



Committee 2025-6

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7	Jean	McIlwrick
8	Murray	Pfeifer
9	Dave	Savage
10	Laurel	Swan
11	Jenny	Walker
12	Vic	Wilkinson

Coming up this year:

- Mythology
- Advances in Medicine
- Treaty of Waitangi

Payment methods in order of preference

Please state 'Series 1' when paying

1. Direct Credit to U3A Invercargill
Acc: 03 1746 0080910 000
2. EFTPOS
Debit card payment available on the day
3. Cash (\$30 per person) in a named envelope

Contact

We prefer to contact you by email. If you have an email address, and we are not aware of it, please let us know.

Paper copies of the brochure are always available if you are unable to print one for yourself.

Website

For further information on U3A (including previous brochures) see our website:

<https://www.u3ainvercargill.nz/>



February - March 2026

Series 1

New Year Resolutions for Empowered Aging

Series Organisers:

Jean McIlwrick Nola Cavanagh

Empowering aging means shifting from viewing old age as decline to seeing it as a chance for continued growth, purpose, and vitality.

Venue:	Windsor Community Church 19 Windsor St
Time:	10.00am
Cost:	\$30 per person

Series 1 - New Year Resolutions for Empowered Aging

Session 1 : Friday 13 February

Making Moves

Presenter: **Josh Hall**



Bio:

Josh joined the Windsor Physio team from Christchurch in early 2012. He graduated from Otago's School of Physiotherapy in 2008 and has been working in private practice since. He has also completed a Physical Education Degree majoring in exercise prescription. Josh has a keen interest in sports physio and rehabilitation programmes. He is also a very keen sportsperson himself with previous New Zealand Touch experience and ITM Cup level rugby with Counties Manakau.

Josh has completed his STEEL Cancer Rehabilitation training and is here to support men with cancer in the region. He is excited about his work in this area and motivated to try and make a difference for men with cancer. Josh is Polestar Pilates trained and you will also find him in our Studio instructing our Mat Pilates classes.

Session 2 : Friday 20 February

Protecting the Human: Humanitarian response and Humanitarian Law

Presenter: **Rev Dr Rebecca Dudley**



Given enormous and mounting humanitarian emergencies around the

world—whether related to conflict, severe weather events or public health—where do humanitarian organisations begin in their response? Rebecca will share approaches to principled humanitarian response, and humanitarian diplomacy.

Session 3 : Friday 27 February

Wake-Up Call: New Year, New Mee

Presenter: **Liz Henry**



Bio: Liz Henry is a lawyer and community connector who's passionate about helping people age well and wisely. As Director of Mee & Henry Law Limited, she's known for making complex legal topics like Wills and Enduring Powers of Attorney surprisingly digestible—and even enjoyable (yes, really!). She's also a familiar face in the parkrun and Age Concern communities, and has a knack for turning serious topics into engaging conversations. If you've ever thought "I should really sort out my Will," Liz is here to help you stop thinking and start doing—with a smile.

Synopsis:

This isn't your average lecture—it's a Kahoot quiz-style session designed to boost your digital confidence while tackling important topics like:

- What's the difference between a Will and an EPA?
- How can we spot and stop elder abuse?
- What are the best life hacks to reduce dementia risk?
- What's in the Dementia Mate Wareware Action Plan?

You'll learn, laugh, and maybe even win a prize (bragging rights count!).



What You'll Need

Bring your smartphone or tablet—we'll be using Kahoot to play along. If you've never used Kahoot before, don't worry! It's easy, fun, and we'll help you get set up.



Why You Should Come

Because aging well isn't just about living longer—it's about living smarter. And if you can do that while playing a quiz and having a laugh with friends? That's a win.

For more details see the separate sheet. (sent by email or a few copies on the welcome desk)

Session 4 : Friday 6 March

Chance, Calamity and Choices

Presenter : **Rosemary Riddell**



Rosemary's talk is entitled Chance, Calamity and Choices which will encompass chance opportunities in her own life, the hard stuff of calamity and loss and finally an examination of how we choose our lives. Interspersed with all that will be stories from her years as a District Court judge - the unbelievable and the downright funny. This will also be an opportunity to purchase two books -Rosemary's book, To Be Fair: Confessions of a District Court Judge at the reduced rate of \$30 and her late husband Mike's account of his journey with prostate cancer. Rosemary found the manuscript after his death and thought its funny direct approach to such a devastating disease deserved an airing. So it was published in the UK, available for \$20 a copy. And don't worry if you don't have cash. Rosemary will bring her bank account details for internet banking later