

U3A GROUPS OFFER ...

A wide range of subjects such as languages, literature, science, art, technology, history, music, drama, crafts

Varied activities such as singing, bird watching, gardening, fitness, dancing

Discussion groups such as current affairs, books, philosophy

Recreational Activities such as movies, concerts, restaurants



Subjects and activities vary from group to group

More about U3A ST ALBANS?

Phone John 352-8372

CONTACTS:

For more information about U3A or to find another U3A group near you go to

Website: www.u3a.nz/
email: u3astalbans@gmail.com



U3A began in France (where it was known as the *University of the Third Age*) over 30 years ago and is now world-wide with many thousands of members.

U3A was launched in New Zealand in 1989.

A University of the Third Age is a learning co-operative of older people, which enables members to share many educational, creative and leisure activities.

There are many enjoyable social and interesting things to do, and many people to share that experience with.



Where Your Retirement Years
Can Be The Best Years Of All

ENJOY

TOPICS you've longed to explore

ACTIVITIES that interest you

DISCUSSIONS that stimulate you

OUTINGS to entertain you

SOCIALISING with like minded people



MEMBERSHIP:

To join, contact U3A St Albans. You will find the details on our website.
(We are changing web addresses.)

Use Google to find us
"U3A St Albans"

Foundation Membership is only \$20 a year. The foundation committee may wish to revise that for future members.



Membership entitles you to apply to join interest groups and attend events and to receive regular reports and newsletters from most groups.

*All the joys of learning
With none of the pressures*

Aldred Memorial Church 36 Nancy Avenue



Join us in this venue.
On the fourth Thursday of every month, at 9.45am.



U3A keeps your mind alert, your knowledge expanded and contributes towards your physical and mental health. Research tells us that mental stimulation can contribute to our health and stave off Alzheimer's disease.



'Learning is like love, mercy and friendship.'

One can never have too much'

