

U3A Kate Sheppard

Christchurch, New Zealand

Web: www.u3akatesheppard.nz

Email: u3akatesheppard@gmail.com

YouTube: U3A Kate-Sheppard



“Those who teach shall also learn, those who learn shall also teach”

2025 Program Dates

As at 01/02/25

January 23th **Committee Meeting 2.00pm**

Series 1: Its all about Health

Organiser: David Mansbridge

February 20 th	A.G.M.	10.00am	
February 20 th	Lecture #1	Topic:	The Bare Bones of Ageing
		Speaker:	Dr John Geddes
February 27 th	Lecture #2	Topic:	Movement is Medicine
		Speaker:	Anthony Bush
March 6 th	Lecture #3	Topic:	Brain Fitness Matters at all Ages
		Speaker:	Ina Meeten
March 13 th	Lecture #4	Topic:	Its all in your Head
		Speaker:	Jeremy Hornibrook
March 20 th	Lecture #5	Topic:	Healthy Hearing
		Speaker:	Anna McMillan
March 27 th	Rest Day		

Series 2: Emergency Services

Organiser: David Mansbridge

April 3 rd	Lecture #1	Topic:	Saving Lives on the Sea
		Speaker:	Luke Gardiner
April 10 th	Lecture #2	Topic:	The Role of a Paramedic
		Speaker:	Helen Bickers
April 17 th	Lecture #3	Topic:	Emergency Management & Personal Preparedness
		Speaker:	Nathan Black
April 24 th	Lecture #4	Topic:	Amateur Radio Emergency Services
		Speaker:	Steve Davis
May 1 st	Lecture #5	Topic:	Air Rescue
		Speaker:	Rachael McNutt
May 1 st	Committee Meeting		
May 8 th	Rest Day		

Series 3: Scotland - the Picts to the Present - about 3,000 yrs

Organiser: Murray Greig

Series Speaker: Frieda Looser

May 15 th	Lecture #1	Topic: Who were the Picts? Speaker: Frieda Looser
May 22 nd	Lecture #2	Topic: Medieval Kingdom of the Scots Speaker: Frieda Looser
May 29 th	Lecture #3	Topic: Rough Wooing to Act of Union Speaker: Frieda Looser
June 5 th	Lecture #	Topic: British Empire & Bonnie Prince Charlie Speaker: Frieda Looser
June 12 th	Lecture #5	Topic: Highland Clearances to Scottish Parliament Speaker: Frieda Looser
June 12 th	All Members Lunch	
June 19 th	Rest Day	

Series 4: TBA

Organiser: Murray Greig

June 26 th	Lecture #1	Topic: Speaker:
July 3 rd	Lecture #2	Topic: Speaker:
July 10 th	Lecture #3	Topic: Speaker:
July 17 th	Lecture #4	Topic: Speaker:
July 17 th	Committee Meeting	
July 24 th	Lecture #5	Topic: Speaker:
July 31 st	Rest Day	

Series 5: TBA

Organiser: Bernard Chidgey

August 7 th	Lecture #1	Topic: Speaker:
August 14 th	Lecture #2	Topic: Speaker:
August 21 st	Lecture #3	Topic: Speaker:
September 28 th	Lecture #4	Topic: Speaker:
September 4 th	Lecture #5	Topic: Speaker:
September 4 th	Committee Meeting	
September 11 th	Rest Day	

Series 6: TBA

Organiser: Jeanette Elliott

September 18 th	Lecture #1	Topic: Speaker:
September 25 th	Lecture #2	Topic: Speaker:
October 2 nd	Lecture #3	Topic: Speaker:
October 9 th	Lecture #4	Topic: Speaker:
October 16 ^h	Lecture #5	Topic: Speaker:
October 23 th	Rest Day	

Series 7: Pot Pourri

Organiser: David Mansbridge

October 30 th	Lecture #1	Topic: Robert Keable - utterly immoral WW1 chaplain? Speaker: Simon Keable-Elliott
November 6 th	Lecture #2	Topic: TBA Speaker: TBA
Speaker Series ends		
November 20 th	Christmas Lunch	