


Chair's report 2024

Friends for Life

Lanark and District U3A is thriving as it enters a new session with enthusiasm, passion and energy. 2024 was another excellent year for us; the membership has grown from 239 to 278 and new activities have been added - Watercolour Painting, Qi Gong, Chair Yoga and Beginners' Mahjong. The monthly Open Meetings remain popular with a varied programme of speakers and entertainment. The Scottish Afternoon showcasing homegrown talent was a key highlight of 2024 to be repeated in 2025.

Outings have resumed with visits to the National Art Gallery in Edinburgh, Glasgow City Chambers, Floors Castle near Kelso, and Samye Ling Tibetan Buddhist temple outside Moffat. New activities scheduled for 2024 include Walking Football, Social Strolling and  2 sew@u3a. Owing to its popularity, there is an additional Line Dancing group.

We are in a good financial position and acknowledge the family of the late Lin and Moira Jardine and Lanark Rotary for their generous donations. The funds will be used to purchase a new projector not just for the use of the U3A, but as a community resource to benefit other organisations.

We would like you to join us in welcoming Dianne McNaughton, Kirstine Sloan and Gwynneth Evans to the Committee. The Committee has also said goodbye to Elizabeth Bryson, Margaret Wilson and June Calder. We thank them for contributing to the success of our U3A. I am personally indebted to my predecessor, Liz Weston, for her guidance and mentorship. Our success is directly linked to the hard work of our group leaders, who commit their time and skills to make the U3A a positive and enjoyable experience.

At the opening of the session in September, we are promoting 'Health and Wellbeing' at a public event in Lanark, hosted by Woodstock Medical Practice. After 40 years in public service, I am in no doubt that physical activity, mental wellbeing, lifestyle and social interaction are at the heart of our organisation and the wider community. We are Friends for Life.

Dr Jill Murie