

**NOVEMBER MEETING – LAGANVIEW ENTERPRISE CENTRE
THURSDAY 30TH NOVEMBER AT 2.00PM**

The meeting will start at 2.00pm but feel free to arrive from 1.40pm to have tea/coffee and chat with friends beforehand.

Please wear your name badge and bring your cup for tea or coffee

We will welcome Jim Livingstone (Chair Belfast u3a)
Bridie Gallagher – The Girl from Donegal

Singer Bridie Gallagher is widely recognised as Ireland's first international pop star. Born in Donegal on September 7, 1924, she carved a 50-year career in the music industry. She was famous for singing Irish ballads and during the 1950s, toured worldwide. Bridie was Jim's mother, and he will be telling us the fascinating story of her life.

Thank you to the French Group who will be at the sign-in desk and hosting the refreshments this month.

THURSDAY 14 TH DECEMBER – CHRISTMAS MEETING at 2.00pm

Lisburn Masonic Hall Belsize Road
Please note change of date and venue

As this is our Christmas Party, we will be having Festive refreshments including mince pies, christmas cake and mulled wine. To ensure we have sufficient for everyone, please add you name to the sign-up sheet at the meeting. Alternatively email info@lisburnu3a.org or contact a committee member if you would like to attend.

Dates for your Diary

January 2024 Anniversary Lunch	Thurs 25th January 2024 12.30 for 1.00pm	Dunmurry Golf Club
February 2024 Meeting	Thurs 29 th February 2024 at 2.00pm	Laganview Enterprise Centre

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.

NAME BADGES & MEMBERSHIP CARDS

Please collect both badges and cards from the new member's welcome desk.

WELCOME TO THE FOLLOWING NEW MEMBERS

Jennifer McKelvey Pat Kerr June Gordon Heather Russell,
Anne Mckeown. Paul Whittington Joy McCandless.

Lisburn u3a Anniversary Lunch Dunmurry Golf Club

Thurs 25th January 2024 12.30 for 1.00pm

Names and menu choices for this will be taken at the monthly meeting
Cost £25 which includes tip.

Starters

Soup of the day with warmed baked bread
Home made Chicken Pate, red onion jam and hot buttered toast (gf)
Prawn Salad on stone baked wheaten with marie rose dressing (gf available)

Mains

Tender roast beef with Yorkshire pudding and pan roast gravy (gf)
Chicken fillet wrapped in bacon with a creamy peppercorn sauce (gf)
Pan seared seabass, peas bonne femme, white wine sauce (gf available)
Vegetable stir-fry, served with fragrant rice (gf)
Main course served with seasonal veg and chefs potatoes

Dessert

Mixed berry pavlova with Chantilly cream & mixed berry coulis
Sticky Toffee pudding, butterscotch sauce and vanilla ice cream
Chocolate brownie with vanilla ice cream and hot chocolate sauce
Cheesecake of the day with fresh cream and berry coulis

Tea, coffee and mints to finish

Please Note

Are your contact details up to date with Lu3a? Perhaps you have changed your mobile or now have an email address? Please let our Admin Secretary have any change of address, contact no. or email, send to info@lisburnu3a.org or text to 07525 339951. Many Thanks.

GROUP LEADER UPDATES

PLEASE CONTACT GROUP LEADERS DIRECTLY IF YOU DON'T SEE BELOW THE GROUP IN WHICH YOU ARE INTERESTED
[SEE GROUP LEADERS PAGE 6](#)

ANTIQUES AND COLLECTABLES

GROUP LEADER – JACQUI TOWNSLEY

Christmas Night Out has been arranged for Wednesday 6th December 2023.

BOOK GROUP 1

GROUP LEADER- HILARY PRESTON

We met at a members home in November to discuss 'Any Human Heart' by William Boyd. The discussion was interesting and enjoyable with one member commenting, 'There is always something to discuss whether you like or dislike a book.' The group's view was that the book was overly long and tedious to plough through. We agreed that William Boyd is a good writer but we did not like the journal format. This book will be discussed on BBC's 'Between the Covers' and members are all interested in what the panel will think of the book. We will be discussing 'The Herd' by Emily Edwards at our December meeting.

CROCHET

GROUP LEADER – JEAN RYAN

Class meets at Happy Days Lisburn every Friday 10.30 – 12.00 .

BOWLING

GROUP LEADERS FRASER SHANNON, BILL INGLESTON

Play at Kilmakee Activity Centre takes place at 1.45pm to 4.00pm on Tuesdays and at 9.45am to 12.00 noon on Thursdays. This month we welcomed new member Joy McCandless. New players are welcome but we would ask them to contact Fraser or Bill, and say which day/s they wish to play.

In the last week of October, a small group of our players attended the Bowling Break holiday at the Castle Court hotel in Westport. A wonderful time was had by all, with plenty of time for socialising with old and new friends. Our members played well and enjoyed the games but only Kathleen featured in a prizewinning runner-up team. Margaret, however, won TWICE at bingo. (No begging letters please). Hopefully, we will achieve prizes galore in next year's event.

BEGINNERS BRIDGE

GROUP LEADER – PATRICIA RICKETTS

We meet at The cafe upstairs at Smyth Patterson's, every Thursday at 3.00pm We are really grateful to have the luxury of comfortable surroundings with coffee and cake on tap!

DINING OUT

GROUP LEADER – NORMA PATTERSON

HO! HO,! HO!! Bah humbug!! It's that time of the year again!! Our next Christmas dining out night will be on Thursday 14th Dec at 6.45pm at Pizzarellys!! It will be a 2 course meal at £25.95 * tip!! Looking forward to seeing you all!! Happy Christmas and a happy new year to everyone in the u3a!! Jingle Bells!!

FRENCH GROUP

GROUP LEADER – ZOE COLLINS

Group meets every Monday 2.30 – 3.30pm at Zoe's home.

GOLF**GROUP LEADER MARGARET CALLAN**

WEEKLY GOLF continues on Monday mornings at Aberdelghy. All golfing arrangements are made via WhatsApp. Please contact the Group Leader to get your name added to the WhatsApp groups

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

There will be no Let's Go in December, we'll start up again in the New Year. Have a great Christmas break and a Happy New Year. See you in January.

LU3A SINGERS**GROUP LEADER – JACQUI TOWNSLEY**

Christmas Lunch has been arranged for Friday 8th December 2023.

NATIONAL TRUST**GROUP LEADER – LESLEY KIRK**

Why don't you get in the festive spirit with a visit to the Argory's Christmas Fair on Saturday 2nd December at 11.00am. There will be a variety of craft, food and drink stalls as well as festive entertainment. The house will be dressed for an 1800s Christmas. If you would like to go with the group put your name on the sign up sheet at the monthly meeting or text/ email Lesley.

PAINTING**GROUP LEADER – TOMMY YARR**

The painting group meets weekly on Tuesdays at 10.30 am in the Village Centre Hillsborough. We use varied mediums and enjoy seeing the finished results (sometimes!).

T'AI CHI – Mixed Ability Classes**GROUP LEADERS - KATHLEEN INGLESTON, PAUL BOYCE**

The group is continuing to practice the 24 form and other movements to support health and well-being. No class on Monday the 30th.

YOGALATES**GROUP LEADER – BRENDA PALMER, FRED A BELL**

Yogalates continues under Asha our teacher. We have spaces and will gladly welcome new members who wish to keep supple as we get older. It's all geared to our age group. Just contact Brenda or Freda for enquiries.

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 on Mondays, 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 Group Leader.

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.

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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.

Ramblers and Scramblers continue to be well supported each month.

Any questions or for more information please contact Group Leader

COMMITTEE MEMBERS – CONTACT DETAILS

NAME	POSITION	MOBILE	EMAIL
Elizabeth Fleming	Chair Person		
Volunteer Required	Vice Chairperson		
Joan Hamilton	Treasurer		
Avril Hughes	Administrative Secretary		
Brenda Palmer	Catering and sign in Coordinator		
Peter Hunter	Speakers		Info@lisburnu3a.org
Fraser Shannon	Venues/Bookings		
Lesley Kirk	Membership Secretary		
Joan Bryson	Convener of Group Leaders		

ADDITIONAL POSITIONS

NAME	POSITION	MOBILE	EMAIL
Margaret Walker	Temporary Newsletter Editor		
Elodie Ellingsen	Webmaster		
Cynthia Kelly	Photo Supplement	--	

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ACTIVITY GROUP LEADERS -CONTACT DETAILS

LISBURN U3A CONTACT INFORMATION

GROUP	Day	Time	Venue*	Group Leader	Tel.	Contact Email
Antiques	2 nd Wed of month	7:30pm	3			
Archery	Every Tuesday	10-11:00am	1			
Badminton	Every Wednesday	10:30am	2			
Book Group 1	1 st Thurs of month	10:30am	4			
Book Group 2	Last Tues of month	10:30am	4			
Bowling Indoor	Every Tuesday Every Thursday	1:45 - 4 pm 9:45 am - 12	1			
Bowling Outdoor Seasonal Summer	Every Tues & Thu	9:45am-12:15	17			
Bridge	Every Thursday	7:30pm	2			
Bridge Beginner	Every Thursday	3:00pm	15			
Crochet	Every Friday	10:30am	18			
Dining Out	Occasional	6:45pm	8			
French Group	Every Monday	2:30-3:30pm	6			
Film Group	Most alternate Tues	Evening	8			
Garden Group	Occasional	Varied	8			
Golf	Most Mondays	Varied	8			
Karate	Every Tuesday	6pm-7:30pm	12			
Let's Go	Occasional	Varied	8			
LU3A Singers	2nd & 4th Fridays	2:00pm	9			
National Trust	Varied	Varied	8			
Painting	Every Tuesday	10:30am	3			
Scrabble	1 st & 3 rd Thurs of month	2:00pm	2			
Snooker	Every Tuesday	7:30pm	7			
T'ai Chi – Mixed Ability Classes	Mondays	11.00am - 12:00 noon	5			
Theatre / Concert	Occasional	Varied	8			
Yogalates	Every Wednesday Every Thursday	4 – 5:00 pm 11am -12	5			
Walking Groups – In increasing levels of difficulty						
Strollers	Every Monday	10:15am	8			
Saturday Ramblers	3rd Sat of month	10:30am	8			
Ramblers	Every Monday	10:30 am	8			
Ramblers Plus	2nd Mon of month	10:30am	8			
Scramblers	Alternate Thurs	09:30am	8			

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, Bentrin Rd, Lisburn
5 = LaganView Enterprise Centre, Lisburn	14 = Turas centre, Newtownards Rd, Belfast
6 = Convener's Home	15 = Everyday Cafe at Smyth Pattersons
7 = Coach Snooker Club, Hillsborough	16 = LISNAGARVEY
8 = Varied Venues	17 = LCCC Omnplex Bowling Green
9 = Parish Room Hillsborough Parish Church	18 = Happy Days

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