

Members attending the meeting must wear a mask.

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.

1 Aug	Healthy Ageing	Professor Sainsbury
	People are living longer so it is vital that health services enable older people to maintain function and quality of life. The extra years can be a time of great opportunity for continued learning and contribution.	
8 Aug	The MIND Diet - why all the hype?	Sharon Sutton
	With the ageing of the world's population, chronic diseases are becoming a major public health issue. This talk will examine the MIND diet and explore the latest evidence on associated benefits, specifically looking at the role this diet plays in neurogenerative delay.	
15 Aug	Retirement Villages: Moving in, Living in, Moving out - Considerations	Tristan Fluerty
	There are many things to consider when you are moving into a retirement village. This presentation will highlight some of the main considerations at three main stages – moving in, living in and moving out. I will also discuss progress on the Government review of the retirement villages framework.	

2022 PROGRAMME DATES:

SERIES 1: Feb 14, 28, Mar 7
SERIES 2: Mar 28, Apr 4, 11
SERIES 3: May 2, 9, 16

SERIES 4: Jun 13, 20, 27
SERIES 5: Jul 4, 11, 18
SERIES 6: Aug 1, 8, 15

SERIES 7: Sep 5, 12, 19
SERIES 8: Oct 3, 10, 17
SERIES 9: Nov 7, 14, 21

Meetings

West End Hall, 35a Maltby Avenue, Timaru.
Lectures commence at 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

Wear your name tag
No talking during lectures

OFFICE BEARERS AND COMMITTEE

President: Kevin Foley: Phone: (03) 686 2209
Vice President: Reese Hart
Secretary: Léonie Litten: u3atimaru@gmail.com
Treasurer: Ron Paulin
Members: Solome Mair, Ron Paulin, Jude McKenzie, Julian Maze

Postal address

U3A Timaru
PO Box 4024
Highfield
Timaru 7942