

# WOTZON

Whittlesea U3A

**Fortnightly Fact Sheet**

**Edition 10 - 26th May 2024**



## CONTACT DETAILS

**CLASS COORDINATOR & COMMUNICATION MANAGER:**

Natalie – [communication@whittleseau3a.org.au](mailto:communication@whittleseau3a.org.au) (0412 230 561)  
OR [coordinator@whittleseau3a.org.au](mailto:coordinator@whittleseau3a.org.au)

TUTOR LIASON: Judy – 9464 1339 or 0404119189

Hello Everyone,

*This week's newsletter is packed with information on classes - including updates. There is also information about a new High Tea in July at Mernda.*

*Starting from this newsletter I have included the Whittlesea U3A banking details as some members ask me or the office for it when they are paying for various events. Remember to always include your member number when depositing money. The details are the same whether you pay at a Westpac Bank or online through internet banking.*

*Just a reminder about the Website Photo information. We would really love to change the photos on our website as they have been there for a long time. Contact Kevin at [membership@whittleseau3a.org.au](mailto:membership@whittleseau3a.org.au) if you would like further details.*

*Natalie Lim, Communication Manager/Course Coordinator*

## OFFICE HOURS for WEEK BEGINNING MONDAY 27th May

### 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

*For your information Monday 3rd June (Monthly Morning Tea) and Monday 10th June (public holiday). Peter Lalor Campus office will be closed on both these days*

## TO ALL MEMBERS WHO HAVE CLASSES AT LALOR LIBRARY AND THOMASTOWN LIBRARY.

*We have received some conflicting information regarding the closure of Thomastown Library and Community Rooms – which classes it will involve and when it will happen; and Lalor Library – when will it reopen. Originally we were told that, regarding Thomastown, the only areas involved will be the library itself and the computer rooms. We have now been instructed that the whole library and community rooms complex will be closed. I will be sending emails to all members who have an email address and a text to those without to confirm dates as soon as we are given the final set of instructions. I apologise for this mix-up but it is totally out of our control. Please read the information that is sent carefully to avoid going to the venue if a class is cancelled.*

**THE FOLLOWING PROGRAMS HAVE CHANGES PLEASE READ THE INFORMATION CAREFULLY AS IT MAY AFFECT YOUR CLASS**

**ITALIAN INTERMEDIATE with ANTONIO** Unfortunately Antonio is still not well enough to commence his classes. Therefore this class will resume in **Term 3** at Lalor Library

**FRENCH CONVERSATION with CHRISTIANE** HAS MOVED TO THOMASTOWN LIBRARY WHILST RENOVATIONS ARE BEING CONDUCTED AT LALOR LIBRARY. Exact dates of return to Lalor to be confirmed.

**YANG SHENG ZHANG TAI CHI STICK with PHU** will be resuming on MONDAY 3RD June at SPRING STREET in THOMASTOWN.

**TAI CHI SWORD FOR HEALTH with PHU** will be resuming on MONDAY 3RD June at SPRING STREET in THOMASTOWN.

**ITALIAN TOTAL BEGINNERS with OSCAR** is cancelled on MONDAY 3RD June

**EXCEL PROJECTS ONLINE with OLIVER** will be having a temporary break. The last class for Term 2 was Tuesday 21st May. It will resume in Term 3 on Tuesday 16th July.

**HISTORY OF NUMBER with OLIVER** will be having a temporary break. The last class for Term 2 was Wednesday 22nd May. It will resume in Term 3 on Wednesday 17th July.

**LINE DANCING FOR VARIOUS LEVELS with MIA** will be having their last class for term 2 on Wednesday 29th May. It will resume in Term 3

**ADVANCED LINE DANCING FOR FUN with MIA** will be having their last class for term 2 on Friday 31st May. It will resume in Term 3

**COMPUTERS LEVEL 1 with PETER** will be temporarily moving to Mill Park Library on Friday 7th June. The class will be held there whilst Thomastown Library is being renovated.

**LAPTOP WINDOWS 10/11 with KEVIN** will be temporarily moving to Mill Park Library on Tuesday 4th June. The class will be held there whilst Thomastown Library is being renovated.

**BEGINNING LINE DANCING WHITTLESEA with BEV** has been cancelled on Monday 27th May. It will resume the following Monday.

**INDOOR WALKING AEROBICS with ANN** at Riverside will not be starting until Term 3 as the tutor is unwell.

**EXERCISE FOR FITNESS with HELEN** has been cancelled on Monday 3rd June.

**MANDARIN, ELEMENTARY LEVEL with POLLY** has been cancelled on Thursday 30th May.

## Big Cuppa Morning Tea

Dear members of Whittlesea U3A as you know the months of May & June are the Cancer Council's fund raising Big Cuppa Morning Teas. We are holding a fund raising Big Cuppa Morning Tea for the Cancer Council. This event is open to Whittlesea U3A members as well as their friends and family.

**DATE:** Thursday 20<sup>th</sup> June 2024

**TIME:** 10.00 to 12.00

**LOCATION:** Epping Memorial Hall Function Room.

We are asking those who attend to bring a small plate of cakes, or something savoury to share.

All funds raised will be Donated to the Cancer Council.

Please support this fund raising event.

Kind regards:

Jodie Lang, Secretary Whittlesea U3A

## ANOTHER HIGH TEA HAS BEEN BOOKED

### 244THU34 High Tea at Mernda

**Date:** Thursday July 11<sup>th</sup>

**Time:** 12.00 – 2.30

**Location:** Two Beans at Carome Estate,  
10 Hathfelde Boulevard, Mernda

**Cost:** \$30

**Max enrolments:** 59

**DESCRIPTION: THIS IS A MEMBERS ONLY EVENT.** This is the second of our very popular Whittlesea U3A outings being held during the term break. Enjoy a delicious silver service high tea of hot pastries, sandwiches, scones 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 the only dietary variation that can be catered for is gluten free and you need to inform the tutor at time of booking. Due to size of venue limited numbers are available so please book early

**Extra treat.** Any food that is left over can be taken home. You will need to bring a small container with you. Alternately containers are available from the venue – cost \$1

**Please refer to this newsletter for Banking Details**



## ATTENTION PHOTOGRAPHERS WE NEED YOUR INPUT FOR A WEBSITE PHOTOS UPDATE

We are looking for photographers to provide photos to update / refresh those on our website home page - <https://whittleseau3a.org.au/>

There are 5 photos and you may chose to provide one or more of these

- ◇ Header / top of page image (should represent Whittlesea)
- ◇ Courses and Activities (show U3A members enjoying a class or activity)
- ◇ Memberships (encourage new members to join)
- ◇ Latest News (difficult to describe but depict News)
- ◇ Contact Us (show friendly office volunteers assisting a member)

Full resolution photos are preferred and please send by email to [info@whittleseau3a.org.au](mailto:info@whittleseau3a.org.au)

**Wherever members are photographed, please get their permission and include their names in the email along with the photo.**

FOR FURTHER INFORMATION PLEASE CONTACT KEVIN ON [info@whittleseau3a.org.au](mailto:info@whittleseau3a.org.au)

This is an exciting opportunity for members to have their photos included on the Whittlesea U3A website. All photos will be considered so why not contact Kevin or send him your photos.



*On the 22<sup>nd</sup> May, Whittlesea U3A's Walking Football and Walking Netball programs in collaboration with the City of Whittlesea's Ageing Well Team commenced a six-week program with Mill Park Secondary College Year 11 students to assist them develop their leadership skills as part of a required Unit for their VET Certificate III in Sports, Aquatics and Recreation.*

*The students performed the role of program leaders and guided our players through warm up exercises, skill training exercises and playing games of Walking Football and Walking Netball. Our players were extremely impressed with the leadership skills of these students and the way they made the program enjoyable for both our players and themselves. This will go a long way to enabling students to perform this leadership role when they finish their formal education.*

*A huge thank you to our members who participated in the first session at the Mill Park Secondary College, on Wednesday. It was a great success. We have had really strong positive feedback from the School and the students. The students were excellent and led the program like professionals.*

*Gerry Fay commented he played Walking Netball for the first time in his life and the students were able to explain the rules and guide him through his first game. Gerry and Margaret encourage anyone who is still thinking about joining this program to do so. The School wants as many participants as they can get especially in the Walking Netball program.*

*Anyone interested in participating in the 6-week program please contact Margaret Goodwin, Gerry Fay or Peter Petrou via [coordinator@whittleseau3a.org.au](mailto:coordinator@whittleseau3a.org.au)*

*The program will be on each Wednesday from 3.15pm to 4.30pm until the 24<sup>th</sup> June. Any Whittlesea U3A member interested in participating can do so provided they have a Working with Children Check. For further information please contact Gerry Fay on 0418 137 631*

## *CALENDAR OF MAIN EVENTS - Term 2 & 3 2024*

DATE	EVENT	LOCATION
<b>JUNE 2024</b>		
Monday 3rd 10.00	Monthly Morning Tea	Epping RSL
Monday 10th	PUBLIC HOLIDAY - KINGS BIRTHDAY	No classes today
Monday 17th 9.30	Committee Meeting	Mernda Support Centre
Tuesday 18th	Ageing Well Expo	Plenty Ranges Arts and Community Centre
Thursday 20th 10.00	Big Cuppa Fundraiser	Epping Memorial Hall Function Room
Friday 28th	END OF TERM 2	MOST CLASSES END TODAY
Sunday 30th 11.00	Line Dancing Social	Epping Memorial Hall
<b>JULY 2024</b>		
Saturday 1st, 11.00	Community and Health Expo	Mill Park Library
Monday 2nd 10.00	Monthly Morning Tea (THIS IS DURING THE TERM BREAK)	Epping RSL
Monday 8th 9.30	Possible date for Committee Meeting (THIS IS DURING THE TERM BREAK)	Mernda Support Centre
Thursday 11th 12.00	Whittlesea U3A High Tea at Mernda.	Two Beans at Carome, Mernda
Monday 15th	TERM 3 BEGINS	MOST CLASSES BEGIN THIS WEEK

### **WHITTLESEA U3A BANKING DETAILS**

**Account Name:** Whittlesea U3A Inc.

**BSB:** 033 137

**Account Number:** 189765

- ◇ IF YOU PAY ONLINE PLEASE PUT YOUR MEMBER NUMBER IN THE REFERENCE SECTION.
- ◇ IF YOU PAY AT A WESTPAC BANK PLEASE ASK THE BANK TELLER TO INCLUDE YOUR U3A MEMBERSHIP NUMBER IN THE REFERENCE SECTION

**RESEARCH PARTICIPANTS NEEDED**  
 [HEC23237] THE EFFICACY OF SHOE INSERTS FOR MIDFOOT OSTEOARTHRITIS

**LA TROBE UNIVERSITY**

**WE ARE LOOKING FOR PEOPLE WITH MIDFOOT PAIN**

Researchers from La Trobe University are looking for participants to take part in a clinical trial for **osteoarthritis of the midfoot**.  
 If you've had pain in the midfoot joints for at least 3 months...  
 You may qualify for:

- Free X-rays
- Free treatment (if eligible)

SCAN THE QR CODE FOR MORE INFORMATION




Polly Lim 9479 1411  
 p.lim@latrobe.edu.au

**COMMUNITY HEALTH AND SAFETY EXPO**

**MILL PARK LIBRARY**  
 394 PLENTY ROAD, MILL PARK, 3082

**ALL AGES** **FREE ENTRY**



**SATURDAY 1 JUNE 2024**  
 11.00AM TO 3.00PM

Come meet the people that keep our community safe!  
 Watch demonstrations, chat to local organisations and groups about how you can keep you and your family safe.

- Martial Arts
- Jumping Castle
- Chancez Cafe
- Emergency services
- Face painting
- Reptile encounters

For more information contact  
 Mill Park Library: (03) 9437 8189




**FREE**  
 information sessions, activities, entertainment and more!

**Ageing Well Expo 2024**  
 Tuesday 18 June  
 10am – 3pm

**Plenty Ranges Art and Convention Centre (PRACC)**  
 35 Ferres Boulevard, South Morang

Discover the latest information, services, and expert advice in staying safe and ageing well. Whether you are planning for your own future or caring for a family member, the Ageing Well Expo is the ultimate resource hub.

The expo brings together a diverse range of products, services, information, and educational resources to keep you safe and supported to continue living in your own home and in the community.

*Together, we can stop elder abuse*

The Expo coincides with activities around World Elder Abuse Awareness Day which takes place annually on 15 June. If you, or someone you know, is experiencing elder abuse in Victoria, call 1300 368 821.

These events might be of interest to members