

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 32 - 15th October 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 the WOTZON has some great photos of the Seniors Expo at May Road on October 7th and the Walking Football Masters Games in Adelaide. Most classes are continuing as normal this week and we have some great one day events coming up.

Also in this publication we have news of the CHRISTMAS CELEBRATION LUNCH and the DECEMBER LINE DANCING SOCIAL.

Over the next few weeks I will be advertising information about 2024 enrolment but until then keep enjoying your term 4 classes.

Natalie Lim, Communication Manager/Course Coordinator

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

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.

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.

OFFICE HOURS for WEEK BEGINNING

MONDAY 16th October

PETER LALOR CAMPUS

OFFICE OPENED 10.00AM to 1.00 PM - MONDAY, 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 (not for classes during the break). Text messages are only sent out to those without an email address or for last minute cancellation.

LEPRECHAUN TRIVIA AFTERNOON - TUESDAY @ BROOKWOOD CC, DOREEN

Leprechaun Trivia Afternoon with Patrick @ Brookwood CC, Doreen HAS NOW FINISHED FOR 2023

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 if you are attending.

CANASTA/SAMBA CARD GROUP - MONDAY

Flo's Canasta/Samba class has been cancelled tomorrow Monday 16th October.

INDOOR WALKING AEROBICS - MONDAY

Mary's Indoor walking Aerobics class has been cancelled for Monday 6th November.

WU TAO & TAI CHI -- THURSDAY

Maria's Wu Tao with Meditation and Beginners Tai Chi for Health activity will not be held on November 16th at Riverside. The date has been changed to the 23rd November - same time

CROSS COUNTRY WALKERS

Ching's Cross Country Walkers activity will not be held in October. The next session will be November.

ONE DAY ACTIVITY

CODE: 233WED27

NAME: **MAKING HEALTHY CONNECTIONS 2**

LOCATION: MERNDA SS CENTRE

DATE: **Wednesday 18TH 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: 235FRI16

NAME: **MASTER YOUR MIND**

LOCATION: PETER LALOR CAMPUS

DATE: **Friday 17th 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

ONE DAY ACTIVITY

CODE: 231MON22

NAME: **ORCHID REPOTTING**

LOCATION: Peter Lalor Campus

DATE: **Monday 16th 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

CODE: 233WED22

NAME: **UNDERSTAND YOUR GARDEN 2**

LOCATION: ONLINE

DATE: **Wednesday 1st 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

ONE DAY ACTIVITY

CODE: 232TUE30

NAME: **FALLS PREVENTION**

LOCATION: Peter Lalor Campus

DATE: **TUESDAY 24th 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 uneven 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.

END OF YEAR CHRISTMAS LUNCH MEMBERS (231MON28)

This year's Christmas celebration has been booked!!!!

DATE: MONDAY 4TH DECEMBER

TIME: 11.30 – 15.00

COST: \$35 Members & \$40 Members

LOCATION: EPPING RSL, Harvest Home Road, Epping.



MENU:

This year we are having a Christmas Lunch menu at a cost of \$35 for members and \$40 for non members.

MAIN MENU:

- ◆ Christmas Roast of 3 meats - Pork, Ham and Turkey with Roast potatoes and other roast vegetables and gravy
- ◆ Individually served plum pudding with custard

VEGETARIAN OPTION (THIS MUST BE PRE BOOKED - CANNOT BE ORDERED ON THE DAY)

- Spinach and Ricotta Tortellini with salad
- Individually served plum pudding with custard

DRINKS:

Tea and coffee and some soft drinks provided

SPECIAL DIETARY REQUIREMENTS:

Other dietary requirements may be able to be accommodated so please contact the course coordinator on 0412 230 561. DO NOT CONTACT THE VENUE.

Members need to enrol for this class as usual. Payments need to be finalised by November 25th. As you can see Non Members are also welcome to this event at a cost of \$40. Members who wish to invite non members need to contact the course coordinator on 0412 230 561 to book.

END OF YEAR LINE DANCING SOCIAL - DECEMBER - 237SUN07

The final **LINE DANCING SOCIAL** IS BEING HELD ON **SUNDAY 10TH DECEMBER** from 11.00am - 4.00pm

LOCATION: EPPING MEMORIAL HALL

This last Line Dancing Social for 2023 is being organised for December as an end of year Christmas fun dancing experience. Tables will be organised by the tutor Lillian so either inform her or your line dancing class tutors regarding your table requests. Participants to bring food and other drinks for their own table. The event is open to both **MEMBERS and NON-MEMBERS**. **COST OF THE DECEMBER SOCIAL IS \$5 MEMBERS & \$10 NONMEMBERS**. Money to be collected at the event.

TABLES CAN BE ORGANISED BY CONTACTING THE TUTOR

MEMBERS NEED TO ENROL AS USUAL and write down your name and the name of any non member who would like to attend on the sheets provided during the line dancing classes OR contact the office or the Course Coordinator.



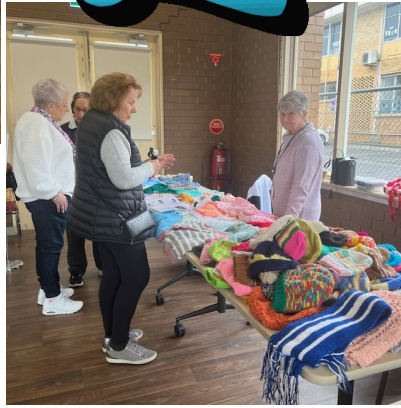
WALKING FOOTBALL NEWS



SENIORS' EXPO



Thank You





Thank You

Whittlesea
U3A
Inc.

SENIORS' EXPO 2023

MARKET STALLS

- Embroidery
- Jewellery
- Handmade cards
- Art Exhibition
- Knitted garments
- Sewing products
- Raffles/Auction
- BBQ & Drinks

DEMONSTRATIONS

- Line Dancing
- Ballroom Dancing
- French Singing
- Crochet
- Digital Literacy
- 3D printing
- Books
- Sports information
- Book Launch

Thanks to
Harcourts Rata & Co, Sherwin Rise, Winning Post, Pastry Paradise,
Lalor Bakery, Wishez Flowers & Gifts, Ferguson Plarre Lalor

Saturday 7th October 9:30am - 2:30pm
Free tea and coffee for all visitors



CALENDAR OF MAIN EVENTS—Term 3/4 2023

DATE	EVENT	LOCATION
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 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



**ON BEHALF OF THE ITALIAN
TEAM HAPPY BIRTHDAY OSCAR**