

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 23 - 23rd 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

Hello Everyone,

As usual everything is going well and all members are enjoying the time they spend with friends. This week I have started to include the information regarding the AGM - refer page 3 as this is a very important meeting that should be attended by as many members as possible. It is your opportunity to find out what is happening at Whittlesea U3A and what we hope to happen in the future. Come and ask questions and tell the Committee what you would like for the future. We are holding the meeting at Epping RSL in the room we have our Monthly Morning Tea and the meeting will be followed by light refreshments of cake and scones. The AGM is being held on Monday 4th September beginning from 10.00

For those of you who have been thinking about going to the Line Dancing Social in October and have not yet put your name down (members and non members) there are only about 20 spaces left. Refer to the information on page 3 and enrol as quickly as possible or you will miss out.

New classes are being added all the time. In fact I will be adding some classes during the week which I will advertise in the WOTZON next week. As we get larger we are trying to utilize venues all over the Whittlesea area so hopefully you will find a class that is just right for you. Please enrol rather than just go to the class and remember that if you are on a waiting list it is because the class is full and the venue/tutor cannot have any more enrolled. Please do not go to a class if you are on a waiting list until you are notified.

Don't forget about the Whittlesea U3A Expo on Saturday 7th October. If you want a table please contact me ASAP.

Natalie Lim, Communication Manager/Course Coordinator

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

OFFICE HOURS for WEEK BEGINNING MONDAY 24th 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

Government Power Saving \$250 Bonus Program FINISHES SOON

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

WHITTLESEA U3A SENIORS' EXPO 2023

As part of Seniors' Month in October, Whittlesea U3A is holding an expo showcasing everything that is Whittlesea U3A. Whether it is the dances we learn, the music we sing or play, exercises we do or the craft we make in class or at home we would like to put it on show so that the public can see exactly who we are and what being members of Whittlesea U3A means.

The focus of the day is to have fun, show off what we do and promote Whittlesea U3A to the wider public.

The date of the event is Saturday 7th October from 9.30 to 2.30 at May Road Campus, May Rd, Lalor adjacent to the Lalor Library.

As part of the day we will be having 4 different types of activities:

- 1. Demonstrations and Information – some classes will be demonstrating what they do e.g. dancing, singing, craft etc. and we will be having information booths.*
- 2. Displays – some classes will have a display of the types of things they make or do in class*
- 3. A BBQ selling sausages in bread and drinks.*
- 4. Tables run by Whittlesea U3A members selling things they have made either in class or at home. These tables can be booked by individual Whittlesea U3A members or classes. Materials sold must be home made (no store bought products) and they cannot be trash and treasure. Cost of hiring a table to sell items is \$10/table. If you are doing a display about an activity or class there is no charge. Only Whittlesea U3A members can hire a table.*

If you are interested in hiring a table, having a demonstration or doing a display either as an individual or a class group please contact myself, Jodie or Christine. Once you contact us we will be able to send you a copy of the terms and conditions and an application form. Our details are listed below. Any member of Whittlesea U3A can apply to become a stall holder as long as they meet the terms and conditions. There will be no cost for demonstrations or displays. So that we can organise the day and ensure everything runs smoothly could you please notify us as soon as possible. Yes the event is in October but there is a lot to organise and we cannot keep it to the last minute.

Natalie Lim – 0412230561 or communication@whittleseau3a.org.au

Jodie Lang – 0407 045 471 or Jodie.l@whittleseau3a.org.au

Christine Czerny – 0407 214 335 or venuecoordinator@whittleseau3a.org.au

GENERAL ASSISTANCE NEEDED ON THE DAY – *if you do not wish to have a stall or conduct a demonstration/display maybe you could spare an hour or two to help the organisation on the day. Please contact us if you can help. If we get lots of assistance it will reduce the stress on everybody.*

THINGS WE NEED HELP IN INCLUDE:

- Assisting with the BBQ*
- Setting up event*
- Closing down the event*
- Assisting with information tables for those asking questions about Whittlesea U3A*
- Other general tasks during the day*

Thank you and hope to hear from you soon.

CLASS PROGRAM WEEK BEGINNING 24th July

EXERCISES FOR HEALTHY AGEING

Exercises for Healthy Ageing will recommence this Wednesday 26th July. They will be led by Mary until Ida returns.

Thank you Mary for offering your services. Please contact me should you have any queries regarding these sessions

CARDS 500 EPPING

Alby's CARDS 500 class at Epping has been cancelled ON Tuesday 15th August as the Council requires Epping Memorial for an emergency evacuation exercise.

LINE DANCING SOCIAL - OCTOBER 1st 237SUN06

OCTOBER LINE DANCING SOCIAL. Members and Non members welcome but numbers are limited so you will need to enrol as soon as possible.

THERE ARE ONLY 20 SPACES LEFT FOR THE OCTOBER SOCIAL and due to hall restrictions once the maximum is reached no further enrolments can be taken. ENROL QUICKLY IF YOU WOULD LIKE TO GO.

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 or contact the course coordinator through a member.

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.

WHITTLESEA U3A AGM 2023

This year the ANNUAL GENEREL MEETING is being held on Monday 4th of September. It will be followed by the **Monthly Morning Tea**. It will be held at EPPING RSL. beginning at 10.00. All members are welcome to attend. This is your opportunity to decide who will be part of the Committee for 2023/2024, and to ask any questions you might have about classes, programs, yearly costs etc. It is important you have your say. I have emailed all members information regarding Proxy votes, and committee positions so have a read of them when they arrive in your INBOX.

THERE WILL BE NO CLASSES ON THE MORNING OF MONDAY 4TH SEPTEMBER IN ANY VENUE. This will ensure that those tutors wishing to attend do not have teaching commitments.

A light morning tea will be provided and the bar is open. It would be appreciated if you could contact one of the following if you intend to attend so that we can make catering arrangements.:

- Natalie Lim: 0412230561
- Judy Cleary: 9464 1339 or 0404119189
- The office at either May Rd or Peter Lalor: 9464 1339 or 0404 119 189
- Kathy Lizio: 0414 925 567

Looking forward to seeing lots of you there.

MERNDA SOCIAL SUPPORT CENTRE

The Whittlesea U3A programs commence at the upgraded Mernda Social Support Centre located next to the Mernda Village Community Activity Centre, in August. The programs will be of particular interest to those looking to meet other people and improve their overall sense of health and wellbeing.

The **Mernda Social Support Centre** will provide older residents with activities, health and wellbeing services and access to services.



The centre, which is located at 70 Mernda Village Drive next to the Mernda Village Community Activity Centre, opened to the public in July 2023.

The suite of services that will be offered at the centre will help older residents maintain their independence and continue to be active participants in the community.

Whittlesea U3A is one of the accredited allied healthcare providers and community organisations that will run programs from the centre. The Whittlesea U3A classes and activities will include:

- Cooking for one and Balance your Diet
- Cook Book to Plate
- Yoga
- Speakers Group
- Technology Mentoring – How to better use your phone
- Develop skills to maintain mental wellbeing

Cultural, social and information-based events

If you are interested in participating in any of the above classes and activities please Text Glen Wall 0422852592 or email glen.w@whittleseau3a.org.au.

KEEP A LOOK OUT FOR WHITTLESEA SENIORS LINK UP



Whittlesea Seniors Link Up provides a one-stop source of information for seniors in the Whittlesea area, including links to activities, events and clubs for seniors, as well as general informative resources.



OUR WALKING FOOTBALLERS ARE HEADING TO ADELAIDE

The Australian Masters Games are being held in Adelaide in
October

Whittlesea U3A will be sending teams to compete in the Walking
Football tournament

Help us get there by attending our fundraising lunch at
Epping RSL

195 Harvest Home Road Epping

Friday 18th August 2023

12pm – 3pm

3 course seniors meal

Cost \$35* per person

*Members and non members

To reserve your place and payment details
email Mick at mick_trim1@hotmail.com

BOOKINGS NEED TO BE MADE BEFORE AUGUST 11TH



Whittlesea U3A Walking Football Program have partnered with Prospect Wines to offer 6 great value wines. The purchase of this wine will help send senior citizens to Adelaide to compete in the Australian Masters Games. Thank you for your support!



Barossa Valley Cabernet Sauvignon 2020 \$24.00

A medium-bodied Cabernet, opening with ruby-red colour and ripe fruity aromas. This red wine has a palate of spicy berries, balanced by some mild acidity, and fine savoury tannins on the finish.



Coonawarra Reserve Shiraz 2019 \$22.00

This Shiraz has rich aromas of spicy fruit and vanilla. The palate is full-flavoured and earthy, with hints of plum and fine vanilla, firm tannins and a lingering dry finish. Will reward further cellaring.



Victorian Reserve Pinot Noir 2022 \$19.00

Pale red in colour, with aromas of black cherry, spice and sweet oak. The palate has luscious dark berry fruits, balanced by fine tannins on the smooth dry finish.



Adelaide Hills Sauvignon Blanc 2022 \$20.00

Made from a blend of Adelaide Hills and various South Australian wine growing region, it has intense flavours of tropical fruit, a medium sweet palate and a well-balanced acid finish.



Adelaide Hills Reserve Pinot Grigio 2022 \$22.00

A cool-climate Pinot Grigio from the slopes of the Adelaide Hills, this wine has wonderful varietal style: soft orchard fruit aromas, and a palate of crisp apple and pear, balanced by a delicate finish.



Pinot Chardonnay Premium Sparkling Brut \$20.00

Crafted from select parcels of Pinot Noir, Chardonnay and Pinot Meunier from cool climate vineyards in Victoria and South Australia. Night harvesting maintains fresh flavour while malolactic fermentation adds complexity and elegance. It is softly textured with good fruit weight and persistent flavour, finishing dry and clean with crisp acidity. An outstanding sparkling wine.

Minimum order quantity: 6 bottles (can be all 1 wine, or any mix of different wines).

Group together if needed to make up minimum order.

Delivery fee \$9 for 6 – 12 bottles, then a further \$9 for every dozen after that.

For every 12 bottles ordered, you get 1 FREE BONUS 200mL bottle of 10-year-old Bullers Fortified wine!

Until September 30, all orders go in our raffle to win 1 of 2 \$200 Bunnings Vouchers, PLUS a \$50 donation to this fundraiser!

* For delivery in Victoria, wine must be signed for by a person 18 or older, to comply with liquor licence laws. Parcels cannot be left if no-one is home.

Orders to be placed and paid online via

prospectwines.com.au/product/whittlesea-u3a-walking-football-program

For further details please email Mick at mick_trim1@hotmail.com



CALENDAR OF MAIN EVENTS—Term 3/4 2023

DATE	EVENT	LOCATION
AUGUST 2023		
Monday 7th @ 10.00	Whittlesea U3A Morning Tea	Epping RSL
Monday 14th @ 9.30	Committee Meeting	Peter Lalor Campus
Friday 18th @ 12.00	Walking Football Fundraising Lunch	Epping RSL
SEPTEMBER 2023		
Monday 4th @ 10.00	Whittlesea U3A AGM NO CLASSES IN THE MORNING	Epping RSL
Monday 11th @ 9.30	2023/2024 Committee Meeting	Peter Lalor Campus
Friday 15th	End of Term 3	All venues
OCTOBER 2023		
Sunday 1st @ 11.00	Line Dancing Social	Epping Memorial Hall
Monday 2nd	Beginning of Term 4	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
Monday 9th	Australian Masters Games—Walking Football to compete	Adelaide
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