

WOTZON

Whittlesea U3A

Fortnightly Fact Sheet

Edition 18 — 22nd September 2024



CONTACT DETAILS

Natalie – 0412 230 561

natalie.l@whittleseau3a.org.au

TUTOR LIASON: Judy – 9464 1339 or 0404119189

OFFICE: 9464 1339 (DURING OFFICE HOURS)

Hello Everyone,

Term 3 has finally ended and everyone is looking forward to having a break especially now that the weather is getting better (hopefully) and the sun is out a lot earlier and until later. Term 4 starts on Monday October 7th and there are lots and lots of activities during this term including the Annual Whittlesea U3A Expo on Saturday 26th October at May Road, our Christmas Function on Monday December 2nd at Epping RSL and the Line Dancing Christmas Social at Epping Memorial Hall on Sunday 8th December.

December is also enrolment month. Classes are now being prepared for 2025 and the calendar is looking even fuller than this year with more new tutors volunteering to lead classes and provide members with exciting experiences. This year face to face enrolments will start at 10.00 on Wednesday 3rd December at Peter Lalor Campus and continue on Thursday 4th December at May Rd Campus. For those wishing to do their enrolments online these will start at 10.00 on Wednesday 3rd December and will be available for a number of weeks. There will be more information about this over the next few weeks.

In this edition of the WOTZON I have included 2 new social events. One at a new location - Turners Bakehouse Eatery and a new (revised) cooking class HEALTHY EATING at Mernda Senior Support Centre.

For those members who have enrolled in the High Tea at Club Mandalay in Beveridge don't forget that this is during the break on Wednesday October 2nd beginning at 12.00. The address is Club Mandalay, 430/450 Mandalay Cct, Beveridge. There is lots of parking available and it should be a great afternoon.

The Monthly Morning Tea for October is being held on Monday 7th October which is the start of Term 4. It is held at Epping RSL and due to the change in opening hours will commence at 10.30.

REMEMBER THAT DAYLIGHT SAVING BEGINS ON SUNDAY 6TH October. YOU WILL NEED TO TURN YOUR CLOCKS/WATCHES FORWARD ONE HOUR. DON'T FORGET OR YOU WILL BE LATE FOR YOUR APPOINTMENTS.

Natalie Lim

OFFICE HOURS for WEEK BEGINNING MONDAY 7th October

BOTH OFFICES ARE CLOSED FROM MONDAY 23RD SEPT. TO FRIDAY 4TH OCT.

PETER LALOR CAMPUS

OFFICE WILL BE OPENED Tuesday and Wednesday 10.00 TO 2.00 & Thursday 10.00 TO 1.00.

OFFICE WILL BE CLOSED ON MONDAY (MONTHLY MORNING TEA) and FRIDAY

MAY ROAD CAMPUS OFFICE WILL BE OPENED: Tuesday 1.00PM TO 4.00 & Thursday - 9.00 TO 4.00PM

CLASSES FOR TERM 4 - THOSE WITH CHANGES AND CANCELLATION

EXERCISE AND LIVE HEALTHY MERNDA CLASS 1 AND 2 with KUMAR - These classes will be returning to their normal calendar times. Members will be emailed with the time of the class that they are enrolled in.

FRENCH CONVERSATION with CHRISTIANE - this class has finished for 2024. Unfortunately the tutor is unable to return.

COMPUTER, ANDROID, SOCIAL MEDIA SUPPORT with SHOUKRY - this class will return 20th October.

LEPRECHAUN TRIVIA with PATRICK - this class will resume in term 4

BEGINNERS LINE DANCING WHITTLESEA will be led by MIA during Term 4. Unfortunately Lillian is unable to return at the moment.

THE KNITTERS GROUP has two 2 leaders during Term 4. Jodie and Gwen will be leading the group as Diana is unable to continue.

COOKING FOR U, SAMPLING FOOD FOR DIFFERENT CULTURES, PREPARING HEALTHY FOOD, AND EATING FOR HEALTHY LIVING have finished for 2024. They have been replaced by **HEALTHY EATING (CODE: 245FRI26)**. This class is held fortnightly on Friday 11th October, Friday 25th October, Friday 8th November and Friday 22nd November. It is being held at Mernda Senior Support Centre in Mernda. Vacancies are still available so enrol if you would like to get some healthy cooking ideas.

LINE DANCING SOCIAL - CHRISTMAS is on the calendar. The social is being held at Epping Memorial Hall. Enrolments are now open for Members and Non Members. Cost for Members is \$5 and for Non Members \$10. Payment to be made on the day of the social. Lucky spot and door prizes will be given out on the day. Bring all food. Tea and coffee available. Bring a cup.

NEW ACTIVITY FOR TERM 4

Breakfast at Turner's Café (244THU37) & (244THU38)

Date: Thursday 17th October (244THU37) & Thursday 14th November (244THU38)

Time: 9.30 – 11.30

Tutors: Jeanette Daisley, Mary Renshaw

Limited Numbers

Location: Turners Bakehouse Eatery, 107 Schotters Rd, Mernda VIC 3754

Why not start the day with a healthy breakfast with friends. Whittlesea U3A members are invited to attend a session at Turners Bakehouse Eatery in October and one in November. The café has organised a special menu for Whittlesea U3A members with 3 food options (choose 1) and 3 drink options (choose 1). The cost of the breakfast is \$18.50 to be paid on the day at the café. The event is being held on two Thursdays - 17th October (244THU37) and 14th November (244THU38) so why not go to both.



WHITTLESEA U3A SENIORS SET MENU OPTIONS

BREAKFAST

(choice of 1 option)

- **Avocado Bruschetta (V)** – Avocado & diced tomatoes lightly tossed in pesto with rocket leaves & crumbed feta with 1 poached egg served on sourdough toast.
- **Pancake (V)** – 1 fluffy pancake topped with blueberry coulis, whipped ricotta, lemon curd & maple syrup.
- **Eggs Your Way (V)** – Your choice of 1 poached, scrambled or fried egg served on our homemade sourdough bread or gluten free bread with a side of bacon.

BEVERAGE OPTIONS

(choice of 1 option)

- Organic Orange or Apple juice
- Standard coffee options – Latte, Espresso, Cappuccino, Flat white, Long black, Long Macchiato, Mocha, Chai Latte, Dirty Chai or Hot Chocolate.
- Tea Options – English Breakfast, Earl Grey, Chamomile, Green Tea, Peppermint or Lemon & Ginger.

\$18.50 per person

TECH CAFÉ FOR SENIORS

Digital Skills Mentoring Program



Need help with your Digital Technology –
Phone, Android or Apple, iPad or Tablet.

Go To Thomastown Library on Fridays 1:00 pm to 3:00 pm, Lalor Library Thursdays 1:00 pm to 3:00 pm, Mernda Senior Support Centre Fridays 10:00 am to 12.

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.

NEW WU3A TECH CAFÉ AT SHERWIN RISE

TUESDAY AFTERNOON 2pm Club House 40 Chetwyn Drive Wollert.

Program launched is Cup Cakes:



Whittlesea U3A POLO SHIRTS

Members have indicated that they would like to purchase Whittlesea U3A polo shirts. We have been able to finalise prices with our supplier and am pleased to announce that there is no price increase. Whittlesea U3A Polo Shirts purchased this year will cost \$25. We will be placing an order at the end of October and will only be purchasing a very small number above those ordered. If you would like to order a polo shirt please contact the office on 9464 1339. Marion will contact you with information and size description. Sizes available range from Extra Small to 2 Extra Large. Shirts will need to be paid for with any order.

Whittlesea U3A RAFFLE

Want the chance to win some great prizes whilst supporting Whittlesea U3A?

We are running a raffle to assist with the cost of setting up Peter Lalor Campus in 2025.

PRIZES ARE:

First Prize: \$500 Visa Card

Second Prize: \$250 worth of gift cards donated by ARCARE

Third Prize: \$150 hamper of goodies and gift cards.

TICKETS COST \$2 EACH

Raffle will be drawn at the Expo at May Rd, Lalor on Saturday 26th

October. *You do not need to be present to win the prize. All prize winners will be notified and results will be advertised in the newsletter, on the Whittlesea U3A website and on our Facebook page*

Please contact any committee member or the office if you can take a book (or more) to sell amongst your family and friends. Our aim is to sell 3000 tickets and we are about 1/3 of the way there.

Thank You for your assistance

Natalie Lim

WHITTLESEA U3A SENIORS' EXPO 2024

As part of Seniors' Month in October, Whittlesea U3A is holding an expo showcasing everything that is Whittlesea U3A. Whether it is the dances we learn, the music we sing or play, exercises we do or the craft we make in class or at home we would like to put it on show so that the public can see exactly who we are and what being members of Whittlesea U3A means.

The focus of the day is to have fun, show off what we do and promote Whittlesea U3A to the wider public.

The date of the event is Saturday 26th October from 9.30 to 2.00 at May Road Campus, May Rd, Lalor adjacent to the Lalor Library.

As part of the day we will be having 4 different types of activities:

- ◇ *Demonstrations – some classes will be demonstrating what they do e.g. dancing, singing, craft etc.*
- ◇ *Displays – some classes will have a display of the types of things they make or do in class*
- ◇ *A BBQ selling sausages in bread and drinks.*
- ◇ *Tables run by Whittlesea U3A members selling things they have made either in class or at home. These tables can be booked by individual Whittlesea U3A members or classes. Materials sold must be home made (no store bought products) and they cannot be trash and treasure. Cost of hiring a table to sell items is \$10/table. If you are doing a display about an activity or class there is no charge. Only Whittlesea U3A members can hire a table.*

If you are interested in hiring a table, having a demonstration or doing a display either as an individual or a class group please contact myself, Jodie or Christine. Once you contact us we will be able to send you a copy of the terms and conditions and an application form. Our details are listed below. Any member of Whittlesea U3A can apply to become a stall holder as long as they meet the terms and conditions. There will be no cost for demonstrations or displays. So that we can organise the day and ensure everything runs smoothly could you please notify us as soon as possible. Yes the event is in October but there is a lot to organise and we cannot keep it to the last minute.

Christine Czerny – 0407 214 335 or venuecoordinator@whittleseau3a.org.au

Jodie Lang – 0407 045 471 or Jodie.l@whittleseau3a.org.au

Natalie Lim – 0412230561 or communication@whittleseau3a.org.au

GENERAL ASSISTANCE IS ALSO NEEDED ON THE DAY – *if you do not wish to have a stall or conduct a demonstration/display maybe you could spare an hour or two to help the organisation on the day. Please contact us if you can help. If we get lots of assistance it will reduce the stress on everybody.*

THINGS WE NEED HELP IN INCLUDE:

- ◇ *Assisting with the BBQ*
- ◇ *Setting up event*
- ◇ *Closing down the event*
- ◇ *Assisting with information tables for those asking questions about Whittlesea U3A*
- ◇ *Other general tasks during the day*

CALENDAR OF MAIN EVENTS - Term 3 & 4 2024

DATE	EVENT	LOCATION
SEPTEMBER 2024		
Saturday 28th	AFL Grand Final	MCG
OCTOBER 2024		
Monday 7th	Beginning of Term 4	Most classes begin this week
Monday 7th @ 10.30	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 10.00—	Whittlesea U3A EXPO and Market	MAY ROAD CAMPUS
NOVEMBER 2024		
Monday 4th @ 10.30	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	
DECEMBER 2024		
Monday 2nd @ 12.000	Whittlesea U3A CHRISTMAS FUNCTION	Epping RSL
Wednesday 4th 10.00	1ST REENROLMENT DAY	VENUE PETER LALOR CAMPUS
Thursday 5th 10.00	2ND REENROLMENT DAY	VENUE MAY ROAD CAMPUS
Sunday 8th @ 11.00	Line Dancing Christmas Social	Epping Memorial Hall

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

**Victorian
Seniors
Festival
2024**



**EXPLORE.
ENGAGE.
EVOLVE.**



WHAT'S ON IN MITCHELL SHIRE?



COUNTRY CONCERT

**Tuesday 15 October
10am to 12pm at Broadford Hall**

This is a free event for seniors across Mitchell Shire. Join us for entertainment, music, dancing and most importantly an opportunity for social connection and celebration!

This year we will be entertained by Stiletto Groove, playing hits from the 60s and 70s.

Booking essential at mitchellshire.vic.gov.au/seniors

MORNING MELODIES

Noel Pearson

Seymour – Tuesday 1 October

Kilmore – Tuesday 22 October

Horizon Duo

Wallan – Thursday 3 October

Beveridge – Thursday 10 October



Morning Melody events are back this October, come for a singalong and a dance. The free events will be held around the Shire across 4 locations. Morning tea/refreshments included.



EXPLORE AND CONNECT NEWSLETTER

Make sure you never miss an event again by signing up to our Explore & Connect newsletter.



5734 6200  @mitchellshirecouncil
mitchellshire.vic.gov.au/seniors



Rightsizing For Retirement

Thursday 17 October

CLICK THE LINK TO REGISTER FOR EACH SESSION

11 am Thinking of Selling



Ben Pellicori of First National and A Real has years of experience in residential property and will discuss everything around putting your house on the market if you are looking to downsize. Having grown up in Epping, Ben is a wealth of knowledge when it comes to the local area and advocates for the potential and lifestyle associated with living in Epping and surrounds calling the area “a well-kept secret.”

12:30 pm Navigating Retirement Financial Strategies



Shaun Ganguly, the Director at Aged Care Financial Planning is a Certified Financial Planner and FAAA Accredited Aged Care Professional, Shaun adopts a comprehensive approach to guide clients and families through the transition into aged care or retirement villages. This includes navigating Centrelink benefits, managing cash flow, estate planning, and addressing complex decision-making.

2 pm Will and Estate Planning



John Toohey is passionate about helping clients navigate estate planning and succession. With over four decades of experience, John and the team at KHQ Lawyers specializes in guiding individuals, families, and organizations through the intricacies of wills, powers of attorney, and estate administration. Explore tailored solutions and gain invaluable insights to secure your legacy and protect your loved ones.

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40 Chetwynd Grove
Wollert Victoria



Scan to
Register Or text
0447 272 714


Keyton.