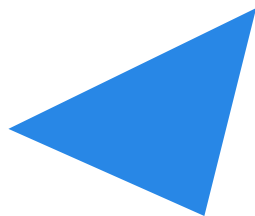




# u3a Learning Overview

January 2025



## Learning Activities

- Quiz Library
- Find a u3a speaker
- Where am I
- Competitions
- Paint or draw
- u3a eye
- Found in nature
- Maths challenge

Link: [www.u3a.org.uk/learning/learning-activities](http://www.u3a.org.uk/learning/learning-activities)



# Online Learning Events – free for u3a members

Monthly events via Zoom sharing knowledge and skills.

## January 2025 Highlights

**Melancholy as a Creative Force:  
Joni Mitchell's Blue Album**  
Thursday 9 January at 2pm

Emeritus Professor Chris Dowrick explores Joni Mitchell's experience of melancholy as a longing to create new ways of being.



**Sculpting after the Holocaust:  
The Story of Naomi Blake**  
Thursday 16 January at 10am

Anita Peleg, from Generation 2 Generation, presents her mother's remarkable story of survival & her sculpture to express her experiences.

**Bollywood Laughter Yoga Dance**  
Monday 20 January at 10am

Judith Walker and Merrie Maggie offer a session of gentle aerobic exercise combining the four elements of joy - laughing, singing, dancing and playing.



**Secrets of the Human Brain: Talk One**  
Thursday 30 January at 2pm

The series starts with a simple description of how nerves work and how different parts of the brain do different things, by Dr Bob Pullen.

Book these and more for free on [the events page of the u3a website](http://www.u3a.org.uk/events) ([www.u3a.org.uk/events](http://www.u3a.org.uk/events))

Queries to [learning@u3a.org.uk](mailto:learning@u3a.org.uk)



## u3a Podcast



Link: [www.u3a.org.uk/learning/u3a-radio-podcast](http://www.u3a.org.uk/learning/u3a-radio-podcast)

## Interest Groups Online

- Online u3a community that provides the opportunity to join groups, talks and courses from home.
- Activities are run by members and are a great way to meet people from all across the u3a movement.
- £12 membership (or £6 if joining between October to March)

Link: [www.u3a.org.uk/learning/interest-groups-online](http://www.u3a.org.uk/learning/interest-groups-online)

## Trust Volunteers

- Subject Advisers – nearly 90 different subject areas  
Link: [www.u3a.org.uk/learning/subjects](http://www.u3a.org.uk/learning/subjects)
- Subject Network Volunteers – including Walking Exchange and Let's Talk Tech  
Link: [www.u3a.org.uk/learning/subject-networks](http://www.u3a.org.uk/learning/subject-networks)
- Interest Groups Online
- Podcast Team
- Learning Volunteers

## Leaflet and newsletter

- Online learning events newsletter

Sign up: [www.u3a.org.uk/events/educational-event](http://www.u3a.org.uk/events/educational-event)

- u3a Learning leaflet

See attached and the new version will soon be available to download from: [www.u3a.org.uk/learning](http://www.u3a.org.uk/learning)

## Advice, guidance & support

- Your Regional Trustee – [Contact & email](#)
- The Third Age Trust website: [www.u3a.org.uk](http://www.u3a.org.uk)
- The Third Age Trust [newsletter](#) and [magazine](#)
- u3a Office – 020 8466 6139 or [u3a.office@u3a.org.uk](mailto:u3a.office@u3a.org.uk) (Monday to Friday 9.30 – 4.30)
- [Workshops](#) for u3a members on all aspects of running a u3a from finance and complaints to being a trustee and running interest groups.