

## Keeping in Touch

### Newsletter

The official newsletter of U3A Helderberg is issued four times annually, with information about courses, outings, members' contributions and news items concerning our activities.

### Email Group

Members with an email facility receive newsletters, important notices, course lists, and information about U3A activities and events. Members without an email facility, receive brief important notices via SMSs.



### U3A Website

[www.u3ahelderberg.co.za](http://www.u3ahelderberg.co.za)

Here you will find a great deal of information about the organisation & links to U3As in SA and the World.

### Notice Boards at General Meetings

These carry extensive information about events, new courses and members have the opportunity to discuss activities with Course Leaders who are in attendance.

## Becoming a Member

Membership is open to those, no longer in full-time employment. One just follows the simple instructions printed on the Application Form.

### Application Forms

Application Forms can be collected at every General Meeting or from the U3A boxes at the libraries in Somerset West or Strand or Gordon's Bay. Forms can also be downloaded from the Website.

### Cost of Membership

The Membership Fee for 2020 or part thereof, is R70. Members do not pay for classes but may need to purchase class materials or reimburse Course Leaders/Facilitators for their costs.

## Volunteering

Similar to all U3As, we exist solely through the voluntary efforts of our members. There are several ways in which you can volunteer and we would like to believe that, if able, new members would be willing to become involved in one way or another.

One way is tutoring. Many of our Course Leaders are members who have practised or taught their subject professionally for some years before retirement. Other Group Leaders are enthusiasts who are keen to share knowledge of their favourite hobby or pastime. Others, merely facilitate a group with a subject that is of interest to them.

There are also volunteers who assist Course/Group Leaders. Volunteers can help in many practical ways e.g. at the tea table, at General meetings.

If you are interested in facilitating or leading a Group, contact the Education Coordinator. For contact details, see our website.

The organisation is managed by a committee, which is elected annually. The committee meets on a monthly basis and members are allocated various portfolios, such as Education, Membership, Speakers, Publicity, Newsletter, Website, etc.

## How to contact us



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[www.u3ahelderberg.co.za](http://www.u3ahelderberg.co.za)



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# U3A Helderberg

University of the Third Age



Learning Later  
Living Greater

*Published by: U3A Helderberg October 2019*

## What is U3A?

U3A is an abbreviation for University of the Third Age, a worldwide network of learning communities for older, generally retired people. The concept began in France in the 1970s but is now worldwide and represented in many countries.

"Third Age" refers to the later years of life, after work and family responsibilities have lessened. "University" is the old usage of the word, from a time when it meant "a community of seekers after knowledge".

U3As are built on a common philosophy of older people getting together to teach, learn and share their wisdom, just for the satisfaction it brings - no qualifications are necessary for joining and no certificates or accreditations are awarded.



## U3A Helderberg

There are currently 29 U3As (2020) in South Africa. The first one opened in February 2000, in Cape Town.

U3A Helderberg was started in 2003, with 200 members. The number of members increases each month and in 2019 is just under 2000.



Members come from many backgrounds with varied life experiences and a wide range of interests. These interests are reflected in the large variety of courses and other activities offered to members.

## How U3A's Operate

U3A's are created and run entirely by the members. Each U3A branch is independent and autonomous with its own constitution.

A committee, elected annually at the AGM, assumes overall responsibility for the running of each U3A and its programmes, courses and activities.

Membership fees are kept to a minimum - U3A is a volunteer organisation and no members are remunerated for their services.

*The cornerstones of U3A are social interaction, life-long learning and volunteering. These are surely the ingredients of an excellent recipe for successful ageing*

## Social Interaction



Being involved in social activities enhances our lives and for many members this is a prime reason for joining U3A. Meeting like-minded people in a friendly environment

is the perfect setting for making new friends. Whether it is walk-ing, the lunch club, the theatre group or learning a new subject, all include the opportunity for social interaction.

## Life-Long Learning

In keeping with this goal, U3A Helderberg runs both general meetings and courses or activity groups.

## General Meetings

These are held in the Strand Town Hall on the first Wednesday of every month, except December and January. Each meeting features a prominent speaker and the topics are of general interest and varied.

## Our Courses and Activity Groups

In 2019 there were 35 courses or activity groups available to cater for the interest of members.

*Examples of courses and activity groups are:*

**Arts and Crafts:** Splash Out with Colour and Fine Art Films

**Cultural:** Theatre, Current Affairs and Media, Armchair Travel, Makers of History, Film Club and Palaeontology.

**Languages:** Afrikaans, English, French, German, and Xhosa.

**Literature:** Book Clubs, Reading Club, Poetry for Pleasure, and Afrikaanse Leeskring.

**Physical and well-being:** Tai Chi and Creative Movement for Dynamic Aging

**Outdoor:** Exploring the Countryside and Hiking

**Skills:** Money Matters and Creative Writing

**Social:** Luncheon Club, Wine and Dine, Chess, Canasta and Bridge.



*Classes or meetings generally last about 90 minutes and do not run during December and January*

**Venues for courses and activities:** These are arranged by the course leader or facilitator. Venues can be library or church halls or even private homes.

**Applying for participation:** A Course/Activity List is published and updated each month. After choosing their area of interest, members simply contact the relevant Course Leader or Facilitator and arrange to attend.