

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 35 - 5th November 2023



CONTACT DETAILS

CLASS COORDINATOR & COMMUNICATION MANAGER:

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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 - TOMORROW. Kevin will be launching our enrolment program on this day.
- ◇ 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. **THIS IS FILLING UP VERY FAST SO IF YOU ARE INTERESTED IN ATTENDING PLEASE BOOK NOW.** Now is the time to organise a table if you have not already done so.
- ◇ 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 November. **MEMBERS NEED TO ENROL FOR THIS ACTIVITY ONLINE AND NON MEMBERS WILL NEED TO HAVE THEIR NAME INCLUDED IN LILLIAN'S BOOK.**
- ◇ On Thursday 7th December - the second day of enrolments at May Rd we have organised a small market. Some of our members will be selling products including the Whittlesea U3A eBook publishing latest publication; jewellery; embroidery; cards; and home made Egyptian artifacts. They will be situated in the room just before the hall. Have a look at what they have just in time for Christmas.

Have a great week and for those of you not having a long weekend holiday see you at the Morning Tea tomorrow, Monday 6th November.

Natalie Lim, Communication Manager/Course Coordinator

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

OFFICE HOURS for WEEK BEGINNING MONDAY 6th November

PETER LALOR CAMPUS

OFFICE OPENED 10.00AM to 1.00 PM - WEDNESDAY & THURSDAY **CLOSED MONDAY (MORNING TEA) AND TUESDAY (PUBLIC HOLIDAY)**

MAY ROAD CAMPUS

OPENED: THURSDAY - 9.00AM TO 4.00PM **CLOSED TUESDAY (PUBLIC HOLIDAY)**

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.

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.

ALL CLASSES CANCELLED TUESDAY 7TH NOVEMBER

ALL CLASS ARE CANCELLED ON TUESDAY 7TH NOVEMBER AS IT IS A PUBLIC HOLIDAY

LINE DANCING - MONDAY 6TH NOVEMBER

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

INDOOR WALKING AEROBICS - MONDAY 6TH NOVEMBER

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

EBOOK PUBLISHING- MONDAY 6TH NOVEMBER

Jan's eBook publishing class has been cancelled for Monday 6th November.

FEEL WELL BE WELL- MONDAY 6TH NOVEMBER

Patti's Feel Well Be Well exercise class has been cancelled for Monday 6th November

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.

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 **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.

SCRABBLE ENDS MONDAY 6TH NOVEMBER

For those members who are enrolled in SCRABBLE for 2023, the last class for this activity will be tomorrow, Monday 6th November. We hope that it will resume in 2024.

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 of 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.*

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.



**IT IS ALMOST FULL
SO BOOK QUICKLY**

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.** I need information regarding dietary requirements as soon as possible. If I am not told about your needs you will be receiving the Main Menu item of 3 meats and vegetables. **THE VEGETARIAN OPTION must also be preordered.**

TABLE ORGANISATION FOR THE CHRISTMAS LUNCH

I am in the process of organising the tables for the Christmas Lunch. If you would like to sit with a particular person or group and you have not informed me I need this information as soon as possible. Tables are pre organised due to dietary requirements so I will not be able to organise any changes on the day. Please contact me **EITHER BY TEXT OR EMAIL** with the information.

Please remember that members need to enrol for this lunch 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.

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

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



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**

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

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 @ 12.30	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
Thursday 7th @ 10.00	Market Day at May Road.	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