



No longer in full-time employment or raising a family? Now's the time to make the most of life.

The University of the Third Age gives you the chance to enjoy the things you have always wanted to do and to make new friends.

In this leaflet some of our members explain why they are glad that they joined their local U3A.

For some, it has been the opportunity to pursue an interest or develop their knowledge of a particular subject with like-minded people. For others it has been the social contact. The possibilities are endless.

The U3A is all voluntary — we learn from one another and anyone can start an interest group.

Everyone is welcome. So read what our members say and come and join us at your local U3A.

Barbara Lewis
Chairman, The Third Age Trust

See our website or contact our
National Office to find out where
your nearest U3A group is:

 www.u3a.org.uk

 020 8466 6139

 info@u3a.org.uk

 @u3a_uk

LEARN, LAUGH AND LIVE!



A new lease of life with

**The University of
the Third Age**



What our members say...



U3A has changed my life — friendship and companionship, improving one's skills and one's mind, learning to play bridge and singing in a choir. There aren't enough days in the week! *Pauline*

Our local U3A has been fantastic. It's been an immediate introduction to a community.

You're welcomed warmly and that ambience goes through the whole organisation. *Joe*

Joining U3A has been a tremendous fulfillment. I can't answer an invitation to dinner without my diary in front of me. Life is very full! *Joseph*

It's enhanced my social life, allowed me to form valued new friendships and provided me with knowledge and entertainment. *Joyce*



Thanks to U3A I've made new friends and been able to take part in many activities. It's been a life-saver. *Arthur*

Belonging to U3A has taught me it's never too late to learn something new. I hated history at school but now I look forward to every session. I've even offered to find out about the civil war battle fought near where I live and tell the group about it. *Anthony*

As one door closes, another one opens — this can be very true of retirement. In the case of U3A not just one door but many are opened to the enthusiastic member.

Marjorie

Membership of a number of interest groups helps to keep me mentally and physically active. With the help of U3A I have a quality of life I would have thought unattainable five years ago. *Handel*

U3A proved the truth of the old adage that there is life after work. And what a life it can be! *Janet*



Since joining U3A my life has recovered purpose, activity and humour. I am infinitely grateful for the opportunities U3A has given me, both for learning and for meeting people. *Sadie*

I have learnt a lot, met many interesting people and made a great deal of new friends. I am so glad that I joined. *Linda*

U3A gave me the chance to expand my interests and learning in a very convivial atmosphere. A really wonderful opportunity — and affordable! *Brian*

Three years after my husband died I joined the art class. Little did I realise what lay ahead. I found the convenor was fun to know. Now we've been married for eleven wonderful years. A life-changing experience? You bet! And it's all the result of joining U3A. *Rosemary*

