skin regardless of age.

CODE: 233WED11

NAME: UNDERSTAND YOUR GARDEN - ONLINE

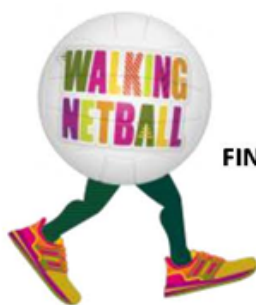
LOCATION: ONLINE

TUTOR: Alex Shephard

DATE: Wednesday 21st JUNE

TIME: 17.30 to 19.30

DESCRIPTION: Following the yearly success of Alex's orchid repotting class this activity will discuss ways on how you can improve your garden including composting, repotting, safe pest control etc. Some discussion on the propagation and repotting of orchids ill also be included.



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
TO TEACH YOU 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

**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

SMART HOME COURSE

Would you like to be a part of our next smart home training course?

We have a limited number of spots free for the June intake of our popular smart home course.

[REGISTER HERE FOR THE COURSE](#)

THE EIGHT-WEEK COURSE OFFERS:

1. Free Amazon Alexa Echo Dot smart speaker
2. Free installation and connection to home internet
3. Weekly, one-hour virtual group lessons
4. Personalized one-on-one support with an assistive technology expert



- *All spots are funded by the Commonwealth Home Support program, so there is no cost to you.*
- *It's a great opportunity to dip your toe into voice enabled technology and upskill yourself.*
- *You'll be asking to hear the news headlines, listening to your favourite radio station and cooking along with voice guided recipes in no time.*

Register your interest today emailing voiceassist@visionaustralia.org or calling 1300 84 74 66.

LINE DANCING SOCIAL SUNDAY 18TH JUNE

LOCATION: Epping Memorial Hall

DATE: Sunday 18th June

START/FINISH TIME: 10.00am to 3.00pm

COST: MEMBERS: \$1 for tea and coffee; NON MEMBERS \$5 + \$1 for tea and coffee

DESCRIPTION: This Line Dancing Social is being organised for June as a mid year fun dancing experience. Tables will be organised similar to previous years **however this year those booking a table MUST tell the tutor who is sitting on the table – PROVIDE FULL NAME AND CONTACT DETAILS, to make it easier to organise.** Participants to bring food and other drinks for their own table and all rubbish must be taken home with you at the end of the event. Please contact any of the line dancing tutors (Mia, Tita, Lillian, Cathy and Bev) the venue coordinator (Christine) or the course coordinator (Natalie) for further information or if you need help to enrol. Money to be paid on the day.

It is essential that members enrol for the event and tutors are advised of NON Members who are attending as all numbers need to be accounted for.

WE NEED MORE MEMBERS TO ENROL

CODE: 232TUE33

NAME: Aqua Aerobics Mill Park

LOCATION: Mill Park Leisure Centre

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)

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.** 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

CALENDAR OF MAIN EVENTS—Term 2/3 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
Wednesday 21st 10.00 to 3.00pm	City of Whittlesea Ageing Well Expo (including Walking Football BBQ)	Plenty Ranges Arts and Convention Centre (PRACC) 35 Ferres Boulevard, South Morang
Friday 23rd June	End of Term 2	
JULY 2023		
Sunday 2nd	Walking Football Bunnings BBQ	Bunnings Thomastown
Monday 3rd @ 10.00	Whittlesea U3A Morning Tea	Epping RSL
	Embroidery/Tapestry/Jewellery Class Display	
Monday 10th	Beginning of Term 3	Classes Begin
Monday 10th @ 9.30	Committee Meeting	Peter Lalor Campus
AUGUST 2023		
Monday 7th @ 10.00	Whittlesea U3A Morning Tea	Epping RSL
Monday 14th @ 9.30	Committee Meeting	Peter Lalor Campus
SEPTEMBER 2023		
Monday 4th @ 10.00	Whittlesea U3A AGM	Epping RSL
Monday 11th @ 9.30	NEW Committee Meeting	Peter Lalor Campus