



The University of the Third Age So What Are You Waiting For? **Maybe the Beaudesert U3A can help**

The positive benefits of being involved in U3A are well proven and show that successful ageing can be achieved by:

- Having good social relationships and making new friends
- Keeping the brain active and learning new skills
- Enjoying the challenge of learning from each other and doing new things in a relaxed social environment at a low cost

At present our activities include –

<i>Acoustic guitar lessons</i>	<i>Aqua aerobics</i>	<i>Art (all mediums)</i>
<i>Book club</i>	<i>Calligraphy</i>	<i>Card playing (euchre, 500, bolivia)</i>
<i>Computer/technology</i>	<i>Croquet</i>	<i>Discussion group</i>
<i>French</i>	<i>Garden group (BUGs)</i>	<i>Indoor bowls</i>
<i>Jigsaw library</i>	<i>Mahjong</i>	<i>Meandering through history</i>
<i>Mosaics</i>	<i>Nordic walking/walking</i>	<i>Scrapbooking</i>
<i>Social lunches</i>	<i>Social tennis</i>	<i>Table tennis</i>
<i>Travel and Adventure group</i>	<i>Trivia puzzling</i>	

Membership Fees are a modest \$25.00 per year per person. Most groups charge \$3.00 per meeting to cover tea, coffee etc, although extra charges may be made for course material or ingredients.

If you would like to participate in any of these activities, or have an interest that you could share on a voluntary basis, all you need to do to join the U3A is contact us:

Course Coordinator

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