



REFLECTIONS from a THIRD AGE

Buy this book and buy into our world

Retirement is just a state of mind.

We've all led interesting lives. Now we have time to explore and enjoy a whole new world and do the things we missed earlier. Words? Creative writing? We've enjoyed writing this anthology, so we hope you'll enjoy reading it.

How to buy this book?

**Contact us, see us at Open Meetings, group meetings and events.
Pick up a copy for**

£5.50

Also, you can buy it on-line from Feedaread.com for £5.99 plus p & p.

Contact us through our U3As
at <http://www.flintshire-u3a.co.uk/> or <https://u3asites.org.uk/ruthin/home>

In Flintshire, contact Sue Cocker (01352759072), Sue Wilcox (01244819334),
John House (01352720860), Pauline Dobb (01824790037),
Jo Shone (01352752189)

In Ruthin, contact Gill Jones (01824703379), Glenda Dunne (01824750803).

Do you need a gift to say 'Thank you for having me', 'Get Well Soon' or 'Thinking of You'?

Bottle of wine not quite right? So, for a similar price, say, £5.50, may we suggest
'Reflections from a Third Age'?

By Flintshire and Ruthin U3A writing groups, it's our highly-recommended first book of short stories on life after retirement - observations, challenges and joys.

Contact Pauline on 01824 790037.