

# WOTZON

Whittlesea U3A

## Weekly Fact Sheet

**Edition 31 - 1st October 2023**



### CONTACT DETAILS

#### CLASS COORDINATOR & COMMUNICATION MANAGER:

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TUTOR LIASON: Judy – 9464 1339 or 0404119189

## NEWS OF THE WEEK—WELCOME TO TERM 4

Hello Everyone,

Welcome back to Term 4. It is only 86 days to Christmas and only 93 days to 2024 (scary). It is also 62 days to enrolment for 2024 so lots of time to enjoy the classes we have in Term 4. Check out the calendar for one day events happening this term, follow this link for a look: <https://whittleseau3a.org.au/courses-activities/>

**DON'T FORGET THAT TODAY IS THE BEGINNING OF DAYLIGHT SAVINGS. MOVE YOUR CLOCK FORWARD BY ONE HOUR OR YOU WILL BE LATE FOR YOUR APPOINTMENTS FOR THE NEXT 6 MONTHS.**

Tomorrow October 2nd is the beginning of Term 4 and we start the term with the Monthly Morning Tea at the Epping RSL so hope to see a lot of you there starting at 10.00.

Great weather and lots of events making Melbourne and in fact Victoria an incredible place to live. Hope your team won yesterday and if it didn't or (like me) don't follow football there is next year. This week is also the beginning of Seniors' Month with free transport all over Victoria **THIS WEEK**. As advertised in Facebook our choir performed at Federation Square today and I hope that many of you had the opportunity to watch them.

Classes begin as usual tomorrow but please remember that the office at Peter Lalor Campus will not be open until Tuesday due to the Morning Tea. Another exciting event to come is our first Seniors' Expo at May Rd on Saturday 7th October from 9.30. Come and support your friends and fellow members whilst grabbing a bargain at the same time. We are also having a book launch presented by our e-publishing group. Books (hard copies) will be available for sale.

Today over 100 members are having a great time at the third line dancing social for the year. For those of you who missed out due to a conflict of appointments our end of year line dancing social is being held in December. More information will be available later this month when I will put the event in the calendar.

Finally some members have been asking about our end of year celebration. I will be putting this into the calendar after Monday 9th October. We will be having it at the Epping RSL however the lunch option will be totally different. As it is a celebration around Christmas this year the menu will be Christmas based so I hope everyone will be happy with the options. The event will cost less than \$35 making it affordable for most members.

Later this month I will also be publishing the cost of 2024 membership with changes that have been approved by members at the AGM. Good news no increase to the cost of renewing your membership. Enrolments for 2024 will be in the first week of December and I will be advertising more about this over the next few weeks.

Once again welcome to Term 4. Enjoy all the classes over the next 2 months.

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

### OFFICE HOURS for WEEK BEGINNING MONDAY 2nd October

#### PETER LALOR CAMPUS

OFFICE CLOSED MONDAY - MONTHLY MORNING TEA

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

**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

### ITALIAN LANGUAGE INTERMEDIATE - THURSDAY HAS MOVED BACK TO LALOR LIBRARY

Italian Language Intermediate with Antonio on Thursday has moved back to Lalor Library from MAY ROAD.

### SUMMER TRAIN TRIPS - SUNDAY

Marion's SUMMER TRAIN TRIPS will RESUME IN NOVEMBER. The next trip is on Sunday 5th November. Please contact Marion on [marion@gaylard.com.au](mailto:marion@gaylard.com.au) if you are attending.

### TAI CHI BEGINNERS LEVEL - TUESDAY @ RIVERSIDE, SOUTH MORANG

Christine's Tai Chi Beginners Level class on Tuesday 3rd October and Tuesday 10th October at Riverside CC have been cancelled.

## 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.***

## LOST LANYARDS REPLACEMENT COST

*Just a reminder replacement lanyards will now cost \$2 and replacement tags \$1. Unfortunately this cost has been made necessary due to the rising cost of these items. New members will still there initial lanyard and plastic pocket free as part of their subscription.*

## 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 ACTIVITIES ON DURING TERM 4.

### ONE DAY ACTIVITY

CODE: 233WED25

NAME: **LEARNING TO BE TOLERANT**

LOCATION: MERNDA SS CENTRE

DATE: **Wednesday 4<sup>TH</sup> 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

CODE: 233WED26

NAME: **MAKING HEALTHY CONNECTIONS**

LOCATION: MERNDA SS CENTRE

DATE: **Wednesday 11<sup>TH</sup> 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.

### ONE DAY ACTIVITY

CODE: 231MON22

NAME: **ORCHID REPOTTING**

LOCATION: Peter Lalor Campus

DATE: **Monday 16<sup>th</sup> October**

TUTOR: Alex Shepherd

TIME: **10.00 to 12.00**

FREQUENCY: **One session**

DESCRIPTION: Learn when and how to repot your orchids in a friendly and casual environment

### ONE DAY ACTIVITY

CODE: 233WED27

NAME: **MAKING HEALTHY CONNECTIONS 2**

LOCATION: MERNDA SS CENTRE

DATE: **Wednesday 18<sup>TH</sup> October**

TUTOR: Natalie Lim

TIME: **10.00 to 11.00**

FREQUENCY: **One session**

DESCRIPTION: **THIS IS THE SESSION OF THE SERIES and it summaries all the aspects discussed in sessions 1 to 4.** 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.

### ONE DAY ACTIVITY

CODE: 233WED22

NAME: **UNDERSTAND YOUR GARDEN 2**

LOCATION: ONLINE

DATE: **Wednesday 1<sup>st</sup> November**

TUTOR: Alex Shepherd

TIME: **17.30 to 19.30**

FREQUENCY: **One session**

DESCRIPTION: **ZOOM link for this activity will be sent to those enrolled closer to the time.** The tutor will discuss ways to improve your garden including composting, repotting, safe pest control etc. Some discussion of the propagation and repotting of orchids will also be included

### ONE DAY ACTIVITY

CODE: 232TUE30

NAME: **FALLS PREVENTION**

LOCATION: Peter Lalor Campus

DATE: **TUESDAY 24<sup>th</sup> October**

TUTOR: Peter Cleary

TIME: **14.00 to 15.00**

FREQUENCY: **One session**

DESCRIPTION: As we age there are some of us who find that falling for no apparent reason or because of lack of knowledge of how to manouvre unlevel ground or obstacle. This session will provide you with some practical ideas that may reduce these careless falls. Practical handouts will also be provided to refer to at a later date.

### ONE DAY ACTIVITY

CODE: 235FRI16

NAME: **MASTER YOUR MIND**

LOCATION: PETER LALOR CAMPUS

DATE: **Friday 17<sup>th</sup> November**

TUTOR: Peter Cleary

TIME: **10.00 to 11.00**

FREQUENCY: **One session**

DESCRIPTION: Imagine what we could do if we could master our mind. This session provides you with some interesting insights on what this means and how it could alter your lifestyle. Practical handouts will also be provided to refer to at a later date

## NEW ACTIVITIES STARTING DURING TERM 4

### NEW CLASS

CODE: 234THU40

NAME: **BOCCE**

LOCATION: MAY ROAD CAMPUS

STARTING DATE: **Thursday 5<sup>TH</sup> October**

TUTOR: Michele Patane

TIME: **13.00 to 16.00**

FREQUENCY: **WEEKLY**

DESCRIPTION: This popular activity is now running on Tuesday and Thursday Bocce, also known as Italian lawn bowling, is one of the most widely played games in the world. The group meets for some competitive fun and exercise

### NEW CLASS

CODE: 234THU39

NAME: **BILLARDS**

LOCATION: MAY ROAD CAMPUS

STARTING DATE: **Thursday 5<sup>TH</sup> October**

TUTOR: Michele Patane

TIME: **12.30 to 15.30**

FREQUENCY: **WEEKLY**

DESCRIPTION: This popular activity is now running on Tuesday and Thursday Come and enjoy a social game of Billiards with friends. Beginners welcome

## 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.*

### **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*
- ◆ *African Violets Demonstration*
- ◆ *Book Launch*

**CAN YOU HELP? - PLEASE CONTACT US NOW**

# WHITTLESEA U3A NEWS AND REPORTS

## LUNCH DURING THE BREAK

*Phu and Teresa's class appreciated the opportunity to have lunch together and catch up with class friends. The happy smiling faces show how much the lunch was appreciated. The class thanks Phu and Teresa and are looking forward to the next lunch*



## PHOTOS OF THE WALKING FOOTBALL TEAM

*At the fundraising lunch on Friday 15th September at Epping RSL, the members of the Walking Football Group who are off to Adelaide in a week received their uniform. All were very excited about the upcoming games and the opportunity to have fun and meet other lovers of the game.*



**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](https://compare.energy.vic.gov.au/embedded-networks).*

**SWIM, SPLASH AND SOCIALISE AT TRAC'S WOMEN'S SWIM NIGHT! HELP SPREAD THE WORD...**

*Calling all the incredible women of the City of Whittlesea!*

*It's time to take some well-deserved 'me' time and splash into our Women's Swim Night for "This Girl Can Week 9–15 Oct 2023". Dive into an evening of relaxation, fun, fitness and connect with others and have fun in a safe, private environment.*

**DETAILS**

- **Date & Time:** Sunday, 15 October, from 8:15 PM - 10:15 PM
- **Address:** Thomastown Recreation and Aquatic Centre (TRAC), 52 - 54 Main Street, Thomastown
- **Entry Fee:** \$5.80 (All proceeds donated to the Belgravia Foundation)
- Women and girls of all ages are welcome.
- The Centre will be supervised by female staff
- Bring dinner to share with friends (No glass containers permitted in the pool hall)

Children Under 3 Years and under are FREE.

Boys 6yrs and under are permitted to help mum.

**FACILITIES AVAILABLE**

- 25m Pool
- Warm Water Pool
- Learn to Swim Pool
- Steam, Sauna, Spa
- Toddler Pool
- Prayer Room

**WATCH AROUND WATER POLICY**

**Children Under 10 Years:**

- Must be accompanied into the centre by a responsible parent/guardian.
- Must be constantly and actively supervised.

**Children Under 5 Years:**

- Must be accompanied into the centre and the water by a responsible parent/guardian.
- Must stay within arm's reach during recreational play activities.

**MORE DETAILS**

<https://www.trac.com.au/Events/Women-Swim-Night>

## *CALENDAR OF MAIN EVENTS—Term 3/4 2023*

DATE	EVENT	LOCATION
<b>OCTOBER 2023</b>		
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
Sunday 8th	Bunnings BBQ - Walking Football Fundraiser	Bunnings Epping
Monday 9th	Australian Masters Games—Walking Football to compete	Adelaide
<b>NOVEMBER 2023</b>		
Monday 6th @ 10.00	Whittlesea U3A Morning Tea	Epping RSL
Tuesday 7th	PUBLIC HOLIDAY - MELBOURNE CUP <b>NO CLASSES</b>	ALL VENUES
Monday 13th @ 9.30	Committee Meeting	Peter Lalor Campus
<b>DECEMBER 2023</b>		
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 BOTH FACE TO FACE & ONLINE	Peter Lalor Campus
Thursday 7th @ 10.00	Enrolments for 2024 continue BOTH FACE TO FACE & ONLINE	May Rd Campus
Sunday 10th @ 11.00	End of Year Line Dancing Social	Epping Memorial Hall