

**Hollywood U3A  
April Newsletter**



**GENERAL MEETING**

**Friday 29<sup>th</sup> March 2024  
@10.30**

**In the Queen's Hall, Hollywood.**

**Speaker Charlie Reid  
Topic. Peregrinatio - In search of the  
Columban Way**

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Coffee will be served and it would be a great help if you brought your own cup in a bag to take home dirty.

**Groups**

*AMBLERS      COFFEE&CHAT  
CANASTA      GARDENING  
LOCAL HISTORY      LOOSE ENDS      TAI CHI  
EXPLORING the SHORT STORY      POINTS of VIEW  
BIRDWATCHING      FILM GROUP      MINDFULLNESS  
YOGA for RELAXATION      OUTDOOR BOWLING*

## ANNUAL GENERAL MEETING

The Annual General Meeting of Holywood District u3a will be held in the Queens Hall Holywood at 10.30 on Friday 26th April.

Anyone interested in joining the committee please speak to any of the committee members.

## LEARN TO LOVE YOUR IPAD OR IPHONE

The April iPad sessions are scheduled for 11th, 18th and 25th April 2024, but are fully booked at present.

It will be worth checking at the meeting on 29th March in case any spaces become available, and maybe add your name to the reserve list.

## AMBLERS

Ballymenoch Park  
Thursday 11th April at 10.30  
Meet in the car park on the Bangor Road.

Castle Espie, Comber  
Thursday 25th April at 10.30  
Paul Stewart the site manager hopes to join us and talk about the history and aims of Casle Espie. He has organised a discounted entrance fee of £6.83.  
Meet at the reception or car share from CIYMS at 10 o'clock

Everyone is welcome to join the Ambles. No experience or fancy equipment necessary.

## BIRD WATCHING

Our group had a very successful visit to the Waterworks Park last month. We are planning to visit Victoria Park on Friday 12th April.

This time we hope to meet a little earlier at 10am in the car park at Victoria Park. Further information will be sent to group members closer to the time.

Arlene & Dorothy

## CANASTA

Friday 5th and Friday 19th April  
10 o'clock in Holywood Golf Club  
Everyone welcome to play or learn this easy card game.

## COFFEE & CHAT

Tuesday 16th April at 10.30  
McKee's farm shop and restaurant  
28 Holywood Road, Newtownards BT23 4TQ  
All invited to join in the craic.

## EXPLORING THE SHORT STORY

Our next meeting is on Wednesday, 10 April, from half ten to half twelve via Zoom. Group members will receive the story at the beginning of April, followed by the Zoom link in a separate email a few days later. It keeps things from getting mixed up!

New members are now welcome to join. EtSS is very much like a book group, except you can read the story the night before.

Please contact the convenor for more information.

## FILM GROUP

Hoping all is well with everyone...movie choices are improving I hope...

The dates for April are:

- 9th April ..early afternoon film.
- 26th April early evening film.

Meet Omniplex Dundonald cinema foyer.

Details of timings and film choice will be sent a few days before when the film screening is made available. Any queries please ask.

Some reruns of Oscar winners are currently on.....also think both Cabrini and Origin (both based on true stories) are well worth a watch!

Honor

## GARDENING GROUP

Monday 15<sup>th</sup> April AGM and in-house talk, 10.15am The Old Schoolhouse, Church Road, Holywood. Angharad Maxwell will speak on 'Growing cut flowers at Hilltop Farm'.

Thursday 16<sup>th</sup> May - Visit to two member's gardens at Cultra. Details will be circulated later.

## LOCAL HISTORY

Wednesday, 3rd April at 10.30am in the Con Auld Gallery, Holywood Library.

Topic: Irish gold: aspects of its history, geology and current status.

Speaker: John Arthurs. EurGeol, CGeol, PGeo, M.Sc.

For further information, please contact Audrey Lockhart - [lockhart440@btinternet.com](mailto:lockhart440@btinternet.com)

## LOOSE ENDS

We have not yet decided on an event, if any, for April. Group Members will be emailed with further information in due course. Meanwhile, we wish everyone a very Happy Easter.

Sandra and Valerie

## OUTDOOR BOWLING

The new season starts on Tuesday 9th April 2024 @ 1.30pm @ Seapark sports grounds.

If you would like some relaxed recreation for an hour and a half, please come along and give it a try. All you need is a pair of flat shoes. We will have some bowls you can use.

## POINTS OF VIEW

Meetings on the last Monday of the month in the Old School House Church Road at 10.30am.

The topic for the Points of View meeting on Monday 25<sup>th</sup> March is 'why are our churches so empty?'

## TAI CHI QIGONG

Tai Chi, Qigong is a holistic approach to exercise and in these turbulent times helps us to find the balance in our mind, body and spirit enabling us to put one foot in front of the other and live in this moment!

Tuesday mornings 10.30am. Old School House. Please feel free to contact me if you have any questions or concerns.

Yvonne Dumas [Yadirishswiss@gmail.com](mailto:Yadirishswiss@gmail.com)

## YOGA FOR RELAXATION

The yoga class is weekly at 10am in the School House. There will be a nominal charge to cover the cost of the room hire. There is no class on Thursday 4<sup>th</sup> April as it's Easter week.

The class consists of some gentle, low impact yoga asanas (postures), some yogic breathing (pranayama) and a relaxation at the end (Yoga Nidra).

Some key benefits of yoga:

Improves Balance, helps with flexibility, better breathing, body awareness.

Other general benefits:

Better sleep habits, improves strength and protects joints, reduces hypertension, improves mood and reduces anxiety, helps to relieve breathing and lung issues.

Barry

## MEMBERSHIP

Membership renewal is now due. This can be done either in person at the next General Meeting, by cheque or cash and posted to the Membership Secretary or by BACS.

Hollywood District U3A  
Sort Code 089299  
Account no 65698884

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Hollywood  
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Sent from my iPhone

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