

LISBURN U3A NEWSLETTER

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

Charitable Status No NI103276



August 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 will be on Thursday 27th August. Don't forget to bring your own cup, or mug to the meetings and enjoy a more pleasant sensation than drinking out of a cardboard container!

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

The guest speaker at the August meeting will be **Helen McAtee**, who will give us a talk about the work of the RNID {Royal National Institute for Deaf People}

MEMBERSHIP SECRETARY

Irene Davidson



Welcome to our newest members!



★ Elaine Boomer ★ Walter Carruthers ★ Kathleen Hamilton ★
★ Stephen Taylor ★

EMAILS: chair@lisburnu3a.org

editor@lisburnu3a.org

info@lisburnu3a.org

ALL MEMBERS

PLEASE SEND IN YOUR SUBMISSIONS FOR YOUR NEWSLETTER!

Send us photos, and tell us what is going on in activity.

Email your group news, helpful tips, events you attended online, or in person.

Enquiring minds and members would love to read about what others are doing

EMAILS:
chair@lisburnu3a.org

editor@lisburnu3a.org

info@lisburnu3a.org

Send Photos to the Photo Supplement Editor Darrell Mawhinney - photosupplement@lisburnu3a.org

Or send items for the Newsletter to Ray Fillmore - editor@lisburnu3a.org

Editors comment:- what follows on the next page is a short poem written by one of our Members.

Please read it, it applies to so many people. The U3A will not function unless we all take a part.

Do You Just Belong

Are you an active member - the kind that would be missed?
or are you just content that your name is on the list?

Do you attend the functions and mingle with the crowd,
or do you stay at home and grumble long and loud?

Do you take an active part to help the club along?
or are you just satisfied to be the kind that just belong?

Do you ever come along or information seek,
or leave the work to just a few and talk about the clique?

There's quite a programme scheduled, that means success if done,
and it can be accomplished with the help of everyone.

So, why not come along and help with hand and heart,
Don't be just a member, but take an active part.

Think this over, members - are we right or wrong?
Are you an active member or do you just belong?

As you all know, we rely on the various groups to take turns in manning the sign-in desk & serving tea/coffee at the monthly meetings - this requires at least 3, or ideally 4, members from the designated group to attend. I have compiled a rota for the coming year and you will see from it that, providing everyone plays their part, each group will be needed for this only once in every 16 months - not a lot to ask. Please make a note in your diary when it is your group's turn, but a reminder will be sent out to the group leader the month before. The monthly meetings are an integral part of Lisburn u3a and we depend on the cooperation of all the groups to support us in making them a success. Thank you all in advance, Rosita. {Convener of Group Leaders}

Month	Sign-in/Teas
August 2026	Strollers
September 2026	Antiques
October 2026	Badminton
November 2026	Scrabble
December 2026	Scramblers
January 2027	Annual Lunch
February 2027	u3a Singers
March 2027	Dance
April 2027	Painting
May 2027	Ramblers
June 2027	Bridge
July 2027	Bowls
August 2027	Beginner's Bridge
September 2027	Crochet
October 2027	Yoga
November 2027	Tai Chi

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 on Wednesday, 9th September at 7.30 pm in Hillsborough Village Centre.

I hope you all enjoyed the great summer weather we had this year and to get us going again after the holidays we will watch a Video about the difference between Clutter and Hidden Treasure! So, bring along something that you have managed to keep (and not thrown in the dustbin!) and that you hope will be worth a bit more than you paid for it some day!

BOOK GROUP 1

GROUP LEADER - HILARY PRESTON

We read 'The Artist' by Lucy Steeds for our August meeting in a member's home. Virtually everyone enjoyed the book. But one member really disliked it.

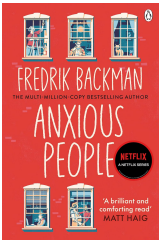
The book is set in Provence in 1920 and we all felt that the area and times were well portrayed. One review described 'The Artist' as a sultry, headily perfumed portrait of monstrous male egos and overlooked women.

We all agreed with that. There was plenty to discuss about the three main characters.

Next month we will be discussing 'My Friends' by Fredrik Backman.

BOOK GROUP 2

GROUP LEADER - JOAN BRYSON



We will meet on Tuesday 29th September at 10.30am to discuss Swedish author Fredrik Beckman's 'Anxious People'. The writing style is said to be different, wickedly funny, and entertaining. The plot focuses on a hilariously botched bank robbery, a hostage situation and how eccentric strangers cope.

BOWLING

GROUP LEADERS - FRASER SHANNON - BILL INGLESTON



The Outdoor Bowling greens at Lisnagarvey close at the end of August so our enthusiastic bowlers will be pleased that the Indoor games at Kilmakee start on Tuesday 1st September. Play will be at the familiar times of 1.45pm - 4.00 pm on Tuesdays and 9.45 am - 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.**

BEGINNERS BRIDGE

GROUP LEADERS - FIONNUALA O'CALLAGHAN - ROSITA STOREY

Beginner's Bridge would like to welcome new beginners to an introductory course lasting for 4 weeks initially starting from Tuesday 1st September, 1pm - 2pm. The venue is the cafe at Smyth Patterson, Bow Street. There is free parking for 2 hours in their car park at the back of the building. If you are interested please contact Fionnuala O'Callaghan. **{Contact details - email and mobile number are on page7}**

BRIDGE

GROUP LEADERS - IVY LONG - JOAN BOLAM

From now on the class will start at **7.15pm** and **not** 7.30.

CROCHET

GROUP LEADER - JEAN RYAN

Weekly meetings take place on Fridays from 10:30-12:00 at Happy Days Lisburn. We start back after the summer break on **Friday 4 September**.

DANCE for FUN & FITNESS

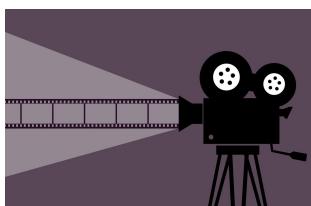
GROUP LEADERS - LIZ MURPHY - PATRICIA RICKETTS

The Dance for Fun group is re-commencing on **Wednesday 16th September**

For details of day and time, please contact the group leader listed on page 7/

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

September's Let's Go will be to **Drayne's Dairy Wednesday 16th at 10am**. This is a **FREE** event.

<https://www.draynesfarm.co.uk/about>

LU3A SINGERS

GROUP LEADER - JACQUI TOWNSLEY

Our first meeting back after the summer break is on **Friday 4th September 2026 at 2.00 pm in the Rock Rehearsal Room at Lagan Valley Island Arts Centre, Lisburn.**

I look forward to welcoming new members - no limit on numbers and all levels of ability are acceptable! Keep singing in the meantime!

PAINTING FOR PLEASURE

GROUP LEADER - TOMMY YARR



The Group finished for the summer, resuming on **Tuesday 8th of September 2026**.

PHOTOGRAPHY GROUP

GROUP LEADERS - KEITH INESON - WILLIAM GRANT - IAIN JAMES

On **Monday 7th September** we visit **Armagh**, meeting at **11.00am**. It's an interesting place for taking photographs so there will be plenty to see and do. We will be ready for lunch afterwards and will decide on a venue on the day.

T'AI CHI / QIGONG

GROUP LEADERS - ROZ BOYCE - PAUL BOYCE - KATHLEEN INGLESTON



T'AI CHI for Health - Our tutor Michael Mac Bean concentrates on the Qigong element of T'ai Chi focusing on movements and exercises to build strength, mobility, & balance.

There are currently two classes running

1 **Monday 11.00 am** Laganview Enterprise Centre, resuming **7th September**

2 **Wednesday 11.00 am** resuming one week later on the **16th September**, temporarily located in the *Resurgam Youth Initiative Building* (adjacent to the Laganview Enterprise Centre). At present both classes have a full quota, please contact one of the leaders before attending a class to register your interest and to be placed on a waiting list.

THEATRE & CONCERT

GROUP LEADERS - JACQUI TOWNSLEY - KATHLEEN ROBINSON

Judy - End of the Rainbow - Grand Opera House - Thursday 24th September at 2.30 pm. **Booking closed**

Pride & Prejudice (Sort of) - Grand Opera House - Thursday 22nd October 2026 at 2.30 pm

The five star comedy sensation from the West End - it's the 1800s; it's party time; let the ruthless matchmaking begin! **Tickets £40 pp. the closing date for bookings Tuesday 1st September 2026.**

YOGA

GROUP LEADERS - BRENDA PALMER - FRED A BELL

Yoga classes reconvene on **2nd of September** after our summer break. Membership is at full capacity at the moment but we are happy to place names of anyone interested in joining us on our waiting list.

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	7:15pm	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	