How to become a Member of Causeway U3A

To join U3A you simply complete a Membership Application Form and send it, with a cheque for your annual fee, to the Membership Secretary. This form is available on our website www.causewayu3a.co.uk and the address to which it should be returned is given on the form. When this is received you will be sent a programme of our activities and contact details for the leader of each activity group.

If you do not use the Internet, we invite you to come along to one of our monthly meetings – first Thursday of each month (September to November and January to April) at the Lodge Hotel Coleraine at 10.30am.

The Membership fee is under £20 for the first year and is lower for subsequent years. Each activity collects a small fee to cover the costs of the activity e.g. room rental and materials.

Contact Details
Website www.causewayu3a.co.uk
E-mail: membership@causewayu3a.co.uk

Other Information
Third Age Trust website: u3a.org.uk

Causeway U3A is registered as a charity under NIC 104728

Run by the Members for the Members!

Causeway U3A, with more than 1200 members on the North Coast, is for retired and semi-retired people who want to enjoy a good social life and learn new things. The members organise a wide range of activities to help support each other to remain active in mind and body. No qualifications are needed to take part. We are a registered charity and are part of the Third Age Trust. Insofar as possible members run activities for other members in local community venues and this keeps our costs low.
What does Causeway U3A do?

We arrange social activities
- An Activity Fair on the first Thursday of September each year.
- A programme of monthly talks by distinguished speakers
- Christmas lunch
- Culture Group & Cinema Group
- Monthly Cuppa and Chat
- Monthly Sunday lunch “Sunday All sorts”
- Monthly Table Quiz

We offer annual holidays and a range of day trips
- Continental holiday each May
- Holiday in Ireland each Spring
- Monthly day trips throughout the year

We run helpful seminars and courses
- Health and Welfare topics
- Computing and Internet courses

We work in partnership with Ulster University to provide
- A wide range of indoor and outdoor sports
- Theatre Skills with the Riverside Theatre
- Cooking for Fun
- The Age Friendly University Initiative
  (U3A members can attend a range of University lectures)

Here are examples of activities from our current programme, run in various venues throughout the area

- Art
- Astronomy
- Backgammon
- Badminton
- Ballroom Dance Club
- Bridge Clubs
- Bridge Classes
- Calligraphy
- Causeway Crooners
- Causeway Whistlers
- Choir
- Crafts
- Creative Writing
- Current Affairs
- Facebook
- Flower Arranging
- French
- Fun with Drums
- Garden & Environment
- German
- Guitar
- Golf Lessons
- Golf Society
- Irish
- IT Skills
- Investments and Money matters
- Mindfulness
- Nordic Walking
- Photography
- Pilates
- Poetry Reading
- Rambling
- Reading
- Running
- Science
- Short Ball Tennis
- Short Mat Bowling
- Spanish
- Swimming
- Table Tennis
- Tai Chi
- Tennis
- Theatre Skills
- Traditional Irish Harp
- Ukulele
- Walking Netball
- Whist
- Wine Appreciation
- Yoga
- Zumba