

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 34 - 29th 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,

Hope you are all well, enjoying the sunshine, when we get it, and getting ready for the festive season. A few important dates that are coming up include:

- ◇ The Morning Tea on Monday 6th November. Kevin will be launching our enrolment program on this day. See below for some important information regarding classes for 2024.
- ◇ Tuesday the 7th of November is a PUBLIC HOLIDAY—THERE WILL BE NO CLASSES ON THIS DAY.
- ◇ The Celebration Christmas Lunch being held at Epping RSL on Monday 4th December. The cost is \$35 for members and \$40 for non members. Bookings and payments need to be finalised by the 25th November. (learn more on page 4)
- ◇ 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). Bookings for this social will close on Wednesday 29th October. (learn more on page 4)

FINALLY please check your emails carefully over the next week. Some tutors have cancelled their classes on Monday 6th November which is the day before Cup Day. If your class is cancelled you will receive an email.

Natalie Lim, Communication Manager/Course Coordinator

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

OFFICE HOURS for WEEK BEGINNING MONDAY 29th 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

ENROLMENT IMPORTANT INFORMATION

*As you are all aware enrolments are coming up very soon. This is just a reminder that class enrolments are not automatic regardless which class you are enrolled in during 2023. **To be guaranteed a place in a 2024 class you need to enrol in that class during the enrolment period.** PLEASE LET ME STRESS AGAIN being in a class in 2023 does not mean you are automatically enrolled in that class in 2024. THIS IS THE SAME FOR ALL CLASSES. Also some classes fill up very quickly so enrol as soon as possible once the enrolment period starts. We will have enrolment forms and subscriptions at the Morning Tea on Monday 6th November as well as on the 30th November at May Road. However NO enrolments will be processed until the 5th December to make sure that it is fair for all members. All online enrolments and face to face enrolments open at the same time. The exact time and location of our face to face enrolments will be announced on the 6th November at the Morning Tea.*

ODE TO WU3A

Another Year Is Ending Christmas Time Draws Near
Our Wu3a Members Will Gather
Celebrations Laughter And Cheer
Management/Tutors Leaders They Have Worked So Hard
For Us
Loyalty Dedication And Devotion
They Have Provided Without A Fuss

Our Classes Are Designed To Learn A Hobby Or A Skill
We Meet New Friends And Socialize
To Weekly Diary Fill

With Warmth And Smiles Our Classes Bring
This Message Tried And True
Whittlesea U3a Are Synonymous
In The Care They Provide To You

So May This Festive Season Bring
Much Happiness And Cheer
Merry Christmas Happy New Year
With A Warm Welcome Back To Wu3a Next Year

Bev Moore



NEW FUNDRAISING FOR WALKING FOOTBALL – just in time to stock up on those treats for Christmas

The link below is a new fundraising program organised by Mick Trim on behalf of Whittlesea U3A Walking Football team. They are running a Rocky Road House Fundraiser selling Allergy Free Rocky Road & Rock Candy to help support their team.

They are raising funds to attend the Pan Pacific Masters Games on the Gold Coast in November 2024. Funds raised will help the players with associated tournament costs and expenses.

This Rocky Road & Rock Candy is a delicious treat and we really appreciate the assistance it brings.

PLEASE FOLLOW THIS LINK IF YOU ARE INTERESTED IN PLACING AN ORDER. <https://whittlesearockyroadhouse.goraiseit.com.au/micksfundraiser>

Thanks for your support. Mick Trim on behalf of Whittlesea U3A.

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.

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.

AQUA AEROBICS—TUESDAY - 7TH NOVEMBER

The Aqua Aerobics class at Mill Park Leisure Centre will not be held on Tuesday 7th November as it is a Public Holiday and the instructor is not available.

LINE DANCING - MONDAY 6TH NOVEMBER

Tita's Advanced Line Dancing class at French Street on Monday 6th November has been cancelled.

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 in the activity. 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

DONATED PRIZES NEEDED FOR RAFFLE

During the Christmas Lunch we conduct a number of raffles. We are now asking members for any donations they may be able to give us for these raffles. If you have any unopened products that could be used as a prize for our raffle and you do not need it please contact me. They can also be craft items etc. you may have made. PLEASE NO FOOD AND REMEMBER IT NEEDS TO BE NEW.

Thank you Natalie 0412 230 561

ONE DAY ACTIVITY

CODE: 235FRI16

LOCATION: PETER LALOR CAMPUS

TUTOR: Peter Cleary

TIME: **10.00 to 11.00**

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

NAME: **MASTER YOUR MIND**

DATE: **Friday 17th November**

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. Enrolments close on Wednesday 29th November

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



JUST A REMINDER ABOUT THE AQUA AEROBIC PROGRAM AT TRAC THOMASTOWN

CODE: 232FRI17

NAME: AQUA AEROBICS CLASS TRAC

LOCATION: Thomastown Recreation & Aquatics Centre, 52-54 Main Street Thomastown

DATE: FRIDAY

TIME: 10.15 to 11.00

COST: \$7.50/WEEK

FREQUENCY: Weekly until the end of December

DESCRIPTION: This is a Water Aerobics Program. This program will cost \$7.50 per week which can be paid either cash or card and is ONLY AVAILABLE TO ACTIVE WHITTLESEA U3A MEMBERS WHO ENROL INTO THE CLASS ON THE CALENDAR. Members will need to show their current 2023 membership badge to be allowed into the program each week. Please do not leave your badge at home. The program provides the member with an aquarobics class focusing on water based strengthening exercises and pool access only. It does not include the spa or sauna

NEW ONE DAY EVENT

CODE: 232TUE42

NAME: SESSION 5 – SEED COLLECTION

LOCATION: Green Space 42 McCabe Drive South Morang

DATE: TUESDAY 31st 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.

JUST A REMINDER ABOUT THE AQUA AEROBIC PROGRAM AT MILL PARK LEISURE CENTRE

CODE: 232TUE33

NAME: AQUA AEROBICS CLASS MILL PARK LEISURE CENTRE

LOCATION: Mill Park Leisure Centre, 33 Morang Dr, Mill Park

DATE: TUESDAY (NOT MELBOURNE CUP DAY)

TIME: 10.15 to 11.00

COST: \$7.50/WEEK

FREQUENCY: Weekly until the end of December

DESCRIPTION: This is a Water Aerobics Program. This program will cost \$7.50 per week which can be paid either cash or card and is ONLY AVAILABLE TO ACTIVE WHITTLESEA U3A MEMBERS WHO ENROL INTO THE CLASS ON THE CALENDAR. Members will need to show their current 2023 membership badge to be allowed into the program each week. Please do not leave your badge at home. The program provides the member with an aquarobics class focusing on water based strengthening exercises and pool access only. It does not include the spa or sauna

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 |
| Tuesday 5th @ 10.00 | Enrolments for 2024 begin BOTH FACE TO FACE & ONLINE | May Rd 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 |

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.