

WOTZON

Whittlesea U3A

**Fortnightly Fact
Sheet**

Edition 11—9th June 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,

Only 3 weeks to the end of term 2 and we have lots of new and exciting activities for members to enrol into. For those interested in the preservation of the local environment a new class has been organised in South Morang. This has proven to be very popular in the past so if you have a Wednesday morning free consider going to this very informative session run by members of the City of Whittlesea's environment group at Quarry Hills. (refer page 4)

Also limited vacancies are still available for the High Tea being held at Carome Farm in Mernda on Thursday July 11th. (refer page 3)

The Big Cuppa Fundraising Event (Morning Tea) is being held on Thursday 20th June at Epping Memorial Hall. Money raised goes towards the Cancer Council. Bring friends and family to this very worthwhile session (refer page 3)

Those with classes in May Rd, entrance to this venue between the 5th and 11th June will be only available from the front entrance. Kathy will endeavour to open the side gate however the back door is closed as they are working on the area – concreting etc. Hopefully they will be finished by Thursday 13th June.

Finally on page 2 are some changes to classes especially those affected by the closure of Thomastown Library. Make sure you refer to these as you might arrive at the venue to find that the class has either moved or been cancelled.

Thank You and have a great week

Natalie Lim, Communication Manager/Course Coordinator

OFFICE HOURS for WEEK BEGINNING MONDAY 10th June

PETER LALOR CAMPUS

OFFICE WILL BE CLOSED Monday, - PUBLIC HOLIDAY

OFFICE WILL BE OPENED 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 10th June is a public holiday. THE OFFICE AT PETER LALOR WILL BE CLOSED ON THIS DAY. ALSO NO CLASSES WILL BE CONDUCTED AS IT IS A PUBLIC HOLIDAY

IMPORTANT HEALTH WARNING

As we approach the colder months the number of illnesses, including the flu and COVID, increase. It is important to remember that if you are ill, whether it is coughing, sneezing etc. you do not attend any class/activity until you feel better. We can stop the spread of these illnesses if we consider others and stay home.

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

PLEASE REMEMBER MONDAY 10TH June (TOMORROW) IS A PUBLIC HOLIDAY. ALL CLASSES HAVE BEEN CANCELLED ON THIS DAY.

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 will be moving in the next few weeks. At this stage confirmation of the move is not available and members will be informed by email/text as soon as this is done. Thank you for your patience.

ADVANCED LINE DANCING FOR FUN with MIA will be restarting in Term 3

LINE DANCING FOR VARIOUS LEVELS with MIA will be restarting in Term 3

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

SCRABBLE with JUNE has been cancelled for Monday 17th June. The next session will be Monday 24th June.

ANDROID, TABLET AND SMARTPHONE HELP with ANTONIO Unfortunately Antonio is still not well enough to commence his classes. Therefore this class will resume in **Term 3**

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

CANASTA with FLO has been cancelled on Monday 17th June

INDOOR WALKING AEROBICS with MARY has been cancelled on Monday 17th June

FEEL WELL BE WELL with PATTIE has been cancelled on Monday 17th June

EXERCISE FOR FITNESS with HELEN has been cancelled on Monday 17th June

BODY WEIGHT AND STRENGTHENING with PATTIE has been cancelled on Wednesday 12th and the 19th June

EXERCISES FOR HEALTHY AGEING with SHIRLEY has been cancelled on Wednesday 12th and 19th June

TAI CHI with TERESA has been cancelled on Friday 14th and the 21st 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 21st June UNTIL the end of term. There will be NO CLASS on Friday 14th June as the library is CLOSED.

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 20th 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 11th

Time: 12.00 – 2.30

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

Cost: \$30

Max enrolments: 59 - There 15 spaces left

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



URGENT INFORMATION FOR TUTORS and CLASS MEMBERS

Our class tutors do a fantastic job every week organising activities that keep members interested, informed and entertained. It is essential that if you are unable to attend a class you either notify the tutor, if you have their contact details, tell the office or record your absence in the register. I understand that there are times we cannot tell a tutor early however **PLEASE REMEMBER** that if a tutor cancels a class because members are not attending we need to know at least 2 business days prior to the time of the class. *Whittlesea U3A is charged for venues and when there are last minute class cancellations (on the day of the activity especially) the council still charges us. This seems like a waste of your funds so please help us to contact the council early by informing the tutor of any absences. Tutors early notification of class cancellation is essential so we do not get charged for the venue.*

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

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

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.

THE WALKING FOOTBALL GROUP, both mixed and men's group is growing and expanding. The teams are involved in a number of activities both in the City of Whittlesea and other municipalities. Their partnership with Football Victoria and various Councils has meant the group plays in regular competitions. Beginning from this week I will be including a summary of what is happening in Walking Football. The benefits of the game are numerous and more members are welcome. The teams meet every Thursday at the Epping Leisure Centre, (refer to calendar for more information and time). There is also a group who play with members of the LEAP program which is run by the City of Whittlesea. This group plays on Monday and you need to be a member of LEAP to take part.

EVENTS:

- **Competition organised by Football Victoria** – started Saturday 8th June. Whittlesea U3A has put together 5 teams made up of the Whittlesea U3A group, Council LEAP program and the new Banyule program. The competition will continue over the next few weeks. Remember you need to be a member of Whittlesea U3A to attend.
- **Bunnings Sausage Sizzle.** The Walking Football group is fundraising for their upcoming competition in Queensland. Their next Bunnings Sausage Sizzle is coming up on Sunday 30th June. Support the group by going to Bunnings Epping and buy a sausage.
- **Whittlesea U3A in collaboration with the City of Whittlesea's Ageing Well Team are involved in a 6 week program with the Mill Park Secondary College.** Students from the College are involved in leading both Walking Football and Walking Netball programs. The students lead our players through warm up exercises, skill training and a game. We have now completed 3 of the 6 weeks and it is going very well. The program has been organised by Darren Patterson (VET Sport and Recreation Teacher Student Engagement Leader for Mill Park Secondary College Senior Campus). Darren was delighted to see both Izzy Coppel and Lily Adams from Football Victoria turn up to support the program. See attached photo. If you have a Working with Children Check (Volunteer) and would like to participate in the last 3 weeks contact Gerry Fay on 0418 137 631.



If you are interested in attending any of these programs please contact me on communication@whittleseau3a.org.au and I will give your name to the organisers.

NEW SPECIAL INTEREST ACTIVITY IN THE SOUTH MORANG AREA

CODE: 243WED24

NAME: QUARRY HILLS SENIOR STEWARDS PROGRAM

LOCATION: Quarry Hills Drive and Palisades Blvd

START DATE: Wednesday 12th June

FINISH DATE: Wednesday 13th November

FREQUENCY: Fortnightly

DAY: Wednesday

TIME 9.30 – 12.30

TUTOR 1: Biodiversity Group

TUTOR 2: Glen Wall

DESCRIPTION: Meeting Point: Near the corner of Palisades Blvd and Quarry Hill Drive. **Park along Palisades Blvd.**

Public Transportation also available: 383 Bus stops at Quarry Hill Dr/Meridian Dr, very close to our meeting spot.

What you will be doing:

- Visit existing wetland project
- Visit new wetland site
- Photograph/iNaturalist use
- Identification of species
- Hand Weeding
- Litter Collecting

Please bring with you/wear: Water Bottle; Long Sleeved Shirt and Long Pants (to protect against scratches); Gaters (optional); Comfortable walking shoes with closed toes; and Notepad and Pen, for sketching ideas and taking notes (optional)

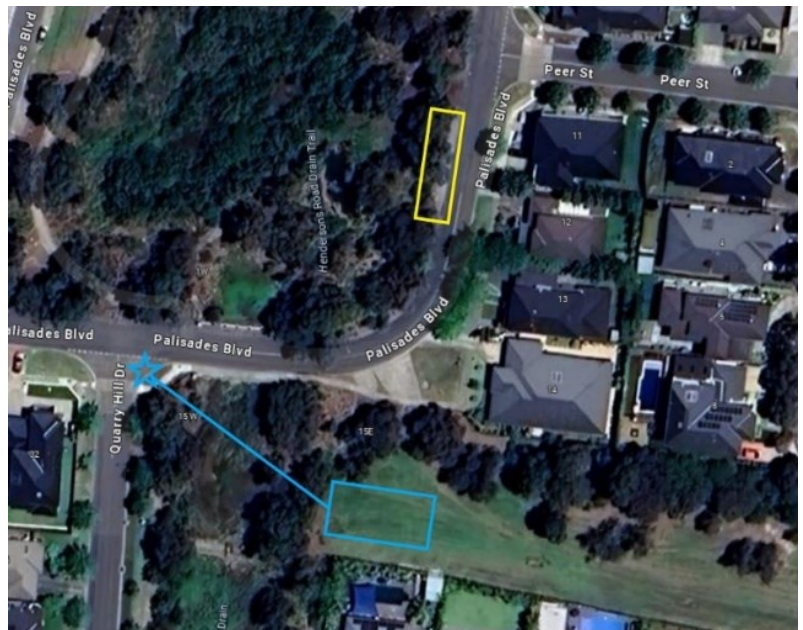
You can download the iNaturalist App to your phone or tablet prior to the day, if you would like to use this to

help identify species and collect data. The links for this download are:

Android Phone: https://play.google.com/store/apps/details?id=org.inaturalist.android&hl=en_AU&pli=1

Apple Phone: <https://apps.apple.com/au/app/inaturalist/id421397028>

MEETING PLACE – MARKED IN BLUE; SUGGESTED PARKING – MARKED IN YELLOW



UPCOMING CLASS – ALEX'S VERY POPULAR GARDENING ACTIVITY

This is being held this Wednesday 12th June. This is an online activity so you can listen to some fabulous information on how to improve your garden from the comfort and warmth of your own home. The session starts at 5.30pm and finishes at 7.30. Sometimes it goes a little over because the discussion is incredible. If you are interested in attending please enrol or contact me and I will send you the zoom link before the class on Wednesday. Those who have already enrolled have been sent the zoom link today (Sunday 9th June) so please check your emails.

CALENDAR OF MAIN EVENTS - Term 2 & 3 2024

DATE	EVENT	LOCATION
JUNE 2024		
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	WALKING FOOTBALL BUNNINGS SAUSAGE SIZZLE	BUNNINGS EPPING
Sunday 30th 11.00	Line Dancing Social	Epping Memorial Hall
JULY 2024		
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

This very popular event is being held again this year. Come and visit us at the Whittlesea U3A stall as well as getting information about other services, clubs and activities available for senior.



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.



For more information scan the QR code, visit whittlesea.vic.gov.au/AgeingWellExpo or call the Ageing Well team on 9217 2170 option 4

