

# WOTZON

Whittlesea U3A

**Fortnightly Fact  
Sheet**

**Edition 6 - 24th March 2024**



## CONTACT DETAILS

**CLASS COORDINATOR & COMMUNICATION MANAGER:**

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**TUTOR LIASON:** Judy – 9464 1339 or 0404119189

Hello Everyone,

Just a reminder that this is the last week of Term 1. Classes will end on Thursday 28th March as Friday is a public holiday. We will resume classes on Monday 15th April unless you have been instructed otherwise. There are quite a few changes to venues, times, dates and class availability advertised on page 2 of this newsletter. Please read them carefully as they may affect you.

Remember if a class is cancelled we either email or text you however sometimes mistakes are made and I forget to notify you. When and if this should happen please do not get angry at the office staff as it is not their mistake. All staff who work for Whittlesea U3A are volunteers and we should be thanking them rather than get angry. Those working in the office do a fantastic job assisting members with inquiries every week. Please remember to treat them with respect.

Those enrolled at the High Tea at Whittlesea Bowls Club on Tuesday 9th April, please note the change to the start time. The session will start at 1.30 as the club has to get things cleaned up after the Holiday Program which they run. I will be outside the door from 1.15 to tick your name off so please see me before taking a seat. All those enrolled have been sent an email about this change of time.

On page 4 of this edition there is an advertisement regarding the yearly drive conducted by Epping RSL on ANZAC Day Eve. They meet at the MCG just prior to the football game to sell ANZAC badges. Please refer to the information on page 4 for contact details and they would really appreciate any assistance that members can provide. If you are going to the game on that day don't forget to buy a badge from a volunteer.

Also a reminder that there will be no MONTHLY MORNING TEA in April as it is Easter Monday and a public holiday.

The next edition of WOTZON will be on Sunday 14th April.

For those who celebrate Easter may you have a happy Easter and for everyone have a great break and see you next term.

*Natalie Lim, Communication Manager/Course Coordinator*

## OFFICE HOURS for WEEK BEGINNING MONDAY 25th March

### PETER LALOR CAMPUS

**OFFICE WILL BE OPENED** Monday, Tuesday and Wednesday 10.00 TO 2.00 & Thursday 10.00 TO 1.00.

**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**

**BOTH OFFICES WILL BE CLOSED FROM MONDAY 1ST APRIL TO THURSDAY 11TH APRIL - TERM BREAK**

**OFFICES WILL REOPEN ON MONDAY 15TH APRIL**

## THE FOLLOWING PROGRAMS HAVE CHANGES

**TAI CHI INTERMEDIATE LEVEL at RIVERSIDE with CHRISTINE** – program will be starting on Tuesday 16th April.

**ITALIAN INTERMEDIATE with ANTONIO** will RESTART ON THURSDAY 18th April. This is the first Thursday of term 2. THE CLASS HAS MOVED TO THOMASTOWN LIBRARY WHILST RENOVATIONS ARE BEING CONDUCTED AT LALOR LIBRARY (BETWEEN April 15TH AND June 3RD)

**FRENCH CONVERSATION with CHRISTIANE** HAS MOVED TO THOMASTOWN LIBRARY WHILST RENOVATIONS ARE BEING CONDUCTED AT LALOR LIBRARY (BETWEEN April 15TH AND June 3RD)

**EXERCISE FOR FITNESS at THOMASTOWN LIBRARY with HELEN.** Helen's class will not be on April 22nd. This is week 2 of Term 2

**BEGINNERS' LINE DANCING in WHITTLESEA with BEV** has been cancelled on Monday 25th March

**BEGINNERS' LINE DANCING in BEVERIDGE with BEV** has been cancelled on Tuesday 26th March

**TAI CHI CLASS 1 with PHU** has been relocated to SPRING STREET HALL in THOMASTOWN whilst French Street is being repaired. Please check the timetable on the WEBSITE as there are some dates when the class is not running as the venue is unavailable. The class will start at 9.00.

**TAI CHI CLASS 2 with PHU** has been relocated to SPRING STREET HALL in THOMASTOWN whilst French Street is being repaired. Please check the timetable on the WEBSITE as there are some dates when the class is not running as the venue is unavailable. The class will be starting at 10.00.

**YANG SHENG ZHANG TAI CHI STICK with PHU** has been temporarily cancelled until MONDAY 3RD June. On this date it will be moving to SPRING STREET in THOMASTOWN. THE VENUE IS NOT AVAILABLE BEFORE THIS TIME FOR THIS CLASS.

**TAI CHI SWORD FOR HEALTH with PHU** has been temporarily cancelled until MONDAY 3RD June. On this date it will be moving to SPRING STREET in THOMASTOWN. THE VENUE IS NOT AVAILABLE BEFORE THIS TIME FOR THIS CLASS.

**MANDARIN with PO** at Mill Park Library has been cancelled on Thursday 28th March

**HIGH TEA at Whittlesea Bowls Club** on April 9th will be starting at 1.30 to allow time for the venue to organise room after the school holiday program. Please do not arrive before 1.15. I will be at the door to the room to tick your name off.

**ANDROID & SMARTPHONE class with ANTONIO** at PETER LALOR CAMPUS will resume in the first week of Term 2

**WINDOWS 10 COMPUTER SUPPORT with KATHY** at MAY ROAD CAMPUS will not be on Thursday 28th March

## CLASSES STARTING IN TERM 2

### **What is Anxiety 2 (241MON15)**

*This informative session is the second in the series of talks being conducted on the topic. It can be attended as a continuation of the first program or as a one off. So you do not need to have attended the first session to attend this one. Under the guidance of a trained professional, participants will discuss the various issues leading up to the feeling of anxiety so as to recognise the initial signs in both yourself, family and friends. It includes an opportunity for whole group discussion and questions and answers.*

*The session is lead by Bill. It will be held on Monday 25<sup>th</sup> March (tomorrow) at Peter Lalor Campus, Robert Street Lalor, running between 1.00pm and 2.00pm.*

### **Tai Chi Intermediate Level (242TUE05)**

*For all members who have enrolled in this activity this is a reminder that the class will start at the beginning of Term 2. Christine is looking forward to meeting everyone again and welcoming all the new participants. Remember this is not a beginners class. If you are a beginner you need to go to the class on Friday.*

*The session is lead by Christine . It will be held weekly on Tuesday from the 16<sup>th</sup> April at Riverside Community Centre, South Morang, running between 10.15am and 11.15am.*

### **Finding Medical Records Online (241MON29)**

*This informative session will run twice during the year – on the 29<sup>th</sup> April and on the 29<sup>th</sup> July. It will focus on showing participants how to access their medical records online. The session will also explain how medical plans can be viewed and updated.*

*The session is lead by Northern Health and facilitated by Glen. It will be held at Mernda Seniors Support Centre, Mernda running between 1.30pm and 3.00pm. As stated above the first one will be held on Monday 29<sup>th</sup> April. Enrolments available.*

### **Film Night – South Morang (245FRI24)**

*Members meet together on the second Friday of each month to see a movie of their choice.*

*Information about the movies available will be sent via email to those enrolled early in the week.*

*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 and then if you wish stay after the movie for a drink. **ACTIVITY IS NOT ON IN MAY***

*The session is lead by Natalie. It will be held on the second Friday of the month beginning from Friday 12<sup>th</sup> April meeting at Westfield South Morang and running from 5.30pm.*

### **Share a Meal (244THU29)**

*This activity, popular a number of years ago will give members the opportunity to meet at May Road Campus and share a meal. As a group they will be able to discuss the menu for the months to come which will often be pizza or pasta with salad. If you are free on the fourth Thursday of the month and often eating alone why not join this band of merry eaters.*

*The session is lead by Cath. It will be held on the fourth Thursday of the month beginning from Thursday 25<sup>th</sup> April meeting at May Road Campus and running from 6.00pm.*

## CALENDAR OF MAIN EVENTS - Term 1 & Term 2 2024

DATE	EVENT	LOCATION
<b>MARCH 2024</b>		
Thursday 28th	END OF TERM 1	LAST DAY FOR TERM 1 CLASSES
Friday 29th	GOOD FRIDAY	
Sunday 31st	EASTER SUNDAY	
<b>APRIL 2024</b>		
Monday 1st	EASTER MONDAY	
Tuesday 9th @1.30pm	Whittlesea U3A High Tea	Whittlesea Bowls Club, Church Street Whittlesea
Monday 15th April	Term 2 Begins	All classes begin this week unless otherwise stated



### MCG ANZAC EVE 24th April 2024

Epping RSL needs your help to sell badges at the MCG on ANZAC EVE Wednesday 24<sup>th</sup> April 2024 starting at 3.30pm till about 7.30pm.

We will meet you at the MCG car park like previous years at 3.00pm.

(I will confirm a gate number opposite car park to meet on the day via text or email) to give out boxes and tins to sell around the outside of the MCG, Train station and Bridges.

If you can help the Epping RSL raise money for the ANZAC Appeals this year would be amazing.

Just jump on a train and meet us at the MCG after 3.00pm please email me your names and contact phone numbers [gm@eppingrsl.com.au](mailto:gm@eppingrsl.com.au) OR [com4@eppingrsl.com.au](mailto:com4@eppingrsl.com.au)

\*All children must be accompanied by an adult.

Regards  
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