

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 28 - 27th 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,

Lots of great news this week with new programs being developed all the time. We are also starting to plan for 2024 (only 127 days to January 1st, oh how the year flies) and tutors will be receiving a letter from me confirming which classes they will be taking in the new year. We are always looking for new tutors and new venues especially in the Mernda, Doreen area. If you or anyone you know has a hobby or skill you would like to share why not contact me so we can discuss the possibilities. Activities can range from one off events to weekly, fortnightly or monthly. You have the activity and we will find the venue

I know you have heard me say this before but don't forget the AGM on Monday 4th September at Epping RSL beginning at 10.00, (see information below). Thank you to those of you who have indicated they are coming or put in an apology.

Natalie Lim, Communication Manager/Course Coordinator

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

OFFICE HOURS for WEEK BEGINNING MONDAY 27th 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

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. PLEASE LOOK AT PAGE 2 OF THIS PUBLICATION FOR A LIST OF CLASSES THAT HAVE BEEN CANCELLED FOR THAT DAY.

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

AS STATED ON PAGE 1 on Monday 4th September MORNING classes will be cancelled as we have our ANNUAL GENERAL MEETING.

Below is a list of classes and venues that have been CANCELLED FOR THIS DAY ONLY (MONDAY 4TH SEPTEMBER).

PLEASE CONTACT EITHER myself or the office if you need further information.

<u>Code</u>	<u>Course</u>	<u>Location</u>	<u>Tutor / Leader</u>	<u>Time</u>
<u>231MON02</u>	<u>Indoor Walking Aerobics</u>	French St Hall Lalor	Mary Leeds	12:40
<u>231MON03</u>	<u>Dao Ying Qigong</u>	French St Hall Lalor	Phu Phan	9:00
<u>231MON04</u>	<u>Yang Tai Chi 24 Form</u>	French St Hall Lalor	Phu Phan	10:15
<u>231MON05</u>	<u>Tai Chi Sword for Health</u>	French St Hall Lalor	Phu Phan	11:30
<u>231MON06</u>	<u>Tai Chi Bo Staff</u>	French St Hall Lalor	Phu Phan	12:00
<u>231MON09</u>	<u>Scrabble</u>	Miller Community Centre	Joan Delbridge	10:30
<u>231MON11</u>	<u>Italian Total Beginners</u>	Peter Lalor Campus	Oscar Altavilla	10:00
<u>231MON13</u>	<u>Canasta / Samba Cards</u>	Thomastown Library	Florence Majewski	12:00
<u>231MON14</u>	<u>Crochet</u>	Peter Lalor Campus	Freda Delia	11:00
<u>231MON16</u>	<u>Computer, Android, Social Media Support</u>	Peter Lalor Campus	Shoukry Sidrak	10:00
<u>231MON17</u>	<u>Walk and Talk</u>	Plenty Valley	Margaret Dins	9:15
<u>231MON18</u>	<u>Feel Well, Be Well</u>	Thomastown Library	Pattie Nenadich	9:30
<u>231MON19</u>	<u>Beginners Line Dancing Whittlesea</u>	Whittlesea CAC	Bev Moore	11:30
<u>231MON25</u>	<u>Exercise For Fitness</u>	Thomastown Library	Helen Ang	10:30
<u>231MON26</u>	<u>Beginners & Advanced Embroidery/Tapestry</u>	Mernda Village CAC	Helen Bourgazas	9:30
<u>231MON27</u>	<u>Learn Basic French</u>	Galada CC	Sylvette Bignoux	11:00

The classes below will be operating unless the tutors advice me otherwise (members of these classes will be contacted if the class is cancelled).

<u>Code</u>	<u>Course</u>	<u>Location</u>	<u>Tutor / Leader</u>	<u>Time</u>
<u>231MON08</u>	<u>Cards 500 Laurimar</u>	Laurimar CAC	David Ross	13:00
<u>231MON21</u>	<u>E-Book Publishing</u>	Whittlesea CAC	Jan Marshall	13:00
<u>231MON24</u>	<u>Line Dancing Advanced</u>	French St Hall Lalor	Tita Kolonis	13:40

As this is a LEAP program which Whittlesea U3A takes part in, this activity will be going ahead as normal

<u>231MON23</u>	<u>Social Exercise and Walking</u>	YMCA Leisure	Con Constantinou
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PLEASE READ THE FOLLOWING CHANGES CAREFULLY THEY MAY AFFECT THE CLASS YOU ATTEND. THOSE WHO ARE ENROLLED IN THESE CLASSES HAVE ALSO BEEN EITHER EMAILED OR SENT A TEXT MESSAGE.

CLASS PROGRAM CHANGES

LINE DANCING FOR VARIOUS LEVELS - WEDNESDAY @ EPPING MEMORIAL HALL

Line Dancing for Various Levels with Mia @ Epping Memorial Hall, Epping has been cancelled **ON WEDNESDAY 30TH AUGUST**

BEGINNERS LINE DANCING - WEDNESDAY @ EPPING MEMORIAL HALL

Beginners Line Dancing—Wednesday with Lillian @ Epping Memorial Hall, Epping has been cancelled **ON WEDNESDAY 30TH AUGUST**

EXERCISES FOR HEALTHY AGEING - WEDNESDAY @ THOMASTOWN LIBRARY

Ida will be returning this week to her class Exercises for Healthy Ageing. She will still be needing some assistance with the demonstrations from her friend and fellow tutor Mary, but Ida is looking forward to catching up with all her friends.

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

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

ITALIAN LANGUAGE INTERMEDIATE - THURSDAY HAS MOVED VENUES

Italian Language Intermediate with Antonio on Thursday has moved from Lalor Library to **MAY ROAD CAMPUS**. This change will start this week - Thursday 31st August. There is **NO** change to the time.

ITALIAN CULTURE AND LANGUAGE ADVANCED - THURSDAY HAS BEEN CANCELLED

Italian Culture and Language Advanced with Antonio on Thursday has been cancelled for the time being.

LINE DANCING FOR FUN - FRIDAY @ EPPING ACTIVITY CENTRE

Line Dancing for Fun with Mia @ Epping Activity Centre, Epping has been cancelled **ON FRIDAY 1ST SEPTEMBER**.

LEPRECHAUN TRIVIA AFTERNOON - TUESDAY @ BROOKWOOD CC, DOREEN

Leprechaun Trivia Afternoon with Patrick @ 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

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.

Government Power Saving \$250 Bonus Program **THIS IS THE LAST WEEK YOU CAN CLAIM**

*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



Cooking Grandmother's recipes

Social Connection Program for ages 50 and over

Join us for interactive and hands-on cooking workshops where you will have the opportunity to meet new people, cook and share a healthy two course meal (fresh from scratch) and take the recipe to try at home.

When: Weekly on Mondays commencing from 31st July, 10am – 2pm

Where: Barry Road Community Activity Centre
36 Barry Road, Thomastown

Cost: \$10 (My Aged Care Registered) \$15 LEAP members

Bookings: To register visit www.trybooking.com/CJTCE or call 9407 5940

For more information and assistance with booking contact City of Whittlesea Positive Ageing Team on 9407 5940 or email AgeingWell@whittlesea.vic.gov.au



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
- ◆ 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
- ◆ Drawing for Beginners with Jill and group
- ◆ Crochet with Freda and her 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.**



An El Niño summer is coming

Recent rainfall has supercharged fuel loads. Dry conditions will increase fire risks next summer, especially grass fires

Watch the webinars with family and friends and discuss the information and your plans

BRI's webinars are presented by eminent subject experts. Learn how grass fires and bushfires behave and what your family can do to reduce your risks

Viewers can ask questions before or during the webinar, and when you register we'll also send you a link to videos.

Reducing risks for people and houses

7.30pm AEST Thursday 31 August

- Justin Leonard, CSIRO

Grass fire and bushfire behavior

7.30pm AEST Wednesday 13 September

- Kevin Tothurst AM, University of Melbourne
- Justin Leonard, CSIRO

Safety actions for the fire season

7.30pm AEDT Wednesday 4 October

- Craig Lapsley, Innovation Pro Pty Ltd
- Jamie Mackenzie, Red Flag - Real Time Leadership Solutions
- Steve Pascoe, Resident, Strathewen, Victoria

About Bushfire Resilience Inc. br.org.au/about

TO REGISTER VISIT BR.ORG.AU/WEBINAR OR SCAN QR CODE



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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



Morning Melodies

Social Connections Program

With Romantic Crooner Gerard Hennequin

For ages
50 and
above

Join us to catch up with friends, connect with others and enjoy fun filled morning at Kirrip Community Activity Centre.

Date: Tuesday 29 August

Where: Kirrip Community Activity Centre (CAC)
135 De Rossi Blvd, Wollert

Time: Morning tea from 10:30am
Performance from 11 am

Cost: \$5 for MY Aged Care members
\$7 for LEAP members
Refreshments included

To book: visit
www.trybooking.com/CFZCY or email
AgeingWell@whittlesea.vic.gov.au or
call 9407 5940



Scan the QR code to register

Free telephone interpreter service
 131 450

For more information on the Social Connections Programs and other LEAP Programs contact the Positive Ageing Team on the email and phone number above

A place for all

whittlesea.vic.gov.au

WHITTLESEA U3A NEWS AND REPORTS

WALKING FOOTBALL LUNCH

On Friday 18th August, the Walking Football group had a very successful fundraising lunch at Epping RSL. 62 people attended and all had a good time. Money raised will go towards their trip to the Australian Masters Games in Adelaide in October.

See the photos below. Another fundraising lunch will be taking place on Friday 15th September. This lunch will include the playing kit presentation to the players. More details to come.



SCAM WARNINGS

Just a reminder that everyone, regardless of how technologically savvy they are, needs to remain watchful and alert when it comes to SCAMS.

Be careful when clicking on a link. Is this really from someone you know and trust? Please do not do it in a hurry. Read the email/text more than once to make sure. Peter Rodaughan is at Lalor Library and Thomastown Library every week (see page 4 for more information) and he is always willing to help you try and work out what is a SCAM. The Australian Government's website called <https://www.scamwatch.gov.au/> is also there to assist you.

*The most important thing to remember is **THINK BEFORE YOU DO**. If it seems too good to be true it usually isn't true. **Read the information, walk away then read it again and again.** Finally do not click on a link either from texts or emails you are unsure of. Scammers rely on users who are in a hurry, worried or scared to be successful so often when we read it carefully a number of times it really does not make sense and there is no reason for you to have received it. Failure to deliver a parcel texts are still very popular. **Another common one is supposed family members who 'have lost their phone and are contacting you to put money into their account because they need it desperately'.** Check yourself if this is true by contacting another family member or even call them and see if there is a problem. I received such a text and when I called my daughter to see if she really lost her phone she just laughed. **ALWAYS CHECK FIRST USING OTHER MEANS. NEVER CLICK ON A LINK WHEN YOU ARE BUSY, TIRED OR IN A HURRY. THIS IS WHAT SCAMMERS ARE RELYING ON.***

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