

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 33 - 22nd 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,

A couple of reminders for this week. There are a few remaining one day activities advertised in this WOTZON. Have a look at them and if interested don't forget to enrol. They include: Falls Prevention, Seed Collecting, Understanding Your Garden 2 and Mastering your Mind. All are being conducted by very interesting and popular tutors. There is also information about a very interesting zoom session celebrating the 50th anniversary of the opening of the Sydney Opera House. By clicking on the link in the ad you will be able to register for this very interesting event.

Just a reminder about the Celebration Christmas Lunch being held at Epping RSL on Monday 4th December. The cost is \$35 for members and \$40 for non members and we would love to see as many people as possible attend. Bookings and payments need to be finalised by the 25th November. The last Line Dancing Social is on in December at Epping Memorial Hall (10th December) and is open to members and non members. Cost is \$5 members and \$10 non members (payable on the day).

Finally the enrolment period is coming up very quickly and Kevin will be providing information (and enrolment forms) at the next Morning Tea on Monday 6th November. So come to the meeting and hear all about the new classes and get your enrolment forms ready for enrolment day. Forms and money can be handed in at the Morning Tea ready for enrolment day. Cost of re-enrolment for 2024 is \$60 and for Brand New Members the cost is \$65. Hope to see lots of people at the Morning Tea on Monday the 6th November to listen to the information.

Natalie Lim, Communication Manager/Course Coordinator

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

OFFICE HOURS for WEEK BEGINNING MONDAY 23rd 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

ONE DAY ACTIVITY

CODE: 232TUE30

NAME: **FALLS PREVENTION**

LOCATION: Peter Lalor Campus

DATE: **TUESDAY 24th October**

TUTOR: Bolton Clarke

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.

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

CANASTA/SAMBA CLASS WITH FLO

Flo's Canasta/Samba activity has been cancelled tomorrow - Monday 23rd October.

EXPLORING MELBOURNE GARDENS

Exploring Melbourne Gardens has returned for 2023. Their trip is on Sunday 29th October. Those enrolled in this activity have been notified about this event and will need to reply to the tutor if they wish to attend.

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. Also there has been a change to these classes for the rest of the year. From the next class on **November 2nd** Maria has combined both classes and they will begin at 2.00pm and end at 3.45pm. If you are enrolled in one you can automatically attend the other.

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.

INDOOR WALKING AEROBICS - MONDAY

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

CROSS COUNTRY WALKERS

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

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 and repotting of orchids will also be included

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.

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 Non 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 NON MEMBERS**. 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 CRICKET COME AND TRY SESSIONS

From Friday 27th October Whittlesea U3A in partnership with Epping Leisure Centre is conducting a Come and Try Walking Cricket activity. The sessions will run until the 30th November. Based on participation and interest we are hoping to place this activity on to the Whittlesea U3A 2024 calendar. If you are interested there is no need to book just attend as many sessions as you would like. Sessions begin at 11am and are for 2 hours. The cost is \$2 per session. If you need further information contact Mick Trim – his contact details are on the poster.

WALKING CRICKET

Only \$2 per Session

Endorsed by Former England Captain Joe Root And Former Test Umpire Dickie Bird



Fridays 11am - 1pm
Starting Friday 27th October

Y Leisure City
41 - 53 Miller Street
Epping

For Anyone Over 50
Who Wants To Continue
Playing or Has
Never Played Before

For More Details Contact Mick Trim
mick_trim1@hotmail.com



SYDNEY OPERA HOUSE TURNS 50

The amazing Sydney Opera House is celebrating 50 years since its opening on 20 October 1973.

The U3A Network is planning two Zoom Sessions (same content) to allow you to view some of the images from the archives to celebrate our Opera House and to reflect on those who made it happen!

All members are invited to register to attend one of the sessions, as listed (both sessions are the same so you only need to watch unless you particularly want to watch it twice):

Session 1: Friday 20 October, 2023 – 1 p.m. (approx. 1 hour) OR

Session 2: Friday 10 November, 2023 – 10 a.m. (approx. 1 hour)

Click this link to the [U3A Network NSW](#) website to register for one of the Zoom sessions:

NEW ONE DAY EVENT

CODE: 232TUE42

NAME: **SESSION 5 – SEED COLLECTION**

LOCATION: Green Space 42 McCabe Drive
South Morang

DATE: **TUESDAY 24th October**

TUTOR: City of Whittlesea Bio Diversity Group

TIME: **10.00 to 12.00**

FREQUENCY: **One session**

DESCRIPTION: This is the 5th session in the series supported by the City of Whittlesea Biodiversity Group. You will be collecting seeds of plants in the area for further cultivation. If you enrol in this class please contact Glen Wall on 0403428892 and he will provide you with exact location of the activity.

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

Winners of the raffle held at the Seniors'
Expo Saturday 7th October

First prize: JENNY

Second prize: ANN

Third prize: LOUISE

All prizes have been claimed.

This poem written by Bev Moore, one of our long standing members and tutors of line dancing, is a small reminder of a day sometimes forgotten that is coming up on the 11th November. Although it is specifically about World War 1 it is also an opportunity when we remember all who have gone to war to represent their country (regardless of which country it is) and who have paid the ultimate price. I hope that I have not upset any member by placing it in this newsletter.



ANZAC Remembrance Day

The bugler plays "The Last Post" as we stand to its haunting refrain

We shall remember them always

In our hearts they will always remain

They fought on the rough seas

They fought on the land

They fought in the grey skies on Airforce command

To all our brave Military and Citizens we remember you today

So cherished and so honored you are to us on this Remembrance Day



Red poppies bloomed in Flanders Field

In a hard and muddy place

Their long stems bowed in reverence to

A soldiers resting place

Red petals brushed his weary face against the wind and rain

He sleeps in peace in Flanders Field no more to feel wars pain.

Bev Moore



CALENDAR OF MAIN EVENTS—Term 4 2023 & Term 1 2024

DATE	EVENT	LOCATION
NOVEMBER 2023		
Monday 6th @ 10.00	Whittlesea U3A Morning Tea	Epping RSL
	2024 ENROLMENT RELEASE OF INFORMATION	
Tuesday 7th	PUBLIC HOLIDAY - MELBOURNE CUP NO CLASSES	ALL VENUES
Monday 13th @ 9.30	Committee Meeting	Peter Lalor Campus
Thursday 16th @ @9.30	Walking Football Celebration Day	Epping Leisure Centre
DECEMBER 2023		
Friday 1st	End of Term 4 - MOST classes end	All venues
Monday 4th @ 11.00	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
JANUARY 2024		
Monday 29th @ 11.00	Volunteer Thank You Lunch	Epping RSL
Tuesday 30th @ 9.00	MOST classes begin this week	Various Locations