

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 29 - 3rd September 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,

This week's WOTZON has a large amount of community news and information that may be of interest to you. If you are interested in any of these please contact the phone numbers on the poster.

Reminder that all morning classes have been cancelled tomorrow (Monday 4th September) due to the AGM at Epping RSL beginning at 10.00. Thank you to those of you who have indicated they are coming .

There are also a couple of new classes placed in the calendar. One is during the break and is a repeat of the other so please do not enrol in both if you are interested.

The end of term 3 is fast approaching. We finish classes on Friday 15th September. In next week's WOTZON I will be indicating which classes will be continuing over the break. No emails or texts will be sent about these classes. Next week's WOTZON will be the last for term 3. I will return on Sunday 1st October. Term 4 will begin with the Monthly Morning Tea on Monday 2nd October.

Natalie Lim, Communication Manager/Course Coordinator

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

OFFICE HOURS for WEEK BEGINNING MONDAY 4th September

PETER LALOR CAMPUS

OFFICE CLOSED MONDAY (WHITTLESEA U3A AGM) & FRIDAY

OFFICE OPENED 10.00AM to 1.00 PM - TUESDAY, WEDNESDAY & THURSDAY

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

Don't forget that the ANNUAL GENEREL MEETING is being held tomorrow - 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 ask any questions you might have about classes, programs, yearly costs etc. It is important you have your say.

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.

All committee positions have now closed. Refer to Page 5 for the proposed Committee of Management for 2023/2024. These positions will be finalised at the AGM tomorrow.

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).

All members of these classes have been contacted either by email or text.

<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
<u>231MON21</u>	<u>E-Book Publishing</u>	Whittlesea CAC	Jan Marshall	13:00

The classes below will be operating as normal

<u>231MON08</u>	<u>Cards 500 Laurimar</u>	Laurimar CAC	David Ross	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 Football Mix</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. Please remember that when a class is cancelled emails are sent out. Text messages are only sent out to those without an email address or for last minute cancellation.

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 **FOR THE REST OF TERM 3 due to tutor illness**

BEGINNERS LINE DANCING - WEDNESDAY @ EPPING MEMORIAL HALL

Beginners Line Dancing—Wednesday with Lillian @ Epping Memorial Hall, Epping has been cancelled **FOR THE REST OF TERM 3**

ITALIAN LANGUAGE INTERMEDIATE - THURSDAY HAS MOVED VENUES

Italian Language Intermediate with Antonio on Thursday has moved from Lalor Library to MAY ROAD CAMPUS. 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 **FOR THE REST OF TERM 3 due to tutor illness.**

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

PLEASE REFER TO LIST OF CLASSES ON PAGE 2 WHICH INDICATE WHICH HAVE BEEN CANCELLED ON MONDAY 4TH SEPTEMBER DUE TO AGM.

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.

ONE DAY ACTIVITY

CODE: 232TUE40

NAME: How to access emergency care.

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

DATE: Tuesday 12th September

TUTOR: Glen Wall

TIME: 10.00 to 11.00

FREQUENCY: One session

DESCRIPTION: The scope of the sessions is to show how to access the VVED which is a public health service for non-life-threatening emergencies. The presenter will explain how a person can access emergency care from anywhere in Victoria, 24 hours a day, seven days a week. The VVED service connects a person to doctors and nurse practitioners, who are trained to triage and assist. Interpreter services are available for patients who prefer to speak in their own language. This session is repeated on Thursday 21st September at May Rd. (refer to 234THU38)

ONE DAY ACTIVITY

CODE: 234THU38

NAME: How to access emergency care.

LOCATION: May Rd, Lalor

DATE: Thursday 21st September

TUTOR: Peter Rodaughan

TIME: 11.00 to 12.00

FREQUENCY: One session

DESCRIPTION: The scope of the sessions is to show how to access the VVED which is a public health service for non-life-threatening emergencies. The presenter will explain how a person can access emergency care from anywhere in Victoria, 24 hours a day, seven days a week. The VVED service connects a person to doctors and nurse practitioners, who are trained to triage and assist. Interpreter services are available for patients who prefer to speak in their own language. This session is a repeat of Tuesday 12th September session. (refer to 232TUE40)

THIS ACTIVITY IS ON THIS FRIDAY 8TH SEPTEMBER

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

JUST A REMINDER THAT THIS CLASS IS ON THIS
WEDNESDAY 6TH SEPTEMBER

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.

WHITTLESEA U3A NEWS AND REPORTS

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



An RUOK Day article which includes a great photo of our Walking Football team is on page 6 of the Northern Star Weekly. Here is the link to that article

<https://northern.starweekly.com.au/news/keeping-active-for-mental-health/>

Nominations received for Committee Position for 2023/24.

All 2022/23 Committee members have re-nominated for 2023/24.

PRESIDENT: Glen Wall
VICE PRESIDENT: Kathy Lizio
VICE PRESIDENT: Natalie Lim
SECRETARY: Jodie Lang
TREASURER: Peter Rodaughan
GENERAL COMMITTEE: Christine Czerny
Peter Cleary
Kevin Whelan
Marion Gaylard
Chandra Kumar

The Annual Report for the 2023 AGM has been placed on the Whittlesea U3A website. Follow this link to read it in time for the meeting tomorrow. This link was also emailed to all members.

<https://whittleseau3a.org.au/wp-content/uploads/2023/09/WU3A-Annual-Report-2023.pdf>

THUNDERSTORM ASTHMA IN VICTORIA

The Department of Health's [thunderstorm asthma public health campaign](#) aims to ensure that all Victorians, and in particular people with asthma and/or hay fever, are as prepared as they can be should another epidemic thunderstorm asthma event occur. Having good control of asthma and hay fever is also important to help people feel better and also more easily recognise symptoms of COVID-19.

Information regarding this campaign has been placed on the Whittlesea U3A website.

Here is the link: <https://whittleseau3a.org.au/thunderstorm-asthma-2/>

INFORMATION REGARDING THE NEW VICTORIAN GOVERNMENT ENERGY RELIEF FUND THAT WILL AUTOMATICALLY BE DEDUCTED FROM YOUR BILL IF YOU ARE ELIGIBLE (REFER TO INFORMATION BELOW)

Energy Bill Relief Fund – for Victorian households

<https://www.energy.vic.gov.au/for-households/help-paying-your-bills#:~:text=Assistance%20through%20the%20bill%20relief,closes%20on%2031%20August%202023.>

How payments will be made Existing concessions recipients

If you already receive a concession, your energy retailer will automatically apply the first instalment of \$125 to your account in August; you do not need to provide any further information.

A second and final instalment of \$125 will be applied to your account in February 2024.

Eligibility

- *To be eligible for the Energy Bill Relief Fund, a customer must hold one of the following concession cards or receive one of the following payments:*
- *Pensioner Concession Card (PCC) issued by Services Australia or Department of Veterans' Affairs (DVA)*
- *Department of Veterans' Affairs Gold Card (GCH) For All Conditions*
- *Health Care Card (HCC) issued by Services Australia*
- *Carer Allowance*
- *Commonwealth Seniors Health Card (SHC) issued by Services Australia or Department of Veterans' Affairs*
- *Family Tax Benefit A & B.*
- *For more information about embedded network customers, including how embedded network customers can access the Commonwealth's Energy Bill Relief payment, visit compare.energy.vic.gov.au/embedded-networks.*

After the success of the last Whittlesea U3A fundraising lunch another one is being held on Friday 22nd September. At this lunch the team will be receiving their kits for Adelaide. Contact Mick Trim on the details below if you would like to attend.



October will see over 13,000 people descend on Adelaide for the 19th edition of the Australian Masters Game

Whittlesea U3A and their Walking Football Program will be part of it

Help them get to Adelaide by attending a fundraising lunch

Friday 22nd September

12pm – 3pm

Epping RSL

195 Harvest Home Road

Epping

\$35 per person

Includes a 3 course Seniors meal

There will be the playing kit presentation, a raffle and more

For tickets, payment details or for more information contact

Mick Trim at mick_trim1@hotmail.com

Mill Park Library
DISCOVER SOMETHING NEW
LIBRARIES AFTER DARK

Twilight Craft Market
Thursday 7 September 2023
6.00pm to 9.00pm

Unique gifts, home goods, stationery, artwork and more!

MILL PARK LIBRARY
394 Plenty Road
Mill Park 3082
9437 8189

[yprl.vic.gov.au](https://www.yprl.vic.gov.au)

Banyule City Council, City of Whittlesea, Nillumbik, Yarra Plenty Regional Library

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.

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.

WE NEED YOUR HELP

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

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.**

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
Thursday 14th @ 9.00	RUOK DAY	Epping Y Leisure Centre
Friday 15th	End of Term 3	All venues
Friday 22nd @ 12.00	Fundraising Lunch Walking Football	Epping RSL
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