



# The University of the Third Age

## So What Are You Waiting For?

Maybe the Beauesert U3A can help

“Connecting Seniors to Lifelong Learning”

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 –

*Acoustic guitar lessons*

*Aqua aerobics*

*Appreciation of art*

*Book club*

*Card playing (500, Bolivia)*

*Computer group*

*Conversational French*

*Croquet*

*Discussion group*

*Garden group (BUGs)*

*Guest Speakers*

*History of Art*

*Jigsaw library*

*Limners art group*

*Mahjong*

*Mosaics*

*Nordic walking*

*Social lunches*

*Social tennis*

*Table tennis*

Membership Fees are a modest \$25.00 per year for a single, couples are \$40.00 per year. Most groups charge \$2.00 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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