

Your Time To Shine



u3a learn,
laugh,
live



A programme of 90 classes to improve physical and mental health and reduce isolation in older people with activities to be held across Bolton, alongside a programme of retreat days for older people at Chetham Farm Retreat in Chapeltown.



Join With Us

**bolton
CVS**



Scan the QR code to
book your Spa day

u3a Bolton

Boltonu3a.org.uk