



How often do we hear in the media that trying something new is good for our mental and physical health?

So - how about taking on a new challenge?

Maybe you might feel like trying our new Ballroom dancing group?



Led by professional coaches, it caters for everyone - no matter whether you are an experienced Ballroom Dancer or would just like to give it a try.

We can't guarantee you will reach 'Strictly' levels – but we CAN guarantee it will be fun!

Meetings are on the 1st and 4th Tuesdays of the month at Shirley Methodist Church, from 11.00 am - 12.00 midday.

Cost is £5 per person - and you don't need to come with a partner.

If this would interest you, please contact Interest Groups Enquiries via the Croydon u3a website: [Contact Us | Croydon u3a](#)

OR maybe this might take your fancy?



**Did you ever make a start at learning to play the guitar,
but never found the time or motivation to practise?**

Would it help if you had the opportunity to get together with others
- to learn from each other and practise together?

One of our members is keen to set up an **Improvers Guitar Group**,
with a few members meeting for an hour or two every fortnight.
He is willing to act as facilitator for the group - suggesting songs and different parts
for members to play.

**The idea is to learn and practise some songs together, encourage each other ...
and - above all - to have some fun!**

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