



University of the
Third Age

Howick Inc.
PO Box 39 035 Howick
2145
November 2016



Next meeting: 9.30 am Monday 14 November
Venue: Nixon Hall Sale Street
Guest speakers: Professor Richard Faull
Topic: Brain Disease
Vote of thanks: Judy Lee
10 minute speaker: Faye Hercock

Past President's Trip to Motuihe Island.

Date: Wednesday 16 November. **Departure:** 10.15am from HMB. **Return:** 3.30pm to HMB.
Bring your lunch etc, plenty of liquid, sunhats, dress for the weather on the day,

New Member.

Julia Forsyth sponsored by Heather Watson.

U3A on the web.

Type in www.u3a.nz. This will take you to the home page. Open. On the left top box type in Auckland. This will show other U3A organisations with their newsletters. Howick is now part of this group.

Ministry of Social Development.

The October newsletter deals with safer driving, carer's guide, tips for visiting someone with dementia, the importance of having an emergency fund, rates rebate and a new on-line way to check super payments. www.SuperSeniors.msd.govt.nz

Memory Skills



October speaker. Gillian Eadie from the Memory Foundation gave an enlightening presentation about the importance of keeping the brain fit and alert. She offered techniques as well as activities involving the audience to enhance memory recall.

Brain Disease



November speakers. Dr Malvindar Sing-Bains and Dr Nasim Mehrabi spoke about neurodegenerative diseases in place of Richard Faull, the Distinguished Professor and Director of the Centre for Brain Research at the University of Auckland

Groups	Date	Topic
Anthropology H 3 rd Thu 10 am	17 Nov	<i>Birth of Britain pt 3 Gold. DVD with Jean.</i>
Anthropology L 4 th Mon 10 am	28 Nov	<i>Ancient Britain with Jean Fitzgerald.</i>
Architecture 1 st Fri 10 am	2 Dec	<i>Pot Pourri.</i>
Aspects of Civilisation 3 rd Mon 2 pm	21 Nov	DVD <i>Housing</i> . All to take part.
Book Discussion 4 th Thu 2 pm	17 Nov	Latest reads.
Earth and the Universe 4 th Tue 10 am	22 Nov	<i>The Role of Dark Matter in the Galaxy.</i>
Famous & Infamous 1 1 st Tue 10 am	6 Dec	Pot Pourri.
Famous & Infamous 2 3 rd Thu 2 pm	17 Nov	<i>Victor Borge</i> with Allan Reid.
Famous & Infamous 3 1 st Thurs 10 am	1 Dec	<i>Pot Pourri.</i>
Forum 3 rd Friday 10 am	18 Nov	<i>Discussion.</i>
French 4 th Fri 1 pm	25 Nov	<i>French Gastronomy.</i> All to speak.
History 3 rd Tue 10 am	16 Nov	<i>Pot Pourri.</i> All contribute.
History of NZ 2 nd Thurs 10 am	10 Nov	<i>History of Gardening in NZ</i> with Dilys Booth.
Literature 3 rd Wed 10 am	16 Nov	<i>An Ideal Husband</i> by Oscar Wilde. DVD.
Nature Walks and Talks 2 Fri 9 am	11 Nov	Walk to Ohuiarangi-Pigeon Mountain.
Opera 1 2 nd Tue 9.30 am	8 Nov	<i>Die Fledermaus</i> by Strauss.
Opera 2 4 th Tue 1 pm	22 Nov	<i>Hansel and Gretel</i> by Humperdink.
Philosophy 1 st Mon 10 am	5 Dec	Members' contribution.
Science 4 th Wed 10 am	23 Nov	<i>Building a Jumbo Jet Engine.</i>
Sunday Discussion 3 rd Sun 12 noon	20 Nov	General discussion.
Travel 1 st Wed 10 am	7 Dec	<i>Bring and Tell</i> Pot Pourri.
World of Art 1 3 rd Mon 10 am	21 Nov	All 5-10 minutes. Your Artist of Choice.
World of Art 2 3 rd Tues 1.30 pm	15 Nov	Pot Pourri.
World War 1 2 nd Thurs 2pm	10 Nov	<i>Battle of the River Plate</i> by Malcolm Booth.
Writing 2 nd Tues 1.30 pm	15 Nov	<i>What Shall We Do Next?</i>

*NOTE. Groups highlighted in yellow are full.