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We do hope you are all keeping well and warm. Winter sure is making itself known.

Our monthly meeting is coming up next Tuesday, July 5th. We'll have the room well warmed up by the time you arrive!

Please note, if you haven't already done so, we would appreciate your annual membership subscription of \$20.00. Please pay online to 38-9022-0201314-00 with your name and U3Asub as reference or bring cash to the next meeting. Thank you.



Since we are still a vulnerable place with Covid the committee requests that we continue with mask wearing and physical distancing for our next meeting. If weather permits please take your cuppa outside. This will be reviewed month by month.

NEXT MEETING
Tues July 5th
10.00-12.00

St Johns Room Rata St Helensville

Main Speaker: Shona Addison
A&P Show President

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Topic: Mists of Early NZ History



Advance Care Plan Workshop

If you know you need to complete or review your Advance Care Plan and feel a little daunted by the task, do join us for this workshop. We already have ten people signed up where, as a group, we will work through the content of the Advance Care Plan booklet. This will be a relaxed and supportive time.

When: July 12th 9.30 - 12.00ish

Where: St Johns Meeting Room

Cost: \$6.00 to cover room hire

Facilitators: Leigh Kelly and Bev Silvester-Clark

We will be organising car pooling to this event at our July Meeting. Do consider joining us.

AUCKLAND U3A NETWORK WELCOMES YOU TO A DAY OF CELEBRATION

Salvation Army Church 18 Allright Place Mt Wellington

Saturday 30 July 2022 - 9.30 for 10.00 to 2.30pm

Speakers: Judge Andrew Beecroft, Children's Commissioner 2016-2021 and **Dame Patsy Reddy** (Former Governor general of NZ) will be interviewed by media personality Catherine Saunders.

Includes presentations by U3A members and lunch - \$40

To register <https://u3auckland.net>

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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

Monday	Tuesday	Wednesday	Thursday	Friday
	1st Tuesday General Meeting 10am at St John's room, Helensville			
	2nd Tuesday 10 am Crafts , temporarily closed Prue Townsend	2nd Wednesday 2pm Shared Reading Bev Silvester-Clark	2nd Thursday 2pm Critical Thinking Verna Healy	
3rd Monday 10am Gardening , phone Heather Hyland currently full	3rd Tuesday 10am Ted Talks ph Leigh Kelly	3rd Wednesday 2pm Book Club , Rhiannon Herrick	3rd Thursday 12 midday Food & Wine Group Gloria Middleditch	
	3rd Tuesday 12.00 U3A Committee Meeting		4th Thursday 2-4pm NZ History Tony Silvester-Clark	Last Friday of month 10am Needles and Stitches Wendy Daniel

More about our interest groups.

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 _____

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if you have an idea of an outing that could interest U3A members.

Gardening (currently full)

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 centre 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: Leigh Kelly _ _ _____

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 (and no later than 4pm)

Convenor: Verna Healy _____**Venue:** initially at 9 Pengelly Place, Parakai, but may rotate to different homes.

This is the old Philosophy group with a new format.

Each group member has a turn at choosing the topic, researching it, and then leading subsequent discussion.

Book Club

3rd Wednesday 2.00-

3.00

Convenor: Rhiannon Herrick _____**Venue:**

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** _____**Venue:**

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

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Middleditch

Shared Reading

2nd Tuesday 2.00-3.30

Convenor: Bev Silvester-Clark _____**Venue:**

Shared reading is a process developed in UK which encourages the reading and discussing of literature, short stories and poetry. We read out loud a short story and a poem, pausing throughout and discussing what the story is evoking for us. To know more see <https://www.aucklandfoundation.org.nz/the-reading-revolution> Helensville library supports this group with discounted photocopying.



Warm wishes

U3A Sth Kaipara Committee

Gloria Middleditch Chair

Leigh Kelly Deputy Chair

Tony Silvester-Clark Treasurer

Bev Silvester-Clark Secretary

Nigel Dempster

Doreen Hogan

Sara Newsome

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