

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 26 - 12th August 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,

Once again keeping this short because there is lots of information in this week's WOTZON including some new classes and some other ones that have vacancies that you might want to consider.

Reminder about the Walking Football Lunch being held at Epping RSL on Friday 18th August. Profits raised from this lunch will go towards the teams and their Adelaide competition. If you are interested please contact Mick Trim on mick.trim1@hotmail.com

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

OFFICE HOURS for WEEK BEGINNING MONDAY 14th August

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

ONE DAY ACTIVITY

CODE: 232TUE29

NAME: CPR AND DEFIB BASICS

LOCATION: Peter Lalor Campus

DATE: Tuesday 15th August

TUTOR: Peter Cleary

TIME: 14.00 to 15.00

FREQUENCY: One session

DESCRIPTION: This is a basic information session on how to use defib machines and the principles of CPR. Practical handouts will also be provide to refer to at a later date.

NEW ACTIVITY

CODE: 232TUE38

NAME: BILLIARDS

LOCATION: May Rd Campus

TUTOR: Michele Patane

TIME: 12.30 to 3.30pm

FREQUENCY: Weekly

DESCRIPTION: Come and enjoy a social game of Billiards with friends. Beginners welcome

DIGITAL LITERACY HELP AND ASSISTANCE

Need help with your smart device – PHONE: iPhone or Android or TABLET: iPad or Tablet.

Peter Rodaughan is at the Lalor Library on Thursday between 1.00pm and 3.00pm and at Thomastown Library on Friday between 1.00pm and 3.00pm. ready to help solve your problems or just to give you some ideas on how to use the smart device.

No appointment is necessary. He is there every week unless otherwise stated. Why not go along to one of these venues and ask your questions.

PLEASE READ THE FOLLOWING CHANGES CAREFULLY THEY MAY AFFECT THE CLASS YOU ATTEND.

CLASS PROGRAM CHANGES

LAPTOP WIN 10 ADVANCED - TUESDAY @ MAY ROAD CAMPUS, LALOR

Laptop Win 10 Advanced with Kathy at May Road, Lalor has been cancelled on **TUESDAY 15TH AUGUST**

MANDARIN ELEMENTARY LEVEL - THURSDAY @ MILL PARK LIBRARY, MILL PARK

Mandarin Elementary Level with Polly @ Mill Park Library has been cancelled on **THURSDAY 17TH AUGUST, 24TH AUGUST AND 31ST AUGUST**

LINE DANCING FOR VARIOUS LEVELS - WEDNESDAY @ EPPING MEMORIAL HALL, EPPING

Line Dancing for Various Levels with Mia @ Epping Memorial Hall has been cancelled for **WEDNESDAY 16TH AUGUST**

LINE DANCING FOR FUN - FRIDAY @ EPPING ACTIVITY CENTRE, EPPING

Line Dancing for Fun with Mia @ Epping Activity has been cancelled for **FRIDAY 18TH AUGUST**

AFRICAN VIOLET PROPAGATION - SATURDAY @ JAN'S PRIVATE HOME

African Violet Propagation with Jan @ her home has been cancelled for **SATURDAY 19TH AUGUST**. The next class will be on 16th September.

LEPRECHAUN TRIVIA AFTERNOON - TUESDAY @ BROOKWOOD CC, DOREEN

Leprechaun Trivia Afternoon @ Brookwood CC, Doreen has been cancelled **FOR THE REST OF TERM 3**.

EXERCISE AND LIVE HEALTHY - MERNDA - TUESDAY @ MERNDA ACTIVITY CENTRE

Kumar will not be attending the following exercise sessions at Mernda: Tuesday 5th, and 12th September. HOWEVER THE SESSIONS HAVE NOT BEEN CANCELLED. Sessions will be taken by a member of the group

EXERCISE AND HEALTHY LIVING - LALOR - THURSDAY @ MAY ROAD CAMPUS

Kumar will not be attending the following exercise sessions at May Road: Thursday 7th, and 14th September. HOWEVER THE SESSIONS HAVE NOT BEEN CANCELLED. Sessions will be taken by a member of the group

THE NEXT COUPLE OF PAGES ADVERTISE A FEW CLASSES THAT ARE EITHER NEW OR HAVE VACANCIES
SO WHY NOT GIVE THEM A TRY.

NEW CLASS

CODE: 235FRI21

NAME: MEDIATION

LOCATION: Mernda Social Support Centre, 70
Mernda Village Drive, Mernda

START DATE: Friday 11th August

TUTOR: Ann Bellofiore

TIME: 10.00 to 11.00

FREQUENCY: Weekly

DESCRIPTION: *Come and learn how to relax and
unwind in a quiet environment. Learn mediation
techniques that you can use and practise at home.*

LIMITED NUMBERS AVAILABLE SO ENROL SOON

NEW CLASS

CODE: 232TUE39

NAME: Ballroom Dancing for Beginners

LOCATION: Riverside Community Centre, South
Morang

DATE: Tuesday 15th August

TUTOR: Sylvette Bignoux

TIME: 13.00 to 14.00

FREQUENCY: Weekly including term 3 holiday
break

DESCRIPTION: : If you have always wanted to
learn how to ballroom dance this is the class for
you. The session is a beginners class, providing
basic steps in a slow and easy pace.

NEW ACTIVITY

CODE: 235FRI22

NAME: Have Fun Cooking for One

LOCATION: Mernda Social Seniors Centre

START DATE: Friday 18th August

TUTOR: Glen Wall

TIME: 9.00am to 1.00pm

FREQUENCY: Activity is being held over 4 weeks

DESCRIPTION: This 4 week cooking course will be conducted by a dietitian and members of DPV
Health. It will involve participants in food preparation and cooking. The group will share the meals at
the end of each session. Recipes and handouts will also be provided.

COST: The course will cost \$52 for 4 weeks. Payment will need to be made at the beginning of week 1
and receipts will be provided.

CODE: 235FRI20

NAME: Social Seniors Ten Pin Bowling

LOCATION: OZ Ten Pin Bowling 14 - 53
Miller Street Epping

DAY: Friday

TUTOR: Con Constantinou

TIME: 10.00 to 12.00

FREQUENCY: Weekly including term 3
holiday break

DESCRIPTION: : This joint Whittlesea
U3a and LEAP program is a fun way to
exercise, keep active and meet new
friends. Cost per person is \$8 for one
game and \$16 per person for two
games

CODE: 231MON19

NAME: Beginners Line Dancing Whittlesea

LOCATION: WHITTLESEA TOWNSHIP, Whittlesea Community
Activity Centre

DAY: Tuesday

TUTOR: Bev Moore

TIME: 11.30 to 12.30

FREQUENCY: Weekly

DESCRIPTION: This is a beginners line dancing class, our first in
the township of Whittlesea. The tutor will explain and instruct
basic skills and transform these to simple dances. Not suitable
for intermediate or advanced dancers as the primary aim is to
teach the steps.

CODE: 231MON23

NAME: Social Exercise and Walking Football Mix

LOCATION: Epping Leisure Centre Miller Street Epping

DAY: Monday

TUTOR: Con Constantinou

TIME: 10.00 to 12.00

FREQUENCY: Weekly including term holiday break

DESCRIPTION: This is a mixed activity where men and women of all abilities are welcome to come and try social exercise and walking football. Whittlesea U3A is working with The City of Whittlesea LEAP program to provide an easy and slow paced exercise program with no running required.

COST: \$2/WEEK

CODE: 232TUE01

NAME: Cards 500 Epping

LOCATION: Epping Memorial Meeting Room, 827 High Street Epping

DAY: Tuesday

TUTOR: Alby Griffin

TIME: 10.00 to 13.00

FREQUENCY: Weekly including all holiday breaks

DESCRIPTION: This is a group who talk and joke whilst playing cards

CODE: 232TUE13

NAME: Cards 500 Lalor

LOCATION: Peter Lalor Campus, Robert Street, Lalor

DAY: Tuesday

TUTOR: Tyrone Dark

TIME: 12.30 to 14.30

FREQUENCY: Weekly including all holiday breaks

DESCRIPTION: This class plays Cards 500 in a friendly atmosphere. We welcome learners and experienced players

CODE: 234THU35

NAME: Book Discussion Mill Park Library

LOCATION: Mill Park Library

DAY: 1st Thursday of the Month (next one on Thursday 7th September)

TUTOR: Jan Marshall

TIME: 13.00 to 15.00

FREQUENCY: Monthly – 1st Thursday

DESCRIPTION: The group meets on the first Thursday of the month in the Make a Space Room of the library. We read and review a book supplied by the library. Great conversation with a few laughs.

CODE: 231MON08

NAME: Cards 500 Laurimar

LOCATION: Laurimar Community Activity Centre, 110 Hazel Glen Drive Doreen

DAY: Monday

TUTOR: David Ross

TIME: 13.00 to 16.00

FREQUENCY: Weekly including all holiday breaks

DESCRIPTION: 500 or five hundred is now the national card game of Australia. Also called Bid Euchre (but not to be confused with another game of the same name) is a trick-taking game that is an extension of euchre with some ideas from bridge. For two to six players it is most commonly played by four players in partnerships. 500 is a social card game

CODE: 235FRI15

NAME: Understanding Dementia

LOCATION: Peter Lalor Campus, 34 Robert St Lalor

DAY: Friday 8th September

TUTOR: Peter Cleary

TIME: 10.00 to 11.00

FREQUENCY: One session only

DESCRIPTION: Dementia is a scary word so the more we know about it the better. This session provides you will information on what dementia is and how those affected live with it. Practical handouts will also be provided to refer to at a later date

WHITTLESEA U3A NEWS AND REPORTS

A new program was started at Heritage Lakes this year to reach out to the residents in the units there, which number 46. It was set up to reach the residents of the units because some of them have not left their unit since lock down are still very isolated. Early in April, Mary R., Margaret M., Marion G. and Jodie L. had a meeting with the Heritage Team. It was decided to run an afternoon tea for the residents of the units with Heritage Lakes supplying the afternoon tea and the above members of Whittlesea U3A being responsible for the invitations. The group would also meet and greet the residents. The aim of the afternoon was to be a social outing and activity for those living in the 46 units.



Since the monthly afternoon teas started in April the numbers have been slowly growing each month, from 3 residents in April, 4 in May, to 5 in June and in July. The residents decided to keep meeting on the 3rd Tuesday of each month. We will be having a few themed Afternoon Teas as the residents have suggested. Our next afternoon tea is the Tuesday 15th August and we have already had 6 replies. This is a closed activity open to Heritage Lakes Unit Residents only.

Jodie Lang

**Couple of Photos of some of the people
in my
Mernda Slow Walking Group..
Unfortunately a few were missing..
Jeanette D.**



*Allan from Men's Shed
and Glen collaborating
today in the building of
new facilities at Peter
Lalor Campus which
hopefully will be finished
by the end of 2024*

*Celebrating birthdays at the August Morning Tea
including a fantastic rendition of Happy Birthday
led by Josie P. from the Singing for Joy choir.*



**NEW HEALTH FOCUSED ACTIVITIES PROVIDED BY MEMBERS OF DPV HEALTH. THESE SESSIONS
CAN BE TAKEN INDIVIDUALLY OR AS A SERIES**

ONE DAY ACTIVITY - SESSION ONE

CODE: 233WED23

NAME: What Is Mental Health?

LOCATION: Mernda Social Support Centre, 70 Mernda Village Road, Mernda 3754

DATE: Wednesday 6th September

TUTOR: Natalie Lim

TIME: 10.00 to 11.00

FREQUENCY: One session

DESCRIPTION: We often ask the question what is mental health; what does it mean to Self-Care; and how do we show gratitude to both ourselves and others. This session will give participants the opportunity to explore what we mean when we talk about mental health and self-care. We will practise some gratitude exercises, giving us the chance to explore what is good in our lives.

ONE DAY ACTIVITY - SESSION TWO

CODE: 233WED24

NAME: Relaxation

LOCATION: Mernda Social Support Centre, 70 Mernda Village Road, Mernda 3754

DATE: Wednesday 13th September

TUTOR: Natalie Lim

TIME: 10.00 to 11.00

FREQUENCY: One session

DESCRIPTION: Total relaxation often comes with mindful breathing and progressive muscle relaxation. It is something that often does not come naturally in our busy lives but is very important to ensure healthy living. In this session we will look at how we can relax in a mindful way. This can help for starting the day in a better mood and assist with improved and restful sleep.

ONE DAY ACTIVITY - SESSION THREE

CODE: 233WED25

NAME: Learning to be Tolerant

LOCATION: Mernda Social Support Centre, 70 Mernda Village Road, Mernda 3754

DATE: Wednesday 4th October

TUTOR: Natalie Lim

TIME: 10.00 to 11.00

FREQUENCY: One session

DESCRIPTION: Understanding Window of Tolerance, distress tolerance and STOP technique are important mechanisms to healthy relationships. This session focusses on recognising difficult situations before they become unmanageable and ways to pause so that we can work through situations without causing extra harm. We will also look at how we can accept ourselves and our lives.

ONE DAY ACTIVITY - SESSION FOUR

CODE: 233WED26

NAME: Making Healthy connections

LOCATION: Mernda Social Support Centre, 70 Mernda Village Road, Mernda 3754

DATE: Wednesday 11th October

TUTOR: Natalie Lim

TIME: 10.00 to 11.00

FREQUENCY: One session

DESCRIPTION: Having had sessions on relaxation, understanding who we are we now want to consider looking at who we have in our lives that can provide us with positive and helpful interactions. In what ways can we expand our circles so that we have the right people to turn to when times are tough.

WHITTLESEA U3A AGM 2023

This year the **ANNUAL GENERAL 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.

NO SMOKING POLICY AT GOVERNMENT, LIBRARIES AND COUNCIL VENUES.

This is just a reminder to members that there are no smoking regulations in government (eg. Schools), libraries and council venues. This includes both the building and within the boundary of the venue. If you need to smoke you need to go to the designated area or on the street footpath. Furthermore it would be appreciated if coffee mugs from the kitchen are not taken out and used as ashtrays. Our volunteer office staff should not have to clean these mugs.

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

SINGLE DAY EVENTS PLEASE ENSURE YOU ATTEND IF YOU ARE ENROLLED

Just a reminder about our single day events:

Every so often we organise single day activities on topics that are of interest to our members. These are always included in our calendar of classes which is updated regularly. There have been times that members enrol in these classes but do not attend. Please be aware that many of these activities are run by outside agencies. Our next activity is on **CPR and Basics of Defibrillation training. It is on Tuesday 15th August from 2.00pm to 3.00pm at Peter Lalor Campus.** Please ensure that if you have enrolled you attend unless you notify either myself or the office. There are still a few places available for this activity.

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*

CAN YOU HELP? - PLEASE CONTACT US NOW

Thank you and hope to hear from you soon.

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>



Walking BASKETBALL

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

Whittlesea U3A Inc. City of Whittlesea Basketball Victoria AUS

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 HAVE BEEN EXTENDED TO AUGUST 15TH. PLEASE CONTACT MICK TRIM IF YOU ARE INTERESTED IN ATTENDING



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 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