

Email: info@lisburnu3a.org

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

Charitable Status No NI103276



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 26th February. (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.

Remember to bring your cup, complimentary refreshments are served before the meeting starts.

For contact details of committee members and conveners please consult the lists on the last page News/information/articles for the next edition must reach the editor before the 18th of the month



THE COMMITTEE WISH YOU ALL BEST WISHES FOR 2026

Please Note Annual lunch on the 29th anyone who hasn't yet paid and given their menu choices need to do so by **Friday 23rd** as final numbers need to be given to Dunmurry Golf Club on Monday 26th.

The speaker for our monthly meeting on February 26th is Andrea Stanbridge from Health & Wellbeing.

Welcome To New Members - Joe Dobbin and Irene Porter

Lisburn U3A needs YOU! - Post available

Brenda Palmer our '**Catering & Sign in Coordinator**' is leaving post.

Brenda writes -: I have held the position of Catering & Sign in Coordinator on committee for the past two years. I have thoroughly enjoyed being part of the committee and have learned a lot about how LU3A is organised. It's not a labour intensive position. There are only two things to do.

Two boxes need to be kept stocked up with coffee tea biscuits for each monthly meeting and each month you need to contact the leader of one of the interest groups, to organise four members of their group to help serve tea & coffee and oversee sign in duties at the meetings. That's all there is to it.

I will provide further explanation and handover of documents to whoever takes on this position.

The Lisburn U3A requires a full Committee to ensure the continued good governance and financial success. Please consider taking a position on the Committee.

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

Next meeting will be **Wednesday 11th February** 2026 at **7.30 pm** in Hillsborough Village Centre.

Many thanks to all those members who came along to support the Group last month and brought their medals and stories - it was a great night!

Details for the next meeting will be circulated when I receive confirmation from the speaker. So please keep an eye on your e-mails! - Everyone welcome - non-group members £3.00.

BOOK GROUP 1

GROUP LEADER - HILARY PRESTON

Book group 1 met in a member's home to discuss '**A Terrible Kindness**' by **Jo Browning Roe** which we read for our January meeting. The starting chapters took place after the Aberfan disaster of 1966 which all of the group could remember. The book then followed the life of one of the embalmers who assisted after that awful event.

There was material for plenty of lively discussion.

Next month we will be discussing '**The Time of the Child**' by **Niall Williams**.

BOOK GROUP 2

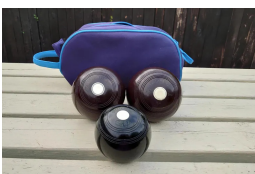
GROUP LEADER - JOAN BRYSON

Our February meeting is on **Tuesday 24th** at 10.30am when we will discuss '**Caledonian Road**' by **Andrew O'Hagan**. Glaswegian O'Hagan usually bases his books in working class Scotland but has moved to contemporary London.

An art critic and celebrity pundit seems to be successful in his pursuit of wealth and admiration mixing with the rich and famous. That's until secrets and lies emerge to shatter the thin ice upon which reputations are built.

BOWLING

GROUP LEADERS - FRASER SHANNON - BILL INGLESTON



With the Christmas break and the recent dangerous weather conditions behind us now, our trusty bowling members are happily back to Indoor Bowling again.

Play continues at Kilmakee Activity Centre with games at 1.45 pm - 4.00 pm on Tuesdays and at 9.45 am - noon on Thursdays. As usual, players are urged to **attend early** to facilitate the organisation of mats and teams, in time for a punctual start to games.

DANCE for FUN & FITNESS

GROUP LEADER - PATRICIA RICKETTS

We would like to thank our Dance Teacher on our first, very successful session of 'Dance for Fun and Fitness.'

Linda has been working hard to give us an enjoyable play list.

We all had a wonderful time and look forward to 'dancing with rhythm' again soon.

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

February's Let's Go will be a tour of Down Cathedral in Downpatrick on **Thursday 19th** at **10:30**; the cost is **£4** per person. There will be a talk about the Cathedral and the graves of the 3 saints, Patrick, Brigid, and Colmcille. There will also be an opportunity to visit Down Museum where you can see the original of the High Cross that stands in front of the Cathedral. If you'll be at the Anniversary lunch, Ray will have the sign up sheet, otherwise, email me.

PAINTING FOR PLEASURE

GROUP LEADER - TOMMY YARR

The painting group resumed on the **13th January 2026** - New members are always welcome.

SCRAMBLERS

GROUP LEADERS - JULIA SIMPSON - DARRELL MAWHINNEY

The Scramblers are off to a great start to 2026. We meet every Thursday at 9:30 mostly in the Mournes. Our walks are strenuous and you need to have a good level of fitness. There is always plenty to talk about when we sit down to lunch with a beautiful view. Hiking boots are essential.

If you would like more information please contact me, Julia. - My email address is on page 7/

LU3A SINGERS

GROUP LEADER - JACQUI TOWNSLEY



Singing Group meetings in February are on **Friday 13th & Friday 27th February 2026** at **2.00pm** 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 seeing you all back and in full voice after Christmas!

T'AI CHI – Mixed Ability Classes

GROUP LEADERS - PAUL BOYCE - KATHLEEN INGLESTON

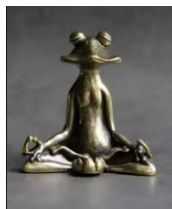


We returned to our Tai Chi / Qigong class on **Monday 12th January**. Our tutor Michael MacBean has got us moving again after the Christmas break!

We are all enjoying the health benefits of this class which aids balance, strength, and stability.

YOGA

GROUP LEADERS - BRENDA PALMER - FRED A BELL



Yoga continues on **Wednesdays 4 -5pm** and **Thursdays 11am -12pm**. Our classes are at full capacity at the moment but we are happy to put anyone interested in joining on our waiting list.

THEATRE & CONCERT

GROUP LEADERS - JACQUI TOWNSLEY - KATHLEEN ROBINSON

"CINDERELLA" - Lagan Valley Island - **Friday 6th March 2026** at **7.30 pm**

Fusion Theatre presents Rodgers & Hammerstein's spectacular Broadway musical. This show has it all, whimsical magic, beautiful costumes, the ultimate "dreams come true" fantasy, sparkling romance, hilarious new twists and a moving story about kindness, social change and finding your voice.

Tickets £17.50 pp. Closing date for bookings **Monday 2nd February 2026**

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 LEADERS - 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 LEADERS - JULIA SIMPSON - DARRELL MAWHINNEY

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 Challenge - This competition is designed to test your ability to 'think outside the box'. It is not 'Google friendly,' do not look at the obvious, you are being deliberately misled.

What do the following have in common?

John Calvin
Duke of Cornwall
Lord Auckland
Earl Grey
Martin Luther

Clue - This could have happened to you *If you were a bad girl.*

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 - 4pm 09:45 - 12:15	1	Fraser Shannon Bill Ingleston	
Bowling Outdoor Seasonal Summer	Every Tuesday Every Thursday	1:45 - 4pm 09:45 - 12:15	10	Fraser Shannon Bill Ingleston	
Bridge	Every Thursday	7:30pm	13	Ivy Long Joan Bolam	
Bridge Beginner	Every Tuesday	2 - 3:45pm	12	Fionnuala O'Callaghan Rosita Storey	
Crochet	Every Friday	10:30am	6	Jean Ryan	
Dance Group	Every Wednesday	2pm - 3.30pm	5	Patricia Ricketts	
Dining Out	2 nd Thurs of month	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	Julia Simpson Darrell Mawhinney	