

ARA -- WHAT'S IN IT FOR ME?

- Stimulating Lectures
- Dynamic People
- Diverse Programs
- Lively/Informative Discussions
- Creative Writing
- Watercolor Classes
- Classic Films
- Cultural Tours
- Nature Walks
- Play Reading
- Fitness Classes
- UNH Library Privileges
- Social Activities



Meet New Friends

Things To Do... Places To Go... People To Meet...



Watercolor Classes



Fitness Classes



Nature Walks

Active Retirement Association



Expand Your World



www.unh.edu/ara

ABOUT ARA

Since 1982, the Active Retirement Association, an outreach of the University of New Hampshire, has provided educational and cultural programming for people in the Seacoast area and beyond. The Association aims to enhance the quality of life for individuals who wish to keep intellectually alert, broaden their interests, explore new fields of knowledge, and make new friends. Members are encouraged to use their talents and experiences as program leaders, panelists, organizers, officers and committee members.

Activities are organized into four-week terms from September to June and are held in the NH/Maine Seacoast area. The annual membership fee covers the period from July 1 through June 30.

Prospective members may attend the first week of activities in September or in February without charge.



MEET OUR MEMBERS

Why do our members enjoy being part of the ARA? We asked and this is what they had to say:

"ARA allows me to keep abreast with current news by participating in the Great Decisions discussions and participating in the most interesting tours which are very well presented."
Inga W., Portsmouth, NH

"I love to discuss issues, I love to hike, I love to paint. I love the chance to socialize. This organization is for me!"
Judith C., Dover, NH

"The programs are stimulating, the people are fun to know and I can drop in or out whenever my schedule fits."
Linda S., Durham, NH

"I like the 'active' part of ARA: the Spring and Fall hikes and tours which take us to spots of natural beauty and cultural enrichment."
Claudia G., Berwick, ME

"I look forward to meeting new friends and hearing new ideas. ARA opens doors to adventures both by traveling and listening to presenters. They lead my mind and body to new sites and insights."
Bob D., Dover

FOR MORE INFORMATION

For detailed program information, upcoming meetings, special events and tour information, visit us at:

www.unh.edu/ara

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Write:

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