

U3A Tawa Chair Report January 2023

The Tawa U3A 2022 committee individually have done marvelous work to carry out the objects of Tawa U3A as outlined in our constitution, and I thank them for that:

- Lynne for meeting preparations and careful minute taking.
- Marie for detailed attention to money matters and presenting the information at each committee meeting.
- Pat for compiling the courses booklet, keeping check on course changes including venues and leaders, and setting up the digital display for meetings.
- Pauline for keeping track of the members' changes in contact details and clearing website messages.
- Rosemary for dedication to writing articles including photographs about U3A activities for the newsletter and the website.
- Digby for managing the complications of the website in order to post new information and providing course leaders with lists of registered members.
- Tim for devising and organising the membership drive which included producing a new poster and pamphlet. We held an open day in August under his guidance.

The committee continues to facilitate courses which add to our general enjoyment of life by promoting aspects of physical, social, mental and emotional health; all interconnected.

The challenge to you all for 2023 is to register for a course which is new to you.

Here are a few to inspire you:

For physical health we have walking, rambling, table tennis and petanque.

For brain health there is music, botany, travel and discussions

For social and emotional health there are the above activities plus movies, theatre and sharing lunch.

There is learning in everything, and I hear often about the importance and enjoyment of conversation.

Alison Bayly

Why U3A Tawa is Good Medicine (and a lot cheaper!)

We're generally living longer than our ancestors but older adults are known to be at risk of

loneliness and depression, due to both declining health and reduced social functioning

abilities. These might be due to changes in family life and domestic arrangements, maybe

through loss of a partner or a move in later life.

This is where U3A steps in to Health – we offer a whole range of fitness classes to suit your mobility level eg keep fit, yoga

table tennis, tai chi or Petanque, rambling.

Brain - leaning about a new topic stimulates us and helps to slow aging decline eg try a new

activity you've eg art, music, current affairs, discussion group, music, or philosophy. Just

enjoy them – no tests or exams!

Social – interacting with people gives us a sense of belonging through good company,

social activities together and plenty of chat, new friends and a purpose in life eg movie/theatre visits, lunch, book discussions or growing food.

When our new groups re-start in 2023 try to include an activity from each of these three

categories to really get the best out of life.

From the National Library of Medicine

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7797596/>