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”