

Your u3a Needs You.

Ask not what your u3a can do for you but what you can do for your u3a!

The u3a came into being as the University of the 3rd Age. Recently, however, it has been recognized that this suggests both academia and exclusivity when it was designed to be open to all. The acronym has been kept - though a more meaningful title could be Using the 3rd Age.

Open to all, the u3a is drawn mainly from retired people or those in part-time work with time on their hands. Generally, ages range from 55 into the 90's. Its main aims are to foster friendship, a sense of community and belonging – helping to lift people out of loneliness and isolation, while promoting good mental and physical health.

What does the u3a offer? It offers various activities - some energetic, some sedentary, some cerebral, some dexterous but all fun. Opportunities are there to continue to learn, pick up new knowledge and skills, and teach others – no exams involved! The u3a organization is run by members for members, each local u3a being autonomous, responsible for its own finances and how it functions.

The **Elgin and District u3a** offers a diverse range of activities including language classes, ukulele, walking, singing, books, film, jigsaws, cooking and more. The list of activities could be endless but does depend on members coming forward to lead groups. There is a hard-working committee, most of whom lead groups too. How often, where and when groups meet is a matter for the members of each to decide. A full list of activities can be found on our website <https://elgin.u3asite.uk/> and this will tell you how to join.

For retirees, people moving into the area, those who may be coping with bereavement, family illness or whose families are distant, the u3a has been seen as a lifesaver giving members something to look forward to.

This is what we can offer you.

Interested?

Then join us at **Elgin and District u3a.**