



## U3A South Kaipara News March 2024

### Greetings All

This month we are launching **two new interest groups**.

- Play Reading
- Classical Music Appreciation

Details are in the lists describing all our interest groups at the bottom of this newsletter. Do contact Bev if you would like to know more about either of these groups. Or just to come along and give it a try.

We would love to keep **expanding our range of interest groups** so if there is something that interests you do contact Gloria ph. or Bev ph. and tell us about it.

Thank you for last month's donation to **Good Food** \$17.90.

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**We have our AGM in May.** Please start reflecting on how you might step forward and be more involved in the on-going life of our U3A club. We are only as good as the willingness of members to contribute so please give some thought to this.

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**Membership Care.** We are grateful for Sara's willingness to fill this role. However, she found few people got in touch with her. The committee has decided that the contact person for this role would best be someone well known to our membership. Gloria has undertaken that task. Please contact her if you know of any of our members who may be unwell or going through hard times

If you are interested in being part of a **research project** developing tests to provide information about the cognitive, memory, and functional ability for older adults, please contact Bev. She will send you the contact information for the people involved.



Covid is certainly still active in our area so we do hope you will feel comfortable wearing a mask at our meetings, if you wish. We will continue to have our cuppa outside if weather permits.



**NEXT MEETING:**  
**Tues March 5th 10.00 -12.00**

**WHERE:** Catholic Church Hall, Kowhai Street, Helensville

**MAIN SPEAKER:**  
**Orquidea Tamayo Mortera**  
Will talk to us about **Fun for Health**

**MINI SPEAKER:**  
**Jackie Pillay**  
will give us part two of her wonderful adventures

Feel free to bring a guest.

### **CURRENT INTEREST GROUPS**

Interest groups are the great strength of U3A. As members we step up and convene small groups that offer rich opportunities for growing knowledge, skills and friendships. The following interest groups are offered by our members for our members. If you are a current U3A member and are interested in knowing more about a group, feel free to contact the convenors direct. If you would like to join U3A South Kaipara or renew your membership please contact Bev Silvester-Clark (Secretary) or Gloria Middleditch (Chair)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Out and About</b> Any day or time that suits Doreen Hogan	<b>1st Tuesday General Meeting</b> 10am at Catholic Church Hall Kowhai St, Helensville	<b>Mahjong every Wednesday 10.00</b> Janice Webster	<b>Board games 1st Thursday 10.00</b> Sara Newsome	<b>Classical Music Appreciation</b> dates to be advised 10.00 Bev Silvester-Clark
	<b>Play Reading 2nd Tuesday 10am</b> Bev Silvester-Clark		<b>Critical Thought group in abeyance 2nd Thursday 2pm-3.30pm</b>	
<b>3rd Monday 10am</b> Gardening, phone Heather Hyland	<b>3rd Tuesday 10am Ted Talks</b> Bev Silvester-Clark	<b>3rd Wednesday 2pm Book Club,</b> Rhiannon Herrick	<b>3rd Thursday 12 midday Food &amp; Wine Group</b> Gloria Middleditch	
<b>4th Monday 2.30 U3A Committee Meeting</b>			<b>4th Thursday 2-4pm</b> NZ History Tony Silvester-Clark	<b>Last Friday of month 10am</b> Needles and Stitches Wendy Daniel

### **More about our interest groups.**

#### **Classical Music Appreciation**

Friday mornings dates to be advised

**Convenor:** Bev Silvester-Clark

**Venue:**

Based on the 2024 Auckland Philharmonic's concert series Grand Classics, prior to 5 concerts throughout the year we will listen to some of the music that will be played and learn together about the music and it's composer. Attending the concerts in the town hall is not a requirement to being part of this group.

#### **Play Reading**

2nd Tuesday of month 10.00-12.00

**Convenor:** Bev Silvester-Clark

Play reading is a fun process where we simply read aloud the various roles from a play script that

we hire from The Play Bureau. No acting skill required but a willingness to have fun is a big help.

### **Needles and Stitches.**

Last Friday of month 10.00-12.00

**Convenor:** Wendy Daniel

**Venue:**

This is a group of like-minded people interested in knitting, patchwork, crochet, embroidery, appliqué or any sort of sewing or mending who like to meet in a casual atmosphere for a couple of hours or so each month. There is room for about 6-8 people and space for a person to bring a sewing machine.

### **NZ History**

4th Thursday 2.00-4.00

**Convenor** – Tony Silvester-Clark

**Venue**

This is a monthly self-study group where members pursue their line of interest through reading and sharing their discoveries and learning in the group. As an adjunct to this activity, we also arrange guest speakers, view other media (films, documentaries, theatre), organize site visits (trips – local and further afield).

### **Out n About**

**Convenor:** Doreen Hogan.:

As ideas of places, shows or movies to go to arise, Doreen is available to organise a group trip. Do contact her if you have an idea for such an outing.

### **Gardening**

3rd Monday 10.00

**Convenor:** Heather Hyland

**Venue:** Varies

Our group focuses on practical gardening and knowledge sharing. The group includes a wide range of experience levels and garden styles. We meet at each other's homes or occasionally at a garden center cafe. Over coffee we report back on the month's gardening, ask for any advice, and share friendship and laughter as well as surplus plants.

### **Ted talks** (currently full)

3rd Tuesday 10.00-12.00

**Convenor:** Bev Silvester-Clark

**Purpose:** To stimulate our minds and provide the opportunity to learn something new or expand existing knowledge by watching a TED talk together. The group offer free and open discussion on the topic chosen by a different member of the group each time. We find we discuss many aspects of not only the topic but other areas that it directs us to move to. It is a fun group where we often laugh together and learn a lot from the collective background of everyone.

### **Critical Thought Group**

2nd Thursday of the month 2pm – 3.30pm (no later than 4pm)

**This group is not meeting currently**

**Venue** Rotates to different homes.

This is the old philosophy group with a new format. Each group member has a turn at choosing a topic, researching it and then leading the subsequent discussion.

### **Book Club**

3rd Wednesday 2.00-3.00

**Convenor:** Rhiannon Herrick

We have an enthusiastic group of readers. We follow a simple format where each person gives a brief description of a book read recently. This has become a rich resource for reading ideas for the members. A list of the books presented is then shared by email and some books are passed on to others. We usually have about 8 attending and our hour-long meeting goes by very quickly.

### **Mahjong**

**Convenor:** Janice Webster

10.00-12.00 every Wednesday

Apart from lockdowns this keen group has been meeting weekly for three years. We welcome learners.

### **Food/Wine**

#### **Group**

Lunch 3rd Thursday each month

**Convenor.** Gloria Middleditch

**Venue:** Various restaurants and eateries

We comprise of between 8-15 persons enthusiastically coming together from very varied backgrounds to learn about and enjoy foods or wines from around the world that are available or made in NZ. There are a few interesting older buildings that have been repurposed from homes or businesses now adapted for use as a restaurant with very interesting histories. We can carpool, if necessary, all to be organised through Gloria Middleditch



**U3A South Kaipara Committee**

Gloria Middleditch Chair

Tony Silvester-Clark Treasurer

Bev Silvester-Clark Secretary

Sara Newsome

Nigel Dempster

Doreen Hogan

Pam Muirhead

Linda Cameron

Rhiannon Herrick

Glenys Osbourne

Jackie Pillay

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