



Est. May 2004

Committee Members

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Sandra Roberts (Minutes & Assistant Secretary) 083 376 1798, Hazel Nienaber (Treasurer) 083 293 1207.
Lynda Connellan (Secretary / Outings) 082 421 3967 or Email lyndapconnellan@gmail.com
www.U3APE.co.za

October 2025 News Letter.

Hi Folks, we hope you have a good month ahead.

October's Outing: Thursday 16th October 2025. Time 10h00.

Marvin Carstens from Bayworld Museum, he will speak on the pre history of Southern Africa.

NB Entrance fee R25.00. Address: Bayworld Museum, on the beach front meet at the gate.

October's Meeting: Tuesday 28th October 2025. Time 09h45 for 10h00

Our Speaker is **Lwanele Mpeta from Reach for a Dream.**

Lwanele's journey with the Reach For A Dream Foundation reflects her unwavering commitment and passion for making a difference. Since 1988, the Foundation has been bringing hope, joy and healing to children facing life-threatening illnesses by encouraging them to use their dreams as a source of strength.

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

Venue: EP Child & Youth Care Centre entrance in Conyngham Rd. Glendinningvale. Drive in turn sharp left to security gate. Press EPCH Office to get the security gate opened.

November's Meeting: Tuesday 25th November 2025. Time 09h45 for 10h00.

Jill Sneesby from the PE Camera Club will give us an AV show **from her travels.**

U3A PE Christmas Lunch: Tuesday 09th December 2025. Time 12h00.

Venue: Barneys on the beach front. **Price** R210.00 including the tip.

To book please phone Lynda 082 421 3967 or book at the meeting.

Payment for lunch: R210.00. Pay cash at the meeting or EFT to Account LP Connellan. ABSA Newton Park. Savings acc. Bank Code 632005. Acc No. 932 642 6864. No gaps.

Menu:

Starter: Prawn Cocktail or Avocado or Crumbed Mushrooms (only 5)

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

Dessert: Topsy tart served with custard or ice cream and chocolate sauce.

Coffee/Tea

Membership fees.

Folks, who do bank deposits, collect your stickers from the membership table with proof of payment.

Membership fees for 2025 will remain at R60.00 for the year.

New Members: R60 plus a registration fee of R10 = R70.00

Magnetic Name Tags are available at R10.00 each.

NB Visitors: visitor & folks who have not yet paid membership the fee is R20.00 per person

New Folks who join by paying EFT please fill in a form with your information at the meeting.

U3A PE's 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, Whats 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 or empty coffee bottles for the SANTA TB patient's charity (you can fill them if you like, see U3A PE July's news letter for fillings)

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>

Pictures from Splitting Images Outings.





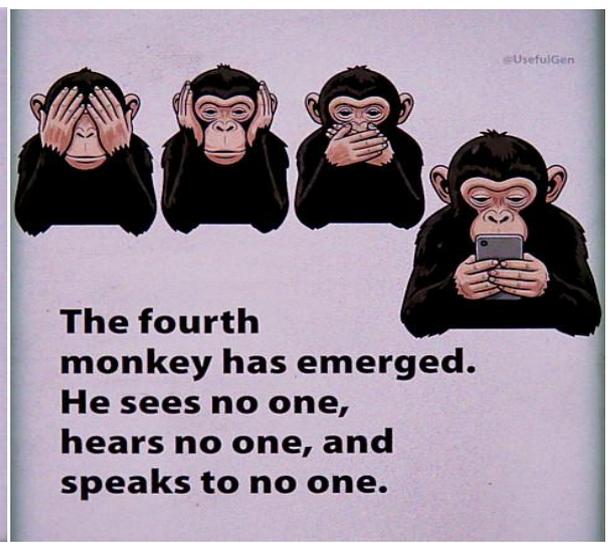
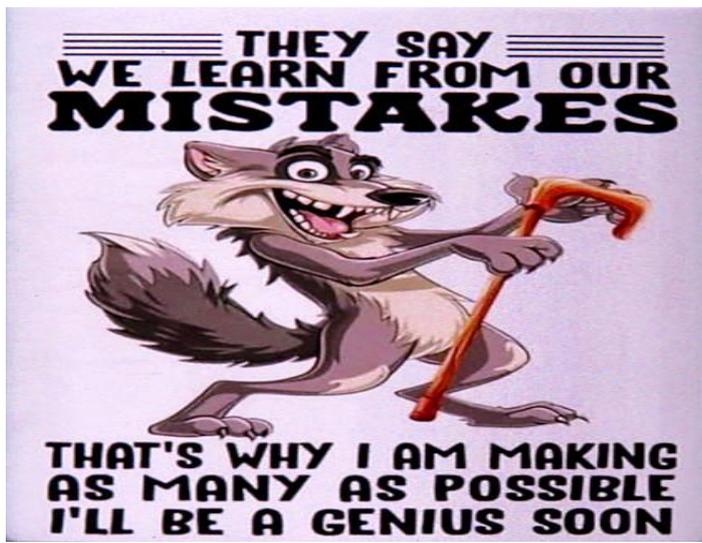
THE LAST WORDS:

Senior Citizens, please be more Talkative.

Generally, senior citizens are more talkative. But Doctors say, it's good. Doctors say so. Retirees (senior citizens) should talk more because there is currently no way to prevent memory loss. The only way is to talk more. There are at least 3 benefits for senior citizens if they talk more.

1. Speaking activates the brain and keeps the brain active, because language & thought communicate with each other, especially when speaking quickly, which naturally results in faster thinking reflection and also enhances memory. Senior citizens, who do not speak, are more likely to memory lose.
2. Speaking relieves and reduces lot of stress and avoids mental illness. We often say nothing but we bury it in our hearts and suffocate ourselves. It's true, so it would be nice to give seniors a chance to talk.
3. Speaking activates the facial muscles & at the same time, exercises the throat & also increases the capacity of the lungs, at the same time, it reduces the risk of eyes & ears deterioration and reduces latent risks such as dizziness and deafness.

In Short: retirees, (senior citizens) the only way to prevent Alzheimer's is to talk as much as possible and communicate actively with people.



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

Our web page address www.U3APE.co.za