



**FEBRUARY MEETING - LAGANVIEW ENTERPRISE CENTRE  
THURSDAY 23<sup>rd</sup> FEBRUARY AT 2.00PM**

We will welcome Constable Grimes and Constable Dillon who will be giving us advice and tips on Crime Prevention. This should be an interesting and informative talk and worth coming to hear.

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**Please wear your name badge and bring your cup for tea/coffee.**

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

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**MARCH MEETING – THURSDAY 30<sup>th</sup> MARCH 2023**

**Maeve Moreland from Maritime Belfast will be speaking about the Maritime Mile, an initiative developed by Maritime Belfast Trust, with the support of Belfast Harbour, Titanic Quarter Limited and the Odyssey Trust. Maritime Belfast Trust is the charity responsible for preserving Belfast's maritime heritage initially set up to deliver the Titanic Belfast visitor attraction.**

**\*\*\* Membership Renewals \*\*\***

Your annual membership is due by 1st April 2023 and you'll be pleased to hear it is still £20.00. If you aren't paying by standing order, please arrange to pay by online bank transfer. Please include your name as the reference (not just initials). Or you can bring a cheque for £20.00 made payable to Lisburn u3a to the monthly meeting in March.

**NAME BADGES & MEMBERSHIP CARDS**

Please collect name badges from the new member's welcome desk and this year's membership cards from the sign in table.

**WELCOME TO THE FOLLOWING NEW MEMBERS**

Ann Byrne    Ros Boyce    Michael Chambers    Stephanie Cole    Gerry Hoppé

**DATES FOR YOUR DIARY**

|                  |                                       |                                      |
|------------------|---------------------------------------|--------------------------------------|
| February Meeting | 23 <sup>rd</sup> February 2023 at 2pm | Laganview Enterprise Centre, Lisburn |
| March Meeting    | 30 <sup>th</sup> March 2023 at 2pm    | Laganview Enterprise Centre, Lisburn |
| April Meeting    | 27 <sup>th</sup> April 2023 at 2pm    | Laganview Enterprise Centre, Lisburn |

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**FROM THE COMMITTEE**

**Thank you to Margaret Walker for volunteering to be our Newsletter Editor.**

**Margaret has agreed to do this on a temporary basis, so we are still asking for a volunteer to come forward to take on this role. SPEAK TO A COMMITTEE MEMBER, OR TO MARGARET, TO GET MORE DETAILS ABOUT WHAT IS INVOLVED.**

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**GROUP LEADER UPDATES**

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**PLEASE CONTACT GROUP LEADERS DIRECTLY IF YOU DON'T SEE BELOW THE GROUP IN WHICH YOU ARE INTERESTED.**

CLICK [GROUP LEADER CONTACT DETAILS](#)

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

Wednesday, 8th March 2023 – 7.30 pm - Hillsborough Village Centre

Cameo Jewellery – Cameos are timeless antiques that continue to flourish in the market today. With many antique options available, and contemporary designers creating re-imagined versions of classics, we can continue to collect and wear beautiful pieces in the form of bracelets, necklaces, earrings, brooches and pendants.

Come along and learn more about cameo jewellery – and don't forget to bring lots of examples with you!

Everyone welcome – you don't have to be a member of the Group! Cost for non-members is £3 per meeting.

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**BOOK GROUP 1****GROUP LEADER- HILARY PRESTON**

We continue to meet at members' homes on the first Thursday of the month. In February we read Nigel Slater's autobiography 'Toast'. Coincidentally it was published 20 years ago this month so an article in the Observer about the book was very apt. Most of the group already knew of Nigel Slater and admired his lyrical writing style even if they did not cook his recipes!

The book provoked discussion about his childhood foods, and we all recognised and identified with them. For most it was an enjoyable, if at times, uncomfortable, read.

He describes an unhappy childhood. Next month we will be discussing 'Trespases' by Louise Kennedy.

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

We continue to meet on the last Tuesday of every month at 10.30am so our March meeting is on the 28th. Once popular writer R.F. Delderfield seems almost forgotten today so we are reading his novel 'To Serve Them All My Days'. A shell-shocked man joins the staff of a public school in 1918 at a time of political turbulence. Although well-educated and promoted to officer rank, he is from a working-class background.

The books contain themes of about class and Post Traumatic Stress Disorder which would not have been widely known or discussed at the time.

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

Our bowling continues at Kilmakee Activity Centre where sessions are held on Tuesday afternoons 1.45 to 4.00 and Thursday mornings 9.45 to 12.00. On Tuesday 28<sup>th</sup> February, we are hosting a match against Belfast U3A so the usual in-house play will be suspended that day.

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**CROCHET****GROUP LEADER - JEAN RYAN**

Meetings are currently held on Fridays 10.30-12.00 at The Journey Church, Lisburn.

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**DINING OUT****GROUP LEADER - NORMA PATTERSON**

Many thanks to the committee and volunteers for the very enjoyable anniversary meal in January!!! Our next dining outing is on 23rd February at Pizzarellys at 6.45 pm! It will be £16.50 for 2 courses and is BYO wine/ beer etc. Just email or WhatsApp me if you would like to join us!? Looking forward to seeing you all!!!

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**FLOWER ARRANGING****GROUP LEADERS - ROSIE CORRIGAN, CATHY SHAWE**

The new Flower Arranging group had their first class on Thursday 2 February. This is a photograph of the arrangements everyone made.

**FRENCH GROUP****GROUP LEADER - ZOE COLLINS**

The Beginner's French group returned on Monday 9th January 2023. Contact Zoe for more information.

**GARDEN GROUP****GROUP LEADERS – PAUL BOYCE, JOAN HAMILTON**

Following the success of last year's visit by our gardening enthusiasts to Hillsborough Castle Gardens it is now proposed to form a Lu3a garden group aimed at visiting inspirational gardens and gardeners.

Anyone interested in joining or sharing ideas please contact:

Paul Boyce or Joan Hamilton

**GOLF****GROUP LEADER - MARGARET CALLAN**

Golf continues on Monday mornings at Aberdelghy with a core of six committed participants. We're looking forward to welcoming the 'fair-weather-golfers' back to both Aberdelghy and Down Royal.

**PAINTING****GROUP LEADER – TOMMY YARR**

The group continues to meet every Tuesday at 10.30 am in the Village Centre, Hillsborough. New members are welcome.

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

March's outing will be to the St Patrick's Centre in Downpatrick on Thursday 16th at 10.30. Cost is £6.50pp. They have a very good cafe, so we'll start with tea/coffee before the tour. A new exhibition has just been launched, so those of you who have been before will have something new to see.

Sign up at the meeting or email Gail.

**LU3A SINGERS****GROUP LEADER - JACQUI TOWNSLEY**

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. The Parish Room 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.

Meetings in March on Friday 10th and Friday 24th March 2023 at 2.00 pm.

I look forward to seeing you all – and particularly look forward to welcoming new Members.

**NATIONAL TRUST****GROUP LEADER - LESLEY KIRK**

There are no planned National Trust visits for March.

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

The class is continuing to learn the International 24 form. The class is growing in popularity each week and has now reached full capacity. Any prospective new students will be placed on a waiting list for now, however if there is sufficient interest the formation of a second class may be possible.

**TECHNOLOGY GROUP**

**GROUP LEADER - RAY FILLMORE**

The second 'Introduction to Technology' course commenced on the 11<sup>th</sup> January. There are twelve members attending.

My thanks go to all the people who attended the first course in November. Thanks for your patience whilst I discovered 'how to teach' or perhaps 'how not to teach.' I learnt much from the first course which the people attending the January event have benefited from.

When this second course is completed, I am considering running an "Introduction to Windows 10", probably sometime in April and again for six or seven consecutive weeks. However, this would only be suitable for people who have already completed the 'introduction Course'

If any U3A members have suggestions as to how a 'Technology Group' might develop, please let me know. You can email Ray.

**THEATRE / CONCERT**

**GROUP LEADERS - JACQUI TOWNSLEY, REAH BROWNE**

**THE OCEAN AT THE END OF THE LANE** Grand Opera House, Belfast, Thursday 23rd March 2023 – 2.30.

Booking closed

**TARTUFFE** - Lyric Theatre, Belfast, Saturday 29th April 2023 – 2.30 pm

An Abbey Theatre production, this new version of Molière's exuberant comedy is brought back to life in an opulent Irish retelling of the classic tale.

The villainous Tartuffe shocks and enthralls with his deceptive powers. Charming to some, a danger to others, one family risks losing everything if he gets his way.

Tickets £30 pp. Closing date Monday 27th February 2023

**YOGALATES**

**GROUP LEADERS - BRENDA PALMER, FRED A BELL**

We are now practising Yopalates at our classes. This is a mix of Yoga and Pilates. All very good for keeping us stretched and supple as we age.

Classes are Wednesdays 4pm - 5pm and Thursdays 11am - 12pm

If anyone is interested in joining our classes, please contact Brenda or Freda for details.

**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**

Consider joining us on the 3rd Saturday of each month, meeting at the venue at 10.30, to walk approximately 4 miles.

For details contact Gil.

**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 the group leader.

### COMMITTEE MEMBERS – CONTACT DETAILS

| NAME                      | POSITION                  | MOBILE | EMAIL               |
|---------------------------|---------------------------|--------|---------------------|
| Elizabeth Fleming         | Chairperson               |        | info@lisburnu3a.org |
| <b>Volunteer Required</b> | <b>Vice Chairperson</b>   |        |                     |
| 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                   |
|---------------------------|--------------------------|--------|-------------------------|
| <b>Volunteer Required</b> | <b>Newsletter Editor</b> |        | editorlu3a@gmail.com    |
| Elodie Ellingsen          | Webmaster                |        | webmasterlu3a@gmail.com |
| Cynthia Kelly             | Photo Supplement         | --     | photosuplu3a@gmail.com  |

| GROUP  | Day  | Time                           | Venue* | Group Leader                     | Tel. | Contact Email       |
|--|--|--------------------------------|--------|----------------------------------|------|---------------------|
| Antiques   | 2 <sup>nd</sup> 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 <sup>st</sup> 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<br>Every Thursday                  | 1:45 - 4 pm<br>9:45 am - 12    | 1      | Fraser Shannon<br>Bill Ingleston |      |                     |
| Bowling Outdoor Seasonal Summer                  | Every Tues & Thurs<br>Ends 1st Sept.             | 9:45am-12:15                   | 17     | Fraser Shannon<br>Bill Ingleston |      |                     |
| Bridge   | Every Thursday                                   | 7:30pm                         | 2      | Ivy Long<br>Joan Bolam           |      |                     |
| Bridge Beginner                                  | Every Thursday                                   | 3:00pm                         | 15     | Patricia Ricketts                |      |                     |
| Crochet  | Every Friday                                     | 10:30am                        | 18     | Jean Ryan                        |      |                     |
| Creative Writing                                 | Last Thurs of month<br>(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                  |      |                     |
| Flower Arranging                                 | Every Thursday                                   | 10.30-12.30                    | 5      | Rosie Corrigan<br>Cathy Shawe    |      |                     |
| Fringe Group                                     | Occasional                                       | Varied                         | 8      | Sally Cunningham                 |      |                     |
| Garden Group                                     | Occasional                                       | Varied                         | 8      | Paul Boyce<br>Joan Hamilton      |      |                     |
| Genealogy  | Occasional                                       | Varied                         | 8      | Sally Cunningham                 |      |                     |
| Golf   | Most Mondays                                     | Varied                         | 8      | Margaret Callan                  |      |                     |
| Irish Lessons                                    | Every Friday                                     | 10:15 carpool<br>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 <sup>st</sup> & 3 <sup>rd</sup> Thurs of month | 2:00pm                         | 2      | Olive Campbell<br>Lynda Brownlee |      |                     |
| Snooker  | Every Tuesday                                    | 7:30pm                         | 7      | Neville Hicks                    |      |                     |
| T'ai Chi – Mixed Ability Classes                 | Mondays  | 11.00am -<br>12:00 noon        | 5      | Kathleen Ingleston<br>Paul Boyce |      |                     |
| Theatre / Concert                                | Occasional                                       | Varied                         | 8      | Jacqui Townsley<br>Reah Browne   |      |                     |
| Yogalates  | Every Wednesday<br>Every Thursday                | 4 – 5:00 pm<br>11am -12        | 5      | Brenda Palmer<br>Freda Bell      |      |                     |
|  |  |                                |        |                                  |      |                     |
| Strollers  | Every Monday                                     | 10:15am                        | 8      | Mary Hine                        |      | info@lisburnu3a.org |
| 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<br>William Grant    |      |                     |
| Scramblers                                       | Alternate Thurs                                  | 09:30am                        | 8      | Stanley Prentice                 |      |                     |

| VENUE* KEY                                       |  |
|--|--|
| 1 = Kilmakee Activity Centre                     | 10 = Bridge Community Centre Railway Street      |
| 2 = Lisburn Racquets Club, Belfast Road, Lisburn | 11 = LeisurePlex Bowling Centre                  |
| 3 = Hillsborough Village Community Centre        | 12 = St John's Hall Dromara                      |
| 4 = Volunteer Member's Homes                     | 13 = Tesco, Bentrims Rd, Lisburn                 |
| 5 = LaganView Enterprise Centre, Lisburn         | 14 = Turas centre, Newtownards Rd, Belfast       |
| 6 = Convener's Home                              | 15 = The Alchemy, Moira - (Formerly The Tannery) |
| 7 = Coach Snooker Club, Hillsborough             | 16 = LISNAGARVEY                                 |
| 8 = Varied Venues                                | 17 = LCCC Omniplex Bowling Green                 |
| 9 = Barry Gallery Downshire Centre               | 18 = The Journey Church                          |