

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 21 - 9th July 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 - WELCOME TO TERM 3

Hello Everyone,

Welcome to Term 3. Once again we are about to commence a busy term. We have new classes being added to the Whittlesea U3A calendar, our AGM in September and special events promoting Whittlesea U3A and its members. Make sure you keep in touch by reading the newsletter and remember you can always contact the office if you have any queries.

Our fees have also changed from July. Any member who joins now will pay \$30 and have full access to the Whittlesea U3A calendar. If you have any friends who are non members now is the time to give them this information, especially if they are Line Dancing fans with the announcement of another Line Dancing Social in October as well as the one in December. The fees will revert to \$60 from January 2024.

As we start organising our program for next year I would also like to ask members to consider becoming tutors or leaders for 2024. If you have a hobby or skill and would like to share it with your friends why not contact me about the process. We are always looking for more leaders and tutors.

Hope everyone has a great Term 3.

Natalie Lim, Communication Manager/Course Coordinator

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

OFFICE HOURS for WEEK BEGINNING MONDAY 10th JULY

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

STAY HOME IF YOU ARE ILL

As we start Term 3 we are still in the winter months and many members may be experiencing illnesses like colds, flu and COVID. Please stay home if you are not well as we do not want to spread this illness/infection to other members.

CLASS PROGRAM WEEK BEGINNING 10th July - CHANGES AND ADDITIONS

WU TAO and TAI CHI CLASSES at RIVERSIDE BY MARIA.

Just a reminder that Maria's Wu Tao and Tai Chi Classes will be resuming at Riverside Community Centre from the beginning of this term BUT they will be going FORTNIGHTLY. The time will still be at 2pm- 3pm / Tai Chi Class at 3pm – 4pm on Thursdays. The dates of the classes are:

July 13 . 2023; July 27, 2023; August 10, 2023; August 24, 2023; September 7, 2023; September 21, 2023; October 5. 2023; October 19,2023; November 2, 2023; November 16, 2023

Don't forget to write them down in your diary.

REFLEXOLOGY/ WELL BEING ZOOM CLASS on Saturdays at 9 am – 10 am.

Maria's Reflexology Class and Well being Class will also be resuming Online from the beginning of this term BUT they will be going MONTHLY. Those who have enrolled in the class will be receiving their zoom link during the break. The dates of each class is as follows:

Reflexology Class dates:

15 July 2023; 12 August 2023; 9 September 2023 ; 7 October 2023; 4 November 2023.

Well being Class dates:

29 July 2023; 26 August 2023 ; 23 September 2023; 21 October 2023; 18 November 2023.

BUSY HANDS CIRCLE

Federica's class at Peter Lalor Campus will be starting in Week 2 (July 21st) of Term 3.

EXERCISES FOR HEALTHY AGEING

Ida's class at Thomastown Library will not be starting until Week 3 (July 26th) of Term 3

DRAWING FOR BEGINNERS

Jill's class at Peter Lalor Campus will be starting in Week 2 (July 19th) of Term 3

BEGINNERS' YOGA – CHANGE OF TIME

Marietta and Teresa need to move the furniture to prepare for the Beginners' Yoga class. They need assistance to do this. For this reason the class will start 15 minutes earlier. If you are enrolled in this class please arrive at 9.15 to help. Unfortunately we have no control of this furniture arrangement which has been made by the council. Please help and do not leave it to just a few.

CODE: 235FRI14

NAME: HEALTHY BRAIN, HEALTHY BODY

LOCATION: Peter Lalor Campus

TUTOR: Peter Cleary

DATE: Friday 14TH JULY

TIME: 10.00 – 11.00

DESCRIPTION: *The mind controls everything that happens in our body. By ensuring it is healthy, our body will feel and perform better. This session provides you will some practical information to help you with this.*

CODE: 232TUE36

NAME: EXPLORE GRANITE HILLS

LOCATION: Granite Hills, Corner of Topaz Grove and Skyline Drive, South Morang

TUTOR: Glen Wall

DATE: Tuesday 11th JULY TIME: 10.00 – 12.00

DESCRIPTION: *This month, the City of Whittlesea and Whittlesea U3A have organised a guided walk through Granite Hills, the south-eastern section of Quarry Hills. The two-kilometre round-trip will provide amazing views north and south of Quarry Hills, and the grassy woodland is a great place to spot birds, orchids, and even an echidna or wombat if we are lucky!*

You will need:

**Sturdy shoes (the gravel path is steep and uneven at times)*

**Water * Snacks * Average fitness.*

Whittlesea Community Connections (WCC) is a community-led organisation.

They work across the municipality to:

- Create opportunities that build and strengthen connections.
- Identify and break down barriers to accessing information and specialised support services.
- Self-enable the community.

Build individual and community resilience.

In order to meet the rapidly growing number of local people in need of financial and food assistance they are conducting a fundraising program. If you are able to help or would like more information on both the program and Whittlesea Community Connections follow the link:

<https://www.whittleseacommunityconnections.org.au/get-involved/make-a-donation/>

LINE DANCING SOCIAL - OCTOBER 23SUN06

Due to the success of the last social in June a new line dancing social has been announced. Members and Non members welcome but numbers are limited so you will need to enrol as soon as possible.

FOR MEMBERS: Enrolment can be done: online, contacting the office or the class coordinator.

FOR NON MEMBERS: Their names, contact details need to be written on the sheets provided in classes

DATE OF EVENT: Sunday 1st October between 11.00 and 4.00pm

REMEMBER: Members **MUST ENROL**. Cost to Members is \$2 and Non members \$7 (\$5 + \$2)

Please contact me or the office if you are unable to enrol online. Sheets will be available at all the line dancing classes in term 3 if you want to organise a table or a small group.

COME AND PLAY



Walking Netball is a modified version of the traditional game for over 50's regardless of fitness level, ability, or previous netball experience. Walking Netball is a slower version of netball performed at a walking pace. Walking Netball has a strong emphasis on getting people to participate in an enjoyable, safe environment rather than focusing on the competitive aspect.

THURSDAYS 11AM to 12.30PM

the  **LEISURE CITY**

41-53 MILLER STREET EPPING

ENQUIRIES AND EXPRESSIONS OF INTEREST
PLEASE EMAIL MICK TRIM AT
mick_trim1@hotmail.com

***MEMBERSHIP TO WHITTLESEA U3A IS
REQUIRED TO PLAY**

***THIS PROGRAM IS FOR THOSE OVER 50**

CALENDAR OF MAIN EVENTS—Term 3/4 2023

DATE	EVENT	LOCATION
JULY 2023		
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
Friday 15th	End of Term 3	All venues
OCTOBER 2023		
Monday 2nd	Term 4 begins	All venues
Monday 2nd @ 10.00	Whittlesea U3A Morning Tea	Epping RSL
Monday 9th @ 9.30	Committee Meeting	Peter Lalor Campus
Saturday 7th @ 10.00	Whittlesea U3A Seniors Expo and Market	May Rd Campus
Sunday 8th @ 11.00	Line Dancing Social	Epping Memorial Hall
NOVEMBER 2023		
Monday 6th @ 10.00	Whittlesea U3A Morning Tea	Epping RSL
Tuesday 7th	PUBLIC HOLIDAY - MELBOURNE CUP NO CLASSES	ALL VENUES
Monday 13th @ 9.30	Committee Meeting	Peter Lalor Campus
DECEMBER 2023		
Friday 1st	End of Term 4 - all classes end	All venues
Monday 4th @ 10.00	Breakup Christmas Celebration Lunch	Epping RSL
Wednesday 6th @ 10.00	Enrolments for 2024 begin	Peter Lalor Campus
Thursday 7th @ 10.00	Enrolments for 2024 continue	May Rd Campus
Sunday 10th @ 11.00	End of Year Line Dancing Social	Epping Memorial Hall

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