

What Type of Activities Do We Offer?

At U3A Toowoomba, we offer a diverse range of activities designed to keep you engaged, active, and learning, including:

- **Academic Subjects** – Broaden your knowledge across various fields.
- **Art and Craft** – Get creative with hands-on artistic projects.
- **Computers and Technology** – Learn to navigate the digital world with ease.
- **Card and Board Games** – Enjoy a bit of friendly competition and strategic fun.
- **Dancing** – Move to the beat with fun and energetic dance classes.
- **Finance Education** – Gain valuable insights to manage your finances.
- **Guitars and Ukuleles** – Pick up an instrument and enjoy making music together.



U3A Needs YOU!

Do you have a skill, hobby, or specific knowledge that you'd love to share with others? Are you passionate about a subject and keen to teach it?

If you answered **YES**, why not join over 100 of our enthusiastic **Tutors and help spread your knowledge? We're always on the lookout for people eager to teach and inspire others.**

To get involved, please contact our Tutor Liaison Officer via email at

info@u3atoowoomba.au



New Interests, New Friends!

Retire from Work – Not Life!

Join a community of like-minded, retired, or semi-retired people

- Learn New Skills
- Stay Active
- Socialise and Have Fun
- Share Your Knowledge
- Tutor, Volunteer, and Make New Friends

Contact Us Today to Find Out How You Can Join!

- Philharmonic Performance Complex**
7 Matthews St, Harristown QLD 4350
- 07 4687 7659**
- info@u3atoowoomba.au**
- facebook.com/toowoombau3a**
- Office Hours: Monday to Friday**
9am – 4pm (During Term Times)
- u3atoowoomba.au**

We'd love to welcome you to our vibrant U3A community!



What Type of Activities Do We Offer?

- **History** – Explore and discuss fascinating historical events.
- **Psychology** – Delve into the intriguing study of the mind and behaviour.
- **Languages** – Learn a new language or sharpen your existing skills.
- **Lunch and Movies** – Socialise with like-minded friends over a meal or film.
- **Mind, Body, and Health** – Look after your wellbeing with health-focused sessions.
- **Sport** – Stay active with a variety of sporting activities.
- **Hiking and Other Physical Activities** – Get outdoors and keep fit with group hikes and more.

With such a wide variety on offer, **there's always something new to learn, try, and enjoy!**

The **University of the Third Age (U3A)** is a worldwide organisation that champions the idea of lifelong learning and the simple joy of gaining knowledge for its own sake. It's an opportunity for people in their "Third Age" to come together in a supportive environment, learning from and teaching one another. The "Third Age" refers to that exciting chapter of life following the formal education of childhood and the busy working years of adulthood. It's all about staying active, mentally and socially, during retirement.

Here in Toowoomba, U3A has been thriving since 1990. We provide a wide variety of educational and leisure courses that cater to seniors in **Toowoomba, Pittsworth, Crows Nest**, and the surrounding areas. Our membership has grown to over 1,900 people, and we currently offer more than 140 different courses every week, all at an affordable cost, so there's plenty of opportunities to explore new interests, meet like-minded people, and keep active. U3A Toowoomba is proud to be part of a larger network of U3A groups, with 36 incorporated associations across Queensland, each sharing the same passion for lifelong learning and community.



HOW TO BECOME A MEMBER AND JOIN A CLASS

1 To become a **New Member**:

- Go to our website <https://u3atoowoomba.au/> or visit the Office during Opening Hours.
- On the website. Click the green button "**New Member Registration**". This will state cost and ask you to register your details.
- Follow the prompts. Once financial you can receive a Course Book with Tutor Contacts.

2 How to Join a Class

- Go to our website: <https://u3atoowoomba.au/>
- Select 'CLASSES' from the Main Menu. View all classes offered, see which ones have vacancies. Some classes require you to contact the Tutor before enrolling.
- **To enrol in a class**, select the "Enrol" button. Follow the prompts.
 - Present Members, you can select "Member Portal" from the Main Menu. View classes you are enrolled in, see all classes, join classes.
 - If you do not have internet access to enrol in classes, contact the Tutor listed in your Course Book or visit our Office.

3 **Cost of Classes.**

- Set term fee for classes at the PPC, Matthews St.
- A small fee applies per term to some other classes.