

WHITTLESEA U3A BREAKING NEWS FORTNIGHTLY INFO OF INTEREST

EDITION 8:
DATE: 19th May 2024



MESSAGE FROM EDITOR

Info of Interest in this edition:

- *Quarry Hills Stewardship Program*
- *COTA Federal Budget Summary*
- *Support resources for carers of family members suffering from dementia.*
- *Transport support Program commenced*
- *Tech café for seniors—Live Life Digitally Connected Forums*
- *Pickle Ball will commence Term 3*
- *Mill Park Secondary College—Whittlesea U3A Commences*
- *Beveridge classes and activities open (including Line dancing)*
- *I Simply Won't Travel Without This Cheap iPhone Accessory.*

Enjoy the "Have a Laugh"

Looking forward to hearing your feed back on these initiatives.

Glen Wall

PRESIDENT—Whittlesea U3A

Mobile: 0422 852 593 Email: president@whittleseau3a.org.au

OFFICE HOURS for WEEK BEGINNING 20TH MAY

PETER LALOR CAMPUS

OFFICE WILL BE OPENED MONDAY, TUESDAY, WEDNESDAY 10.00 TO 2.00 & THURSDAY 10.00 TO 1.00

CLOSED ON FRIDAYS

MAY ROAD CAMPUS

OFFICE WILL BE CLOSED: TUESDAY—DUE TO RENOVATIONS

OFFICE WILL BE OPEN THURSDAY - 9.30 TO 4.00PM



SUPPORT RESOURCES AVAILABLE TO SUPPORT CARERS OF FAMILY MEMBERS SUFFERING DEMENTIA

The researchers together with family carers created resources in 2022 and 2023 to support family members living with them who have Dementia.

ENQUIRIES CONFIDENTIAL -

If you can help, please contact Glen Wall email: glen.w@whittleseau3a.org.au mobile 0422852593



MONDAY 20th MAY 1:30 PM MERNDA SENIOR SUPPORT CENTRE

Quarry Hills Senior Stewards Program **City of Whittlesea**

Come along to the Speaker's Discussion Group on Monday 20th of May. This will be the third and final session focused on developing the Quarry Hills Senior Stewards program.

We will hear from members of the conservation team at the City of Whittlesea. We will discuss current and potential projects, conservation restoration and land management. We will also take a closer look at the plants and animals that call Quarry Hills home. Afterward, help co-design the future of the Quarry Hills Senior Stewards Program.

The rest of the year's sessions will focus on hands-on conservation activities. These will include guided walks, flora and fauna surveys, plant propagation, land management and citizen science activities.

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

Date: Monday 20th May 2024

Time: 1.30pm – 3pm

Cost: Free

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

If you are interested in conservation, developing a sense of stewardship for the landscape, the lifecycle of plants or walking in nature, then the Quarry Hills Senior Stewards Program is for you!



Policy Alert 22: Federal Budget 2024

17 May 2024
Federal Budget

DOWNLOAD THE FEDERAL BUDGET ALERT PREPARED BY COTA AUSTRALIA AT:

<https://cota.org.au/news-items/federal-budget-2024-update/>



This Budget was a mixed bag of positive and welcome initiatives and missed opportunities. In our **response on budget night**, we welcomed many good initiatives that will support older people manage the cost of living crisis including the \$300 energy rebate for every household, a 5-year freeze to the cost of PBS medicines for pensioners and concession card holders and a continuation of the freeze on deeming rates.

In this policy alert, we analyse the 2024 Federal Budget announcements across key policy areas affecting older people including housing, health, retirement incomes, aged care, mature employment, digital and the 2024/25 Women's Budget Statement.

There remain areas where more work needs to be done and where COTA Australia will continue its advocacy, like the new rights-based Aged Care Act and a Seniors Dental Benefits Scheme, to make sure older people are getting the support they need when they need it.

We will also be continuing to raise the spectre of ageism which impacts so many aspects of our lives and in policy setting. Making sure that the Government understands the role it can play and getting them to act will remain a key focus of COTA Australia's advocacy.

Tech Café for Seniors



Need help with your Smart Device – Phone, Android or Apple, iPad or Tablet.

GO TO Mernda Senior Support Centre Fridays (10:00 am to 12) on Fridays or Thomastown Library on Fridays (1:00 pm to 3:00 pm) or PLC Robert St Lalor Monday 9:30 am.

**Technology Corner – Monthly Forum Program
Live Life Digitally Connected Topics**

2024 monthly forums will be on ZOOM on the third Wednesday of the month at 10:00 am to 11:30am.

Further details regarding dates and times will be provided. Please check regularly our Facebook page

Tech Corner" (<https://www.facebook.com/groups/2957658941217497>) for updates.



LINK Community & Transport Assisting Whittlesea U3A Members with transport to classes.

WATCH FOR A CHRISTMAS IN JULY SOCIAL OUTING

Maurice will be at the June Morning Tea Monday 6th May to assist members requiring transport support complete forms and answer any questions you may have.

Save LINK's main phone numbers into your mobile phones.

Numbers to Save under LINK are:

Phone Number Link call **03 9462 8700** Mobile Number for texts: **0416 866 371**.

Office Number for Enquiries 1300 546 528

REMINDER – Link Community & Transport (LINK) is a not-for-profit organisation that offers assisted transport, social outings, home maintenance and domestic assistance (cleaning).

Link is partnering with U3A to assist members with transport to classes and offer Group discounts to U3A members wanting to go out on LINK social trips.



Program commences Wednesday 22 May 2024.

Thank you to Margaret Goodwin and Gerry Fay Whittlesea U3A for their good work in leading the U3A input to assist Mill Park Secondary College set up a new module in the College's Sport Program.

Aim of the program – To connect the school community to the senior community and provide a skills and engagement for walking football and walking netball programs. This allows student to complete practical units of competency for their VET Sport and Recreation Certificate.

Anyone interested in participating in the 6-week program please contact Margaret Goodwin, Gerry Fay or Peter Petrou via coordinator@whittleseau3a.org.au



Beveridge Line Dancing and Craft Classes are well supported. Visit Beveridge on:

Tuesdays at 1pm and 2pm

At Greater Beveridge Community Centre. Cnr Lithgow Street & Mandalay Circuit Beveridge



PICKLE BALL PROGRAM WILL COMMENCE IN THIRD TERM WITH 12 PLAYERS AT Thomastown Recreation & Aquatic Centre

Players will be provided with options this week on Day and Time.

Thank you to those who have offered to participate in the program.

Contact Glen Wall 0422852593
email glen.w@wwhittleseau3a.org.au

I Simply Won't Travel Without This Cheap iPhone Accessory.

BY ANDREW MARTONIK

Skip the wall charger and give your phone a little friend.



KEY TAKEAWAYS

- Anker's \$40 MagSafe battery pack is a game-changer for hassle-free charging while traveling.
- The battery pack eliminates the need for extra cables and chargers, providing a convenient 100% recharge.

Going on a holiday?

Worried your iPhone will need recharging and you can't find a "power point"?

The answer is recharging the battery via wireless charging. Thanks to a little "slap-on" magnetic battery pack you do not need to worry about cables or chargers.

The accessory in question is a humble MagSafe battery pack.

This relatively cheap \$40 MagSafe battery from Anker, means I never have to worry about my phone dying or hunting for a wall plug at an airport or coffee shop.

Better yet, you don't have to think about carrying an extra USB cable and charger, which never fit in a pocket as cleanly as this little pack does. Just pull out the battery, slap it on the back of your phone, and have a worry-free 100% recharge over the next couple of hours.

Northern Health

What is WellAhead?

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

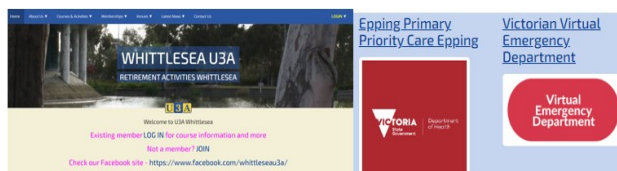
For more information on the WellAhead program, please email Mike Masilamani, Project Officer, Cancer Survivorship Program: mike.masilamani@nh.org.au



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) Access via Whittlesea 3A Website Home page



Subject: 😄 **FUN**



Bed and Breakfast



Apparently you can reheat pizza by turning your toaster on its side... your welcome



Apparently there are 2 types of flu. The harmless one that women and children get, and the "near death" version that men get.

Positive proof of global warming



WIFE: "There is a problem with the tractor. It has water in the carburetor."
HUSBAND: "Water in the carburetor? That's ridiculous"
WIFE: "I'm telling you the tractor has water in the carburetor"
HUSBAND: "You don't even know where the carburetor is. Where's the tractor?"
WIFE: "In the pool"