

Email: info@lisburnu3a.orgWebsite: www.lisburnu3a.org

Charitable Status No NI103276

Please consult the lists on the last two pages for contact details of Committee Members or Group Leaders.

LU3A MONTHLY MEETINGS SUSPENDED UNTIL FURTHER NOTICE

IF YOU, OR ANY LU3A MEMBER YOU KNOW, IS IN DIFFICULTY DURING THIS TIME OF EXTREME SOCIAL DISTANCING, PLEASE CONTACT ANY OF YOUR COMMITTEE MEMBERS.

WE WILL DO OUR BEST TO PROVIDE SUPPORT AND HELPFUL INFORMATION.

ITEMS FOR MONTHLY MEETINGS

During the suspension, Group Leaders and Members wishing to communicate to the Lisburn U3A's Full Membership should instead send the information by email to the chairperson and secretary for distribution.

Margaret Hanna	Chairperson	margarethanna@hotmail.co.uk
Joan Hamilton	Administrative Secretary	info@lisburnu3a.org

COMMUNICATIONS

NEWSLETTER, WHATSAPP, FACEBOOK

- WHATSAPP GROUPS**

Group Leaders have been asked to start WhatsApp Groups for each activity, so that you can keep in touch with your peers during this time.

- FACEBOOK PUBLIC PAGE**

Lisburn U3A Facebook page – <https://www.facebook.com/Lisburn-U3A-110954530538158/>

This is a public page used as the entrance to the private Group.

- FACEBOOK MEMBERS ONLY**

Lisburn U3A Members Group - 📍 Private for members only 📍

Request to join the Group using the 'Send Email' button on the Public page.

https://www.facebook.com/groups/LisburnU3AMembers/?ref=pages_profile_groups_tab&source_id=110954530538158

OTHER RESOURCES

GREYSNET

A new website called Greysnet has just been launched with the support of the National Lottery Community Fund to help older people all over the country to stay connected and keep mind and body active during the current Coronavirus lockdown. It's called Greysnet and you can find it at www.greysnet.com. Please help us spread the word by letting your members know about this terrific new resource for older people.

Kind regards, Kerry Rooney MBE www.kaleidoscopeni.com

WRITERS AGAINST COVID-19

Like so many who belong to the U3A, I live alone and when asked by the government to stay at home soon felt depressed, lonely and cut off from society. I realised I was not alone, so I decided to start WAC-19. Each day, I publish a new short story on the website, stories that are selected to bring a smile to readers' faces and lift the spirits. Top stories this week are A New Chapter: Ralph contemplates a fresh start, Pomegranate: An evocative story about a cat that came to stay and No Time for Tea: a true story, the spirit of the Blitz

I am a member of the U3A and know how difficult it is that all the groups have ceased their activities. I hope you and your members enjoy the stories, which can be found on www.louisemoss.com. Best wishes. Louise.

ZOOM FITNESS CLASS

Monaghan U3A are running a free Zoom fitness class every weekday morning for April at 9.30 am. You are all welcome to join. Just click on the link and the app will download and follow directions.

Join Zoom Meeting

<https://zoom.us/j/801958424>

NOTE: THERE WILL BE NO CLASSES AT THE WEEKENDS DESPITE THE NOTICE. I COULD NOT SCHEDULE TO LEAVE THEM OUT.

BRENDAN LILLIS IS INVITING YOU TO A SCHEDULED ZOOM MEETING

THE SILVER LINE

Free: **0800 470 8090** available 24/7 for anyone feeling a bit lonely and wishing to talk to someone. If you know people without internet, please tell them about this number.

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

FACEBOOK

There are those who love Facebook, and those who hate it. Facebook is another way to extend our methods of communication. We have created a Facebook public page, and a private Members Group, which is by invitation only. If you love Facebook, go to the public page and 'like' it, and ask to join the private group. For those that do not like Facebook, ignore it. If you do not have Facebook, but want to try it, go to the log in page and create an account. Please note: any contact information is removed on the Facebook page; the newsletter remains the central source of those details.

YOUR COMMITTEE**FLOWER ARRANGING**

We have cancelled classes until September. From then we will assess the Covid-19 situation. We managed to get four photo arrangements for the Colour Supplement. The last one is from our Group organiser Keith Ineson and is very humorous. As the months go by, and blooms appear in the garden, I hope it will encourage the Flowerets to experiment with arranging flowers again, but in containers. I will send out some examples to follow. Good health and best wishes to all members of the U3A from the Flowerets. Best wishes and stay safe.

GROUP LEADER – SALLY STANFIELD**ANTIQUES & COLLECTABLES**

In light of Government advice, I am sorry to say there will be no more meetings until we get the "all clear". So take care... ..and here is something to think about in the meantime:

GROUP LEADER – JACQUI TOWNSLEY

1. What is a SLEEPER? **(Answer next month!)**
2. A Sevres porcelain dish from the first Louis XV service (c1754-5) was discovered in a junk shop priced at £13 - sold this year at a specialist auction for £.....? **(Answer next month!)**

LU3A SINGERS

While we are in lockdown – KEEP SINGING! London scientists have found that it will not just keep your spirits up; it can boost your immune system through the release of immune protein cytokines! A good singsong keeps lungs healthy and suppresses those stress hormones ... so why not sing along to the radio or join a virtual choir on YouTube? Keep well ...and keep singing!!

GROUP LEADER – JACQUI TOWNSLEY**CONCERT & THEATRE GROUP****GROUP LEADERS – JACQUI TOWNSLEY & REAH BROWNE**

- "The Shows Must Go On"... Andrew Lloyd Weber streams a show each Friday at 7pm (you can watch free on Youtube).
- The Royal Opera House has made four operas and ballets available via YouTube and Facebook "for culture vultures to enjoy at home" including Cosi fan Tutte and the ballet The Metamorphosis.

BOOK GROUP 1

Although we cannot meet and book shops and the library are closed, we are still endeavouring to read during the lockdown. We can buy books on Kindle and there are always books on our shelves we've yet to read or we would like to revisit. As we already communicate via email, it is easy to let others know what we are reading and what we think about it; hopefully, when we meet again there will be a good and long discussion of all the books we have recommended.

GROUP LEADER - JEANETTE CHAMBERS**BOOK GROUP 2**

At present, we are holding our meetings remotely using Zoom. It has been an education for us all. We assume that May's meeting will use this format on **Tues 26th May at 10:30 a.m.** Our book is 'North and South' by Elisabeth Gaskell, a classic first published in 1854. A haughty southern woman from bucolic Hampshire is scornful about and shocked by industrial Manchester at first. Later she finds merit in the North and its rising middle classes.

GROUP LEADER – JOAN BRYSON**CROCHET GROUP 1**

Members of Crochet Group 1 are keeping in regular touch through WhatsApp and are continuing with our project making crochet blankets. On Friday mornings at our usual meeting time, we have tea/coffee and a chat on WhatsApp, sharing news, photos, videos, jokes and crochet patterns.

GROUP LEADER –JEAN RYAN**IRISH LANGUAGE CLASS**

Irish classes are now online so please contact Keith for more information.

GROUP LEADER – KEITH INESON**DINING OUT**

Sorry!! Coronavirus reigns supreme!! Will email you if/ when the next visit to Pizzarellis is going to happen!! And REALLY hope it's soon!! Keep well everyone!!

GROUP LEADER –NORMA PATTERSON

YOGALATES**GROUP LEADERS – BRENDA PALMER & FREDA BELL**

Hello folks. I hope all of you are managing through this lockdown and are not suffering from cabin fever too badly. Our Yogalates group is continuing classes through the medium of Zoom organised by our instructor, Roz. We also have a very active WhatsApp group we use to keep in touch and chat. I hope you are all enjoying this glorious sunny weather. All our gardens should be in tiptop condition now we have some time to spend in them. Cheers to all Brenda.

GOLF**GROUP LEADER – MARGARET CALLAN**

Suspended until further notice.

INDOOR BOWLS**GROUP LEADERS – CATHERINE MURDOCK & ANDREW MCILROY**

Andy has set up a WhatsApp group that includes people from Tues & Thurs Bowlers.

FRENCH**GROUP LEADER – JEAN NEEDHAM**

Our group holds a Zoom meeting at our normal meeting time, and have an extra session on Wednesday afternoons. We now have eight members – an ideal number.

DATES FOR YOUR DIARY

Monthly Meetings: **Cancelled until further notice.**

Annual Dues: **Payable now**

BEREAVEMENTS**LU3A SECRETARY: INFO@LISBURNU3A.ORG**

If you know of a bereavement that should be recognised, please contact our Secretary so we can follow up with condolences.
If we don't know about it, we cannot acknowledge it.

ANNUAL DUES

Your membership fee of £20 is due now due, but must be paid by June; to pay send a cheque made payable to **Lisburn U3A**, to:

Trevor McKinney, 2 Plantation Avenue, Lisburn BT27 5BL.

Direct debits will auto-process.

COMMITTEE MEMBERS – CONTACT DETAILS**Your Committee needs a Vice Chairperson**

Is it you?



Name	Position	Mobile	Email
Margaret Hanna	Chairperson	07718 536134	info@lisburnu3a.org
Volunteers?	Vice Chairperson		
Joan Hamilton	Administrative Secretary	07964 794048	info@lisburnu3a.org
Pearl Chambers	Minutes Secretary	07743 321117	info@lisburnu3a.org
Trevor McKinney	Treasurer		info@lisburnu3a.org
Bill Grant	Venues/Bookings/Group Leaders	07796 552900	info@lisburnu3a.org
Sandra Stokes	Membership Secretary		membership6543@gmail.com
Keith Ineson	Convener of Group Leaders	07837 931894	info@lisburnu3a.org
Margaret Callan	Speakers	07768 023355	info@lisburnu3a.org
Elodie Ellingsen	Newsletter Editor	07769 324943	editorlu3a@gmail.com
Cynthia Kelly	Photo Supplement		info@lisburnu3a.org
David Todd	Webmaster		webmasterlu3a@gmail.com
Daphne Bailie	Catering		info@lisburnu3a.org

DON'T SIT AT HOME COUNTING THE MINUTES – JOIN IN LU3A ACTIVITIES AND MAKE EVERY MINUTE COUNT!

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

Activity Group Leaders – Contact Details

Activity Group Leaders – Contact Details						
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	10:00am	1	Pearl Chambers		
Badminton	Every Wednesday	10:30am	2	Laura Molloy		
Book Group 1	1 st Thurs of month	10:30am	4	Jeanette Chambers		
Book Group 2	Last Tue of month	10:30am	4	Joan Bryson		
Bowling1	Every Monday	10:30am	1	Catherine Murdock		
Indoor	Every Thursday	10:30am		Jean Needham		
Bowling2	Every Tuesday	1:45pm	1	Andrew McIlroy		
Bridge	Every Thursday	8:00pm	2	Ivy Long Joan Bolam		
Bridge Beginner	Thursday	3:00pm	15	Patricia Larchfield		
Crochet	Every Friday	10:30	4	Jean Ryan		
Dining Out	Occasional	Varied	8	Norma Patterson		
French	Every Monday	2:30pm	6	Jean Needham		
Film Group	Most alternate Tue	Evening	8	Judith Prentice		
Floral Arrgmnt	1 st Thurs of month	10:30 am	5	Sally Stanfield		
Fringe Group	Occasional	Varied	8	Sally Cunningham		
Genealogy	Occasional	Varied	8	Sally Cunningham		
Golf	Most Mondays	Varied	8	Margaret Callan		
Irish Lessons	Friday	10:15 carpool 11:00 class	5 & 14	Keith Ineson		
Horse-racing	Occasional	Varied	8	Jean Needham		
Karate	Every Tuesday	7:00pm	12	William Grant		
Let’s Go	Occasional	Varied	8	Judith Prentice		
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		
Photography	Wednesday	2:00pm	8	Mike Pressley		
Scrabble	1 st Thurs of month	2:00pm	2	Olive Campbell		
Sewing	Tuesday	10:30am	4	Anne McIlroy		
Snooker	Tuesday	7:30pm	7	Neville Hicks		
T’ai Chi - Begin T’ai Chi - INT	Friday	10:30am 11:30am	5	Elinor Ritchie Helen McEwen Maureen Toner		
Ten Pin Bowl	Occasional	7:00pm	11	Jean Needham		
Theatre / Concert	Occasional	Varied	8	Jacqui Townsley Reah Browne		
Yogalates	Monday, Wednesday	4:00 pm 4:00 pm	5	Brenda Palmer Freda Bell		
Walking Groups – In increasing levels of difficulty						
Strollers	Alternate Mondays	10:15am	8	Mary Hine Heather Martin		info@lisburnu3a.org
Sat Ramblers	3rd Sat of month	10:00am	8	Lesley Kirk		
Ramblers	Alternate Mondays	10:00am	8	Stanley Prentice		
Hill Billies	Monday monthly	10:00am	8	Judith Prentice		
Scramblers	Monday monthly	10:00am	8	Stanley Prentice		
VENUE* KEY	1 = Kilmakee Activity Centre, Seymour Hill Estate			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 Tannery, Moira		
	8 = Varied Venues					

Learn, Laugh and Live