



THE UNIVERSITY OF THE THIRD AGE

### **Are you**

- retired or semi-retired?
- living in the Carrick/central Cornwall area?
- looking to fill your leisure time with enjoyable activities?
- wanting to make more friends?

### **HAVE YOU CONSIDERED JOINING YOUR LOCAL U3A?**

U3A Carrick is a lively and very friendly group of people generally aged between 50 – 95 (no upper age limit) who enjoy spending time with others while following a wide and varied number of leisure activities.

### **These are just some of the groups on offer**

Allotments, Angling, Art, Astronomy, Crafts, Creative Writing, various Dining groups, Family History, Films, Jazz Appreciation, Philosophy, Photography, Playreading, Poetry, Science, Sewing, Spanish.

### **Board and Card games including**

Bridge, Chess, Euchre, Mahjong, Scrabble.

### **Activity groups such as**

Carpet and Ten Pin Bowling, Croquet, various Dance classes, Pétanque, Badminton, Short Tennis, Table Tennis, T'ai Chi, Walks, Yoga.

### **And if you're of a musical turn, there's**

Choir, Clarinet, Handbells.

**If none of the above appeals,  
why not offer to start up your own group  
and share your specialised knowledge?**

It's great value at £23 a year to become a member of U3A Carrick. Meetings are held in various venues, including village halls and members' homes.

Look us up on [www.u3acarrick.org.uk](http://www.u3acarrick.org.uk) or  
ring our **Membership Secretary on 01872 272344**

**DON'T STAY AT HOME FEELING LONELY.  
Try a FREE TASTER session. You'll be made very welcome.  
KEEP ACTIVE AND INTERESTED IN YOUR RETIREMENT.**