

WHITTLESEA U3A BREAKING NEWS FORTNIGHTLY INFO OF INTEREST

EDITION 1: 4th January 2024



MESSAGE FROM EDITOR

Welcome to the

WHITTLESEA U3A "BREAKING NEWS FORTNIGHTLY INFO OF INTEREST" EDITION 1: 4th January 2024.

This year the regular WOTZON will be emailed every two weeks providing details of class changes, highlighting particular information of interest and how to access services.

BREAKING NEWS FORTNIGHTLY INFO OF INTEREST will be emailed in the weeks WOTZON is not emailed. It will include "Stop Press" on class information and articles of interest. Looking forward to hearing your feed back on this initiative.

Glen Wall

PRESIDENT

Peter Lalor Campus

34 Robert St, Lalor, Vic, 3075

Mobile: 0422 852 593 Office 9464 1339 (Leave a message)

OFFICE HOURS for WEEK BEGINNING MONDAY 5th February 2024

PETER LALOR CAMPUS

OFFICE WILL BE CLOSED MONDAY 29TH JANUARY – MONTHLY MORNING TEA OFFICE WILL BE OPENED TUESDAY, WEDNESDAY & THURSDAY 10.00 TO 2.00 OFFICE WILL BE CLOSED ON FRIDAY

MAY ROAD CAMPUS

OFFICE WILL BE OPENED: TUESDAY 1.00PM TO 4.00 & THURSDAY - 9.30 TO 4.00PM

FOLLOWING PROGRAMS HAVE CHANGES TO START DATES:

COMPUTER, ANDROID, SOCIAL MEDIA SUPPORT class with Shoukry – program to start Monday 12th of February

WALKING NETBALL with Margaret – program to start Thursday 29th of February

BOOK DISCUSSION with Ann – program to start 20th of March

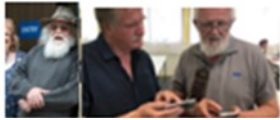
TAI CHI with Teresa will no be on Tuesday 13th of February

TAI CHI with Christine will be starting on Tuesday 5th of March

First MONTHLY MORNING TEA for 2024 is being held this coming Monday 5th of February. It is held at Epping RSL, Harvest Home Road, Wollert starting at 10.00. Cake and tea/coffee supplied. All welcome especially new members to Whittlesea U3A. It is a great opportunity to hear all the latest news and updates.

DIGITAL LITERACY HELP AND ASSISTANCE CONTINUES IN 2024

Need help with your smart device – PHONE, Android or Apple, iPad or Tablet.



GO TO Lalor Library on Thursdays (1.00pm and 3.00pm), Mernda Senior Support Centre Fridays (10.00 am to 12) and Thomastown Library on Fridays (1.00pm and 3.00pm). with Shoukry – program starting Monday 12th of February.



The Victorian Virtual Emergency Department (VVED) is a public health service to treat non-life-threatening emergencies.

Go to <https://www.vved.org.au/> then Click on **are you Sick/Unwell**

If your situation is life-threatening, please call Triple Zero (000)

WellAhead

What is WellAhead?

WellAhead is a holistic wellness program, co-designed with consumers, to support and empower those living with and beyond cancer.

Activities include yoga, meditation, volunteer programs such as Old Blokes Shed and Knitting/Craft Support, Northern Health Community Choir and classes and activities for seniors from Whittlesea U3A.

As the name suggests, it is a wellness program designed to encourage progress and positive living, in spite of the challenges of living with and beyond cancer. The WellAhead program begins in March 2024.

WellAhead aligns with Northern Health's Trusted Care Commitment of 'Staying Well'. This involves the delivery of services outside the conventional hospital setting, with a greater focus on health and wellbeing in the community.

COTA
For older Australians



Retirement Phase of Superannuation consultation (Overview by COTA)

Getting our super system right is one of the biggest challenges facing Australia. It's a challenge for superannuation funds but also for the Federal Government as the regulator of the system.

COTA Australia has been advocating for long and hard on behalf of older Australians. This is why COTA welcomed the recently released Federal Government consultation paper on the retirement phase of the superannuation system. So much of the focus to date has been on accumulating superannuation and now it's time to really consider the use of those funds.

The retirement phase needs to better support older Australians, including women, who still retire with balances lower than men, with information and products that help deliver the promise of a dignified retirement.

Government needs to hear from people who are planning or transitioning into retirement and those who have already started their next life phase. **We will work with Government to make sure the voices of older Australians are heard.**

We want to hear from you Monday 5th February at Mernda Seniors Support Centre at 1:30 pm.

If you are thinking of retiring in the next few years or have retired in the last 5 years, we want to hear from you. We will be holding focus groups in the next 2 weeks. The discussion will explore your experience of the available financial information on superannuation, the advice you have received, your information and advice needs, and what could be done to improve provision of this information.

COTA Australia will use what you tell us in their advocacy and submission work and will provide a report to the Department of Treasury, which is funding this research.