

WOTZON

Whittlesea U3A

Fortnightly Fact Sheet

Edition 4 - 25th February 2024



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

Hello Everyone,

In this fortnight's WOTZON there are a number of changes to class/activity times that may affect some members as well as information about a series of talks being held about the conservation of the local grasslands and wetlands being held as part of Glen Speakers' Discussion Group on a Monday.

DPV Health is also conducting a survey headed 'How is Ageing Affecting You'. The link and information is included on page 4. It is very easy to complete and the link works. It only took me 5 minutes to complete so not difficult at all.

I would like to thank all those members who have used the ABSENCE REGISTER to record their absence from class. It has made it a lot easier for tutors and more importantly you are not marked absent from class without a reason. Contact the office during office hours if you are not able to go online and do it yourself.

Natalie Lim, Communication Manager/Course Coordinator

OFFICE HOURS for

WEEKS BEGINNING MONDAY 26th of FEBRUARY & MONDAY 4th of MARCH

PETER LALOR CAMPUS

Office will be opened MONDAY 26th FEBRUARY, Tuesday, Wednesday 10.00 TO 2.00 & Thursday 10.00 TO 1.00. It will be closed MONDAY 4th March (MONTHLY MORNING TEA)

OFFICE WILL BE CLOSED ON FRIDAY

MAY ROAD CAMPUS OFFICE WILL BE OPENED: TUESDAY 1.00PM TO 4.00 & THURSDAY - 9.00 TO 4.00PM

CLASSES IN EXTREME TEMPERATURE

An email was sent out during the week regarding what happens to classes on days of extreme temperature. At this stage no actual policy has been developed other than - the possible cancellation of classes during days of TOTAL FIRE BAN. The Committee of Management will be discussing this issue at the next committee meeting in March and members will be notified of any decision.

For the time being if the weather is forecasted to be extreme please think carefully before getting in your car, going on public transport or walking to your class/activity. We would like to ensure that all members are safe during this time and if that means staying home than this is a choice you should take. Please notify the office or fill the absence register if you are not attending. Unless you are told otherwise classes will continue as normal during this time.

Don't forget about the Annual Labour Day Picnic at Hawkstowe Park, South Morang (241MON18)

DATE: Monday 11th March – Labour Day Public Holiday

TIME: 10.00am to 3.00pm

LOCATION: Hawkstowe Park, Gordons Road, South Morang (Melways I83H8)

This is the Whittlesea U3A Annual Labour Day Picnic hosted by Marion. Starting at 10.00 am participants stay talking until they have all had enough. B.Y.O. Everything. Food chairs drinks and whatever it takes to have a good time.

THE FOLLOWING PROGRAMS HAVE CHANGES

WALKING NETBALL with MARGARET – program to start Thursday 29th February

BOOK DISCUSSION with ANN – program to start 20th March

TAI CHI INTERMEDIATE LEVEL with CHRISTINE – program will be starting on Tuesday 16th March. No classes in TERM 1

ITALIAN INTERMEDIATE with ANTONIO will RESTART ON THURSDAY 14th of March

TAI CHI with MARIA: Due to construction work at Riverside this class will be relocating to Miller Community Centre Corner Mill Park Drive and Blamey Ave, Mill Park on 29th February and 14th March. It will return to Riverside on the 28th March.

INDOOR WALKING AEROBICS WITH MARY Just a reminder that Mary's Indoor Walking Aerobics class at Thomastown Library now starts at 11.45. This is to accommodate the large numbers enrolled. Unfortunately at the moment the class is closed however if spaces become available I will announce it in the WOTZON.

EXE AND LIVE HEALTHY CLASS 1 AND 2 with KUMAR'S TUESDAY There has been a time change to KUMAR'S Exe and Live Healthy CLASS 1 and 2 on TUESDAY morning at Mernda Community Centre. In order to ensure that both classes run smoothly there has been a slight change to both the start and finishing time of CLASS 1 and CLASS 2. **CLASS 1 will be STARTING AT 10.30 and FINISHING at 11.15** and CLASS 2 will be STARTING AT 11.30 and FINISHING AT 12.15.

CANASTA WITH FLO Canasta class at Thomastown Library will be between 1.00pm and 4.00pm. This change will start from Monday 26th February.

TRIVIA THURSDAY WITH KATHY The TRIVIA SESSION on Thursday 29th February has been cancelled.

CANCELLATION OF TERESA'S TUESDAY TAI CHI ADVANCED CLASS

Unfortunately due to family commitments our Tuesday Tai Chi Advanced level class at Riverside Community Centre with Teresa and Peter is being suspended. I will notify members if it returns to the calendar. Thank you to Teresa and Peter on behalf of their many followers for their hard work and commitment. **THE LAST CLASS WILL BE TUESDAY 27TH FEBRUARY.**

NEW FILM NIGHT ACTIVITY ON THE SECOND FRIDAY OF THE MONTH @ WESTFIELD SOUTH MORANG.

We are starting a new film night at Village Cinema at South Morang beginning from Term 2. Don't forget to enrol if you are interested.

CODE: 245FRI24

NAME: **FILM NIGHT – SOUTH MORANG**

TUTOR: Natalie Lim

LOCATION: Village Cinema, Westfield Shopping Centre, South Morang.

TIME: **5.30pm**

START DATE: 12th April

END DATE: 13th December

FREQUENCY: **2nd Friday of the Month**

DESCRIPTION: Members join together on the second Friday of each month to see a movie of your choice. Meet near Village cinema entrance (outside near escalator) at 5.30pm. We can have a light meal at one of the many restaurants in the area.

NEW EVENT - WHITTLESEA U3A HIGH TEA –

24TUE25

**LOCATION: Whittlesea Bowls Club 101 Church Street
Whittlesea**

**COST: \$30 Money to confirm your booking is now due
and needs to be paid by Friday March 15th as final
numbers need to be provided to the venue**

DATE: Tuesday 9th April - this is during the term break

TIME: 1.00pm

**DESCRIPTION: THIS IS A MEMBERS ONLY EVENT. Enjoy a
delicious silver service high tea of hot pastries, sandwiches
and small cakes with tea and coffee. Champagne and other
drinks can be purchased separately at the venue. Once you
have enrolled, the money, \$30, needs to be paid into the
Whittlesea U3A account before your booking is confirmed.
No bookings or payments can be accepted on the day.
Unfortunately limited dietary variations available so if you
need a special diet please contact me before you book.**

ENROLMENTS WILL CLOSE ON FRIDAY 15TH March.

HIGH TEA MENU

*Includes 3-tiered silver stands for the tables, tea and
coffee, linen napkins, cutlery and crockery.*

- **House Baked Lemonade Scones** Served with Kinglake jam and double cream
- **Egg, Lettuce and Aioli Finger Sandwiches**
- **Chicken Caesar Pin Wheels**
- **Smoked Salmon Crostini (GF)** Served with capers mayo and caviar
- **Mixed Berry Panna cotta (GF)** Served with fresh berries
- **House Baked Sausage Rolls** Served with tomato relish
- **Chocolate Shot** Includes double chocolate Mousse, Double Cream and Chocolate Shards
- **Petite Lemon Curd Tarts** With Passionfruit Coulis and Spun Toffee
- **Petite Assorted Tarts** Finished with cream cheese and raspberry coulis
- **Fruit Skewer (GF)** Including passionfruit Cointreau
- **Petite Assorted Quiche** With Sour cream and Chives



At DPV Health they are keen to understand some of the issues and concerns for people over the age of 65 in their local communities, so they can create specific services, programs, and information to support them as they age.



They are inviting community members to input through a 'How is Ageing Affecting You?' survey to improve their understanding.

This survey is open to anyone who is:

- over 65 years of age
- a carer for someone over 65 years of age

Please complete this survey if it is applicable to you and share with other people in your networks and community. By

participating in this survey, you will go into a lucky draw to win 1 of 3 \$100 Visa vouchers.

Complete the survey here: [https://forms.office.com/Pages/ResponsePage.aspx?](https://forms.office.com/Pages/ResponsePage.aspx?id=GPhqaB0d3kqwj1ys0XcApElMY9-4EvlKvIAAqmRxZ6NUQTk1MjBVTDRQWU42SjNIUkc3SkVHV1ZJWC4u)

[id=GPhqaB0d3kqwj1ys0XcApElMY9-4EvlKvIAAqmRxZ6NUQTk1MjBVTDRQWU42SjNIUkc3SkVHV1ZJWC4u](https://forms.office.com/Pages/ResponsePage.aspx?id=GPhqaB0d3kqwj1ys0XcApElMY9-4EvlKvIAAqmRxZ6NUQTk1MjBVTDRQWU42SjNIUkc3SkVHV1ZJWC4u)

RAPID ANTIGEN TESTS AVAILABLE through DPV HEALTH

As part of DPV Health's Community Engagement COVID-19 project, they would like us to inform you that they have some Rapid Antigen Tests (RAT) available. We are organising for a DPV Health representative to bring along some paper versions of their 'HOW IS AGE AFFECTING YOU' survey to both the next morning tea and to the May Rd office. They will also be providing some Tests if they are still available.

QUARRY HILLS SENIOR STEWARDS PROGRAM

After the success of the conservation program that was conducted last year by the members of the City of Whittlesea's Conversation team we are starting a series of talks led by Tim Connell (Unit Manager of Conservation) where he will share his deep appreciation of Quarry Hills Regional Parkland.

Quarry Hills stands out as the municipality's largest parkland, boasting a diverse landscape that encompasses granitic outcrops, woodlands, grasslands, ephemeral wetlands and more. Come along to this Speakers' Discussion Group session (refer to the dates below)

to learn more about this beautiful landscape where manna gums and stringy barks stand, wattles bloom, and the smell of tea-trees fill the air. You will find Gliders in remnant tree hollows, Kangaroos resting in open grasslands, skinks basking on stony rises, and frogs serenading from wetlands.

Afterward, stick around for a discussion on how you can play a part in the conservation and restoration efforts of this remarkable place.

This first of 3 monthly sessions to be held as part of the Speakers' Discussion Group will be on Monday 18th March.

LOCATION AND TIME INFORMATION:

Location: Mernda Social Support Centre, 70 Mernda Village Road, Mernda, 3754

Date: Monday 18th March (session 1); 15th April (session 2) and 20th May (session 3)

Time: 1.30pm – 3pm

Tutor / Leader: Tim Connell and Erica Hoggett (Conservation Management Unit at City of Whittlesea)

PLEASE ENROL IN 241MON28 (Speakers Discussion Group) if you would like to take part in this activity.

The remaining sessions for the year will include a combination of hands-on conservation activities, guided walks, flora and fauna surveys, plant propagation in a small-scale nursery and citizen science activities. Dates for these activities, which will also be held monthly from June to November, will be advertised later. Most of these will be conducted on a Wednesday.



WHAT DOES BEING WAITED LISTED IN A CLASS MEAN?

As you became an active 2024 member of Whittlesea U3A you would have received your Welcome Pack, either by mail or email. In this pack the classes that you have enrolled in are listed in this way:

ENROLLED CLASSES

	Code/Name	Location	Schedule	Tutor/Leader
1	<i>The name and codes of those classes that you can actually attend because YOUR NAME IS ON THE ENROLMENT LIST.</i>	WHERE THE CLASS IS LOCATED	Start Date: Time: Frequency:	NAME OF THE TUTOR

WAIT LISTED CLASSES

	Code/Name	Location	Schedule	Tutor/Leader
1	<i>The name and codes of those classes that you CANNOT attend because your name is NOT ON the enrolment list. YOU WILL BE NOTIFIED WHEN YOU CAN START THESE CLASSES.</i>	WHERE THE CLASS IS LOCATED	Start Date: Time: Frequency:	NAME OF THE TUTOR

PLEASE DO NOT ATTEND CLASSES YOU ARE WAITLISTED IN UNTIL YOU ARE NOTIFIED THAT YOU HAVE GOTTEN INTO THE CLASS EITHER BY EMAIL, TEXT OR PHONE CALL.

CALENDAR OF MAIN EVENTS - Term 1 2024

DATE	EVENT	LOCATION
MARCH 2024		
Monday 4th @ 10.00	Monthly Morning Tea	Epping RSL Harvest Home Rd, Wollert
Monday 11th	PUBLIC HOLIDAY—LABOUR DAY	NO CLASS
Monday 11th	ANNUAL Whittlesea U3A PICNIC	Hawkstowe Park, South Morang
Thursday 28th	END OF TERM 1	
Friday 29th	GOOD FRIDAY	
Sunday 31st	EASTER SUNDAY	
APRIL 2024		
Monday 1st	EASTER MONDAY	
Tuesday 9th @1.00pm	Whittlesea U3A High Tea	Whittlesea Bowls Club, Church Street Whittlesea
Monday 15th April	Term 2 Begins	All classes unless otherwise stated