



LISBURN U3A NEWSLETTER October 2011

Chairman: Monica Rafferty
Secretary: Elizabeth Fleming
Guest Speaker Co-ordinator: Gil Colvin

Treasurer: Joan Hamilton
Interest Groups Convener: Monica Rafferty
Venues and Media: Stanley Prentice

Email: u3alisburn@gmail.com

OFFICIAL "COMING OF AGE" OF LISBURN U3A 29th September 2011 at 2p.m.

Laganview Enterprise Centre

Members of Lisburn U3A (LU3A) will receive an official certificate confirming the group's full membership of The Third Age Trust.

The certificate will be presented by Mavis Turner, U3A Regional Trustee for N. Ireland

The Mayor of Lisburn, Councillor Brian Heading, will also be in attendance to mark this significant milestone in our history.

The certificate is tangible evidence that we have met the requirements of the Third Age Trust in terms of organisation, membership and activities and we officially join the list of U3A groups within Northern Ireland and throughout the U.K.

The "Star" will be reporting and taking photographs. So come along, celebrate and enjoy the occasion. Light refreshments will be served.

STEERING GROUP UPDATE

Chairperson

Changing circumstances have brought changes to the steering group. Stewart Hudson has had to stand down as Chairman. We thank Stewart for his sterling work in leading the LU3A group through the initial phase and we all wish him well as he continues to pursue his passion for travel and mountain climbing. Monica Rafferty has kindly agreed to take over from Stewart. Monica has been our very effective and hard working, Interest Group Convener for the last year, so we are delighted to welcome her as our new LU3A Chairperson.

Committee

The continuing success and growth of LU3A has seen a rise in the number of interest groups and activities – with a corresponding increase in the roles and responsibilities of the members of the steering group. To reduce individual burdens by sharing the workload, four additional members have agreed to be co-opted on to the committee - Jean Needham, Irenë Orr, Judy Prentice and David Todd. This is tangible evidence that LU3A continues to thrive – with a membership already in excess of 100!!

PILATES PROVING POPULAR

Our Pilates class (Tuesdays 6.30p.m.) is fully booked up to Christmas. If you were disappointed this time – watch out for future opportunities – and place your name on the interest sheet as soon as possible!

TAI CHI Our Tai Chi classes (Friday 10.30a.m.) are also fully booked. However, if there is enough interest, it may be possible to organise a second session. Please ensure that your name is on the appropriate interest sheet. The quicker potential participants come forward, the sooner additional classes can be arranged!



SHORT-MAT BOWLING The next session of this, our newest activity, will take place on Thursday 6th October at Kilmakee Activity Centre, Seymour Hill from 11am-1pm. Coaching and equipment provided (if required). So come along and try something new, or impress everyone with your already highly honed skills! Contact Catherine Murdock.

STRIDING OUT WITH THE STROLLERS

On 12th September the Strollers' Group organised a conducted tour of Hillsborough Castle gardens. Members were entertained by stories and information about the house and the upkeep of the surrounding lands. If you want to know about yew tree hairnets or sudden branch drop – ask a stroller!



NEXT LU3A MONTHLY MEETING –

Our next monthly meeting is on Thursday 27 October at 2.00p.m. in Laganview Enterprise Centre

INTEREST GROUPS

Bridge for Beginners.

Contact: Ivy Long

BOOK GROUPS

Book Group1:

Meets morning of first Thursday of the month.

Contact: Jeanette Chambers

Book Group2:

Meets morning of last Tuesday of the month.

Contact: Irenë Orr

If you would like to join either of these groups please contact the group leader.

Beginners' Computer Group

Next meeting - Monday 10th October at 2p.m. in Laganview Enterprise Centre. Contact - Gil Colvin , Joan Hamilton or Jean Ryan

Film Group

A chance to go with a group, to see the latest films. Usually meet alternate Monday or Tuesday evenings depending on film choices. Contact: Judith Prentice

Beginners' Golf Group – Advance notice

Next meeting Wednesday 2nd November 2pm at the Maze Golf Course. Those interested should contact - Joan Hamilton or Cynthia Kelly.

Indoor Rock Climbing Group

To take part in this adventurous indoor activity. Contact: Stewart Hudson

Indoor Bowling Group(short-mat)

- see notice on page 1.

Thursdays beginning 6th October at Kilmakee

Activity Centre, Seymour Hill from 11am-1pm.

Contact Catherine Murdock.

Let's Go Group

Details of future outings will appear in next month's Newsletter Contact: Judith Prentice

Knitting and Crochet Group

Meet on Friday mornings.

Contact Isobel Spence

Pilates

FULLY BOOKED – see notice on page 1.

Meets on Tuesdays 6.30pm at Laganview Enterprise Centre. Cost £32.00 for 8 week block. Contact Monica Rafferty

Tai Chi

FULLY BOOKED – see notice on page 1.

Meets on Fridays 10.30am at Laganview Enterprise Centre. Cost £35.00 for 8 week block. Contact: Monica Rafferty

Theatre and Concert Group

Thursday 6th October at 2.30pm:

Calendar Girls – Grand Opera House

Contact Jacqui Townsley

WALKING GROUPS For Health and Safety reasons pets should not be brought on the walks.

Strollers: Short, flat walks

Meeting on alternate Monday mornings.

Contact: Elizabeth Fleming

Ramblers:

Longer walks with occasional hills

Meeting on alternate Monday mornings.

Contact: Stanley Prentice

Planned Walks

Monday 3rd October Stormont Estate Walk

Meet at Dobbies' Car Park at 10.00a.m.

Monday 17th October - Barnett's Demesne, Minnowburn and The Giant's Ring

MEET AND GREET ROTA

Don't forget to sign the Meet and Greet sheet if you are willing to help. It involves arriving early to prepare tea/coffee and greeting members as they arrive for the monthly meeting. Only 3 or 4 volunteers are needed each month so each member would only be required to participate once or twice during the year.

BRING YOUR OWN

The majority of members have computers and have elected to receive this Newsletter by email.

If you require a hardcopy, print it out and bring it along to the meeting with you for reference.

A very small number of copies will be made available at the meeting for those members with no computer.

If you have a computer but have not yet supplied us with an email address, please think of doing so.