

LISBURN U3A NEWSLETTER

Email: info@lisburnu3a.org

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

Charitable Status No NI103276



JULY 2026

U3A MONTHLY MEETINGS - begin 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 30th July. Don't forget to bring your own cup, or mug to the monthly meetings and enjoy a more pleasant sensation than drinking out of a cardboard container!

The speaker for July is Dawson Stelfox who was the first Irish man to conquer Mount Everest and will give a talk on the subject of "Friends in High Places"

For contact details of committee members and conveners *please consult the lists on the last page*
Group Conveners please note -: News/information/articles for the next edition must reach the editor before the 19th of the month

Meet the Committee.

Sharon Graham - Chair

chair@lisburnu3a.org



After retiring from a busy, challenging, and enjoyable career, I soon realised that I needed another interest. I liked the idea of learning how to play bridge and someone suggested joining U3a.

As I hadn't heard of the organisation, I searched Google and joined up at a monthly meeting in Laganview. Soon afterwards I began going to the Beginners Bridge Group. It was at a Bridge evening in Lisburn Racquets Club that I met Elizabeth Fleming who was then coming to the end of her term as chair. With some "gentle persuasion" from Elizabeth and quite a lot of trepidation, I agreed to take on the role in 2025.

Over the last year, I've come to realise what a valuable organisation the u3a is.

I'm also learning a lot more about how things work within the organisation.

We have a great committee at Lisburn u3a and I enjoy being involved and helping to keep our u3a functioning. Being a member is a great way to meet people and make new friends. - Sharon Graham.

Rosita Storey - Vice-Chair & Groups Convener

groupsconvener@lisburnu3a.org



Hi I am Rosita Storey, Vice-Chair of the Lisburn U3A. My job is to support the Chair and to act as a Deputy for the Chair when she is absent.

Also I am the Groups Convener, which helps in the smooth running of the different clubs when needed.

If you need anything concerning the groups, you can contact me through my email.

I enjoy the roles and to be part of this exceptional group of people.

Edna Elliott - Administrative Secretary

info@lisburnu3a.org



I joined Lisburn u3a in October 2018. I was surprised by the variety of groups and activities available to join, and have since joined many of these groups.

Last year after some gentle persuasion I became Administrative Secretary. This role was certainly out of my comfort zone but once settled into the role I now find it quite enjoyable. My role as administrative secretary includes responding to emails and communicating with members through the Beacon system. I also take minutes of the committee meetings and AGM.

Jane Harris - Treasurer

treasurer@lisburnu3a.org



Having retired from working for over 45 years in finance, I joined u3a in 2022 and was elected Treasurer in 2024. As Treasurer, I am responsible for all the finances of Lisburn u3a - banking receipts for membership & events, paying for the hire of venues and other expenses, claiming Gift Aid from HMRC, preparing our annual accounts for the A.G.M., and doing an annual return of those accounts to the Charity Commission. I enjoy indoor & outdoor bowls and occasionally go out with the Let's Go group. My childminding duties prevent me from joining other groups at the present time, but I hope to be able to remedy that when my grandson is a little older.

Irene Davidson - membership secretary

membership@lisburnu3a.org



As membership secretary I manage the Lisburn u3a membership data base, adding new members' details and issuing digital membership cards to all current members, including those renewing each year.

Provided I receive the information I can amend the data base re: deaths, those moved out of the area or have changed their address.

The members that are not on email are sent a copy of the Newsletter by post.

New members are welcomed in the Newsletter each month.

I am available to answer queries at the monthly meetings held on the last Thursday each month in the Laganview Enterprise Centre.

Derek Elliott - Speakers Secretary

speakers@lisburnu3a.org



I Joined the Lisburn u3a in October 2018 having retired in June 2015.

The first group I Joined was the Ramblers Walking Group and then the Indoor Bowls Group in 2019 and then Golfers at Aberdelghy. I was elected as a Committee Member in May 2025, undertaking the role of **Speakers Secretary**, arranging the various speakers for the monthly meetings.

Jim Maye - Committee member



Hi I'm Jim Maye. I'm one of the new LU3A. Committee members and I joined in April 2026. I've a background in education management. I'm looking forward to new challenges, new friends, and new activities in my life. Just rearing to go!

I am interested in joining the LU3A painting, photography, and snooker groups. Well, that's just for starters!

As regards my current work for the Committee, I have been asked by the Chair to review the LU3A Constitution and report findings. This work is ongoing.

Pat Cameron - Catering and Sign in Coordinator



My name is Pat Cameron; I live in Ballylessan just outside Lisburn. I've been a member of LU3a for some time and joined the Committee in June. My involvement with the various Groups; Antiques, Bridge, Film, Garden and T'ai Chi has been very enjoyable; great company and fun. Definitely time to give something back. I have taken on the role of "Catering and Sign in Coordinator" a position held by Brenda Palmer who carried out her duties admirably and efficiently for many years. I will do my best to do the same. This can only be achieved with the cooperation of all the Groups, to make "the welcoming cup of tea/coffee" such a success.

As for myself; I've been involved in Horticulture for nearly sixty years. I'm still taking an active role within the NGS NI (National Garden Scheme NI) branch. We are always on the lookout for gardens to open to the Public. The money received provides critical support to Nursing and Health Charities here in NI and the rest of the U.K. I look forward to working with the other Committee Members for the betterment and welfare of the Lisburn U3A.

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 from the 'Activity Group Leaders - Contact Details' on the last page.

ANTIQUES AND COLLECTABLES

GROUP LEADER - JACQUI TOWNSLEY

The next meeting will be **Wednesday 9th September 2026**.

BOOK GROUP 1

GROUP LEADER - HILARY PRESTON

We read '**Remarkably Bright Creatures**' by Dehelby van Pelt. We all enjoyed this idiosyncratic book. It was a pleasant summer read. In August we will be discussing '**The Artist**' by **Lucy Steeds**

BOOK GROUP 2

GROUP LEADER - JOAN BRYSON

Our August meeting is on **Tuesday 25th at 10.30 am** when our book is '**Fair Stood the Wind for France**' by H. E. Bates. This renowned author seems to have slipped from view in recent years. Bates draws on his wartime service with the RAF in this story of a wounded airman shot down over France who is sheltered by a local family and his attempts to escape with one arm and the family's daughter!

BOWLING

GROUP LEADERS - FRASER SHANNON - BILL INGLESTON

Our group of enthusiastic summer bowlers continue to play Indoor Bowling at Kilmakee or Outdoor Bowling at Lisnagarvey. They play at the familiar times of **1.45pm - 4.00pm on Tuesdays** and **9.45 - noon on Thursdays**. As always, players are urged to attend early to facilitate the organisation of mats and teams, in time for a punctual start to games.

The varied summer weather conditions this year has resulted in some interesting (i.e. humorous) online negotiations within the group. I suspect that some of us will miss that aspect when the regular indoor sessions resume.

DANCE for FUN & FITNESS

GROUP LEADERS - LIZ MURPHY - PATRICIA RICKETTS

The Tartan Army have been charming everyone during their world cup exploits, including doing The Slosh, a Scottish party staple. Well, the Lisburn U3A Dance for Fun class have been doing this dance every week since January 2026, when the group started! After a growing demand for this sort of activity, the class got on the floor in January, and has been meeting every week since then. Class leader Linda Harley is a qualified Scottish Country Dance teacher.

"I especially like dances that do not need a partner, so we do a lot of line dances, some Latin dance moves to modern songs, and party dances."

The class always starts with a warm up and mobilisation section, and finishes with some cool down stretches. The dance styles covered have included Scottish ceilidh (Circassian Circle, Gay Gordons), Irish ceilidh (Rakes of Mallow, Waves of Tory), line dances (Ah Si, The Last Shanty), waltzes (St Bernards, Pride of Erin), folk dances (La Chapeloise, Rheinlander), and always finish with a fun party dance (YMCA, Macarena).

Members took to the floor at the annual BBQ to show off their moves! New members welcome when we return in September. Patricia Ricketts

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.

GARDEN GROUP

GROUP LEADERS - JOAN HAMILTON - PAT CAMERON

Our next garden visit will be on **Wednesday 12th August** to **Tuffley Lawn garden**, Ballyrogan Road, Newtownards at **2pm**. This mature organic garden developed over 40 odd years, contains exotic and rare plants along with herbaceous plants, fruit and vegetables. The cost of this visit is **£10** to include tea/coffee.

If you would like to go on this visit, please contact either Joan Hamilton, or Pat Cameron

{See the last page for contact details}

LET'S GO

GROUP LEADER - GAIL POLLOCK

August's Let's Go will be to **Castle Espie**, WWT's Wetland Centre on **Wednesday 19th at 11am**. The cost is **£18pp** includes Tea/coffee and scones and talk. This is a great opportunity to get up close to the wildlife that is currently in the country, there is a dragonfly festival, a diving duck talk, and much more.

<https://www.wwt.org.uk/wetland-centres/castle-espie>

NATIONAL TRUST

GROUP LEADER - LESLEY KIRK

Bumble bee walk at Rowallane Gardens on **Saturday 15th August** at **11.30**

The walk leaves from the front of the house at 11:30 am led by a bee keeper who will explain how to identify bumblebees and record their activity around the stunning garden at Rowallane.

Free to NT members, usual admission fee for non NT members, email, or text Lesley if you would like to attend.

{See the last page for contact details}

LU3A SINGERS

GROUP LEADER - JACQUI TOWNSLEY

The next meeting will be **Friday 4th September 2026**.

PHOTOGRAPHY GROUP

GROUP LEADERS - KEITH INESON - WILLIAM GRANT - IAIN JAMES

We meet at **11am on Monday 3rd August** to take photographs around the **Titanic Quarter** and we will then have lunch at a venue to be decided"

T'AI CHI / QIGONG

GROUP LEADERS - ROZ BOYCE - PAUL BOYCE - KATHLEEN INGLESTON

During July and August the two Tai Chi / Qigong groups (Monday and Wednesday classes) are having a break. We shall meet up again on our respective days on **7th and 9th September**. The leaders will be in touch with class members towards the end of August to check the numbers of our current students. We shall also check for any availability of spaces in the classes for those on our waiting list. Happy Holiday time! The sun is shining a lot!! From Kathleen, Paul and Ros.

YOGA

GROUP LEADERS - BRENDA PALMER - FRED A BELL

Yoga remains on summer break. Classes will resume in September. Anyone interested in joining us should contact Freda or Brenda. [{See the last page for contact details}](#)

THEATRE & CONCERT

GROUP LEADERS - JACQUI TOWNSLEY - KATHLEEN ROBINSON

Judy - End of the Rainbow - Grand Opera House, Belfast, Thursday 24th September 2026 at 2:30 pm

Judy Garland - The Legend - The Icon - The Voice.

Discover the real and raw Judy in this award-winning play, featuring timeless hits including *When You're Smiling; The Man That Got Away, Just in Time, All By Myself, Over the Rainbow*, and many more.

Filled with warmth, wit, and unforgettable music, you'll laugh, you'll cry, and be left humming her songs long after the final curtain falls.

Tickets £20 pp (groups of 5+). Closing date for bookings Monday 3rd August 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

We meet every Monday for a 10.30 walk start, at various locations.

To have your details added to the Ramblers database, please contact the convenor.

LEVEL 4: RAMBLERS PLUS

GROUP LEADERS - KEITH INESON - WILLIAM GRANT

We meet on the 2nd Monday of each month at various locations for a 10.30 walk start.

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.

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	
Pat Cameron	Catering and sign in Coordinator	
Jim Maye	Committee member	

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 = Parish Room Hillsborough Parish Church
6 = Happy Days {The Journey Church, Lisburn}	15 =
7 = Coach Snooker Club, Hillsborough	16 =
8 = Varied Venues	17 =
9 = Lagan Valley Island Arts Centre	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	2pm - 4pm	12	Fionnuala O'Callaghan Rosita Storey	
Crochet	Every Friday	10:30am	6	Jean Ryan	
Dance Group	Every Wednesday	2pm - 3.30pm	5	Liz Murphy	
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	Joan Hamilton Pat Cameron	
Golf	Most Mondays	Varied	8	Margaret Callan	
Let's Go	Occasional	Varied	8	Gail Pollock	
LU3A Singers	2nd & 4th Fridays	2pm - 4pm	9	Jacqui Townsley	
National Trust	Varied	Varied	8	Lesley Kirk	
Painting	Every Tuesday	10:30am	3	Tommy Yarr	
Photography	Occasional	Varied	8	Keith Ineson 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 Wednesdays	11:00 - 12:00 11:00 - 12:00	5	Kathleen Ingleston Roz Boyce 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	
Scramblers	Every Thursday	09:30am	8	Julia Simpson Darrell Mawhinney	