



### **What is the University of the Third Age?**

*The University of the Third Age (u3a) is an international voluntary organisation that provides educational and cultural pursuits for those people no longer in full time paid employment (The Third Age).*

### **How does it work? Its Guiding Principles.**

*Members are encouraged to form and join study groups covering different areas where tuition is provided by the expertise or leadership of one of the group members. We are a self help educational group and therefore there are no tutors or speakers. The Internet, Open University material or other published teaching aids may be used; where appropriate, to assist group leaders in giving guidance to a study group. Groups meet regularly, either in rented premises or in participants own homes.*

### **The Third Age Trust**

*In Great Britain, u3a groups throughout the country are affiliated to the Third Age Trust,. a body controlled by a National Executive Committee, elected annually by member u3a groups. The Third Age Trust provides service to individual U3A groups, including a quarterly news sheet, a resource centre, assistance for new groups starting up and representation of U3A interests other national and international bodies.*

*Finance for the Third Age Trust's activities is raised through an annual subscription fee that individual u3a groups pay, based on their number of members.*

### **Stated Aims**

*To encourage & enable older people no longer in full time employment to help each other to share their knowledge, skills, interests & experience. To demonstrate the benefits & enjoyment to be gained & the new horizons to be discovered in learning throughout life. To celebrate the capabilities & potential of older people & their value to society. To make u3as accessible to all older people. To encourage the establishment of u3as in every part of the country where condition are suitable & to support & collaborate with them.*

**Recorder** (Sale Moor CC)                      *Twice Monthly 1st & 3rd Tuesdays am*

**Scrabble** (Sale Moor CC )    *Twice Monthly 1<sup>st</sup> Wednesday am 3<sup>rd</sup> Monday pm*

**Singing For Pleasure** (Sale Moor CC)    *Twice Monthly 1<sup>st</sup> & 3<sup>rd</sup> Friday pm*

**Spanish- Advanced** (Sale Moor CC            *Twice Monthly 1<sup>st</sup> & 3<sup>rd</sup> Monday am*

**Spanish Post Beginners** (Sale Moor CC) *Twice Monthly 1<sup>st</sup> & 3<sup>rd</sup> Monday pm*

**Table Tennis** (Sale Leisure Centre)                      *Weekly Thursday 1.30-3pm*

**Walking**    *Seasonal Wednesday pm*

**Water Colour Painting** (Members Home)                      *Weekly Monday am*

**Writers Group** (Sale Moor CC)                      *Twice Monthly 2<sup>nd</sup> & 4<sup>th</sup> Thursdays pm*

**Gardening** *Grow Your Own (Moor Nook Allotments)* Sunday, Tuesday  
& Thursday 10am -12 noon

**German** (Sale Moor CC) Twice Monthly 1<sup>st</sup> & 3<sup>rd</sup> Thursday pm

**Guitar** (Sale Moor CC) Twice Monthly 1<sup>st</sup> & 3<sup>rd</sup> Tuesday pm

**Italian - Beginners** (Sale Moor C.C.) Twice Monthly 2<sup>nd</sup> & 4<sup>th</sup> Tuesday am

**Latin** (Sale Moor C.C.) Twice Monthly 1<sup>st</sup> & 3<sup>rd</sup> Thursday 2pm-3.30pm

**Literature** (Sale Moor CC) Monthly 4<sup>th</sup> Wednesday am

**Luncheon Group** (As advised on the notice board) Monthly 1st Thursday

**Mah Jongg [English Style]** (Sale Moor CC) Twice Monthly 1<sup>st</sup> & 3<sup>rd</sup>  
Mondays am

**Mah Jongg [Hong Kong Style]** (Sale Moor CC) Twice Monthly 2<sup>nd</sup> & 4<sup>th</sup>  
Mondays am

**Music Appreciation** (Sale Moor CC) Monthly 3<sup>rd</sup> Wednesday am

**Practical Philosophy** (Sale Moor CC) Twice Monthly 2<sup>nd</sup> & 4<sup>th</sup>  
Wednesday 1.30-3.30pm

### **Your local University of the Third Age**

*Sale U3A, a registered charity, was formed in November 1992. It still continues to grow and is managed by an Executive Committee.*

*Activities are financed by an annual membership fee, together with a charge for each session attended on rented premises.*

### **Where do we meet?**

#### **Sale Moor Community Centre**

*Art & Crafts, Bridge, Canasta, Computer Club, Easy Exercises, Egyptology, Family History & Social Studies, French Conversation, French-Intermediate, German, Guitar, Italian Beginners, Latin, Literature, Mah Jongg, [English & Hong Kong Style] Music Appreciation,, Practical Philosophy, Recorder, Scrabble, Spanish Advanced, Spanish Post Beginners, Writers Group, General Interest Meeting.*

*The General Interest Meeting takes place on the 4<sup>th</sup> Friday afternoon 2.00pm to 4.00pm (as announced). These meetings consist of a speaker and/or presentation, either one of our own or an invited guest speaker.*

#### **Various Places**

*Walking Group  
Luncheon Group  
Gardening - Grow Your Own  
Cycling  
Table Tennis  
Badminton*

#### **Members Homes**

*Cryptic Crosswords  
Water Colour Painting*

#### **On the lighter side**

*In addition, social events are arranged each year including a Day Coach*

### ***Interested?***

*Copies of the Programme, and this Information Leaflet are available at any General Interest Meeting, or from our website [u3asites.org.uk/sale](http://u3asites.org.uk/sale)*

### ***Other Information***

*We allow two visits before you are required to pay our subscription. The Group Leaders will need to see your current membership card as this must be noted on the register. All groups are open to everyone but as our language groups are ongoing it is advisable to check what level they have reached before attending.*

*To give everyone more choice we need more groups and therefore more leaders. Perhaps someone from an existing group could start a similar one themselves, alternatively, you could start a new one with the Committee's help. Whether new groups start depends on the support shown.*

*Those already running or taking part in groups will tell you how enjoyable it can be. If you have any ideas for groups, not included in this leaflet, please let the Committee know.*

## **SPECIALIST GROUPS**

***Unless otherwise stated am meetings are 10.00am to 12 noon and pm meetings are 2.00pm to 4.00pm***

<b><i>Badminton</i></b> (Sale Leisure Centre)	<i>Weekly Monday 1.30pm- 3pm</i>
<b><i>Bridge</i></b> (Sale Moor CC)	<i>Weekly Tuesday 1.30 pm - 4pm</i>
<b><i>Canasta</i></b> (Sale Moor CC)	<i>Weekly Wednesday 1.30pm -3.30pm</i>
<b><i>Computer + Tech</i></b> (Sale Moor CC)	<i>Monthly 1st Wednesday am</i>
<b><i>Crafters &amp; Natterers</i></b> (Sale Moor CC)	<i>Twice Monthly 2<sup>nd</sup> &amp; 4<sup>th</sup> Mondays pm</i>
<b><i>Cycling</i></b> (Walton Park Car Park)	<i>Twice Monthly 1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesday 1.30pm</i>
<b><i>Cryptic Crosswords</i></b> (Members Home)	<i>Monthly 2<sup>nd</sup> Monday pm</i>
<b><i>Easy Exercises</i></b> (Sale Moor CC)	<i>Weekly Friday 11.15am-12.15pm</i>
<b><i>Egyptology</i></b> (Sale Moor C C)	<i>Monthly 3<sup>rd</sup> Tuesday am</i>
<b><i>Family History &amp; Social Studies</i></b> (Sale Moor CC)	<i>Monthly 2<sup>nd</sup> Tuesday pm</i>
<b><i>French Conversation</i></b> (Sale Moor C C)	<i>Twice Monthly 2<sup>nd</sup> &amp; 4<sup>th</sup> Thursday pm</i>

***French-Intermediate** (Sale Moor CC)    Twice Monthly 2<sup>nd</sup> & 4<sup>th</sup> Thursday am*