

Here are some updates on upcoming courses;

### **The Health Issues Group**

The next meeting for this Group is on the 5<sup>th</sup> of May at 10.30 am and the topic is - Hair and Scalp Health as we age. The presenters will be the Manager of the Salon Savoy – Brenda Herd and the Owner - Emily MacPhail. The Co-ordinators are Gillian George email [gillian.george3a@gmail.com](mailto:gillian.george3a@gmail.com) and Sally Horan email [horanps@xtra.co.nz](mailto:horanps@xtra.co.nz).

### **The Travel Group Adventure Group**

The Group have firmed up their programme and on the 8<sup>th</sup> of May Angela Ryan will talk about her trip to Hong Kong, and on the 12<sup>th</sup> of June Peter Lang will talk about his trip to Broken Hill.

The Co-ordinators are Carole Naylor email [carole46naylor@gmail.com](mailto:carole46naylor@gmail.com) and Geoff Marshall email [gmarshall360@gmail.com](mailto:gmarshall360@gmail.com)

### **Tawa U3A Mid-year Meeting**

Put this in your diary – the Tawa U3A mid-year meeting will be on the 25<sup>th</sup> of June. This includes a shared lunch at the Bowling Club rooms as usual.

Dr Mary Breheny will be the speaker. She is a researcher with the New Zealand Health, Work and Retirement Study - a longitudinal study of ageing at Massey University. The study has followed over 3,000 older New Zealanders since 2006, and her presentation will describe the study and some of the key findings from twenty years of data on these older New Zealanders.

**Tim Davin**

**Tawa U3A Publicity**