

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, **27th OCTOBER 2022** at 2pm when Janet Wilson will be speaking about Ecuador and the Galapagos Islands. She will give us an introduction to this part of the world and tell of her experiences working with an Amazonian community struggling to save their little part of the rainforest from development. The talk will also include a tour around some of the incredible Galapagos Islands.

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** ★

[Fiona Waugh](#), [Aileen Goffe](#), [Jane Taylor](#), [Hazel Banford](#), [Ceri Stalker](#), [Dean Wright](#), [John Scott](#), [Patricia McDermott](#), [Nigel Fitton](#), [Rosina Wilson](#), [Piera Weir](#), [Ruth Tolerton](#), [Heather Floyd](#), [Tom and Anne Menary](#), [Brett and Janet Ingham](#)

Welcome back to Pat England

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

October Meeting	27 th October 2022 at 2pm	LaganView Enterprise Centre, Lisburn
November Meeting	24 th November 2022 at 2pm	LaganView Enterprise Centre, Lisburn

FROM THE COMMITTEE

After three years as our Newsletter Editor, we are sorry to say that Elodie is stepping down from this role, and on behalf of the lu3a membership we send our thanks to her for carrying out such an amazing job. She has kept us up to date with all the interest group activities and lu3a events, and we were especially grateful to her over the Covid period when she produced superb Newsletters month after month including special articles and tips to help us through lockdown.

★ **THIS IS NOW A VERY URGENT APPEAL FOR A NEWSLETTER EDITOR AS THE POST IS NOW VACANT** ★
AND FOR ADDITIONAL COMMITTEE MEMBERS!

PLEASE SPEAK TO A COMMITTEE MEMBER TO GET MORE DETAILS ABOUT WHAT IS INVOLVED

The next meeting is on Thursday 27th OCTOBER 2022 at 2.00pm

- **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! Speak to a committee member if you are willing to do this.
- 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 FILLMORE

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!

For more information or to register your interest email Ray

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](#)

ANTIQUES & COLLECTABLES**GROUP LEADER - JACQUI TOWNSLEY**

Our next meeting will be held in Hillsborough Village Centre on Wednesday 9th November at 7.30 pm. The subject for the evening is "Collecting Thimbles", so calling all you digitabulists come along and bring your thimbles with you!

Look forward to seeing you.

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 November meeting is on Tuesday 29th at 10.30am. Our book is 'Oh William' by Elizabeth Strout. Its core theme is the layers of feeling which accumulate in a long relationship with a subtext about American taboos regarding social class. Lucy is a successful woman who has just lost her beloved second husband. She has always maintained a connection with her difficult first husband, William, the father of her grown up family and now his latest marriage has ended. William asks Lucy to help with a problem and they have more contact as a result.

BOWLING: INDOOR**GROUP LEADERS - FRASER SHANNON, BILL INGLESTON**

The indoor bowling continues at Kilmakee Activity Centre with sessions on Tuesday afternoons 1.45 to 4.00 and Thursday mornings 9.45 to 12.00. 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 Fraser know if you are interested.

CREATIVE WRITING**GROUP LEADER - SHIRLEY BORK**

The writer's group has been out of action during the Summer. We hope to start again soon, meeting every two weeks on a Friday afternoon

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. Our Christmas outing will be on Thursday 1st December and is priced at £26.95 for 3 courses (tip extra!) If you would like to join us, please send an email to [Norma](#). Looking forward to seeing you there!!

FRENCH GROUP**GROUP LEADER - ZOE COLLINS**

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](#).

NEWS/INFORMATION/ARTICLES FOR THE NEXT EDITION MUST REACH THE EDITOR AT LEAST ONE WEEK BEFORE THE NEXT MEETING.

GARDENING GROUP**GROUP LEADERS PAUL BOYCE, JOAN HAMILTON**

The Garden Visit to Hillsborough Castle was enjoyed by everyone who attended. Thanks to Sheila and Norman Pratt, Lu3a members and Volunteers at Hillsborough Castle, who stepped-in at short notice to give us a guided tour. It was excellent. For more information about the group, contact [Paul Boyce](#) or [Joan Hamilton](#).

GOLF**GROUP LEADER - MARGARET CALLAN**

SUMMER GOLF ended with a sunny outing to Lurgan Golf Club. The course was in superb condition and most players took the opportunity to socialise at a late lunch in the clubhouse.

WEEKLY GOLF continues on Monday mornings at both Aberdelghy and Down Royal, weather permitting. Arrangements are made via WhatsApp - Please contact the [Group Leader](#) if you would like to join the WhatsApp group.

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**

The next Let's Go will be a visit to Killymoon Castle in Cookstown on 16th November at 10.30. Cost will be £15pp which includes tea/coffee. Sign up on Thursday

There will be no December visit, most of us will be too busy with other stuff!

LU3A SINGERS**November Meetings on Friday 11th and Friday 25th at 2.00 pm.****GROUP LEADER - JACQUI TOWNSLEY**

We meet on the 2nd and 4th Friday of each month from 2.00 pm – 4.00 pm

This month, due to refurbishment of our usual venue, we will meet in Hillsborough Village Centre

I look forward to seeing you all – and particularly look forward to meeting new members.

SCRABBLE**GROUP LEADERS – OLIVE CAMPBELL, LYNDIA 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**

There will be no Tai chi class next Monday 31st for Hallowe'en break but classes will continue at **11.00am Monday mornings** at Laganview centre.

The class continues to practice the 24 and Phoenix forms. A few places are still available for anyone who would like to join us.

THEATRE / CONCERT**GROUP LEADERS - JACQUI TOWNSLEY, REAH BROWNE**

A Night of Christmas Music and Song – Ulster Hall, Belfast, Saturday 3rd December at 7.30 pm.

A highlight in the festive season, this year they are delighted to welcome back one of Northern Ireland's finest brass bands, the 1st Old Boys. Together they bring you a range of old and new Christmas music, featuring your favourite carols, accompanied by the Mulholland Organ.

Tickets £22 pp. Closing date for ticket purchase, Tuesday 1st November 2022.

CINDERELLA – Grand Opera House, Thursday 4th January 2023, at 13.30.

Belfast's favourite fairy godmother May McFettridge will celebrate a record-breaking 32 pantomime seasons this Christmas when the legend returns to the Grand Opera House stage in Cinderella.

With an award-winning creative team at the helm, panto-goers can expect laugh-out-loud comedy, stunning scenery, beautiful costumes and plenty of boos and hisses. Joining May on stage will be Paddy Jenkins as Baron Hardup. The Opera House regular was last seen performing in the theatre in Give My Head pace back in March. Also returning to the Grand Opera House panto will be Goldilocks and the Three Bears star Adam C Booth as Buttons, opposite Kia-Paris Walcott in the title role.

Tickets £33.25 pp. Closing date for ticket purchase Tuesday 1st November 2022.

YOGA**GROUP LEADERS - BRENDA PALMER, FREDIA 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 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 LEADERS – KEITH INESON, WILLIAM GRANT****LEVEL 5: SCRAMBLERS****GROUP LEADER - STANLEY PRENTICE**

Ramblers are back to weekly walking.

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		
Volunteer Required	Vice Chairperson		
Joan Hamilton	Treasurer		
Avril Hughes	Administrative Secretary		info@lisburnu3a.org
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			
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 of month	10:30am	8	Keith Ineson William Grant			
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, Bentrin 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