

1984-06-28

# University of The Third Age to Open at USD July 9

Office of Public Information

Follow this and additional works at: <http://digital.sandiego.edu/newsreleases>

---

## Digital USD Citation

Office of Public Information, "University of The Third Age to Open at USD July 9" (1984). *News Releases*. 3469.  
<http://digital.sandiego.edu/newsreleases/3469>

This Press Release is brought to you for free and open access by the USD News at Digital USD. It has been accepted for inclusion in News Releases by an authorized administrator of Digital USD. For more information, please contact [digital@sandiego.edu](mailto:digital@sandiego.edu).

# NEWS RELEASE UNIVERSITY OF SAN DIEGO



## OFFICE OF PUBLIC RELATIONS

DIRECTOR: SARA FINN, APR

PUBLICATIONS AND INFORMATION SERVICES: SANDRA A. EDELMAN

PUBLIC/CALENDAR EVENTS: JOAN MURRY

TELEPHONE: 619-291-6480/EXT. 4296

ADDRESS: RM. 266 DE SALES HALL, ALCALÁ PARK, SAN DIEGO, CA 92110

FOR IMMEDIATE RELEASE

UNIVERSITY OF THE THIRD AGE (U3A)

TO OPEN AT USD JULY 9

The University of San Diego's special program for seniors 55 years or older, The University of the Third Age (U3A), will begin its summer session July 9 and continue through August 9. Tuition is \$55. For information call USD Continuing Education, 293-4585.

Now in its sixth year, U3A is a program of physical fitness sessions and a variety of lectures and meets Monday through Thursday, 8:30 a.m. to noon. Enrollment is open to persons 55 or older who are in reasonably good health and can provide their own transportation to and from the USD campus off Linda Vista Road.

U3A's opening session will begin on July 9 at 10:00 a.m. in The Douglas F. Manchester Executive Conference Center; thereafter each day will begin at 8:30 a.m. with an hour of physical exercise at the USD Sports Center, followed by classes in the Manchester Center.

A wide variety of topics will be covered beginning with associate professor of nursing Patricia Roth's presentation "Thriving Not Merely Surviving." Roth advises that the second half of life can be a time of growth, a time to expand ideas and engage in new activities. "The old ways of living no longer seem to apply and there is a great deal of obscurity about what lies ahead. Whether we choose our own transitions or whether they are forced by life's circumstances...each new adaptation to change involved some degree of stress, not necessarily crisis...indeed, the challenge is to do more than just survive. It is a time to participate fully in life, a time to share,

--more--

and to grow in creativity and openness to new ideas--a time to thrive."

Among the 37 topics offered are "Tourism: The Hospitality Industry," Nina Likgalter, San Diego Convention and Visitor Bureau; "Border Enforcement," U.S. Border Patrol representative; "Latin America in World Affairs," Virginia Muller, USD assistant professor of political science; "Human Future on Mars," Dr. Bruce Cordell, General Dynamics Convair; "Nuclear War: Fiction and Reality," Lt. General Victor H. Krulack. Other lectures include topics in business, health care, nutrition, senior services, business, marketing, economics.

Chief of Senior Citizens for the City of San Diego Evelyn Herman comments, "This is an opportunity for seniors to expand their horizons, to learn without the pressures of exams, papers or grades."

#

6/28/84

Contact: Mal Rafferty  
Director of Continuing Education  
293-4585