

Members attending are welcome to wear masks.

U3A lectures are for members only.

We regret we're unable to welcome visitors to our lectures – to do so would be unfair to those on the waiting list.

- 11 May The happiness of different countries in 2026. Simon Kemp**
Every year, the World Happiness Report compares the happiness of nearly all the countries in the world. Many U3A people will have heard of it. This year (2026) Finland won with 7.8/10. New Zealand was 11th (out of 147) with 7/10. In this talk, I review the methods used, what predicts country happiness, and to what extent the results may be believable.
- 18 May Stroke Aotearoa: Preventing Strokes, Improving Lives, and Building a Healthier New Zealand. Jo Lambert**
Stroke Aotearoa is dedicated to reducing the impact of strokes and improving health outcomes for New Zealanders. In this lecture, we will share our vision of a stroke-free future and our mission to empower individuals and communities through education, prevention, and support. Learn about the innovative programmes we are implementing to raise awareness, promote early and expert intervention, and provide care for those affected by strokes. Together with communities, we are creating a meaningful difference in the lives of New Zealanders, working towards a healthier, more resilient society.
- 25 May Parkinson's disease: where we're at and the challenges ahead. Toni Pitcher**
The talk will give a broad overview of Parkinson's, touching on some of the key advances in the field and some of the challenges that remain unsolved.

2026 PROGRAMME DATES:

SERIES 1: Mar 9, 16, 23

SERIES 2: Apr 13, 20

SERIES 3: May 11, 18, 25

SERIES 4: Jun 8, 15, 22

SERIES 5: Jul 6, 13, 20

SERIES 6: Aug 3, 10, 17

SERIES 7: Sep 7, 14, 21

SERIES 8: Oct 5, 12, 19

SERIES 9: Nov 9, 16, 23

Meetings

**are held at The West End Hall,
35a Maltby Avenue, Timaru.**

Lectures may start a few minutes before 1.30 pm and conclude about 2.30 pm, with questions to follow.

Coffee/tea will be provided after the meeting.

**As a courtesy to our speakers
and other members, please**

be seated by 1.20 pm.

turn your cell phone off.

wait until the end of the lecture before asking questions.

stand when asking a question, and wait for the microphone.

Lectures may start a few minutes before 1.30 pm and conclude about 2.30 pm with questions to follow.

wear your name tag.

no talking during lectures.

OFFICE BEARERS AND COMMITTEE

President: Kevin Foley: telephone: (03) 686 2209
Vice President: Linda Gaskin
Treasurer: Ron Paulin
Secretary: Léonie Litten: email: u3atimaru@gmail.com
Members: Bob Cumming, Peter Hall, Sharon Peck.

PLEASE NOTE:
**Series 3 begins Monday
11 May 2026
at the West End Hall.**