

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.

6 May Eating for Healthy Ageing. *Dr Ali Hill*

This talk explores the key role nutrition plays in promoting longevity alongside quality of life. From nutrient-rich foods to how to stay active, this talk delves into practical strategies for optimizing health as we age. Learn how dietary choices impact overall wellbeing and discover the keys to aging well through nutrition.

13 May The Importance of Sleep. *Professor Richard Jones*

We, like all animals, need to sleep. But why? Surely we have better things to do than spending 1/4 to 1/3 of our lives sleeping, and, this aside, sleep leaves animals in a vulnerable state. Clearly, sleep fulfils some fundamental need(s) of the brain but not the rest of body. And, clearly, sleep enables one or several essential functions which evolution wasn't able to cover without sleep. But what are these needs? My talk will give an overview of the basics of sleep, of functions which occur primarily or only during sleep, including the key one – *synaptic homeostasis*.

20 May Ageing and Chronic Conditions -the side effects of growing old. *Ulrich Bergler*

As we age, we collect Chronic Health Conditions, such as hypertension, heart disease, or hearing and vision issues. These typically persist and require treatment often with medications often leading to polypharmacy. In this talk, research conducted by the University of Otago is presented covering findings on chronic conditions in older adults and the results of a trial to reduce polypharmacy that was undertaken in collaboration with the CDHB and SCDHB.

2024 PROGRAMME DATES:

SERIES 1: Mar 4, 11, 18
SERIES 2: Apr 8, 15, 22
SERIES 3: May 6, 13, 20

SERIES 4: Jun 10, 17, 24
SERIES 5: Jul 1, 8, 15
SERIES 6: Aug 5, 12, 19

SERIES 7: Sep 2, 9, 16
SERIES 8: Oct 7, 14, 21
SERIES 9: Nov 11, 18, 25

Meetings

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. wear your name tag.
turn your cell phone off. no talking during lectures.
wait until the end of the lecture before asking questions.
stand when asking a question, and wait for the microphone.

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, Solome Mair, Julian Maze, Jude McKenzie

A warm welcome to all **new** members.