

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 24 - 30th 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,

Much of the WOTZON today is information about various new programs available including the return of Walking Basketball at Mill Park Stadium. It is really amazing the number of 'Walking' sporting activities we have available at Whittlesea U3A. We have Walking Basketball at Mill Park Stadium, and Walking Football and Walking Netball at Epping Leisure Centre. The focus of all these activities is to maintain a healthy life style whilst having fun. You do not have to be super fit to enjoy yourself and people with walking sticks and walkers have been involved in Walking Basketball. The health benefits are numerous. Our swimming program also continues for the rest of the year at TRAC (on Thursday) and Mill Park Leisure Centre (on Tuesday) with a trained instructor at a cost of \$7.50

For those of you who wanted to go to the Line Dancing social in October but have not enrolled it is unfortunately TOO LATE. There are over 120 enthusiast dancers attending this event and it is well and truly full without the possibility of a waiting list. I guess those who missed out will need to make sure they enrol for the next one which is in December. The advertisement for that will start in October.

Once again don't forget about the AGM being held at Epping RSL on Monday 4th September starting at 10.00. We will be discussing proposed changes to the fee structure at this meeting so make sure you come along to have your say. Refer to the information on page 3 and for catering purposes contact one the people on the list to tell them you are coming.

Finally don't forget about the Whittlesea U3A Seniors Expo being held at May Road Campus on Saturday 7th October. Come and help us show off what Whittlesea U3A is all about. We already have a number of displays and stalls for the day so if any member (you do not have to be a tutor) wants to sell something they make at home contact me as soon as possible.

Natalie Lim, Communication Manager/Course Coordinator
communication@whittleseau3a.org.au (0412 230 561)

OFFICE HOURS for WEEK BEGINNING MONDAY 31st 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 CHANGES

INDOOR WALKING AEROBICS - TUESDAY @ RIVERSIDE SOUTH MORANG

Indoor Walking Aerobics with Ann @ Riverside has been cancelled for **TUESDAY 8TH AUGUST**

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. **THOSE** who normally attend Alby's class have been invited to attend Tyrone's card class at Peter Lalor Campus between 12.30 and 3.30pm as an alternative on this day

ITALIAN TOTAL BEGINNERS - MONDAY @ PETER LALOR CAMPUS

Italian Total Beginners with Oscar @ Peter Lalor Campus has been cancelled for **MONDAY 14TH AUGUST**

LINE DANCING SOCIAL - OCTOBER 1st 237SUN06

THIS EVENT IS FULL - NO FURTHER ENROLMENTS, MEMBERS OR NON MEMBERS, WILL BE TAKEN.

UNFORTUNATELY AS THERE ARE OVER 120 PEOPLE ATTENDING THERE WILL BE NO WAITING LIST

Thank you to all those who enrolled quickly. The next line dancing social after October will be on Sunday December 10th. Enrolments will open in October.

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: 0412 230 561 **Judy Cleary:** 9464 1339 or 0404 119 189 **Kathy Lizio:** 0414 925 567

The office at either May Rd or Peter Lalor: 9464 1339 or 0404 119 189

Looking forward to seeing lots of you there.

Information regarding the AGM will be either emailed out to those with email address or mailed to those without on the 14th August. This information will include Proxy voting and application to be on the Committee of Management.

WALKING BASKETBALL IS BACK ON AT MILL PARK BASKETBALL STADIUM

The Walking Basketball program at Mill Park Basketball Stadium, The Stables, Childs Rd, Mill Park is running again in Term 3. It starts on Friday 18th August between 9.30 and 10.30 (refer to poster) and it is **FREE** of charge. Registration and insurance is also FREE so why not get involved.

Everyone needs to register which can be done either using the QR code on the poster or by following the link and fill in your details: <https://www.playhq.com/basketball-victoria/register/d8dc34>



New Dates

Come & Play!

Fri 18th & 25th August 2023
Fri 1st, 8th & 15th September 2023

Open to all! 9.30am to 10.30am
Mill Park Stadium

COST: FREE

For further information call 9404 1999

SCAN HERE TO REGISTER



SCAM AWARE

Warning to all members and friends.

Please continue to be vigilant regarding possible scams. If you receive an email or text message with a link be very careful before clicking on that link. Not all emails are what they seem. Hackers can get personal information about you and your family and friends very easily so don't take these forms of communication for granted. Also it is important to have passwords that are not predictive; do not use important dates in your life or that of your family and try to have the longest password possible. It is also a good idea to change your password regularly.



Seniors Exercise Park in Thomastown

36 Barry Road, Thomastown



City of Whittlesea

Free fun outdoor exercise for community members aged 50 and over.

What is the Seniors Exercise Park?

- ✓ An outdoor exercise space that includes several exercise stations specifically designed for older people to improve strength, balance, flexibility and mobility

Why use the Seniors Exercise Park?

- ✓ It aims to help you improve your balance, strength, functional movement, range of motion and mobility
- ✓ It has some unstable surfaces that challenge balance, and promote core strength
- ✓ It is a great way to socialise and have some fun
- ✓ It's easy and free to use!

Why exercising outdoors?

- ✓ It is great for your mental and physical health
- ✓ It can improve your mood and reduce stress

Come and try sessions including morning tea

**Tuesday 15 August and 17 October,
10am–11.30am**

Trained staff and volunteers will be on site to assist with the proper use of the equipment.

Bookings preferred. Email
leap@whittlesea.vic.gov.au
or phone on 9407 5940.

The weekly
Seniors Exercise
Park program
commences
Tuesday 22 August
10am-11.30am.

Why physical activity is good for you

Physical activity is very important for your health and wellbeing, so start by doing activity, and gradually build up.

- ✓ It is good for your health and can reduce the risk of developing chronic diseases (such as heart disease, diabetes, cancer)
- ✓ It can make you stronger, fitter and function better in life
- ✓ It is good for your mental and cognitive health



If you require further assistance please call the City of Whittlesea Ageing Well Department on 9407 5940 or leap@whittlesea.vic.gov.au

This is a partnership project funded through the Australian Government.



Examples of exercises you can do using the Seniors Exercise Park

Balance exercises

Balance Beam



This exercise improves your balance for walking safely on awkward surfaces such as uneven paths.

Gangway



This exercise improves balance on uneven and unstable surfaces.

Coordination and functional movement exercises

Stairs



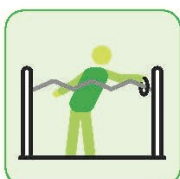
This exercise strengthens the leg muscles and improves ability for using stairs.

Walking Ramp and Net



The exercise helps with balance and strengthens the leg muscles. It also helps with negotiating obstacles, and clearing and positioning your feet when walking.

Snake Pipe - Small Wave



This exercise strengthens and mobilises the shoulders and back, improves reaching skill and balance.

Mobility and flexibility exercises

Snake Pipe - Big Wave



This exercise improves strength and mobility of the shoulders.

Hand Roll



This exercise helps mobility of the neck, shoulder and elbow joints.

Strength exercises

Push Up



This exercise strengthens your arms, shoulders, back and core muscles.

Sit to Stand



This exercise strengthens your leg and back muscles.

Step Up



This exercise strengthens the leg muscles and improves ability for using stairs.

If you require further assistance please call the City of Whittlesea Ageing Well Department on 9407 5940 or leap@whittlesea.vic.gov.au



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