



Email: info@lisburnu3a.org

Website: <https://www.lisburnu3a.org/>

U3A MONTHLY MEETINGS - beginning at 2.00pm on the last Thursday of every month in Laganview Enterprise Centre, 69 Drumbeg Drive, Old Warren

The next meeting is on Thursday 25th September. (sign-in from 1:40 onwards) Remember to arrive early enough to sign in (for insurance reasons) and sign up for activities, pay fees etc. **before the meeting which begins promptly at 2pm.**

Don't forget to bring your name badge and cup, complimentary refreshments are served before the meeting starts.

**The Speaker for the September meeting is Adrian Morrow. from Glenarm
Who will give a talk on "Life At The Castle" – (Glenarm Castle)**

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

Welcome To The Following New Members

**Dorothy Mawhinney, Robert Elmer, Iris Norris, Helen McAtee, Glenys Stevenson,
Chris Stevenson, Derek Mulligan and Michael Graham**

****** IMPORTANT NOTICE ******

Lisburn u3a have changed their banking provider to the Cooperative Bank.
This means:-

If you pay your annual subscription by standing order, you will need to contact your bank to change the payment details - or If you use Online Banking you may need to change any saved details

New bank details:

Bank:	Cooperative Bank
Account:	Lisburn u3a
Sort Code:	08.92.99
Account No:	67441767
Reference:	Your name

If you normally pay by another method (i.e. cash or cheque) no action is required.

Although payments will not be due until 2026 you should make this change **now**, as in future we will not be able to receive any payments made to the previous bank account.

Some members may get an error message saying "details do not match" or similar. We have contacted Cooperative Bank and they say they have an IT issue with confirming the payee. They have advised that, if we are sure the sort code & account number have been entered correctly, we should just bypass the warning message and confirm the details.

Did You Know - Third Age Matters Magazine

The TAM magazine is sent out quarterly to members who wish to receive a copy - Lisburn u3a pay £4 a year per member who receive the magazine.

As a lot of the content relates to u3a activity in mainland Britain, some of our members have commented that the magazine is not relevant for them. You may feel that this also applies to you. If this is the case, and you no longer want to receive a copy, please let us know by sending an email to treasurer@lisburnu3a.org

Do You Know - What's on in October at Resurgam Youth Centre, Drumbeg Drive.
{Beside Laganview Enterprise Centre where we have our monthly meetings}

Monday 13th October 11am - 12pm **CHAIR YOGA** (Yoga sitting down)

Monday 20th October 11am - 12pm **LAUGHTER YOGA** (Yoga with a giggle)

Monday 27th October 11am - 12pm **Connecting Communities Hub**

If more information is required, Contact Jenny {Community Engagement Officer} on **07721 489 986**

GROUP LEADER UPDATES

If the group activity you are interested in, has not written anything for the 'Group Leader Updates' which follow, then you can contact them directly from the 'Activity Group Leaders - Contact Details' on the last page.

ANTIQUES AND COLLECTABLES

GROUP LEADER - JACQUI TOWNSLEY

"Hidden Secrets from Antiques Road Shows"

Next meeting will be on **Wednesday 8th October 2025 at 7.30 pm** in Hillsborough Village Centre.

Everyone is welcome for this our first meeting after the summer and don't forget to bring along your any treasures you possess with hidden secrets!

BEGINNERS BRIDGE

GROUP LEADERS - FIONNUALA O'CALLAGHAN - ROSITA STOREY

New classes for Beginners Bridge will take place in Smyth Paterson (second floor) on **Tuesday 30th September at 1:00pm**. There are limited places so get you name in quick.

BOOK GROUP 1

GROUP LEADER – HILARY PRESTON

Book group 1 met on 4th September at a member's home to discuss 'Night Swimmers' by Roisin Maguire Set during Covid in a small seaside village , the book enchanted the whole group . We all enjoyed the portrayal of the characters and felt they were accurate descriptions.

Next month we will be discussing 'The Island of Sea Women' by Lisa See.

BOOK GROUP 2

GROUP LEADER - JOAN BRYSON

In October we will meet on **Tuesday 26th** at 10.30 am. Our book is '**The Caddy who Knew Ben Hogan**' by John Coyle. After many years, a successful man returns to an exclusive club where he worked as a boy to give a talk. Meeting a famous player and watching epic matches has shaped his life and sport is invoked as a metaphor for life, both sweet and bitter.

BOWLING

GROUP LEADERS - FRASER SHANNON - BILL INGLESTON

Another Indoor season started on Tuesday 2nd September at Kilmakee Activity Centre. Already, a friendly, competitive atmosphere has developed as members get re-acquainted after the summer break. Play takes place at 1.45 pm - 4.00 pm on Tuesdays and at 9.45 am – noon on Thursdays. Players early attendance will help organisation of mats and teams in time for a punctual start to games.

CROCHET

GROUP LEADER - JEAN RYAN

Weekly meetings take place on Fridays 10.30 - 12.00 at Happy Days Lisburn.

FILM GROUP

GROUP LEADER - JUDITH PRENTICE

We are continuing to visit Lisburn Omniplex on a Tuesday evening on a fortnightly basis (depending on suitable films being available) and a good number of members attending. If you are interested in this, please contact the group leader Judith Prentice to be added to her list. She will then advise you of films chosen, with date and time.

LET'S GO

GROUP LEADER - GAIL POLLOCK

Following a great talk by Carol Walker from the Somme Association, we will be visiting the **Somme Centre** outside Newtownards, on **Thursday 23rd October at 10.30** for a tour at 11am The cost is £9pp. Sign up at the next meeting or email me. {email address is on the last page of the Newsletter.}

LU3A SINGERS

GROUP LEADER - JACQUI TOWNSLEY



October meetings will be held on **Friday 10th** and **Friday 24th October 2025 at 2.00 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.

Looking forward to welcoming new members to our singing group - come along and enjoy some relaxed singing and friendship.

T'AI CHI – Mixed Ability Classes

GROUP LEADERS - PAUL BOYCE - KATHLEEN INGLESTON

The new season of Tai Chi began on Monday 15th September with a full class of students and a new tutor, Michael MacBean. We wish everyone in the class well and lots of healthy movement during this new season for us. Happy class work and home practising!! From Kathleen and Paul

THEATRE & CONCERT

GROUP LEADERS - JACQUI TOWNSLEY - KATHLEEN ROBINSON

'Dear Arabella' - Lyric Theatre

Change of date to **Saturday 27th September 2025** at **2.30 pm**

Booking closed. Tickets at the theatre on the night.

YOGA

GROUP LEADERS - BRENDA PALMER - FRED A BELL



Yoga classes have resumed but at present we have no spaces for new members. We can, however place names on our waiting list for anyone interested.

Editors Quiz

Where in the house would you find a Tang, a Butt and a Bolster.
Email the editor with the answer to win a magnificent prize. {or surprise}

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 but our walks are always subject to weather conditions. 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

Rambles continue every Monday with a Ramble Plus on the second Monday of the month.
New members always welcome.

LEVEL 5: SCRAMBLERS

GROUP LEADER - STANLEY PRENTICE

Mountain walks / Scramblers take place every Thursday, predominantly in the Mourne.
We join up with our fellow Scramblers from Belfast u3a for these walks.
Any questions or for more information, please contact the group convener .

Editors comment. -: a website you may find helpful if you have a technical problem is

<https://www.ccleaner.com/knowledge?c=home-computing>

{if you have a eyesight problem this website is of no use at all}

LISBURN U3A COMMITTEE MEMBERS

NAME	POSITION	EMAIL
Sharon Graham	Chairperson	Info@lisburnu3a.org
Rosita Storey	Vice Chairperson	
Rosita Storey	Convener of Group Leaders	
Jane Harris	Treasurer	
Edna Elliott	Administrative Secretary	
Irene Davidson	Membership Secretary	
Derek Elliott	Speakers	
Brenda Palmer	Catering and sign in Coordinator	

ADDITIONAL POSITIONS

NAME	POSITION	EMAIL
Deirdre Maguire	Webmaster	Info@lisburnu3a.org
Ray Fillmore	Newsletter Editor	
Darrell Mawhinney	Photo Supplement	

VENUE* KEY	
1 = Kilmakee Activity Centre	10 = Lisnagarvey Bowling Club {seasonal outdoor bowls}
2 = Lisburn Racquets Club, Belfast Road, Lisburn	11 = Tesco, Bentrin Road, Lisburn
3 = Hillsborough Village Community Centre	12 = Smyth Patterson's Café
4 = Volunteer Member's Homes	13 = Bridge Community Centre
5 = Laganview Enterprise Centre, Lisburn	14 =
6 = Happy Days {The Journey Church, Lisburn}	15 =
7 = Coach Snooker Club, Hillsborough	16 =
8 = Varied Venues	17 =
9 = Parish Room Hillsborough Parish Church	18 =

LISBURN U3A ACTIVITY GROUP LEADERS

GROUP	Day	Time	Venue	Group Leader	Contact Email
Antiques	2nd Wed of month	7:30pm	3	Jacqui Townsley	Info@lisburnu3a.org
Archery	Every Tuesday	10:00am	1	John Sell	
Badminton	Every Wednesday	10:30am	2	Laura Molloy	
Book Group 1	1st Thurs of month	afternoon	4	Hilary Preston	
Book Group 2	Last Tues of month	10:30am	4	Joan Bryson	
Bowling Indoor	Every Tuesday Every Thursday	1:45 - 4 pm 09:45 am - 12	1	Fraser Shannon Bill Ingleston	
Bowling Outdoor Seasonal Summer	Every Tuesday Every Thursday	1:45 - 4 pm 09:45 am - 12	10	Fraser Shannon Bill Ingleston	
Bridge	Every Thursday	7:30pm	13	Ivy Long Joan Bolam	
Bridge Beginner	Every Tuesday	2pm - 3:45	12	Fionnuala O'Callaghan Rosita Storey	
Crochet	Every Friday	10:30am	6	Jean Ryan	
Dining Out	Occasional	6:45pm	8	Norma Patterson	
Film Group	Most alternate Tues	Evening	8	Judith Prentice	
Garden Group	Occasional	Varied	8	Paul Boyce Joan Hamilton	
Golf	Most Mondays	Varied	8	Margaret Callan	
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	
Photography	Occasional	Varied	8	Keith Ineson William Grant Iain James	
Scrabble	1st & 3rd Thurs of each month	2:00pm	2	Lynda Brownlee Barbara Primrose	
Snooker	Every Tuesday	7:30pm	7	Neville Hicks	
T'ai Chi Mixed Ability Classes	Mondays	11:00 - 12:00	5	Kathleen Ingleston Paul Boyce	
Theatre / Concert	Occasional	Varied	8	Jacqui Townsley Kathleen Robinson	
Yoga	Every Wednesday Every Thursday	4pm - 5pm 11am - 12	5	Brenda Palmer Freda Bell	
Strollers	Every Monday	10:15am	8	Mary Hine	
Saturday Ramblers	3rd Sat of month	10:30am	8	Gil Colvin	
Ramblers	Every Monday	10:30am	8	Stanley Prentice	
Ramblers Plus	2nd Mon of month	10:30am	8	Keith Ineson William Grant	
Scramblers	Every Thursday	09:30am	8	Stanley Prentice	