

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 27 - 20th 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,

Just a short note this week. First can I apologise for the spelling and typing errors I made last week. There are weeks when the WOTZON takes a long time to prepare and when I finish it I proofread it too quickly. I will try not to make such silly errors again but who knows.

There are quite a few activities listed this week including the last 3 BOLTON CLARKE one session programs. I know that many of you enrol in one day events early and there are times that either due to forgetting it is on or various appointments you are unable to attend. For this reason I have put these sessions in my personal diary and I will send you an SMS to remind you the event is on.

Finally a date to put in your calendar which I haven't said much about yet is the end of year Celebration Lunch. Keep Monday 4th December free - more information to follow

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

OFFICE HOURS for WEEK BEGINNING MONDAY 21st 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

MEMBER COMMUNICATION

Over the year you, as a member of Whittlesea U3A, will receive various forms of communication either about special events, class changes, cancellations etc. Most of this communication is done by email. We are aware that there are members who do not have an email address and understand that it may be a problem for them to receive all the communication we send. If you know of someone in your class who does not have an email address please help them by keeping them informed of what is coming up. When a class is cancelled and we have plenty of notice we always send out an email and it is mentioned in this WOTZON so it is important you read the information. When a class is cancelled without much notice we contact members usually by text on their mobile - please check your mobile. Everyone who is enrolled in a class is always contacted when there are changes to the class however we cannot contact you if we do not know you attend that class.

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. He is 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

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

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

LEPRECHAUN TRIVIA AFTERNOON - TUESDAY @ BROOKWOOD CC, DOREEN

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

BEGINNERS YOGA - LALOR - THURSDAY @ MAY ROAD CAMPUS

Marietta will not be taking the Beginners Yoga class on Thursday 24th August. The class will be taken by Teresa at the normal time.

FILM NIGHT - FRIDAY @ READING CINEMA, EPPING

Gloria's Film Night on Friday 25th August has been cancelled for this month.

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

OFFER TO WHITTLESEA U3A FROM THOMASTOWN LIBRARY.

Afroditi, one of our tutors, is helping out at Thomastown Library assisting members of the public with their digital literacy needs. An invitation has been extended to any Whittlesea U3A member to attend these sessions if they too need assistance.

Digital help and assistance is being provided on Windows & Mac Computers, iPhone/ iPad, and Android phones. Anyone needing help with a Mac laptop would need to bring their own. If you run a Windows program the library computers can be used.

TIME: Monday between 12.00 and 2.00pm and Wednesday between 11.00am and 1.00pm.

VENUE: Thomastown Library, Main Road Thomastown.

APPOINTMENTS ESSENTIAL TO AVOID DOUBLE BOOKING: Contact the library on 03 9464 1884, ½ hour appointments are available – longer if they are not busy.

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: MEDITATION

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

CODE: 231MON09

NAME: Scrabble

LOCATION: Miller Community Centre Cnr Blamey Ave & Mill Park Drive Mill Park

DAY: MONDAY

TUTOR: Joan Delbridge

TIME: 10.30 - 13.30

FREQUENCY: **Weekly**

DESCRIPTION: Have a way with words, then you will love playing Scrabble with friends.

CODE: 231MON17

NAME: WALK AND TALK

LOCATION: Westfield Shopping Centre, near Woolworths Entrance unless otherwise stated by tutor

DAY: Monday

TUTOR: Margaret Dins

TIME: 9.15 to 10.15

FREQUENCY: **Weekly including school holidays**

DESCRIPTION: *Walking is for all abilities. These sessions run throughout the year except for the 1st Monday of the month due to monthly Morning Tea. We meet at the allocated venue at 9.10am and walk around the area for approximately one hour and return afterwards for Morning Tea. The walk around the South Morang and learn about the local area. Afterwards we return to Westfield shopping complex where everyone meets for a drink and a chat at the food court. If it is too hot or wet we walk inside the Westfield complex commencing outside the Woolworths Supermarket. Some prefer to walk around the shopping centre or inside depending on their ability.*

Over the last few months we have had a number of sessions presented by Bolton Clarke on various Health Issues that have been of interest to members. Between now and the end of November there are three more sessions all of which are in the calendar. I have listed them below so that you will have an idea what they are and the dates and times they are on. Unfortunately our CPR session which was on last Tuesday had to be cancelled due to a timing error. I apologize for any inconvenience this caused and we will try to reschedule it either later this year or early in 2024.

FRIDAY SEPTEMBER 8th FROM 10.00am to 11.00am - UNDERSTANDING DEMENTIA (Hearing Australia will be attending to provide free hearing checks). 235FRI15

TUESDAY, OCTOBER 24th FROM 2.00pm to 3pm - FALLS PREVENTION 232TUE30

FRIDAY, NOVEMBER 17th FROM 10.00am to 11.00am - MASTER YOUR MIND 232TUE16

Please enrol if you would like to attend these sessions. An SMS will be sent to your mobile the day before the session to remind you of the event.

ANTI SCAM FORUM

Rob Mitchell MP, Federal Member for McEwen, in cooperation with Mitchell Shire Council would like to invite you to attend an anti-scams forum presented by the Assistant Treasurer, Stephen Jones MP.

Whether it's spam texts, calls or misleading advertisements on social media, scam activity is on the rise and costing people, businesses, and the economy billions of dollars each year.

The forum will be an opportunity to learn ways to protect yourself from scams, know what to do if you have been targeted by a scam, and hear about the steps the government is taking to crackdown on this crime.

DATE: Wednesday 30 August 2023

TIME: 3:45pm for a 4pm start concluding no later than 5:15pm.

LOCATION: Wallan Multi-Purpose Community Centre, Seniors Hall, 42-80 Bentinck Street, Wallan

RSVP ESSENTIAL: ged.kunkel@aph.gov.au or 03 5716 3000 by MIDDAY, MONDAY 28 AUGUST

Please feel free to pass this invitation on to anyone you think might benefit from this event.

CODE: 233WED06

NAME: Mernda Walking Group

LOCATION: Mernda Village Shops

DAY: Wednesday

TUTOR: Jeanette Daisley

TIME: 9.30 to 10.30

FREQUENCY: Weekly

DESCRIPTION: Meet outside Fergusons Cake Shop Mernda Shopping Centre. We walk approx. 1hr and after we go to Split Bean Cafe for a coffee and chat

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 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.

Proxy forms and committee of management application forms have been emailed or mailed out earlier in the week. If you did not receive one please go to the May Road Office (Tuesday afternoon) or Thursday (all day) OR to Peter Lalor Office (Monday to Thursday 10.00 to 1.00) and you can pick up a copy

TELL US IF YOU ARE COMING TO THE AGM OR IF YOU ARE AN APOLOGY

A light morning tea will be provided at the AGM 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

**PLEASE ALSO CONTACT US IF YOU
ARE AN APOLOGY**

LINE DANCING SOCIAL – OCTOBER 1ST VACANCIES AVAILABLE.

Due to cancellations by members and non members attending the **LINE DANCING SOCIAL IN OCTOBER 1ST** there are 4 vacancies available to attend this event. Enrolment will be on a first come basis and to make it fair for everyone including those unable to enrol online you can only enrol into this event by contacting me on either communication@whittleseau3a.org.au or texting me on 0412 230 561. Please do not ring as I need a written confirmation of your attendance in case I forget to write it down. These places will go quickly so please contact me as soon as possible.

WHITTLESEA U3A SENIORS' EXPO 2023

The first Whittlesea U3A Expo is fast approaching and we have had a great response from both tutors and individual members to take part either selling what they make in class/at home or demonstrating activities.

To date we have the following stalls at the Expo:

SELLING GOODS:

- ◆ Jewellery and Embroidery with Helen
- ◆ Card Making Table with Christine and group
- ◆ Card Making Table with Kaylene
- ◆ Art for Fun with Noelene and group
- ◆ Drawing for Beginners with Jill and group
- ◆ Knitting with Diana and group
- ◆ Sewing products with Federica and group
- ◆ Knitted products made by Ellen
- ◆ BBQ and drinks led by Mick, Gerry and Walking Football team

DEMONSTRATIONS/INFORMATION TABLES:

- ◆ Ballroom dancing demonstration with Sylvette and group
- ◆ French singing with Sylvette and group
- ◆ Line dancing demonstration with Mia and group
- ◆ Digital Literacy Help and Assistance with Glen and group
- ◆ 3D Printer demonstration by Wes
- ◆ Sports table display led by Mick and Gerry

It is not too late if you want a table to sell home or class made goods or demonstrate an activity.

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.

Contact the following for more information

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

CAN YOU HELP? - PLEASE CONTACT US NOW

Some members have indicated that they would be available to help on the day but more are needed to make it easier for everyone. Please contact one of the organisers if you can help.

WHITTLESEA U3A NEWS AND REPORTS

For those of you who were at the August Morning Tea, Jodie spoke about Margaret Mitten and her stay at Broadmeadows Rehabilitation Centre. Margaret has been a long time member of Whittlesea U3A spending a great deal of her time as a member of the Committee of Management including as Treasurer. Many members have visited Margaret whilst she was staying at Broadmeadows for which her family has been very grateful. Margaret is now moving to an Aged Care Facility in Regional Victoria closer to her family. Should you wish to send any cards or other well wishes please contact Jodie who will pass them on to the family.

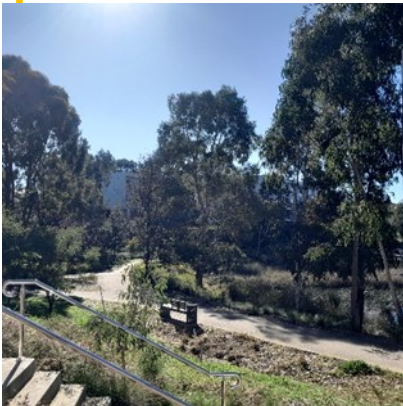
Jodie's email address is jodie.l@whittleseau3a.org.au

NORRIS BANK WALKING GROUP

On a very cold winter day Beth's walking group decided to have their coffee before the walk, starting at University Hill. They walked past the RMIT Health Clinic at 30 Janefield Drive Bundoora 3083, level 3. This facility offers a range of traditional and evidence-based health services which are affordable, and run by supervised senior students. Follow this link if you would like more information <https://www.rmit.edu.au/healthclinic#services>

Walking onwards the group went on a picturesque walk all exclaiming how the old Janefield buildings are now apartments surrounded by town houses with natural environment. Walking around the area we finally returned back to University Hill, some shopping then homewards. Another special walk.

Thanks to Beth, our leader



On Tuesday morning a small group of Whittlesea U3A members assisted members from the City of Whittlesea to run an Emergency Evacuation exercise at Epping Memorial Hall. The staff showed us how they would prepare should an emergency occur and how they would be able to help the public. In our case the emergency was a flood and we all had to take different roles for the task.



RUOK? DAY™

You are invited

A day of fun and games at

THE Y LEISURE CITY 41-53 MILLER ST, EPPING

THURSDAY 14TH SEPTEMBER

9am - 12pm

Bowling, Golf, Walking Netball, Badminton

12pm - 1pm

Light lunch / Snacks

1pm - 3pm

Walking Cricket, Walking Football



**City of
Whittlesea**



**DPV
Health**



**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.

CALENDAR OF MAIN EVENTS—Term 3/4 2023

DATE	EVENT	LOCATION
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