



u3a in Scotland
Scottish Charity SC 030370

ALL SCOTLAND AUTUMN EVENT

24th October 2023 at 10.15 am via Zoom.

Every u3a in Scotland is invited to our Autumn Event. The programme is attached.

Please ensure that it is brought to the attention of every member of your u3a, not just the office bearers or committee.

Once again, for a variety of reasons, we are holding the meeting by Zoom and are not specifying a maximum number of participants from any individual u3a.

If you want to attend you just need to email the treasurer at the email address at the bottom of the page, with your name, the name of your u3a and the email address you wish the link sent to. If two people are using the same device, they do not both need to register but, please, do not pass the link on to anyone who hasn't registered.

The deadline date for registering is the 20th October, and the Zoom invitation will also be sent out as soon as possible afterwards

If there is anyone who would like to attend but is unsure how to use Zoom, please, contact, u3ainscotlandchairperson@gmail.com. It is possible to join by telephone without an internet connection.

u3a in Scotland.
u3ascotlandtreasurer@gmail.com



u3a in Scotland

Scottish Charity SC 030370

All Scotland Autumn Event 24^h October 2023 at 10.30 am via Zoom. Programme

10.00 – Zoom room open

10.15 - Welcome and notices from the chair

10.30 – Tony Donohue from SOPA on Age Friendly Communities

11.15 – Q & A session

11.30 – Short break

11.45 – Professor Alan Gow, Heriot Watt University on Keeping the brain healthy

12.30– Q & A Session

12.45pm– Short break

1.00pm- Breakout Rooms, Plenary and close by
2.00pm