# **GENERAL MEETING**

# Friday 27th June 2025 @10.30 In the Queen's Hall, Holywood.

Speaker Yvonne Dumas Topic: "Travels in Iran"

Our own u3a member Yvonne Dumas will talk about her experiences of this intriguing country. Given the current alarming warlike action between Iran and Israel, this will prove a most timely talk!

There will be no General Meeting in July.

The August General Meeting will be held on 29 August @ 10.30. We've just engaged the wonderful Tony Macauley as our speaker. He is a highly praised writer who has written about his childhood and growing up in Belfast and who now is engaged in development work in Rwanda and Uganda.

# 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 OUT & ABOUT

# NEWS AND ANNOUNCMENTS

#### **Contacting Group Leaders**

On the u3a website you will find a list of all the current interest groups.

If you are interested in joining a group, the easiest way to contact the group leader is to click on the blue button labelled "CLICK HERE LEARN MORE".

You will find a simple form where you type in your name, contact details, and query. The group leader will receive a message and get back to you.

The u3a website is: www.holywoodu3a.org.

# AMBLERS / OUT & ABOUT

Thursday 26th June The monastery in Crossgar.

No Ambles in July.

Thursday 14th August A trip to Castlerock with lunch in the Golf Club. Train leaves: Holywood 9.03 Sydenham at 9.06 Lanyon Place at 9.20

Thursday 28th August A walk round the Sunflowers at Flavour First Farm. There will be a charge of approximately £5. Meet in the car park at 10.30. Seaview Farm. 224 Killaughey Road. Donaghadee BT21 0LT. Car share from CIYMS at 9:50.

Everyone is welcome to join us on the Ambles.

Joy

### **BIRD WATCHING**

The group won't have our usual birdwatching in July and August. We will resume on the second Friday in September.

We do however hope to have a pop-up visit in August. The group members will be notified of date and venue closer to the time.



A summer visitor to Billy Neill Park. Photo by Allen Young. Enjoy the summer. Arlene & Dorothy

## CANASTA

There will be no Canasta in July or August. Back on the 5th of September. Hope all the members have a good Summer.

Joy

## COFFEE & CHAT

There will be no Coffee and Chat in July and August. Why not join us on the trip to Castlerock. The Golf Club is just a short walk from the station. Enjoy your Summer.

Joy

## EXPLORING THE SHORT STORY

Exploring the Short Story is taking its usual hiatus over the months of July and August but will return again in September. Wishing everyone a wonderful summer break and we will see you in the autumn!

### FILM GROUP

There will be no planned outings in July and August.

Honor

### GARDENING GROUP

The Gardening Group have had three very interesting and enjoyable visits this summer and are now on a summer break.

The next meeting will be in September back in the "Old School House". Details will be sent out to members nearer the time.

Hoping the weather will be kind to us all and we can enjoy our gardens!

#### Elizabeth LOCAL HISTORY

July & August 2025

No meeting in July

Wednesday, 6th August

Outing to Riddel's Warehouse and tour of the Queen's Bridge area. Tour Guide: Jason Burke. Cost: £10. For further information, please contact Betty McLaughlin (betty.mclaughlin@beinternet.com) or Eric Woods(ericwoods1492@gmail.com)

Thank you.

Audrey

## LOOSE ENDS

Please see Out and About.

## OUTDOOR BOWLS

We play every Tuesday afternoon at 1.30pm for an hour and a half at Seapark sports grounds.

If you would like some relaxed recreation, 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.

The price is £3.80 per session or £45.60 for the season. Cash or cheque made payable to NCLT.

Diane and Ann

### OUT AND ABOUT

Trip to Blessingbourne Estate on Friday 4th July

A beautiful historic 500 acre country estate nestled in the heart of woodlands, lakes and wildlife on the edge of the Clougher Valley.

Arrive between 10.30 and 11.00 for tea / coffee, scones and flapjacks in the coach house.

Followed by a tour of the house and the gardens. The gardens include a Victorian Rock garden designed by William Robinson.

The final gem is a visit to the carriage collection. Among the treasures in the carriage and costume museum is a 1825 London stagecoach once owned by

#### July & August 2025

Bertram W Mills the famous circus owner.

The afternoon can be spent following one of the many walking trails around The private lakes and woodland.

Cost is £21. Payment must be in an envelope with your name on it paid at the general meeting on the 27th June.

Lunch is not provided but perhaps you could bring a picnic. The estate is beside Five Mile Town which is worth a visit with many individual shops and a Craft Market. Lunch venues recommended by the estate include: The Valley Hotel. Carrick House Hotel. The Potters Hand. Arty's. Cafe (Clougher).

Joy

## POINTS OF VIEW

The next meeting of the Points of View group is on Monday 30th June at 10.30am in the Old School House.

Topic for discussion: "Is our local council providing us with the services we need?"

July

No meeting

August.

Monday 25th topic "Tariffs and World Trade"

Dorothy

## SMALL STUDY GROUP

We have completed our 6 weeks. In 1776 Adam Smith wrote "Everyone should have a life where they thrive" and he hoped that Capitalism would provide that. Capitalism, of course, let him down. Humanity is still struggling to create a clean and fair world.

As a group, we felt ourselves to be real amateurs, but somehow, in spite of that, we concluded with a feeling that it was worth doing this short course.

Mary

## TAI CHI QIGONG

We will have our "end of year" party at my house on July 1st, anyone who has been attending Tai Chi Qigong during the year is welcome to come.

Weather permitting, we will have outdoor classes at Seapark in Holywood beside the tennis courts, inside the gates at 10:30. There is no cost involved and open to all, so come along if you want to try it out.

Contact me if you have any questions.

Starting date in September is to be announced later.

Yvonne

"Quiet the mind and the soul will speak."

### YOGA

There are no yoga classes planned for June, July and August. Restarting in September.