

No Internet? Not on Facebook?

No email?

Feel free to ring on

07756184441

Leave a name and contact number if we are not able to answer straight away and our membership secretary will call you back.

Or....

Please feel free to just come along to our monthly meeting and see for yourself how friendly and welcoming we are.

We would love to see you!

We have our own monthly newsletter sent to each member via email with messages from our committee, updates from activity groups, news, tips and puzzles.

We have our own website, a public Facebook page alongside a private members group on Facebook

Garforth, Kippax and District u3a:

<https://garforthkippaxdistrict.u3asite.uk>

Public Page

<https://facebook.com/profile.php?id=61562379895610>

Private Group

<https://facebook.com/garforthkippaxu3a>

Find all about the National u3a via their website

<https://www.u3a.org.uk/>

**Garforth, Kippax
& District u3a**



u3a is a world-wide voluntary movement that brings together like-minded people in their third age to develop their interests or enjoy new skills and new interests in a friendly and informal environment.

There are no defined lower or upper age limits. The only condition is that you must have reached a point in life when you are no longer working full-time and have time to pursue your own interests, take up new opportunities and try something new!

u3a members draw on their own skills, knowledge and experiences to learn from one another.

There are no qualifications to pass it is just for pleasure, learning is its own reward! This ethos has given the organisation its tagline:

'Learn to Laugh to Live'

It's all voluntary!

U3a is run by members for its members!

Garforth, Kippax & District u3a is only one of over 1,000 u3a's nationwide who are home to a range of activity groups from art to zoology and everything in between.

Activity groups form the heart of every u3a, with group members deciding on how their group will run, where and when to meet within the guiding principles of the national organization.

A list of our activity groups is listed below.

Activity

Art

Art Appreciation

Bookworms

Chess

Cinema

Classic ensemble

Conversational German

Craft

Crochet & Knitting

Easy Cycling

Fitness

French Conversation

Garden Visits

History

Italian for beginners

Italian Language

Motorhomes

Motoring

Music Appreciation

Photographs

Play Reading

Quiz

Saturday Lunch Club

Spanish

String and Swing Music

Strollers

Tech it Easy

Theatre Group

Ukulele

Walking Netball

Walking Over 5 Miles

Walking Under 5 Miles

Wellbeing by Nature

We hold our monthly members' meetings on the 1st Wednesday of each month, at:

Garforth Working Men's Club

Barley Hill Road,

Garforth LS25 1AU

Meetings last around two hours.

Doors open at 1.00pm for a 1.30pm start.

At our monthly meeting there is opportunity to meet members of the committee, meet other members, make friends, listen to speakers, find out more about our current activity groups and how to join.

These meetings also include an opportunity to socialise.

We are always open to starting new activity groups should there be interest. Groups could start with as few as two or three interested members.