

Aughton and Ormskirk U3A

SUSTAINING WELLBEING IN LATER LIFE

The U3A Active Ageing Programme

Your needs	U3A opportunities
<p>Mental Wellbeing "Use it or lose it"</p>	<p>Art Appreciation, Bridge, Canasta, Card-Making, Chess, Choir, Church History, Bird Watching, Family History, Cribbage, Discussion Group, Drama, Film Appreciation, French, Gardening, Jazz, Guitars, Hand bells, Keyboard Playing, Italian, Local History, Latin, Mahjong, Moneywise, Music Appreciation, Opera Appreciation, Painting, Philately and Numismatics, Philosophy, Poetry, Book Reading, Science, Scrabble, Shakespearean Studies, Spanish, Theatre, Geology, Welsh, Wine Appreciation, Speaker Meetings, Philharmonic Hall visits, Digital Camera Group, Wellbeing Group, Musical Theatre, Beer Appreciation, Textiles, Quilting, Folklore and Mythology, Understanding Tomorrow's World, Ukulele.</p>
<p>Physical Wellbeing "What's good for the heart is good for the head" (You need 150 minutes per week)</p>	<p>Walks (5, 10, 14+ miles), Walks Weekends, Aerobics, Aerobics Lite (for over 70's), Swimming, Badminton, Belly Dancing, Bowls, Country Dancing, Golf, Horse Riding, Line Dancing, Pilates, Salsa, Snooker, Table Tennis, Cycling, Tai Chi, Tap Dancing, Ballroom Dancing, Tennis, Yoga, Zumba and Zumba Gold, Cycling, Tennis, Football 5-a-side.</p>
<p>Social Connections</p>	<p>Theatre visits, Philharmonic Hall visits, Holidays (UK and Europe), Stately Home and Garden visits, Art Appreciation, Social events, Lunch Dining, Sunday Lunch Group, Sunday Social, Drama and Music productions, Wine tastings, Discussion sessions, Visits to Liverpool and places of interest. All these events have a social dimension with opportunities to make new friends.</p> <p>Horizons - weekly coffee morning. Find new ideas, meet new friends, meet Group Leaders, book Theatres, Philharmonic Music Concerts, Book holidays, use Internet Cafe, "Cash in the Attic" valuation facility etc.</p>
<p>Computers and I.T.</p>	<p>Computer courses, Computer Advice Centre, Internet Café, iPad tuition, Skype phoning, email, e-Learning courses, assistive technology for independent living.</p>
<p>Volunteering</p>	<p>Thousand opportunities to restore your self-worth and self-efficacy using your skills and experience either to develop new activities or contribute to the existing activities. Also to be a volunteer to Silver Line Helpline telephone befriending.</p>
<p>New Programmes (under review)</p>	<p>New courses, leisure social and physical activities are continually being developed. e.g. Egyptian Hieroglyphics, Canterbury Tales, Creative Writing, Nutrition and Diet, Meditation, 'Managing Stress <i>in</i> Later Life', "Digging up your past" (writing your personal history).</p>