

Email: [info@lisburnu3a.org](mailto:info@lisburnu3a.org)Website: [www.lisburnu3a.org](http://www.lisburnu3a.org)

Charitable Status No NI103276

*Please consult the lists on the last two pages for contact details of Committee Members or Group Leaders.*

### LU3A MONTHLY MEETINGS SUSPENDED UNTIL FURTHER NOTICE

IF YOU, OR ANY LU3A MEMBER YOU KNOW, IS IN DIFFICULTY DURING THIS TIME OF EXTREME SOCIAL DISTANCING, PLEASE CONTACT ANY OF YOUR COMMITTEE MEMBERS.

WE WILL DO OUR BEST TO PROVIDE SUPPORT AND HELPFUL INFORMATION.

#### ITEMS FOR MONTHLY MEETINGS

During the suspension, Group Leaders and Members wishing to communicate to the Lisburn U3A's Full Membership should instead send the information by email to the chairperson and secretary for distribution.

Margaret Hanna	Chairperson	<a href="mailto:margarethanna@hotmail.co.uk">margarethanna@hotmail.co.uk</a>
Joan Hamilton	Administrative Secretary	<a href="mailto:info@lisburnu3a.org">info@lisburnu3a.org</a>

#### COMMUNICATIONS

#### NEWSLETTER, WHATSAPP, FACEBOOK

- **WHATSAPP GROUPS**

Group Leaders have been asked to start WhatsApp Groups for each activity, so that you can keep in touch with your peers during this time.

- **FACEBOOK PUBLIC PAGE**

**Lisburn U3A Facebook page** – <https://www.facebook.com/Lisburn-U3A-110954530538158/>

This is a public page used as the entrance to the private Group.

- **FACEBOOK MEMBERS ONLY**

**Lisburn U3A Members Group** - 📍 Private for members only 📍

Request to join the Group using the 'Send Email' button on the Public page.

[https://www.facebook.com/groups/LisburnU3AMembers/?ref=pages\\_profile\\_groups\\_tab&source\\_id=110954530538158](https://www.facebook.com/groups/LisburnU3AMembers/?ref=pages_profile_groups_tab&source_id=110954530538158)

#### OTHER RESOURCES

##### GREYSNET

A new website called Greysnet has just been launched with the support of the National Lottery Community Fund to help older people all over the country to stay connected and keep mind and body active during the current Coronavirus lockdown. It's called Greysnet and you can find it at [www.greysnet.com](http://www.greysnet.com). Please help us spread the word by letting your members know about this terrific new resource for older people.

Kind regards, Kerry Rooney MBE [www.kaleidoscopeni.com](http://www.kaleidoscopeni.com)

##### **WRITERS AGAINST COVID-19**

Like so many who belong to the U3A, I live alone and when asked by the government to stay at home soon felt depressed, lonely and cut off from society. I realised I was not alone, so I decided to start WAC-19. Each day, I publish a new short story on the website, stories that are selected to bring a smile to readers' faces and lift the spirits. Top stories this week are A New Chapter: Ralph contemplates a fresh start, Pomegranate: An evocative story about a cat that came to stay and No Time for Tea: a true story, the spirit of the Blitz

I am a member of the U3A and know how difficult it is that all the groups have ceased their activities. I hope you and your members enjoy the stories, which can be found on [www.louisemoss.com](http://www.louisemoss.com). Best wishes. Louise.

##### **ZOOM FITNESS CLASS**

Monaghan U3A are running a free Zoom fitness class every weekday morning for April at 9.30 am. You are all welcome to join. Just click on the link and the app will download and follow directions.

Join Zoom Meeting

<https://zoom.us/j/801958424>

NOTE: THERE WILL BE NO CLASSES AT THE WEEKENDS DESPITE THE NOTICE. I COULD NOT SCHEDULE TO LEAVE THEM OUT.

BRENDAN LILLIS IS INVITING YOU TO A SCHEDULED ZOOM MEETING

##### **THE SILVER LINE**

Free: **0800 470 8090** available 24/7 for anyone feeling a bit lonely and wishing to talk to someone. If you know people without internet, please tell them about this number.

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**FACEBOOK****YOUR COMMITTEE**

There are those who love Facebook, and those who hate it. Facebook is another way to extend our methods of communication. We have created a Facebook public page, and a private Members Group, which is by invitation only. If you love Facebook, go to the public page and 'like' it, and ask to join the private group. For those that do not like Facebook, ignore it. If you do not have Facebook, but want to try it, go to the log in page and create an account. Please note: any contact information is removed on the Facebook page; the newsletter remains the central source of those details.

**FLOWER ARRANGING****GROUP LEADER – SALLY STANFIELD**

We have cancelled classes until September. From then we will assess the Covid-19 situation. We managed to get four photo arrangements for the Colour Supplement. The last one is from our Group organiser Keith Ineson and is very humorous. As the months go by, and blooms appear in the garden, I hope it will encourage the Flowerets to experiment with arranging flowers again, but in containers. I will send out some examples to follow. Good health and best wishes to all members of the U3A from the Flowerets. Best wishes and stay safe.

**ANTIQUES & COLLECTABLES****GROUP LEADER – JACQUI TOWNSLEY**

In light of Government advice, I am sorry to say there will be no more meetings until we get the "all clear". So take care... ..and here is something to think about in the meantime:

1. What is a SLEEPER? (Answer next month!)
2. A Sevres porcelain dish from the first Louis XV service (c1754-5) was discovered in a junk shop priced at £13 - sold this year at a specialist auction for £.....? (Answer next month!)

**LU3A SINGERS****GROUP LEADER – JACQUI TOWNSLEY**

While we are in lockdown – KEEP SINGING! London scientists have found that it will not just keep your spirits up; it can boost your immune system through the release of immune protein cytokines! A good singsong keeps lungs healthy and suppresses those stress hormones ... so why not sing along to the radio or join a virtual choir on YouTube? Keep well ...and keep singing!!

**CONCERT & THEATRE GROUP****GROUP LEADERS – JACQUI TOWNSLEY & REAH BROWNE**

- "The Shows Must Go On"... Andrew Lloyd Weber streams a show each Friday at 7pm (you can watch free on Youtube).
- The Royal Opera House has made four operas and ballets available via YouTube and Facebook "for culture vultures to enjoy at home" including Cosi fan Tutte and the ballet The Metamorphosis.

**BOOK GROUP 1****GROUP LEADER - JEANETTE CHAMBERS**

Although we cannot meet and book shops and the library are closed, we are still endeavouring to read during the lockdown. We can buy books on Kindle and there are always books on our shelves we've yet to read or we would like to revisit. As we already communicate via email, it is easy to let others know what we are reading and what we think about it; hopefully, when we meet again there will be a good and long discussion of all the books we have recommended.

**BOOK GROUP 2****GROUP LEADER – JOAN BRYSON**

At present, we are holding our meetings remotely using Zoom. It has been an education for us all. We assume that May's meeting will use this format on **Tues 26th May at 10:30 a.m.** Our book is 'North and South' by Elisabeth Gaskell, a classic first published in 1854. A haughty southern woman from bucolic Hampshire is scornful about and shocked by industrial Manchester at first. Later she finds merit in the North and its rising middle classes.

**CROCHET GROUP 1****GROUP LEADER –JEAN RYAN**

Members of Crochet Group 1 are keeping in regular touch through WhatsApp and are continuing with our project making crochet blankets. On Friday mornings at our usual meeting time, we have tea/coffee and a chat on WhatsApp, sharing news, photos, videos, jokes and crochet patterns.

**IRISH LANGUAGE CLASS****GROUP LEADER – KEITH INESON**

Irish classes are now online so please contact Keith for more information.

**DINING OUT****GROUP LEADER –NORMA PATTERSON**

Sorry!! Coronavirus reigns supreme!! Will email you if/ when the next visit to Pizzarellys is going to happen!! And REALLY hope it's soon!! Keep well everyone!!

**YOGALATES****GROUP LEADERS – BRENDA PALMER & FRED A BELL**

Hello folks. I hope all of you are managing through this lockdown and are not suffering from cabin fever too badly. Our Yogalates group is continuing classes through the medium of Zoom organised by our instructor, Roz. We also have a very active WhatsApp group we use to keep in touch and chat. I hope you are all enjoying this glorious sunny weather. All our gardens should be in tiptop condition now we have some time to spend in them. Cheers to all Brenda.

**GOLF****GROUP LEADER – MARGARET CALLAN**

Suspended until further notice.

**INDOOR BOWLS****GROUP LEADERS – CATHERINE MURDOCK & ANDREW MCILROY**

Andy has set up a WhatsApp group that includes people from Tues & Thurs Bowlers.

**FRENCH****GROUP LEADER – JEAN NEEDHAM**

Our group holds a Zoom meeting at our normal meeting time, and have an extra session on Wednesday afternoons. We now have eight members – an ideal number.

**DATES FOR YOUR DIARY**

Monthly Meetings: **Cancelled until further notice.**

Annual Dues: **Payable now**

**BEREAVEMENTS****LU3A SECRETARY: INFO@LISBURNU3A.ORG**

If you know of a bereavement that should be recognised, please contact our Secretary so we can follow up with condolences.  
*If we don't know about it, we cannot acknowledge it.*

**ANNUAL DUES**

Your membership fee of £20 is due now due, but must be paid by June; to pay send a cheque made payable to **Lisburn U3A**, to:

**Trevor McKinney, 2 Plantation Avenue, Lisburn BT27 5BL.**

Direct debits will auto-process.

**COMMITTEE MEMBERS – CONTACT DETAILS****Your Committee needs a Vice Chairperson**

**Is it you?**



Name	Position	Mobile	Email
Margaret Hanna	Chairperson	07718 536134	margarethanna@hotmail.co.uk
<b>Volunteers?</b>	<b>Vice Chairperson</b>		
Joan Hamilton	Administrative Secretary	07964 794048	info@lisburnu3a.org
Pearl Chambers	Minutes Secretary	07743 321117	knockcain@aol.com
Trevor McKinney	Treasurer		mrtrevormckinney@gmail.com
Bill Grant	Venues/Bookings/Group Leaders	07796 552900	williamgrant9370@gmail.com
Sandra Stokes	Membership Secretary		membership6543@gmail.com
Keith Ineson	Convener of Group Leaders	07837 931894	keithineson@gmail.com
Margaret Callan	Speakers	07768 023355	margaretcallan1@gmail.com
Elodie Ellingsen	Newsletter Editor	07769 324943	editorlu3a@gmail.com
Cynthia Kelly	Photo Supplement		kycynthia44@gmail.com
David Todd	Webmaster		webmasterlu3a@gmail.com
Daphne Bailie	Catering		daphnebailie2411@gmail.com

DON'T SIT AT HOME COUNTING THE MINUTES – JOIN IN LU3A ACTIVITIES AND MAKE EVERY MINUTE COUNT!

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## Activity Group Leaders – Contact Details

Group	Day	Time	Venue*	Group Leader	Tel.	Contact email
Antiques	2 <sup>nd</sup> Wed of month	7:30pm	3	Jacqui Townsley	92682638	jacquitownsley@btinternet.com
Archery	Every Tuesday	10:00am	1	Pearl Chambers	90825286	knockcairn@aol.com
Badminton	Every Wednesday	10:30am	2	Laura Molloy	07895034359	lclmu3a@btinternet.com
Book Group 1	1 <sup>st</sup> Thurs of month	10:30am	4	Jeanette Chambers	92679311	jeanettechambers66@outlook.com
Book Group 2	Last Tue of month	10:30am	4	Joan Bryson	07821631868 92673812	joanbryson15@yahoo.com
Bowling1 Indoor	Every Monday Every Thursday	10:30am 10:30am	1	Catherine Murdock Jean Needham	92667261 92682776	<i>No email</i> alamode1@hotmail.co.uk
Bowling2	Every Tuesday	1:45pm	1	Andrew McIlroy	92683831	andy.mcilroy@btinternet.com
Bridge	Every Thursday	8:00pm	2	Ivy Long Joan Bolam	92674517 92669189	ivylong24@talktalk.net jbolam189@btinternet.com
Bridge Beginner	Thursday	3:00pm	15	Patricia Larchfield	07938725735	prlarchfield@gmail.com
Crochet	Every Friday	10:30	4	Jean Ryan	92688438	jeancaryan@yahoo.co.uk
Dining Out	Occasional	Varied	8	Norma Patterson	02892677239	norma.patterson1@gmail.com
French	Every Monday	2:30pm	6	Jean Needham	92682776	alamode1@hotmail.co.uk
Film Group	Most alternate Tue	Evening	8	Judith Prentice	92683105	judith_prentice@yahoo.co.uk
Floral Arrgmt	1 <sup>st</sup> Thurs of month	10:30 am	5	Sally Stanfield	07872908321	sallystanfield@icloud.com
Fringe Group	Occasional	Varied	8	Sally Cunningham	07759574071	sall-yc@hotmail.co.uk
Genealogy	Occasional	Varied	8	Sally Cunningham	07759574071	sall-yc@hotmail.co.uk
Golf	Most Mondays	Varied	8	Margaret Callan	92652113	margaretcallan1@gmail.com
Irish Lessons	Friday	10:15 carpool 11:00 class	5 & 14	Keith Ineson	07837931894	keithineson@gmail.com
Horse-racing	Occasional	Varied	8	Jean Needham	92682776	alamode1@hotmail.co.uk
Karate	Every Tuesday	7:00pm	12	William Grant	07796552900	williamgrant9370@gmail.com
Let's Go	Occasional	Varied	8	Judith Prentice	92683105	judith_prentice@yahoo.co.uk
LU3A Singers	2 <sup>nd</sup> & 4 <sup>th</sup> Fridays	2:00pm	9	Jacqui Townsley	92682638	jacquitownsley@btinternet.com
National Trust	Varied	Varied	8	Lesley Kirk	07833575735	lesley_pk@msn.com
Painting	Every Tuesday	10:30am	3	Tommy Yarr	07720442496	t.yarr@btinternet.com
Photography	Wednesday	2:00pm	8	Mike Pressley	07704872520	photoatu3a@gmail.com
Scrabble	1 <sup>st</sup> Thurs of month	2:00pm	2	Olive Campbell	92678670	olivecampbell@btinternet.com
Sewing	Tuesday	10:30am	4	Anne McIlroy	92683831	andy.mcilroy@btinternet.com
Snooker	Tuesday	7:30pm	7	Neville Hicks	92682187	neville_hicks@hotmail.co.uk
T'ai Chi - Begin T'ai Chi - INT	Friday	10:30am 11:30am	5	Elinor Ritchie Helen McEwen Maureen Toner	07768430990 07729317953 07817967257	elinor.ritchie@outlook.com helenmcewen@btinternet.com tonermaureen@yahoo.co.uk
Ten Pin Bowl	Occasional	7:00pm	11	Jean Needham	92682776	alamode1@hotmail.co.uk
Theatre / Concert	Occasional	Varied	8	Jacqui Townsley Reah Browne	92682638 92682708	jacquitownsley@btinternet.com reahbrowne@yahoo.co.uk
Yogalates	Monday, Wednesday	4:00 pm 4:00 pm	5	Brenda Palmer Freda Bell	07866762802 07753177620	rhyleysgranny@icloud.com fredabellwilliams@yahoo.co.uk
Walking Groups – In increasing levels of difficulty						
Strollers	Alternate Mondays	10:15am	8	Mary Hine Heather Martin	90621540 92621258	mary.52@btinternet.com hamartin@btinternet.com
Sat Ramblers	3 <sup>rd</sup> Sat of month	10:00am	8	Lesley Kirk	07833575735	lesley_pk@msn.com
Ramblers	Alternate Mondays	10:00am	8	Stanley Prentice	92683105	lu3aramblers@gmail.com
Hill Billies	Monday monthly	10:00am	8	Judith Prentice	92683105	judith_prentice@yahoo.co.uk
Scramblers	Monday monthly	10:00am	8	Stanley Prentice	92683105	lu3aramblers@gmail.com
<b>VENUE* KEY</b>	1 = Kilmakee Activity Centre, Seymour Hill Estate 2 = Lisburn Racquets Club, Belfast Road, Lisburn 3 = Hillsborough Village Community Centre 4 = Volunteer Member's Homes 5 = LaganView Enterprise Centre, Lisburn 6 = Convener's Home 7 = Coach Snooker Club, Hillsborough 8 = Varied Venues			9 = Barry Gallery Downshire Centre 10 = Bridge Community Centre Railway Street 11 = LeisurePlex Bowling Centre 12 = St John's Hall Dromara 13 = Tesco, Bentrin Rd, Lisburn 14 = Turas centre, Newtownards Rd, Belfast 15 = The Tannery, Moira		

Learn, Laugh and Live