

Email: [info@lisburnu3a.org](mailto:info@lisburnu3a.org)  
Website: <https://www.lisburnu3a.org/>

Charitable Status No NI 103276

For contact details of committee members and conveners please consult the lists on the last page  
**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 28<sup>th</sup> November.** 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 2p.m. **Don't forget to bring your name badge and cup.**

## NOVEMBER MEETING LAGANVIEW ENTERPRISE CENTRE

Thursday 28<sup>th</sup> November at 2.00pm

Speaker: Wendy Smith – Hypo Hounds Diabetic Alert Assistance Dogs.

We are all familiar with assistance dogs whether they are Guide Dogs for the Blind or Hearing Dogs for the Deaf but this month we will welcome Wendy Smith from Hypo Hounds who will be telling us about Diabetic Alert Assistance Dogs.

Wendy will be telling us about these wonderful dogs who are trained to sense if their owner is having a potentially life-threatening hypoglycaemic attack.

This will be a really enlightening talk and we look forward to many of you coming along to hear Wendy and meet Echo and Digby, her two amazing dogs.

The meeting will start at 2.00pm but feel free to arrive from 1.40pm to have tea/coffee and chat with friends beforehand. Thanks to the Antiques group who will be at the sign-in desk and will host the refreshments this month.

**Dates for your Diary: Please note change of date and venue.**



The December meeting on Thursday 12<sup>th</sup> December 2024 @ 2.00pm will be our Christmas Party with festive food and entertainment by Trevor Dickson.

We will be holding this in the Masonic Hall, Belsize Road Lisburn.

This is a free event but please let us know

if you will be coming for catering purposes.

Sign-up sheet at the November Meeting or email [info@lisburnu3a.org](mailto:info@lisburnu3a.org).



We are in the process of updating member records on Beacon.

Thanks to everyone who has provided a current name and contact number of someone we can call in the event of an emergency.

Members who have not yet done so, can complete the details at the monthly meeting, at your interest group meeting or by emailing Avril: [info@lisburnu3a.org](mailto:info@lisburnu3a.org)

Thursday 30<sup>th</sup> January 2025 – Anniversary Lunch at 1.00pm Dunmurry Golf Club when we will have a three-course meal and be entertained by the wonderful Lisburn and Banbridge Ukelele Group who we all enjoyed so much last year.

Cost: £27 - to include tip and entertainment. Please complete the sign-up sheet, menu choices and make payment at the November or December meeting.



**Lisburn U3A Anniversary Lunch - Dunmurry Golf Club**  
**Thursday 30<sup>th</sup> January 2025 - 12.30 for 1.00pm**  
**Cost £27 (which includes tip) to be paid in advance**

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**Starters**

Soup of the Day with warm baked breads (gf available)  
Chicken Tempura on dressed leaves & sweet chilli dressing  
Prawn Salad on stone baked wheaten bread with rich Marie-rose sauce (gf available)

**Mains**

Daube of Beef with Yorkshire Pudding & pan roast gravy (gf)  
Roast Stuffed Turkey & Ham with cranberry sauce (gf available)  
Oven baked Fillet of Hake with wilted greens & white wine sauce (gf)  
Vegetable stir-fry served with fragrant rice (gf)  
***Main course served with a selection of seasonal vegetables & chef's potatoes***

**Desserts**

Mixed Berry Pavlova with Chantilly cream & mixed berry coulis (gf)  
Sticky Toffee Pudding with butterscotch sauce & vanilla ice cream  
White Chocolate Cheesecake with fresh cream & berry coulis

Tea, coffee & Dinner Mints to finish

**Names, menu choices & payment can be given at the November or December monthly meeting. Please advise any special dietary requirements.**

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## GROUP LEADER UPDATES

Please Contact Group Leaders Directly If You Don't See Below The Group In Which You Are Interested.

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### ANTIQUES AND COLLECTABLES

### GROUP LEADER - JACQUI TOWNSLEY

There will be no meeting in December - next meeting will be Wednesday 12<sup>th</sup> February 2025

### ARCHERY

### GROUP LEADER - JOHN SELL

We have recommenced our Autumn season's for an hour in the Kilmakee Activity Centre. very experienced archery coach, Damien, who members are always welcome - Green tights



activities. We meet every Tuesday at 10am All the equipment is provided and we have a will provide all the necessary tuition. New optional!!

### BOOK GROUP 1

### GROUP LEADER – HILARY PRESTON

Book Group 1 met on Thursday 7<sup>th</sup> November to discuss 'The Coast Road' by Alan Mirren. He is an Irish fiction writer who lives in Berlin. 'The Coast Road' is his first novel. It is set in 1994 prior to the Irish referendum on divorce. In a small village on the Irish coast everyone is talking about Collette Crawley who left her husband and sons to pursue a relationship with a married man in Dublin.

The group enjoyed the book. The characters were well described, the females full of anger and hope. The male characters are unlikable and controlling. The ending came as a surprise to us all.

Next month we are reading 'The Rumour' by Lesley Kara.

Hilary Preston

### BOOK GROUP 2

### GROUP LEADER - JOAN BRYSON

In December Group will meet early on Tue.10th. In keeping with our tradition we will gather for Christmas Lunch and have some readings and entertainment with festive themes.

### BOWLING

### GROUP LEADERS - FRASER SHANNON - BILL INGLESTON

Indoor bowling is in full swing again at Kilmakee Activity Centre. We bowl at 1.45 - 4.00 pm on Tuesday and at 9.45 am - noon on Thursday. **Please come in good time to allow mats and teams to be organised for a punctual start to bowling.** We are almost at full capacity of players now but there is room for a few more. Members wishing to join should advise Fraser or Bill, which day (Tuesday or Thursday or both) they wish to play.

The final bowling dates before the festive season are **Tuesday 17th Dec** and **Thursday 19th December** re-starting again on **Thursday 2nd Jan** and **Tuesday 7th Jan.**

We wish you all a happy and peaceful holiday.



News/Information/Articles for the next edition must reach the editor by the second Wednesday of each month.

## CROCHET

GROUP LEADER - JEAN RYAN

Weekly meetings take place on Fridays 10:30-12:00 at Happy Days Lisburn.

## DINING OUT

GROUP LEADER - NORMA PATTERSON



Hi everyone. Our Christmas outing to Pizzarellys will be on **Thursday 12th December** at **6.45 for 7.0 pm**

If you would like to join us, just email me please!!

it's Ho Ho Holly time again!!! Full Christmas and pizza menus available!! Hope to see you there!!

## 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. please contact the group leader Judith Prentice to be advise you of films chosen, with date and time.



If you are interested in this, added to her list. She will then

## LET'S GO

GROUP LEADER - GAIL POLLOCK

There will be no Let's Go in December as it's such a busy time for everyone. Have a lovely holiday and see you in the New Year. - Gail



LU3A SINGERS

GROUP LEADER - JACQUI TOWNSLEY

One meeting in December on **Friday 13<sup>th</sup> December 2024 at 2.00 pm in the Parish Room, Hillsborough Parish Church** to sing some Christmas songs and carols. 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. Everyone welcome – no expertise required – just come, relax and sing!

## PAINTING FOR PLEASURE

GROUP LEADER - TOMMY YARR

The group continues to meet in Hillsborough Village Centre each Tuesday 10 30-12 30. The current session ends on 26<sup>th</sup> November and resumes on 14 January. New members are welcome.

## THEATRE & CONCERT

GROUP LEADERS - JACQUI TOWNSLEY - KATHLEEN ROBINSON

### War Horse

Grand Opera House, Belfast, Thursday 13<sup>th</sup> February 2025 at 2.30 pm

Booking closed. Tickets available at monthly meetings or at the theatre..

### Snow White the Pantomime

Lagan Valley Island, Lisburn, Friday 6<sup>th</sup> December 2024, at 7.00 pm

Booking closed. Tickets available at monthly meeting or at the theatre..

### An Evening of Christmas Music

Ulster Hall, Belfast, Saturday 7<sup>th</sup> December 2024, at 7.30 pm

Booking closed. Tickets available at monthly meeting or at the Ulster Hall.

## YOGA

GROUP LEADERS - BRENDA PALMER - FREDA BELL

Yoga continues on Wednesdays 4-5pm and interested in joining our classes with Asha our



Thursdays 11-12pm at Laganview. Anyone instructor should contact either Freda or myself.

**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

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.** -: Yogalates has evolved, it has become Yoga. That's because all the members are now turning up on time.

## LISBURN U3A COMMITTEE MEMBERS

NAME	POSITION	EMAIL
Elizabeth Fleming	Chair Person	Info@lisburnu3a.org
Vice Chairperson	Post Vacant	
Jane Harris	Treasurer	
Avril Hughes	Administrative Secretary	
Brenda Palmer	Catering and sign in Coordinator	
Fraser Shannon	Speakers	
Bill Ingleston	Membership Secretary	
Kathy Mclean	Assistant Membership Secretary	
Joan Bryson	Convener of Group Leaders	

### ADDITIONAL POSITIONS

NAME	POSITION	EMAIL
Elodie Ellingsen	Webmaster	Info@lisburnu3a.org
Ray Fillmore	Newsletter Editor	
Cynthia Kelly	Photo Supplement	

VENUE* KEY	
1 = Kilmakee Activity Centre	10 = Lisnagarvey Bowling Club
2 = Lisburn Racquets Club, Belfast Road, Lisburn	11 =
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 = Hilden Brewery
6 = Happy Days	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	10:30am	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 Tues & Thu	09:45 - 12:15	10	Fraser Shannon Bill Ingleston	
Bridge	Every Thursday	7:30pm	2	Ivy Long Joan Bolam	
Bridge Beginner	Every Tuesday	1:30pm	14	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	
Karate	Every Tuesday	6pm - 7:30pm	12	William Grant	
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 12:15 - 13:15	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	Alternate Thurs	09:30am	8	Stanley Prentice	