

2024 Topics

Series 1 “Lesser-known Histories of the South”

“The Moa in the South” 9th February, 2024

Speaker: **Quinn Berentson**, Otago Polytechnic, Author

“Maori in the South, prior to 1840” 16th February, 2024

Speaker: **Joe Wakefield**, Murihiku Marae

“The Streets of early European Invercargill” 23rd February, 2024

Speaker: **Lloyd Esler**, Historian and author

“Scottish Settlers and their connection to the Slave Trade” 1st March 2024

Angela McCarthy, University of Otago

“Irish Settlers and Chain Migration” 8th March 2024

Sean Brosnahan, Early Settlers Museum, Dunedin

Series 2 “The challenges & Opportunities of the 3rd Age”

Full Series fee \$15.00 Casual Guests \$5.00 a session

Venues: except last session Stadium Southland

“Aging well, never too early, never too late” 15th March 2024

An engaging panel presentation filmed and provided by Otago University in 2023

Emeritus Prof. Dick Sainsbury, physician in geriatric medicine.

Prof. Tim Wilkinson, Professor of Medicine and Medical Education

Leigh O’Brien, Dietician with a focus on seniors

Dr Matthew Croucher, Physician of Old Age. Session 2.

“Mental and emotional challenges of the Senior stage of life’s journey” 5th April 2024

Dr Alice Bentley, Clinical Psychologist, Southland Hospital.

Legal Matters and Seniors 12th April 2024

Liz Henry, LLB Director Mee and Henry Law.

- New relationship considerations
- Power of attorney
- Advanced care plans
- Wills
- Children’s bank of last resort?

“Findings from current research on Brain health and aging” 30th August 2024

(**Note:** venue Ascot Hotel)

Professor Wickliffe Abraham

Co-Lead, Aotearoa Brain Project-Kaupapa Roro o Aotearoa, Department of Psychology Otago University