



Est. May 2004

Committee Members

Marjorie Malkin (**Chairman**) 041-3732148; Sheila Forrest (**Vice-Chairman**) 074 455 8332;
Pam Lewis (**Speaker Co-ordinator**) 072 372 2260. Les Reynard 072 380 0076. (**Treasurer**)
Lynda Connellan (**Secretary / Outings**) 041 364 3038; 082 421 3967.

January 2025 News Letter.

Happy New Year to all our members. We the committee hope you all had a blessed time over the holidays with family and friends, and wish you a healthy, peaceful and prosperous 2025.

Note from your Chairman:

I wish all our Members the very best for 2025. Our Annual General Meeting is coming up in April. To ensure that our branch of U3A is efficiently managed we need a full committee, which at present we do not have. Please, share your skills and come and join us – ‘many hands make light work’.

Regards Marjorie Malkin, Chairman.

This Month Speaker: Tuesday 28th January 2025. Time 09h45 for 10h00

Robyn Fick: who will talk about her work at Bona uBuntu. The NPO works with blind and low-vision children, helping them reach their full potential.

Please join us after the meeting for tea/coffee & the best carrot at Conyngham Coffee Shop for your own pocket.

Please note new permanent venue: EP Children's Home, corner Conyngham Rd & Lenox St. Glendinningvale. See photos at end of this news letter.

Outing: Friday 7 February 2025 at 10h00: National Sea Rescue Institute, Visit Station 6 and the NSRI Boat at the small boat harbour.

It's that time of the year again when fees are due.

Membership fees for 2025 will remain at R100.00 for the year.

New Members: R100 plus a registration fee of R10 = R110.00

Magnetic Name Tags are available at R10.00 each.

Visitors: visitor & folks who have not yet paid membership fees R20.00 per person.

Banking Details: Name: U3A PE, Ned Bank, Savings Acc. no. 200 731 1232. Branch code 198 765 (no spaces). You can EFT or pay cash at the meeting, please come early if paying cash.

Please make sure your name & cell number is on the deposit slip, What App photo of deposit slip to Lynda at 082 421 3967 or send email proof of payment to lyndapconnellan@gmail.com

Charity Box. Please bring any old denims for the SOS Children's Village creative project and any used clothes for the SANTA TB patient's charity.

Recording of U3A Meetings from round SA.

Watch in your own time. Highlight on blue address below, then Copy (Ctrl c) then go to Google & paste (Ctrl v). This is U3A SA Library, 2 x clicks on town to see if there are any recording.

<https://drive.google.com/drive/folders/1DcBXj-ADQxcH96eFk-1Q7F-IBNCbOx6?usp=sharing>.

LAST WORDS:

Happy Senior Citizens.

Minimize: 1. Salt, 2. Sugar, 3. Bleached Flour, 4 Dairy Products, 5 Processed products.

Food Needed: 1. Vegetables, 2. Legumes, 3. Beans, 4. Nuts, 5. Eggs, 6. Cold pressed oil (olive or coconut), 7. Fruits.

Three Things you should try to forget: 1. Your Age, 2. Your Past. 3. Your Complaints.

Essential Things You Need to Cherish: 1. Your Family, 2. Your Friends, 3. Your Positive Thoughts, 4. A clean and welcoming home.

Three basic things you need to adopt: 1. Always smile / laugh, 2. Do regular physical activity at your own pace. 3. Check and control your weight.

Six Essential Lifestyle you need to apractice: 1. Do not wait until you are thirsty to drink water, 2. Do not wait until you are tired to rest. 3. Do not wait until you are sick to have medical check up. 4. Do not wait for miracles to trust God. 5. Never lose confidence in yourself. 6. Stay positive and always hope for a better tomorrow. 7. **God bless you richly.**

From Colin, greetings and best wishes for this new year. I look forward to seeing you all via Zoom on each third Thursday of the month at 14.30, starting in February.

We have some very interesting presentations ready for February and March but we are always happy to have any offers of a presentation about an historical person, family, period, place or experience. They are really fun and very satisfying to prepare and present to the U3A audience.

Best Regards

Colin Sutherland

What the new venue looks like in Conyngham Rd.



Main entrance, turn sharp left before the building, go through security gate turn right and parking.



Entrance to the hall **with no stairs**. Come through security gate, go straight through under the arch find parking follow the path to the hall.



Entrance to the hall with stairs.

See you at the Outings & the Meeting.

God Bless.

Lynda