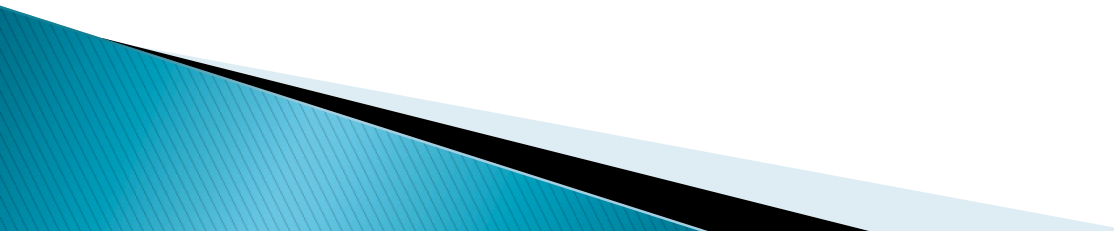


University of the Third Age (U3A)

- ▶ U3A is about Life Long Learning not Life Long Education
- ▶ Engagement in a community helps keep seniors involved in life
- ▶ Providing opportunities to share skills and develop knowledge

- ▶ Totally run by volunteers
- ▶ U3A and social connection

Lessons we can learn

- ▶ U3A and Healthy Active Ageing in the community
 - ▶ Staying involved in a Community of learning
 - ▶ There is life after retirement
- 

George Bernard Shaw said:

- ▶ We don't stop playing because we grow old,
- ▶ we grow old because we stop playing"