

# WHITTLESEA U3A BREAKING NEWS FORTNIGHTLY INFO OF INTEREST



EDITION 9:  
DATE: 2nd June 2024

## MESSAGE FROM EDITOR

*Info of Interest in this edition:*

- *Quarry Hills Stewardship Program*
- *Crossing Supervisor Rolls*
- *Transport support Program commenced*
- *Have you had a "Flu Shot"*
- *Mill Park Secondary College—Whittlesea U3A Commences*
- *Beveridge classes and activities open (including Line dancing)*
- *Dance and Music at Kirrip*

*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](mailto:president@whittleseau3a.org.au)

## OFFICE HOURS for WEEK BEGINNING MONDAY 3rd JUNE

### PETER LALOR CAMPUS

**OFFICE WILL BE CLOSED MONDAY 3RD JUNE (MONTHLY MORNING TEA)**

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

**CLOSED ON FRIDAYS**

### MAY ROAD CAMPUS

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



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

**Maurice** will be at the June Morning Tea Monday 3rd June 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**

## Big Cuppa Morning Tea

Dear Members of Whittlesea U3A,

As you know the months of May & June are the Cancer Council's 'Big Cuppa Morning Tea' fundraising time. Whittlesea U3A is holding a fundraising Big Cuppa Morning Tea in support of 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 as many members as possible to attend and to bring along their friends and family members to support this great cause. Please bring a small plate of cakes, or something savoury to share. Tea and coffee will be supplied.

There will be donation boxes for those attending to contribute whatever they can. All funds raised will be Donated to the Cancer Council. There is no need to book but you can confirm your attendance by either replying to this email or contacting the office. Alternately just come on the day.

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

**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

**LINE DANCING FOR VARIOUS LEVELS with MIA** is finished for term 2. It will resume in Term 3

**ADVANCED LINE DANCING FOR FUN with MIA** is finished for term 2. It will resume in Term 3

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

**TAI CHI with CHRISTINE** has been cancelled on Tuesday 4<sup>th</sup> June.

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

### CHANGES TO CLASSES DUE TO THE CLOSURE OF THOMASTOWN LIBRARY & COMMUNITY ROOMS

**CANASTA with FLO** has been cancelled on Monday 17<sup>th</sup> June

**INDOOR WALKING AEROBICS with MARY** has been cancelled on Monday 17<sup>th</sup> June

**FEEL WELL BE WELL with PATTIE** has been cancelled on Monday 17<sup>th</sup> June

**EXERCISE FOR FITNESS with HELEN** has been cancelled on Monday 17<sup>th</sup> June

**BODY WEIGHT AND STRENGTHENING with PATTIE** has been cancelled on Wednesday 12<sup>th</sup> and the 19<sup>th</sup> June

**EXERCISES FOR HEALTHY AGEING with SHIRLEY** has been cancelled on Wednesday 12<sup>th</sup> and 19<sup>th</sup> June

**TAI CHI with TERESA** has been cancelled on Friday 14<sup>th</sup> and the 21<sup>st</sup> June. Classes will resume in Term 3

**LAPTOP WINDOWS 10/11 with KEVIN** will be moving to Mill Park Library on TUESDAY 11TH JUNE UNTIL THE END OF TERM

**COMPUTERS LEVEL 1 with PETER** will be moving to Mill Park Library FROM Friday 21<sup>st</sup> June UNTIL the end of term. There will be NO CLASS on Friday 14<sup>th</sup> June as the library is CLOSED.



After a successful pilot program in 2023, City of Whittlesea's Conservation Management Team and Whittlesea's University of the Third Age are resuming a fortnightly environmental program for 2024, focusing on the restoration of Quarry Hills Regional Parkland.



This year's program began with three Speakers' Discussion Group sessions: a history of Quarry Hills, an introduction to iNaturalist Citizen Science App and an overview of ecosystem restoration and natural resource management practices. Whittlesea U3A members and City of Whittlesea Conservation Officers put their heads together to co-design a project to improve habitat for wetland-dependent species, such as the Bibron's Toadlet *Pseudophryne bibionoides*, an endangered frog species.

Each fortnight we will visit the site, located near the intersection of Skyline Drive and Topaz Grove, South Morang. We will observe and survey, prepare the site, design the wetland layout, remove rubbish and weeds, collect seed, and go on guided walks. This program will also include off-site activities such as nest box building and plant propagation. 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!

### Upcoming Dates:

Wednesday 12th June 9.30am – 12.30pm  
Wednesday 26th June 9.30am – 12.30pm  
Wednesday 10th July 9.30am – 12.30pm  
Wednesday 24th July 9.30am – 12.30pm  
Wednesday 7th August, 9.30 – 12.30pm



Contact Glen Wall 0422852593 email [glen.w@whittleseau3a.org.au](mailto:glen.w@whittleseau3a.org.au)

## SCHOOL CROSSING SUPERVISOR NEEDED – A PAID POSITION

# School Crossing Supervisor positions now available.

### Enjoy the benefits of permanent part-time work!

There are so many great reasons to join the City of Whittlesea team as a Crossing Supervisor:

- Starting hourly rate of \$31.96 (work 40 weeks but be paid for 52 weeks a year)
- Work 15 hours per fortnight during school terms (Annualised salary paid 12.6hrs per fortnight)
- Paid public holidays that fall during school terms
- 10.5% superannuation and pro-rata sick leave
- Receive on-the-job training and uniform is provided
- Reduced price memberships available at Mill Park Leisure and Thomastown Recreation & Aquatic Centre
- Join the City of Whittlesea's active social club and attend organised events
- Health & Wellbeing Programs available

**Apply now!**

### TO APPLY

Complete the application form on the reverse side of this flyer or online at [www.whittlesea.vic.gov.au/schoolcrossings](http://www.whittlesea.vic.gov.au/schoolcrossings)

For further information please contact the School Crossing Team on 9217 2508 or email [school.crossing@whittlesea.vic.gov.au](mailto:school.crossing@whittlesea.vic.gov.au)



## Flu Shots Now Available



**FLU SHOT**  
Now Available!

**Getting the flu vaccine:**

- Can reduce your sick days due to the flu
- Can reduce the risk of flu related hospitalisations
- Can protect your family and community from the flu
- Protects people with chronic health conditions
- Protects pregnant women and their babies from the flu.

If you haven't been vaccinated against the flu this season book in at our Medical Centres in Mill Park or Broadmeadows now!

Benefits to getting the flu vaccine include:

- ✓ Reducing your sick days due to the flu
- ✓ Reducing the risk of flu related hospitalisations
- ✓ Protecting your family and community from the flu
- ✓ Protecting people with chronic health conditions
- ✓ Protecting pregnant women and their babies from the flu.

[Book Online Here!](#)



Making bookings via the link in the DPV Health Community Advisory Network eNewsletter. [DPV Health Community Advisory Network eNewsletter - May 2024 \(mailchi.mp\)](#)

## CALLING FOR EXPRESSIONS OF INTEREST FROM MEMBERS FOR A TUESDAY MORNING DANCE AND MUSIC PROGRAM AT THE KIRRIIP COMMUNITY CENTRE.

The City of Whittlesea Ageing Well Team have approached Whittlesea U3A to offer an extended Tuesday Morning Dance and Music Program for both Whittlesea U3A members and LEAP members at the Kirrip Community Centre in 135 De Rossi Boulevard Wollert.

Contact Glen Wall on 0422852593 or [glen.w@whittleseau3a.org.au](mailto:glen.w@whittleseau3a.org.au) for further information.



Developed in 2020, Kirrip Community Centre provides essential services to the booming population in the city's north. It includes a 200sqm community hall, meeting spaces for community groups and a landscaped outdoor area. The centre has been designed as an inclusive and accessible space for our diverse and growing community.



**Mill Park**  
Secondary College



*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.*

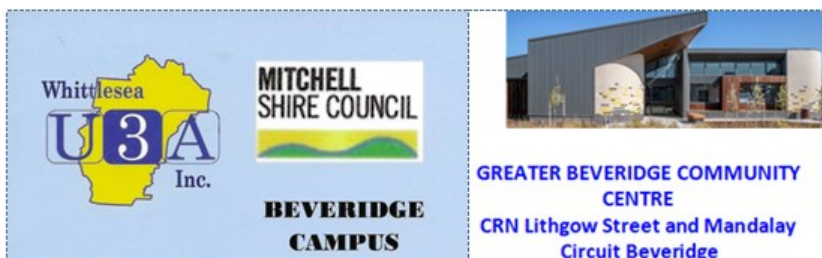
*A huge thank you to our members who participated in the first session at the Mill Park Secondary College, on Wednesday. It was a great success. We have had really strong positive feedback from the School and the students. The students were excellent and led the program like professionals.*

*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*

**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**

**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](mailto:mike.masilamani@nh.org.au)

Subject:  FUN

FOOD FOR THOUGHT

- ◆ 100 years ago, everyone had a horse and only the rich had cars. Nowadays everyone has a car and only the rich have horses. Oh, how the stables have turned.
- ◆ Did you hear about McDonald's trying to get into the high-end steakhouse market? It was a Big McSteak.
- ◆ I've just finished reading a book about the world's greatest basement ... It was a best cellar.
- ◆ It's my first week working at the bicycle factory and they already made me a spokesperson.
- ◆ Horses have lower divorce rates. It's because they are in stable relationships.
- ◆ My laptop caught pneumonia, apparently because I left Windows open.
- ◆ I thought swimming with dolphins was expensive until I went swimming with sharks ... It cost me an arm and a leg.
- ◆ The main function of your little toe is to make sure all the furniture in the house is in the right place.
- ◆ It's pretty obvious that if I run in front of a car I will get tired but if I run behind a car I will get exhausted.
- ◆ 90% of bald people still own a comb; they just can't part with it.