

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, 24th November 2022 at 2pm when Lindsay Easson will be presenting a talk on Fascinating Fungi.

Lindsay has been a fungi enthusiast since his university days in the 1970s and has led many groups on fungus forays over the years. Since retiring 10 years ago he has been a member of NI Fungus Group which goes on regular forays and maintains an official record of species found in Northern Ireland.

This promises to be an excellent talk so be sure to come along.

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** ★

Barbara Coughlan - Fionnuala O'Callaghan - Marion Shannon - Heather Crawford
Welcome Back – Ian Johnston

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.

DATES FOR YOUR DIARY

November Meeting	24 th November 2022 at 2pm	LaganView Enterprise Centre, Lisburn
December Meeting	15th December 2022 at 2pm	LaganView Enterprise Centre, Lisburn
January Meeting – Anniversary Lunch	26 th January 2023 12.30 for 1.00pm	Ballymac Hotel, Lisburn

FROM THE COMMITTEE

★ **URGENT APPEAL FOR A NEWSLETTER EDITOR** AS THIS 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 24th November 2022 at 2.00pm**

- Please consider **volunteering for Meet and Greet** to help serve tea and welcome folks at the monthly meeting. 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.



DECEMBER MEETING 15TH DECEMBER 2022 AT 2.00PM – LAGANVIEW



PLEASE NOTE CHANGE OF DATE FOR THE MEETING

We will welcome Stephanie Lavery of TIME STEPS who will be giving an entertaining Victorian Christmas talk. In full costume, and dressed in character as Mrs Smith, she will be preparing to put the Manor in order for the Victorian Christmas Celebrations. Using mannerisms and language of the time, Mrs Smith will tell us where our traditions started, the correct way to decorate a Christmas tree and enlighten us with other festive information. Stephanie is an excellent speaker – you will also enjoy her sense of humour.

As this is our Christmas Party, we will be having Festive refreshments including mince pies and mulled wine. To ensure we have sufficient for everyone, please add your name to the sign-up sheet at the meeting OR complete the online form by 10th December 2022, which will be sent out by email. Alternatively contact a committee member.



ANNIVERSARY LUNCH THURSDAY 26TH JANUARY 2023, 12.30PM FOR 1.00PM
BALLYMAC HOTEL, ROCK ROAD, LISBURN BT28 3SU



WE WILL BE HAVING A 3 COURSE LUNCH WITH ENTERTAINMENT AFTERWARDS. COST £22.00 PER PERSON. TO FACILITATE SERVING THE FOOD QUICKLY WHEN WE ARRIVE, WE WILL BE PROVIDING THE HOTEL WITH PRE ORDERS.

PLEASE CHOOSE A STARTER, MAIN COURSE AND DESSERT FROM THE MENU BELOW AND COMPLETE THE SIGN-UP SHEETS FOR YOUR CHOICES AT THE NOVEMBER OR DECEMBER MEETING.
PLEASE MAKE CHEQUES FOR £22.00 PER PERSON PAYABLE TO LISBURN U3A.

YOUR CHOICES CAN ALSO BE SENT TO JOAN HAMILTON, PLEASE INCLUDE PAYMENT.

ALL MENU CHOICES AND PAYMENTS **MUST** BE MADE NO LATER THAN FRIDAY 20TH JANUARY 2023.

MENU

Potato & Leek Soup with Wheaten Bread
Melon & Winter Fruit Cocktail

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Pan Seared Chicken Fillet with Creamy Peppered Sauce or Rich Brown Gravy

Slow Roasted Silverside of Beef with Yorkshire Pudding

Roasted Vegetables Filo Pastry Basket with Tomato Pesto

Grilled Fillet of Seabass with Green Pepper and Pernod Cream

(Coeliac options available on request)

Above all served with seasonal vegetables, creamed potatoes and roast potatoes

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Fresh Fruit Pavlova

Selection of Mixed Ice Cream

Warm Apple Tart with Custard

Bailey's & Orange Cheesecake with Ice Cream

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Tea/Coffee

INTRODUCTION TO TECHNOLOGY**RAY FILLMORE**

The 'Introduction to Technology' course began on the 3rd November. Eleven members started and nine have persevered to the fourth week, with just two more to go. The next course begins on the 11th January with twelve people. Possibly a more advanced course will take place in the spring if there is sufficient demand for one.

For more information or to register your interest email Ray at <fillmoreray@gmail.com>

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 Christmas meeting will be at 10.00 am in Cafe Vic Ryn, Moira Road, Lisburn, on Wednesday 14th December, and afterwards at Ballinderry Antiques to view their recently added Antique Jewellery section. Everybody welcome!

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**

Book Club 1 read "Midwinter Break" by Bernard McLaverty for our November read .

The book is about an elderly couple who remember their past and face their future whilst on a weekend break in Amsterdam.

The book group enjoyed the book, and it provoked much discussion. We liked the tenderness in the couple's relationship, and we felt that the author was observant and wrote well. The Belfast element was appropriate and led to discussion about our troubled past.

Some of the group had tried the audible version of the book but did not enjoy it.

Our December book is "Something to Hide" by Deborah Moggach

BOOK GROUP 2**GROUP LEADER - JOAN BRYSON**

Our December read is by local author Wendy Erskine; a collection of short stories "Sweet Home" ranges from a tale of a novice businesswoman, a lonely woman fascinated by her niqab wearing neighbours to a couple becoming enmeshed in the lives of the young couple they employ to clean and garden.

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

It is encouraging to see player numbers pick up again after the "Halloween Lull". We continue to play 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**

If you would like to join us, please ring the group leader for more information.

CROCHET**GROUP LEADER - JEAN RYAN**

Meetings are on Fridays 10.30-12.00 in Lisburn Racquets Club.

DINING OUT**GROUP LEADER - NORMA PATTERSON**

We really enjoyed our last dining outing on 1st November!

Our next CHRISTMAS outing is on Thursday 1st December at 6.45 pm. It will be £26.95 for a 3 course Christmas meal (which does not include tip). I hope to see you all for our Christmas outing.

Happy Christmas everyone ! Bingle Jells ! 🎅

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**

My aim as the Group Leader is to make learning French enjoyable as well as slightly challenging. Our group of seven is a lively one with varying levels of competence and 100% enthusiasm. Students are encouraged to learn slowly but steadily and understand what they are saying before moving on.

We meet on Monday afternoons face to face chez moi. We use a modern French book called Façon de Parler which was recommended by the u3a Subject Advisor for French and it assumes a basic knowledge of the language.

We read, listen to dialogues, carry out exercises, chat and watch You Tube videos in my front room, after a cup of coffee in the kitchen "à la bonne franquette". My two dogs also join in the class, but they still have a long way to go.

Being "d'un certain âge," the students enjoy doing homework, so I set exercises and also send via WhatsApp vocabulary and phrases from videos we watch together. We also love chatting about French films and culture and are keen to share links.

The students are very committed to learning and enjoy sharing leaflets and newspapers in French from their various travels in France. We have just translated one on food hygiene for example! We like idioms and try to learn one a week. At present we are armchair travelling in Paris learning about the top ten monuments.

It's a real pleasure to pass a Monday afternoon in this way and see how the students are growing in confidence as well as meeting up socially.

Vouloir c'est pouvoir!.... Where there's a will, there's a way...

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 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 in September. New members are welcome! Call [Tommy](#) for more information.

LET'S GO**GROUP LEADER- GAIL POLLOCK**

As we're approaching the Christmas season and people will be busy, there will be no Let's Go in December. Have a lovely holiday and we'll Go again in the New Year.

LU3A SINGERS**GROUP LEADER - JACQUI TOWNSLEY**

Only one meeting in December at 2.30 pm in Hillsborough Village Centre on Friday 9th December.

Come along and sing some Christmas classics!

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 in September and new faces would be welcome.

T'AI CHI – MIXED ABILITY CLASSES**GROUP LEADERS - KATHLEEN INGLESTON, PAUL BOYCE**

Tai chi last class before Christmas Holidays is Monday 12th December, restarting Monday 9th January 2023. Still a few places available.

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

THEATRE / CONCERT

GROUP LEADERS - JACQUI TOWNSLEY, REAH BROWNE

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

Booking closed – tickets available at next meeting.

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

Booking closed – tickets available at next meeting or on the day.

BIG BURNS NIGHT CONCERT - Lagan Valley Island – Saturday 21st January 2023 at 7.30pm

Lisburn Harmony Ladies Choir return to the Island Hall for night of song with special guests - Songs for All - from Ayrshire, Campbell College Pipe Band and Lisburn Scottish Dancers. Show finishes 9.45pm approx. Price £12 pp.

Closing date for bookings Monday 28th November 2022.

YOGA

GROUP LEADERS - BRENDA PALMER, FREDA BELL

Yoga classes continue Wednesday afternoons from 4-5 and Thursday mornings 11-12 with our 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

There are no planned National Trust outings during December.

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

Rambles continue every Monday with a Ramble Plus on the second Monday of the month.

New members always welcome.

Mountain walks/Scramblers are every Thursday with an easier walk on the third Thursday of the month, which we hope will attract some new Scramblers.

If you are interested or would like more information, please contact me at lu3ramblers@gmail.com

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	2nd & 4th 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	3rd Sat of month	10:30am	8	Gil Colvin			
Ramblers	Every Monday	10:30 am	8	Stanley Prentice			
Ramblers Plus	2nd 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