

## PRESIDENTIAL PONDERINGS FOR DECEMBER 2019

### Season's Greetings

Can I take this opportunity to wish you all a very safe and happy Christmas season? For many of you it will be a time to catch up with family and close friends. Please try to eat and drink sensibly and above all do not spend too much money even though the temptation is at its highest and the retailers are desperate for your contribution. And stay off the roads if you can as you can never depend on others being as careful as you are.

For those of you who do not celebrate the Christmas season for religious reasons or otherwise, I would like to spare a special thought for you. It is a time that can seem very lonely and very isolating. Make sure you have things to do and that you look after yourself both physically and mentally. A good book is a great companion and at this time of the year, the weather is a little more encouraging to take a stroll and smell the flowers.

To the hardworking committee, our committed volunteers and tutors I say a huge thank you on your behalf. We are the richer for your devotion to U3A.

For those with dear ones in hospital or in a facility, I hope their hours are pain free and worry free and that you can spend quality time with them during this holiday period.

My best wishes to you all and here's to a great 2020.

Andrea  
President