

# WOTZON

Whittlesea U3A

**Fortnightly Fact  
Sheet**

**Edition 14 — 28th July 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,

Please take note of some of the class changes this week. Emails have been sent out to those enrolled in the classes and for those without an email address a text message is usually sent out closer to the day.

**Monthly Morning Tea on Monday 5th August**, Rad from ARCARE will be attending and providing members with some important information regarding both Respite Care and Aged Care in general. Her aim is to remove some of the misconceptions about both these topics. It will be a very informed talk/discussion and a worth while event so I am hoping lots of members will be able to attend. Also Rad is bringing along a great hamper so the door prize will be worth winning.

During this term we also have our Annual General Meeting, date Monday September 2nd at Epping RSL. This is a very important time in the Whittlesea U3A calendar and we hope to see as many members there as possible. It is your opportunity to ask questions, meet the committee and find out what has been happening over the past year at Whittlesea U3A and what our future events and classes will be. Morning tea is supplied so if you are able to come contact the office so we can write your name down. Apologies are also recorded. More information about this event will be coming over the next few weeks. Keep an eye out for emails regarding proxy forms and nominations. **All classes on the MORNING of Monday 2nd September will be cancelled (including the venues) to give all tutors and members the opportunity to attend the AGM.**

**FOR TUTORS:** Over the next few weeks tutors will be receiving an email regarding their availability for classes during 2025. I know it might seem early but as we need to book venues the calendar needs to be completed soon. Anyone who would like to lead a new class in 2025 you are very welcome to contact me. We already have 5 new classes scheduled to start in 2025 and a new Apple Computer class starting in Term 4.

Natalie Lim, Communication Manager/Course Coordinator

## OFFICE HOURS for WEEK BEGINNING MONDAY 29th JULY

### 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

### 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

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

NEW CHANGES ARE ADDED AS THEY BECOME AVAILABLE. IF YOUR CLASS IS NOT LISTED HERE IT MEANS THERE ARE NO CHANGES AND THE CLASS IS AS ADVERTISED ON THE CALENDAR

*If a class is cancelled or changes are made those enrolled in the class will be notified by email or SMS*

LEPRECHAUN TRIVIA AFTERNOON with PATRICK is having a break this term. Patrick will be back in the last week of term 3

EXERCISES FOR FITNESS with HELEN will be having a break for the last 3 weeks of term 3

BALLROOM DANCING - TUESDAY has a new tutor—HUNGPHU

BALLROOM DANCING - THURSDAY has been cancelled

LEARN BASIC FRENCH on Monday has been cancelled. Those wishing to continue learning the French language can enrol in Christiane's French Conservation class at Lalor Library on Tuesday at 12.00

ANXIETY 3 and ANXIETY 4 have been cancelled.

LINE DANCING ADVANCED with TITA AND CATHY - will not be on Monday 5th August and Monday 12th August

LINE DANCING FOR BEGINNERS with CATHY - will not be on Thursday 8th August

LINE DANCING FOR EXERCISE 1 with CATHY - will not be on Friday 9th August

LINE DANCING FOR EXERCISE 2 with CATHY - will not be on Friday 9th August

DISCOVER MELBOURNE GARDENS with MICHAEL - will not be held in July and August. The adventure will resume in September.

LAPTOP WINDOWS 10/11 with KEVIN has moved to Mill Park Library. As we have been informed that Thomastown Library will not be ready until mid to late August they will remain at Mill Park for much of this term. Those enrolled in the class will be informed when they will be returning to Thomastown.

COMPUTERS LEVEL 1 with PETER has moved to Mill Park Library. As we have been informed that Thomastown Library will not be ready until mid to late August they will remain at Mill Park for much of this term. Those enrolled in the class will be informed when they will be returning to Thomastown.

CHESS AND OTHER BOARD GAMES with JOHN and TITA has been temporarily cancelled for 2024. More information as to when it will resume will be sent to members.

PLAYING ITALIAN CARDS with JOHN AND TITA has been temporarily cancelled for 2024. More information as to when it will resume will be sent to members.

### Aqua Aerobics Tuesday

The Aqua Aerobics program is continuing with many Whittlesea U3A members taking the opportunity to do pool exercises at Mill Park Leisure Centre. The sessions are on Tuesday starting at 10.15. Cost of the session is \$7.50. Please ensure you contact Mill Park Leisure Centre to book your place on (03) 8432 7600 and don't forget to tell them you are booking as part of the Whittlesea U3A Aqua Aerobics program on Tuesday.

## HANDICRAFTS WORKSHOP WITH HELEN

Interested in craft and have Monday mornings free? Why not enrol in Helen's Handicrafts Workshop (241MON20). This is held every Monday in the Meeting Room at Mernda Village Community Centre, 70 Mernda Village Drive, Mernda. The class begins at 9.30. Bring along your handicrafts work to share skills and ideas whilst chatting and having fun



**Pan Pacific Games Fund Raiser**  
**Epping RSL – 195 Harvest Home Road Epping**  
**Friday September 6<sup>th</sup> 2024**  
**12 noon to 2.30pm**  
**Everyone Welcome**

- 3 Course Meal
- Songs by Patrick Muldoon – Whittlesea U3A
- Speeches of Support by Whittlesea U3A, City of Whittlesea, Football Victoria
- Presentation of Kits to players
- Slideshow showing the Walking Football Journey
- Raffle

**Cost - \$30 per person**

**Children under 12 free (but meals must be ordered and paid for separately)**

See Menu below

Please advise if you have special dietary requirements

**Bookings** – Contact Gerry Fay on 0418 137 631 or [gerry4919@hotmail.com](mailto:gerry4919@hotmail.com)  
before 16<sup>th</sup> August 2024

### **Menu**

#### **3 Course Meal**

- *Entrée – Soup of the day (will be known on the day)*
- *Main Meal - Chicken or fish. As meals are brought out chicken will be served to one person and then fish to the person sitting next to them.*

*Meals served with chips and salad*

- *Dessert – New York Cheese Cake or Apple Crumble. Served in the same way as the main meal.*

# CONNECT, CATCH UP AND A CUPPA



FOR PARENTS/GUARDIANS OF NEURODIVERGENT CHILDREN



CONNECT WITH LIKE MINDED PARENTS/GUARDIANS IN A NEURODIVERSITY AFFIRMING, SAFE SPACE



FACILITATED BY THE LEARNING BRAIN  
SHAE (AUDHD, PRIVATE PRACTITIONER, ADVOCATE AND TEACHER)  
LARA (OWNER, PLAY THERAPIST & TEACHER)



GREATER BEVERIDGE COMMUNITY CENTRE



10AM  
WEDNESDAY 7TH AUGUST 2024



FREE! TEA, COFFEE AND BISCUITS PROVIDED

## REGISTER YOUR INTEREST



THE LEARNING BRAIN

CALL OR TEXT  
0493 192 336



@THE.LEARNING.BRAIN

WWW.THELEARNINGBRAIN.COM.AU  
HELLO@THELEARNINGBRAIN.COM.AU

# Volunteers Needed

## Be a friend to an older member of your community



Here at Elder Rights Advocacy, we know the power of a cuppa and a chat.

We are seeking volunteers to join our teams across Victoria to visit with older community members who are lonely and would like to have a friend.

**Contact us:**  
**T: 1800 022 887**  
**E: [acvvs@era.asn.au](mailto:acvvs@era.asn.au)**  
**or visit [www.elderrights.org.au](http://www.elderrights.org.au)**

If this sounds like you, please get in touch with us!

Your time is incredibly powerful. Sharing it is one simple way to make a difference in someone's life.



Residential Care Rights Inc  
T/AS Elder Rights Advocacy  
Funded by the Australian Government



Local Writers

## In Conversation with author Sue Lawson



## Local events and information that might be of interest

**MILL PARK LIBRARY**  
394 Plenty Road,  
Mill Park 3082

**Thursday 1 August**  
**7.00pm - 8.00pm**

Sue Lawson is an award-winning Australian author who writes books that challenge and delight. Join us for a facilitated Q&A night with author Sue Lawson as part of Library and Information Week.

Bookings essential.  
Phone (03) 9437 8189 for more information.



[yprl.vic.gov.au](http://yprl.vic.gov.au)



## CALENDAR OF MAIN EVENTS - Term 3 & 4 2024

DATE	EVENT	LOCATION
<b>AUGUST 2024</b>		
Monday 5th @ 9.30	Monthly Morning Tea Special Visitor from ARCARE	Epping RSL
Monday 5th	PETER LALOR OFFICE CLOSED TODAY	Closed for Monthly Morning Tea
Monday 12th @ 9.30	Committee Meeting	Mernda Support Centre
<b>SEPTEMBER 2024</b>		
Monday 2nd @ 10.00	ANNUAL GENERAL MEETING	Epping RSL
Monday 2nd	<b>NO CLASSES IN THE MORNING TODAY FOR AGM; PETER LALOR OFFICE CLOSED TODAY FOR AGM</b>	
Monday 2nd	Monthly Morning Tea	Epping RSL
Monday 9th @ 9.30	Committee Meeting	Mernda Support Centre
Friday 20th	End of Term 3	Most classes finish for Term 3
Saturday 28th	AFL Grand Final	MCG
<b>OCTOBER 2024</b>		
Monday 7th	Beginning of Term 4	Most classes begin this week
Monday 7th @ 9.30	Monthly Morning Tea	Epping RSL
Monday 7th	PETER LALOR OFFICE CLOSED TODAY	Closed for Monthly Morning Tea
Monday 14th @ 9.30	Committee Meeting	Mernda Support Centre
Saturday 26th	Whittlesea U3A EXPO—10.00AM TO 2.00PM	MAY ROAD CAMPUS
<b>NOVEMBER 2024</b>		
Monday 4th @ 9.30	Monthly Morning Tea	Epping RSL
Monday 4th	PETER LALOR OFFICE CLOSED TODAY	Closed for Monthly Morning Tea
Monday 11th @ 9.30	Committee Meeting	Mernda Support Centre
WEEK OF 25th - 29th	LAST WEEK OF CLASSES FOR 2024	
<b>DECEMBER 2024</b>		
Monday 2nd @ 11.30	Whittlesea U3A CHRISTMAS FUNCTION	Epping RSL
Tuesday 3rd TBA	POSSIBLE DATE OF 1ST REENROLMENT DAY	VENUE TBA
Thursday 5th TBA	POSSIBLE DATE OF 2ND REENROLMENT DAY	VENUE MAY ROAD CAMPUS
Sunday 8th @ 11.00	Line Dancing Christmas Social	Epping Memorial Hall