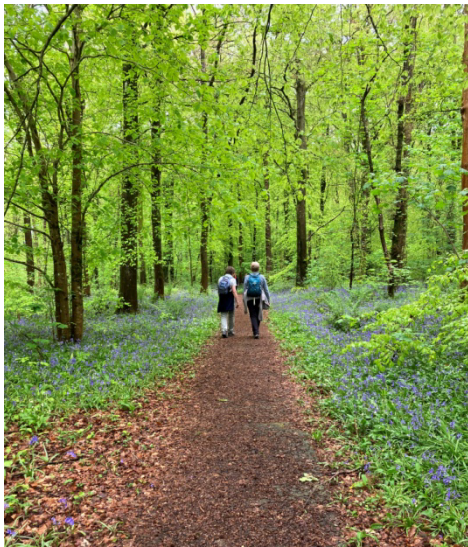


# Lisburn U3A Colour Supplement

## Out and About - May 2023



**A great show of bluebells at Portglenone**



### **World Tai Chi Day -**

**Our members joined in with the world wide 'wave' of Tai Chi at 10 am on 29 April in Castle Gardens**



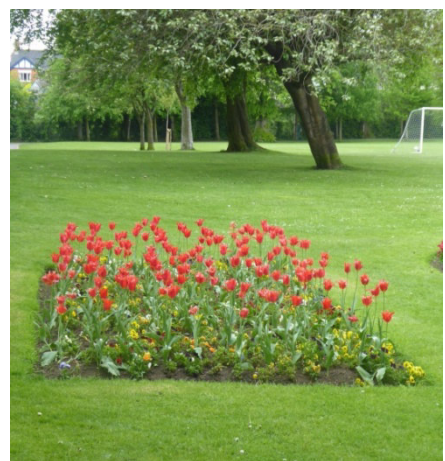
## 'Let's Go' visit Long Meadow Cider near Portadown



## Strollers enjoy the azalea walk at Lady Dixon Park



## More lovely flower displays



## A Visit to Rathlin



**Chris is the star today**



## Out and About



Great pictures once more from:

Sally Cunningham Bill Grant

Keith Ineson Bill Ingleson

Lesley Kirk Goretti O'Connor

Gail Pollock John Sell