



U3A Dunedin

2020 Series 1 Course B

Title	Future Choices: Ironing Out the Wrinkles
Dates	Tuesdays 25 February – 31 March 2020
Time	2.15 pm – 4.15 pm
Venue	Otago Golf Club, 125 Balmacewen Road, Dunedin
Convenors	Tree Cocks Email: treecocks1@yahoo.co.nz Doug Holborow Email: bdholborow@gmail.com Phone: 477 4573
Developer	Tree Cocks
Course fee	\$45

Retirement can bring a sense of freedom for many, but the "later years" can also be the most challenging in life. In this course local experts help us look at some of these challenges and ways of meeting them.

All applications must be received by **Thursday 30 January 2020**. You will receive a response to your application by **Monday 10 February 2020**

Please contact the Programme Secretary courses@u3adunedin.org.nz, phone 467 2594 with any queries.

Future Choices: Ironing Out the Wrinkles

25 February

Law matters

-Geoff Mirkin, Managing Partner, Wilkinson Rodgers Lawyers
Enduring Powers of Attorney, appointment of welfare guardians, Otago Welfare Guardianship Trust

3 March

Avoiding isolation – staying connected

-Jan Aitken, Life Coach

-Barbara Steptoe, Occupational Therapist, Driving Assessor

10 March

Healthy retirement

-Dr Marie McLaughlin, Clinical Senior Lecturer, Older Person's Health

17 March

Worldly perspective

-Dr Susan Wardell, Department of Social Anthropology
Cultural aspects of grief, death

-Clare Greensmith, Psychotherapist
Sexuality and ageing

24 March

Housing choices

-Kristi Howley

Abbeyfield: a place called home (supported independent living for seniors)

-Gay Buckingham, High Street Cohousing Project

-Kate Morgan, Sales Advisor, Frances Hodgkins Retirement Village

-Bev Billyard, U3A Dunedin member, resident of Chatsford

31 March

Planning ahead

-Peter Ashworth, a principal of New Zealand Funds Management Ltd