



ALBURY WODONGA
UNIVERSITY OF THE THIRD AGE

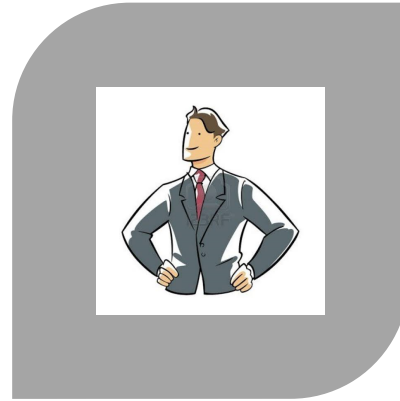
The U3A movement

- U3As are world-wide organisations
- Began in France in 1968
- In 1973 a highly-rated gerontology course was provided by Toulouse University for local retired people.
- Now over 3000 groups worldwide, as well as Online groups

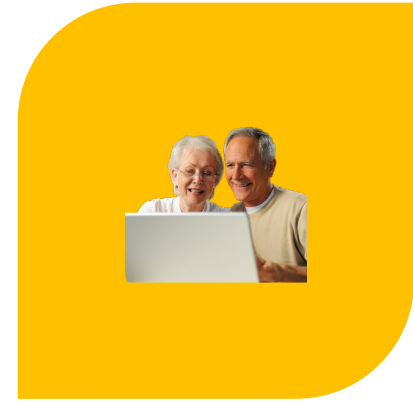
The Third Age



FIRST AGE ...
DEPENDENCY ON OTHERS



SECOND AGE ... OTHERS
DEPEND ON US



THIRD AGE ...
INDEPENDENT

Those who learn can be teachers...

And those who teach can be learners...

U3A in Australia

Australia (Melbourne) in
1984

2023 - 300 U3As with
approximately 100,000
members

the fastest-growing adult
education movement in
Australia

U3A in Victoria

- We represent a network of 104 local U3As centres across Victoria, and each one is unique.
- Over 33,000 members - ages 50+
- Why is U3A so special?



Member Benefits

- Affordable
- Informality
- Strong communication systems



Added benefits

- Life-long learning
- Gerontology research
 - well-rounded, intellectually diverse life,
 - a good social network,
 - social engagement,
 - physical activity
 - helps to keep one's brain healthy for as long as possible.

U3A ticks all these boxes

One of the longest and ever popular Garden Groups with Shirley Farr





Mahjong is another of the most popular groups

The Mad Hatter's Dinner... just for fun





Walkie Talkies with John Whale ...and Our World with Gerry Engwerda



Membership



- Membership is \$85 per person for the year
- Members can be tutors
 - Classes can be one or two day workshops
 - Special events with a guest speaker
 - A series over 6 weeks
- A Membership form is available on the website.

Want to find out more about U3A

- Visit the Albury Wodonga U3A webpage at <https://U3A Albury Wodonga - University of the Third Age>



Use our Facebook page: www.facebook.com/U3AAW

- We are a member of the U3A Network Victoria www.u3avictoria.org.au



Conclusion

- Thank you for this opportunity to tell you about our U3A
- President Alwyn Friedersdorff
- Vice President Anthony White
- Secretary Annie Stephenson
- Treasurer Tony Keys
- Program Coordinator Ludger Pille
- IT and UMAS Peter Massey

Members: Rod Farr, Cherryl Kolbe, Karen Ferguson, Diana Pape

