## About Aylsham & District u3a Are you retired or semi-retired?

## We just might be what you are looking for

Aylsham & District u3a was formed in 2015 and has grown year by year so that now we have over 300 members. We have well in excess of 40 interest groups which are held mainly during the day and are led in a relaxed and informal way by unpaid enthusiasts. There are no examinations to face, no qualifications required or awarded. There is no set range of activities; they continue year on year, or change, to reflect our group leaders' abilities and our members' interests, whether they be educational, social, cultural, physical, or recreational. It is learning in the widest sense for its own sake, for personal satisfaction and development.

Our main aim is that you enjoy something in a sociable environment, maybe learn a little along the way but mostly have fun whilst doing it.

In addition to interest groups, we have a monthly meeting in the Town Hall Aylsham complete with a speaker and refreshments.

We also have a monthly coffee morning where there is chance to meet old friends and make some new ones. Plus, we have a summer and Christmas event.

We produce a Newsletter each month to give members up to date news about groups and social events.

Want to know more?

Why not get in touch today via our website u3asites.org.uk/aylsham

## LEARN LAUGH LIVE

The title of University of the Third Age (U3A) may need a word of explanation. "University" is used in its original sense of people coming together to share learning. "Third Age" refers to people no longer in full time employment (First Age - school, Second Age - work and bringing up children). This is still a very fluid description but allows U3A to be appropriate to each individual according to their circumstances rather than being defined by age alone.