



Islington U3A

**Have you
finished full-time
work?**

**Has your family
grown up?**

**Would you like
to try something
new?**

**Join us to learn, to share
ideas, or to get fit, but
mainly to have fun...**

Islington U3A has more than 400 members. We offer a huge variety of activities, from birdwatching to creative writing, philosophy to yoga

Contact us:

www.islingtonu3a.org

iu3amembers@outlook.com

Tel: 07784 336219

