



U3A PEGASUS BULLETIN

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Update from President Jorgen



October has been a busy month for the committee mainly because of our desire to have good data on which we can plan the next year. One such project has been to establish an accounting system

that automatically produces the necessary reports. The ultimate aim is to make life easier for the treasurer and to have good forward financial planning.

We now know 54% of our members belong to an interest group and 13% belong to two or more groups. It would be great if we could increase these numbers next year. We struggle to meet the cost of bus trips and we could do a lot more for big groups like History and Geology/Botany if more people joined. The committee has decided to ask for your approval at the December meeting, to increase the annual subscription from \$28 to \$30, which only just covers cost increases. Let me also remind you that we have changed our bank and the new account number with ANZ is: 01-0811-0943061-00. In December you will receive a questionnaire from "Survey Monkey", please give us a few minutes of your time to answer the questions. It is important for us to hear the views of the membership. I am looking forward to seeing you all on Monday the 19th of November.

Jorgen



Our guest speaker on Monday 20 November will be Hayley Gugioletta, network manager for the Avon Otakaro Network. The title of her talk is 'What is happening in the Red Zone.' It promises to be very

interesting.

At our Christmas meeting on 11 December, our guest speaker is Ken Hall who is a member of the Christchurch Art Gallery's curatorial team. The title of his talk is 'Hidden Treasures, Hidden Trails.' Please mark the dates for both meetings.

October Guest Speaker

Our speaker was Dick Sainsbury on the subject of Healthy Aging. When are you old, he asked. 65? 75? The number is not important. A better definition is: 'Old is when you stop learning.' We need to use our bonus years by maintaining our physical and psychological health, keeping social contacts, reducing risks and staying involved to stave off depression and loneliness. It is a myth that memory loss is inevitable and for people with mild cognitive impairment, only 50 per cent may deteriorate. We all know we should eat well, avoid smoking and excess drinking, and exercise by walking, vacuuming, gardening etc. Also maintain our flexibility and balance with yoga, pilates or standing on one leg and plenty of sleep. Health is 22 % of govt spending and by 2036 one in four people will be over 65. However, living longer doesn't always equate with good health and health is more important. Dick urged us to think about making provision for when things go wrong and future needs increase. We need to tell people what we want in the case of care, power of attorney and resuscitation. Health checks and regular review of medications are also important.

Dr Dick finished by telling us to choose activities that give us joy, like playing with grandchildren, going out into nature, learning something new such as playing an instrument, enjoying art and writing our memoirs.

(contributed by Pat Whitman.)

