

Dunedin has joined the many cities in the world in which a University of the Third Age has been founded

Beginning in France in the mid seventies the U3A movement has now spread to most countries and has many hundreds of thousands of members.

U3A is a response to the idea that human life is divided into three periods: firstly, childhood and schooling; secondly, child rearing and work; and thirdly retirement.

The third age is seen to provide the greatest opportunities for learning and understanding because it is during this period of retirement that the idea of a university as a community of those who seek greater understanding through learning can be put into practice.

The unique characteristics of U3A

- Learning topics are selected by the members
- Indepth courses are planned by members
- Opportunities for reading, research and discussion are provided
- Presenters/facilitators are usually members of the groups
- The company of others who enjoy learning is ensured
- The atmosphere for learning is informal and friendly
- There are no examinations
- There are no compulsory activities
- Courses take place during daylight hours
- Costs are minimal and within the reach of everybody

ADMINISTRATION

Dates: Thursdays

Time: 2.15pm - 4.15pm

Fee: \$40.00

Tea and coffee provided

Enrolments -Limited to 30

You are able to enrol in more than one programme (subject to numbers). If you wish to enrol for more than one programme, you *must indicate your choice* on the Enrolment Form.

To be received on or before Monday, 17th August 1998

Unless you are contacted beforehand you may assume you are in the class.

Venue:

All sessions are held in the Frank Nichol Room, Knox College, Arden St.

Session Leader

Brian O'Rourke

THE UNIVERSITY OF THE THIRD AGE

U3A

A NEW LEARNING OPTION FOR THE RETIRED

ASPECTS OF GROWING OLDER

17 September -5th November 1998

Rodgers & Associates
Law Practice

ASPECTS OF GROWING OLDER

1st choice ___ 2nd choice ___ 3rd choice ___

Please tick appropriate spaces.

Surname: _____ M ___ F ___

Name for Name Tag: _____

Address: _____

Telephone Number: _____

Payment

Course Fee: \$40

Cheques payable to Rodgers and Associates

Please complete and return to:

U3A

Rodgers and Associates

P O Box 6200

Dunedin North

on or before Monday 17th August 1998

Enquiries to:

U3A

Katherine Dolby

467 2638

The Programme

This programme provides an opportunity to learn about some aspects of 'growing older' with the assistance of a number of lecturers and facilitators who have had considerable experience working in this field.

The lecture/discussions cover not only selected aspects of personal functioning and behaviour but also examine the significance of older people in the larger society.

There will be time for discussion and for the sharing of ideas derived from guided personal observations.

ASPECTS OF GROWING OLDER PROGRAMME 1998

(Thursdays 2.15-4.15)

17th September

Brian O'Rourke -Introduction to "Growing Older"

24th September

John Campbell -Medical Aspects

1st October

David Russell -Wellbeing, nutrition and exercise

8th October

Roberta Highton and Gwenyth Allison
Relationships-Reassessing and Evolving

15th October

John Morss -Thinking and Learning

22nd October

Steve Rodgers -Money, power and finances

29th October

Pat Shannon-Older people and social policy

5th November

a) Brian O'Rourke -Review of personal studies

b) Peter Cameron -Myths and realities of "Facing the Future".

RETAIN THIS PORTION