



Est. May 2004

**Committee Members**

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Pam Lewis (**Speaker Co-ordinator**) 072 372 2260. Les Reynard 072 380 0076. (**Treasurer**)  
Lynda Connellan (**Secretary / Outings**) 041 364 3038; 082 421 3967.

[www.u3ape.co.za](http://www.u3ape.co.za)

**U3A PE October 2024 News Letter.**

Greetings to all our Members

**Please note change of speaker.**

**October Speaker:** Tuesday 29<sup>th</sup> October 2024. Time 09h45 for 10h00.

**Mike Burton's** [TREADING A DELICATE TIGHTROPE](#)

A principal balancing between education and political change during turbulent times.

**Venue:** Newton Park Library Auditorium, Corner of Hurd Street & 4<sup>th</sup> Ave. Newton Park

**October's Outings:**

**BKB Wool Board.** 17<sup>th</sup> October 2024. Time 10h00.

**Address** 1 Grahamstown Rd. North End.

**Christmas Lunch.**

**Barnies on the beach front on Tuesday 10<sup>th</sup> December 2024 at 13h00. Cost R210.00 (R190.00+R20.00tip=R210.00) To book please phone Lynda 082 421 3967 or 041 364 3038.**

**Menu.**

**Starter** Prawn Cocktail served on a bed of lettuce with salsa or 5 x Crumbed Mushrooms

**Mains** Gammon & Chicken served with rice, roast potato, seasonal veg and gravy.

**Dessert** Tippy tart served with custard or ice cream and chocolate sauce.

**Tea or Coffee.**

**Fees** You can do an EFT or pay cash at the meeting please come early if paying cash.

**Membership fees:** R60.00 until the end of the year.

**New Members:** R60.00 plus a registration fee of R10 = R70.00 until the end of the year.

**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. 2007311232. Branch Code 198765.

**Please make sure your name is on the deposit slip.** Take a photo of it & send a What App picture of deposit slip to Lynda at 082 421 3967 or email it to [lyndapconnellan@gmail.com](mailto:lyndapconnellan@gmail.com).



A great big thank you to Atlas Security for taking 3 groups of U3A PE folks through their Control Room, and for the coffee and biscuits. Keep up the good work folks.

**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](https://drive.google.com/drive/folders/1DcBXj-ADQxcH96eFk-1Q7F_IBNCbOx6?usp=sharing)

**LAST WORDS.**

**Ten Commandments for senior.**

1. Talk to yourself. There are times when you need expert advice.
  2. "In style" are the clothes that still fit.
  3. You don't need anger management. You need people to stop irritating you.
  4. Your people skills are just fine. It's your tolerance for idiots that need work.
  5. The biggest lie you tell yourself is: "I don't need to write that down. I'll remember it"
  6. "On time" is when you get there.
  7. You've noticed people your age are much older than you.
  8. Ageing has slowed you down, but it hasn't shut you up.
  9. "One for the road" means peeing before you leave the house.
  10. You still haven't learned to act your age and I hope you never will.
- Enjoy life you have earned it.

See you at the Outings & the Meeting.  
God Bless. Lynda