

LU3A MONTHLY MEETINGS**PLEASE REMEMBER TO WEAR YOUR NAME BADGE.**

Meetings begin at **2:00pm**, on the **last Thursday** of the month in LaganView Enterprise Centre, 69 Drumbeg Drive, Old Warren. The next meeting is on Thursday, **29th SEPTEMBER 2022** at 2pm when Letitia Fitzpatrick, journalist and broadcaster, who worked for BBC NI and UTV will give a talk on "A Life in Journalism."

The committee have decided that due to only a few members using Zoom to join the monthly meeting, we would cease from offering this option for now. However, if circumstances change during the winter regarding social distancing or we receive a significant number of requests from members, we will reconsider this decision.

Items for Monthly Meeting Agenda – Please note that Group leaders and members wishing to speak at the monthly meeting must first notify the chairperson in advance of the meeting.

WELCOME NEW MEMBERS!

★ Janet McPherson ★ Sandra Bryans ★ Patricia Johnston ★ Ann and Charlie Corry ★
★ Welcome back to Harry Stewart ★

NAME BADGES & MEMBERSHIP CARDS

Don't forget to collect this year's membership card from the sign in table if you haven't already done so. They are in alphabetical order in little brown envelopes. **Name badges for those who joined since 2020 can be collected from Lesley at the welcome/new members desk in the foyer**

DATES FOR YOUR DIARY

September Meeting	29 th September 2022 at 2pm	LaganView Enterprise Centre, Lisburn
October Meeting	27 th October 2022 at 2pm	LaganView Enterprise Centre, Lisburn

NOTES FROM THE COMMITTEE

★ **THIS IS AN URGENT APPEAL FOR A [NEWSLETTER EDITOR](#), AND FOR ADDITIONAL [COMMITTEE MEMBERS!](#)** ★

PLEASE VOLUNTEER AND KEEP LISBURN u3a A VIBRANT, ROBUST ORGANISATION

- **The next meeting** is on **Thursday 29th SEPTEMBER 2022 at 2.00pm** when ..
- **Please consider volunteering for Meet and Greet** to help serve tea and welcome folks at the monthly meeting. If enough members put their name forward each volunteer would only be required for one meeting in the year!
- Please wear your **name badge and sign in** on arrival at every monthly meeting.
- **Tea is served** before the meeting, giving everyone a chance to mingle and chat. **Please bring your own cup.**
- Group leaders have **sign-up sheets** at the meetings **for various events**. Find them at the tables in the main hall.

AN INTRODUCTION TO TECHNOLOGY

★ NEW ★

RAY FILIMORE

This is a basic introduction to technology and will consist of things you need to know and some things you don't need to know, but are included for interest only. Everybody must start somewhere, and the beginning is often the best place.

The objective of this course is to simplify the language of technology and try to explain 'Tech Jargon' in a way that is easy to understand using comparisons between the computer and the everyday life events that we all experience. If we understand the terminology used by computers, we take away the fear of them.

The course will cover subjects such as;

- A brief introduction to the Microprocessor.
- Methods we use to communicate with computers and how they communicate with us.
- Different types of memory, where they are used and what they are used for.
- Storage devices, hard drives, memory cards, pen drives.
- What are the common 'computer programs' and how do we use them.
- Some things we should be cautious of, data loss, scams, computer viruses and how to avoid them.

This all sounds very complicated, but remember, we are only learning the words; we're not going to build a computer!

Reminders:

- **Travel Commission:** Riviera Travel operate a charity scheme with all u3a's. If you book a holiday with them, they donate up to 10% of the total basic cost of it as a charitable donation to Lisburn u3a. The booking must be made directly with Riviera Travel, telling them when you book that you want to claim commission for Lisburn u3a. Note: Lisburn u3a are not endorsing Riviera Travel as a supplier of holidays, and apart from the donations, no further benefit is received by Lisburn u3a.
- **Gift Aid:** If you are a taxpayer Lisburn u3a could benefit if you sign up for gift aid. We would receive 25p for every £1 of your subscription. The money we bring in allows us to pay for the venues the groups use and could allow us to run subsidised events. Gift Aid Forms will be available at the meeting or you can email info@lisburnu3a.org to request a copy.

GROUP LEADER UPDATES

Please contact Group Leaders directly if you don't see **below** the Group in which you are interested. Click [Group Leader Contact Details](#)

GARDENING GROUP

CONTACT: PAUL BOYCE OR JOAN HAMILTON

The Garden Visit to Hillsborough Castle is booked for **Wednesday 28th September**. Meet in top carpark off dual carriageway at **11.15 am**. If you want more information, please contact [Paul Boyce](#) or [Joan Hamilton](#).

ANTIQUES & COLLECTABLES

GROUP LEADER - JACQUI TOWNSLEY

Next meeting will be **9th November - no meeting in October** due to the [Women's Institute 90th Celebration Concert](#) with Lisburn Harmony Ladies Choir.

ARCHERY

GROUP LEADER – PEARL CHAMBERS

Archery recommenced on **Tuesdays from 10.00-11.00am** as usual. New members welcome.

BADMINTON

GROUP LEADER - LAURA MOLLOY

Badminton is played every **Wednesday at 10:30am** at **Lisburn Racquets Club**, Belfast Road, Lisburn.

BOOK GROUP 1

GROUP LEADER- HILARY PRESTON

We met to discuss "The Keeper of Stories" by Sally Page. Several members agreed that this wasn't one they thought they would enjoy. However, it got unanimous approval and led to lively discussion. The main character is Janice, who describes herself as just a cleaner. She is a collector of other people's stories, but she is hiding a story of her own, that is eventually revealed. The book raised issues such as ways of dealing with grief and suicide, problems associated with ageing while trying to remain independent, and of course the fact that each of us has at least one story. Next month we are reading "The Maid" by Nita Prose.

BOOK GROUP 2

GROUP LEADER - JOAN BRYSON

Our October meeting is on Tuesday 25th at 10.30am. We are reading local writer Glenn Patterson's book 'The Mill for Grinding Old People Young' and hope to find it as fascinating as its title. Set in 1830s Belfast as industrialisation is transforming the city and focused on the Port area. An elderly man recalls his youth when radicalism brought him into conflict with the powerful and unjust and he was infatuated with an exiled Polish woman.

BOWLING: INDOOR

GROUP LEADERS - FRASER SHANNON, BILL INGLESTON

The indoor bowling is underway with sessions on Tuesday afternoons and Thursday mornings. If there are enough new bowlers who haven't played before and are interested, we would consider running a few classes on Mondays.

Please let either [Fraser or Bill](#) know, if you are interested.

CROCHET

GROUP LEADER - JEAN RYAN

Meetings resumed in September, on **Fridays 10.30-12.00** in **Lisburn Racquets Club**.

DINING OUT

GROUP LEADER - NORMA PATTERSON

Our next outing to Pizzarellys will be on **Thursday 3rd November at 6.45pm!** Still £16,50 for 2 courses and it's BYO wine etc. Please contact [Norma](#) if you would like to join us.

FRENCH GROUP

GROUP LEADER - ZOE COLLINS

Pleased to announce that the French Group is meeting every Monday from 2:30-3:30pm. Contact [Zoe](#) for more information.

FILM GROUP

GROUP LEADER - JUDITH PRENTICE

We continue to visit Lisburn Omniplex fortnightly, with many members attending. If you wish to join us, contact the [Group Leader](#).

GOLF

GROUP LEADER - MARGARET CALLAN

Weekly Golf continues Monday mornings at both Aberdelghy and Down Royal. Arrangements are made via WhatsApp.

Summer Golf - Elma was the star of the show at the Summer Golf outing to Castlereagh Hills in September. Getting on the Green in one shot was impressive as were both pars. 13th October will probably be the last Summer Golf outing this year. A return to Lurgan Golf Club has been proposed but alternative suggestions are welcome. Arrangements are made via WhatsApp and anyone interested in playing in October should join the WhatsApp group by 30th September. Please contact the [Group Leader](#) if you would like to join either or both WhatsApp groups.

KARATE

GROUP LEADER- WILLIAM GRANT

Karate is held every **Tuesday, from 6pm-7:30pm**, at St John's Hall in Dromara. Contact [William](#) if you would like more information.

PAINTING

GROUP LEADER – TOMMY YARR

Painting for Pleasure group returned to their easels on Tuesday 20th September. New members are welcome! Call [Tommy](#) for more information.

LET'S GO

GROUP LEADER- GAIL POLLOCK

We had very enjoyable visits to Ram's Island and the Ulster Aviation Society as part of European Heritage Open Days, both worth further visits. October's visit will be to Nearynogs Craft Chocolate Experience on **Wed 26th Oct @ 10.30 and 3pm**, price is £18pp, the 10.30 slot is full, so book now as numbers are limited, for the 3pm tour. You can see the process and taste chocolate during the tour. <https://www.nearynogs.com/>

LU3A SINGERS



GROUP LEADER - JACQUI TOWNSLEY

October Meetings on Friday 14th and Friday 23rd at 2.00 pm.

We meet on the 2nd and 4th Friday of each month from 2.00 pm – 4.00 pm in the Parish Room, Hillsborough Parish Church - which is the building on your right as you drive through the church gates. Parking is available as you drive up to the Downshire Centre and also outside the Centre. I look forward to seeing you all again – existing members and new members – come along and *sing!*

SCRABBLE

GROUP LEADERS – OLIVE CAMPBELL, LYNDA BROWNLEE

We meet on the **1st and 3rd Thursday of the month in the Racquets Club, starting at 2pm.** We would welcome new members.

SNOOKER

GROUP LEADER – NEVILLE HICKS

Snooker resumed on 20th September and new faces would be welcome.

T'AI CHI – MIXED ABILITY CLASSES

GROUP LEADERS - KATHLEEN INGLESTON, PAUL BOYCE

Tai Chi class continues at **11.00am Monday mornings** at Laganview centre.

THEATRE / CONCERT

GROUP LEADERS - JACQUI TOWNSLEY, REAH BROWNE

The Little Mermaid – Grand Opera House – Thursday 13th October at 2.30 pm. *Booking closed.*

Tickets available at the theatre from 2.00 pm.

Lisburn Harmony Ladies Choir - Gala Community Concert - A Celebration – Wednesday 12 October 2022. *Booking closed*

At the Lagan Valley Island, Lisburn, at 7.30pm. *Tickets available at the theatre on the night.*

YOGA

GROUP LEADERS - BRENDA PALMER, FRED A BELL

Yoga classes continue Wednesday afternoons from 4-5 and Thursday mornings 11-12 with our lovely instructor Asha. We have spaces and anyone interested in staying flexible in our advancing years, should contact [Brenda or Freda](#).

NATIONAL TRUST

GROUP LEADER – LESLEY KIRK

As we come into autumn, the gardens of Springhill are full of changing colours waiting to be discovered around every corner. Adam, the gardener, will lead a walk around the gardens on **Wednesday 2nd November from 1.00 -2.00** telling of its history and going into detail about the sights, sounds and smells. It will be the normal entrance fee for non NT members but it's free for NT members. Places have to be booked, so please contact Lesley **by 14th October** if you would like to go. Note: The tea rooms are closed during the week so any suggestions for a suitable cafe to get a snack before or after the walk would be very welcome. A lot of the local cafes don't open until Thursday. [Lesley](#)

WALKING GROUPS – YOU HAVE A CHOICE OF FIVE WALKING GROUPS WITH FIVE DIFFERENT LEVELS OF DIFFICULTY:

LEVEL 1: STROLLERS

GROUP LEADER - MARY HINE

Carrying on as usual, contact [Mary](#) if you are interested in further information.

LEVEL 2: SATURDAY RAMBLERS

GROUP LEADER - GIL COLVIN

Saturday Ramblers meet at 10:30 am. Come out and join us! Contact [Gil](#) for more information.

LEVEL 3: RAMBLERS

GROUP LEADER - STANLEY PRENTICE

LEVEL 4: RAMBLERS PLUS

GROUP LEADER - JUDITH PRENTICE

LEVEL 5: SCRAMBLERS

GROUP LEADER - STANLEY PRENTICE

Ramblers are back to weekly walking in September and we have volunteer leaders for the month.

Ramble Plus will be on the second Monday of the month.

Scramblers can now walk every Thursday in the Mourne. New members who'd like to try the mountain walks, please contact [Stanley](#).

COMMITTEE MEMBERS – CONTACT DETAILS

CHANGES ARE SHOWN IN GREEN:

NAME	POSITION	MOBILE	EMAIL
Elizabeth Fleming	Chairperson		info@lisburnu3a.org
Volunteer Required	Vice Chairperson		
Joan Hamilton	Treasurer		
Avril Hughes	Administrative Secretary		
Bill Grant	Minutes Secretary		
Peter Hunter	Speakers		
Bill Grant	Venues/Bookings		
Lesley Kirk	Membership Secretary		
Keith Ineson	Convener of Group Leaders		

ADDITIONAL POSITIONS

NAME	POSITION	MOBILE	EMAIL
Volunteer Required	Newsletter Editor		editorlu3a@gmail.com
Elodie Ellingsen	Webmaster		webmasterlu3a@gmail.com
Cynthia Kelly	Photo Supplement		photosuplu3a@gmail.com

SEE CHANGES IN GREEN BELOW						
GROUP	Day	Time	Venue*	Group Leader	Tel.	Contact Email
Antiques	2 nd Wed of month	7:30pm	3	Jacqui Townsley		info@lisburnu3a.org
Archery	Every Tuesday	10-11:00am	1	Pearl Chambers		
Badminton	Every Wednesday	10:30am	2	Laura Molloy		
Book Group 1	1 st Thurs of month	10:30am	4	Hilary Preston		
Book Group 2	Last Tues of month	10:30am	4	Joan Bryson		
Bowling Indoor Seasonal: Winter Starts 6th Sept.	Every Tuesday Every Thursday	1:45 - 4 pm 9:45 am - 12	1	Fraser Shannon Bill Ingleston		
Bowling Outdoor Seasonal Summer Ends 1st Sept.	Every Tues & Thurs	9:45am-12:15	17	Fraser Shannon Bill Ingleston		
Bridge	Every Thursday	7:30pm	2	Ivy Long Joan Bolam		
Bridge Beginner	Every Thursday	3:00pm	15	Patricia Ricketts		
Crochet	Every Friday	10:30am	4	Jean Ryan		
Creative Writing	Last Thurs of month (After u3a Meeting)	Approx. 3:30	5	Shirley Bork		
Dining Out	Occasional	6:45pm	8	Norma Patterson		
French Group	Every Monday	2:30-3:30pm	6	Zoe Collins		
Film Group	Most alternate Tues	Evening	8	Judith Prentice		
Fringe Group	Occasional	Varied	8	Sally Cunningham		
Genealogy	Occasional	Varied	8	Sally Cunningham		
Golf	Most Mondays	Varied	8	Margaret Callan		
Irish Lessons	Every Friday	10:15 carpool 11:00am class	5 & 14	Keith Ineson		
Karate	Every Tuesday	6pm-7:30pm	12	William Grant		
Let's Go	Occasional	Varied	8	Gail Pollock		
LU3A Singers	2 nd & 4 th Fridays	2:00pm	9	Jacqui Townsley		
National Trust	Varied	Varied	8	Lesley Kirk		
Painting	Every Tuesday	10:30am	3	Tommy Yarr		
Scrabble	1 st & 3 rd Thurs of month	2:00pm	2	Olive Campbell Lynda Brownlee		
Snooker	Every Tuesday	7:30pm	7	Neville Hicks		
T'ai Chi – Mixed Ability Classes	Mondays	11.00am - 12:00 noon	5	Kathleen Ingleston Paul Boyce		
Theatre / Concert	Occasional	Varied	8	Jacqui Townsley Reah Browne		
Yoga	Every Wednesday Every Thursday	4 – 5:00 pm 11am -12	5	Brenda Palmer Freda Bell		
Walking Groups – In increasing levels of difficulty						
Strollers	Every Monday	10:15am	8	Mary Hine		info@lisburnu3a.org
Saturday Ramblers	3 rd Sat of month	10:30am	8	Gil Colvin		
Ramblers	Every Monday	10:30 am	8	Stanley Prentice		
Ramblers Plus	2 nd Mon ea month	10:30am	8	Judith Prentice		
Scramblers	Alternate Thurs	09:30am	8	Stanley Prentice		

VENUE* KEY

1 = Kilmakee Activity Centre	9 = Barry Gallery Downshire Centre
2 = Lisburn Racquets Club, Belfast Road, Lisburn	10 = Bridge Community Centre Railway Street
3 = Hillsborough Village Community Centre	11 = LeisurePlex Bowling Centre
4 = Volunteer Member's Homes	12 = St John's Hall Dromara
5 = LaganView Enterprise Centre, Lisburn	13 = Tesco, Bentrim Rd, Lisburn
6 = Convener's Home	14 = Turas centre, Newtownards Rd, Belfast
7 = Coach Snooker Club, Hillsborough	15 = The Alchemy, Moira - (Formerly The Tannery)
8 = Varied Venues	16 = LISNAGARVEY
	17 = LCCC Omniplex Bowling Green