

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 19 - 11th 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 are all enjoying the long weekend with sporting events, trips away and various types of outings this will be a relatively short WOTZON with just a few reminders.

Tomorrow Monday 12th June is a PUBLIC HOLIDAY. There will be NO CLASSES ON MONDAY 12TH JUNE.

Next week's edition of the WOTZON will be the last for Term 2 as the term ends on Friday 23rd June and we will resume classes on Monday 10th July. If your class operates during the break you would have been told by your tutor so please check.

Another reminder that next Sunday is the Line Dancing Mid Year Social. The event is now closed as we have reached the maximum number of participants. The doors open at 10.00. Please come to the table at the entrance upon arrival to have your name marked off and to be allocated a table number.

The monthly Morning Tea at Epping RSL will go ahead during the term break and will be on Monday 3rd July at 10.00. After the great success of this month's morning tea we will once again have a bring a friend day with all participants receiving a raffle ticket for a special prize.

Hope you all have a good long weekend (what's left of it) and looking forward to the term break.

Natalie Lim, Communication Manager/Course Coordinator

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

OFFICE HOURS for WEEK BEGINNING MONDAY 12th June

PETER LALOR CAMPUS

OFFICE CLOSED MONDAY (PUBLIC HOLIDAY) & 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

ANOTHER GREAT ACTIVITY. THIS ONE IS HELD WEEKLY AT WESTFIELD AND IS LEAD BY ANNE.

A couple of photos from coffee and chat today. A couple of hours sitting around talking and laughing at Base (formerly Groove Train), very relaxing, no pressure, perfect start to the weekend. Anyone is welcome, come along and have a coffee any Friday at 1 pm.

Anne

This activity runs throughout the year, including the term breaks.



Free U3A Darebin Course Offer - 'Sometimes Readers'

Free U3A Darebin Course Offer

The 'Sometimes Readers U3A' course offered by U3A Darebin, is open to members of other U3As at no charge. This group is the result of an experiment during lockdown where a group of readers decided to read *Crime and Punishment* as a Facebook group. They were to read slowly - a half an hour each day. Over time they have read ten books in this way. It has been great fun for them, and in 2023 it is being offered as a distance class to U3A members via U3A Darebin

How it Works

The Convener will set up a schedule for the reading comprising about 15 pages a day. They will start each day with a few observations on the Facebook Page and others can add their thoughts and ideas as they see fit. The suggestions for how this will work will be on the Facebook Page instructions. Members of the group contribute as much or as little as they like, but they are encouraged to keep the conversation going by adding comments and information to these posts.

The Group has started the year with a group reading of Steinbeck's *Grapes of Wrath*, and now they are exploring another book and author.

Click on the link for the private Facebook group to be in touch with the group and its convener: is <https://www.facebook.com/groups/5559797564069433>.

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 basis. This sessions will provide you with practical information on how to achieve a healthy skin regardless of age.

THIS IS A SPONSORED CLASS AND A MINIMUM OF 10 PARTICIPANTS NEED TO ATTEND. AT THIS STAGE ONLY 4 MEMBERS ARE ATTENDING. YOU WILL BE ADVISED BY EMAIL IF THE EVENT IS CANCELLED

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.

PLEASE NOTE THE FOLLOWING CLASSES WILL NOT BE ON THIS WEEK

ALL CLASSES BEING HELD ON MONDAY 12TH JUNE

232TUE23 - FRENCH CONVERSATION

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



Building Connections

Ageing Well Expo 2023 Program

**Wednesday 21 June
10am – 3pm**

**Plenty Ranges Arts and Convention Centre (PRACC)
35 Ferres Boulevard, South Morang**

FREE
information
sessions, activities,
entertainment
and more!

Discover the latest information, services, and expert advice in staying safe and ageing well. Whether you are planning for your own future or caring for a family member, the Ageing Well Expo is the ultimate resource hub.

The expo brings together a diverse range of products, services, information, and educational resources to keep you safe and supported to continue living in your own home and in the community.



For more information visit
whittlesea.vic.gov.au/AgeingWellExpo
or call the Ageing Well team on 9407 5940



**City of
Whittlesea**

Free information sessions

Your Rights, Your Safety - Preventing Elder Abuse

 10.55am

Presented by Gary Ferguson Education Co-ordinator, Senior Rights Victoria



Elder abuse is any act which harms an older person and is carried out by someone they trust such as an adult child, family member, partner, carer or friend. The abuse may be physical, social, financial, psychological or sexual and can include mistreatment and neglect. This interactive session will provide an overview of elder abuse and support and assistance available through Seniors Rights Victoria. Seniors Rights Victoria is a free service available to individuals over 60 years of age.

Let's talk about Money

 11.30am

Presented by Anouk Ceppi, Financial Counsellor, Uniting Kildonan



During this session, we will explore the available financial options that you can access. We'll also discuss information regarding unpaid bills, debts, or disputes, as well as provide insights on scams and effective methods to handle them.

Mastering Healthy Ageing, One Bite at a Time

 12.30pm

Presented by Jessica Lamb, Dietitian (APD), DPV Health



Come and learn about all things 'Healthy Eating' and the key nutrients that should be in your daily food intake. You will learn about the 'ins and outs' of fibre, get top tips for tip top bone health and how a dietitian can help you!

Healthy Brain, Healthy Body

 1pm

Presented by Taryn Ferguson, Community Educator, Bolton Clark



This session will introduce you to the six factors of positive ageing. You can learn how to experience happiness and satisfaction at any age.

Mindfulness and Energy Cultivation for Personal Growth

 1.30pm

Presented by Taryn Ferguson, Community Educator, Bolton Clark



Come along and explore the practice of mindfulness with a focus on breathwork, cultural self, and environmental awareness.

Advance Care Planning. Why bother?

 2pm

Presented by A/Prof Barbara Hayes, Clinical Lead-Advance Care Planning, Northern Health



We plan for several possible situations. Advance Care Planning is planning for health care decisions in case you are unable to make decisions for yourself. It can involve appointing a trusted decision-maker, talking to them about what is important to you, planning and to your family. This session will describe the components of Advance Care Planning and how it can be useful to you or the person doing the planning and to your family.

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 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

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