

Hollywood u3a December Newsletter

GENERAL MEETING

**Friday 29th November 2024 @10.30
In the Queen's Hall, Hollywood.**

Speaker: Mike Blair, renowned photographer

Mike will be in Hollywood on a brief visit from his home in Scotland and will captivate us with a special selection of his wonderful pictures.

Please note: There will be no general meeting in December.

Friday 31st January

The talk is by Andrew Muir MLA, who is Minister for Agriculture, Environment and Rural Affairs in the Northern Ireland government.

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*

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u3a Christmas Lunch

Tuesday 17th December

The Royal Belfast Golf Club, Station Road, Hollywood
BT18 9NG

12.30-1pm Mulled Wine Reception (non-alcoholic).

Dress Code - Smart festive casual, no denim please.

Cost - £25, our tip will be sponsored by u3a.

Main course is a carvery & desert choice made from your table.

To Book

Put your Name, mobile number & any dietary requirements on the front
of an envelope.

No menu choices needed.

Enclose £25 cash or cheque made payable to 'RBGC'

Tables seat 8-10, please list anyone you would like to sit with,
otherwise, we will seat you.

Bring to the General Meeting on Friday 29th November or deliver to

Liz Wallace, 1 Lemonfield Avenue, Hollywood BT18 9NG

Sharyn Williams, 17 Victoria Road, Hollywood BT18 9BA

Joy Montgomery, 4 Ardvarna Park, Belfast BT4 2GH

Booking closes Tuesday 10th December.

Come & join us for some festive fun!

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AMBLERS

A dander round the highlights of Killyleagh.
Tuesday 12th December at 11 o'clock .
Meet in front of Killyleagh Castle.
Lunch after the walk in the Duffern Arms.
Car share from CIYMS at 10 o'clock .
No walk on the 26th.



The Amblers 'admiring' the statue of the Queen with Prince Philip and the corgis.

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BIRD WATCHING

We are planning to visit Victoria Park on Friday 13th December. Meeting there in the carpark at 10.30am. Further information will be sent to group members closer to the time.

Friday 3rd January will be our first outing in 2025. Venue to be decided.

Arlene & Dorothy

CANASTA

The Christmas Party

Friday 6th December at 10 o'clock.

Hollywood Golf Club.

Christmas jumpers are compulsory - Christmas earrings and antlers are optional.

No canasta on the 20th.

Back to normal in January.

COFFEE & CHAT

Tuesday 3rd December.

Belfast City council has invited all seniors for free tea and buns.

2pm - 4pm at 2 Royal Avenue. If you fancy a walk round the Christmas markets and then a bit of a chat, do come along.

Tuesday 17th December

The Christmas Dinner. Don't forget to book.

EXPLORING THE SHORT STORY

Exploring the Short Story next meets on Wednesday, the 11th of December, from half ten to half twelve via Zoom, when we will be discussing the second half of Claire Keegan's 'Small Things Like These'. We enjoyed the first half of the story during the November meeting, and no doubt we will enjoy the second half just as much, especially as the story takes place in the run-up to Christmas. Perfect!

Wishing you all a very festive holiday season!

Denise

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FILM GROUP

Hello everyone.

Only one date for the December film club. The outing is Tues 3rd early afternoon film.

Film details and timings will follow soonest when available.

All welcome at Dundonald Omniplex.

Meet in the foyer 10 mins before film starts.

New members welcome.

Any queries please ask...

Hope everyone can enjoy the Festive Season.

Honor

GARDENING GROUP

Monday 9th December ,10.30am in the Old School House, Church Road.

“Christmas Floral Expertise “.

Demonstrations by Suzanne Martin and Norma Cooper.

NB. u3a Christmas Lunch in RBGC Tuesday 11th December. There will be a Gardening Group table. Please specify when you book.

Elizabeth

LOCAL HISTORY

Wednesday, 4th December at 2pm. Afternoon Tea at Clandeboye House and a tour of part of the house and gardens.

Cost. £45.

For further information, please contact Audrey Lockhart - lockhart440@btinternet.com.

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LOOSE ENDS

There is no Loose Ends event for December.

u3a Loose Ends Prague City Break 5-9 November 2024

An intrepid party of 11 u3a members set off for Prague on Tuesday 5th November, and settled into the Hotel Majestic Plaza, just off Wenceslas Square.

Prague was spared the mass destruction of WWII and its history is imbedded in its wonderful and varied architecture. We visited the main highlights such as the Prague Castle complex, including the St Vitus Cathedral with its beautiful stained glass both ancient and modern, including the vibrant and colourful window by famous Czech artist Alfons Mucha. Charles Bridge was crossed many times, The Astronomical Clock ticked and displayed its moving figures on the hour, and the wonderful cafe at Obecni Dum, otherwise known as Municipal House, provided food and sustenance. Both the external and internal decoration of this building is considered a showpiece for Czech art of the 20th century and Eric and I did a tour and were blown away by its beauty and innovation. The Group spent a morning in the Jewish Quarter, visiting five Synagogues including the Moorish style Spanish Synagogue and the old, overcrowded Jewish Cemetery, a very moving experience.

Other highlights included dinner and a tour of the newly refurbished Grand Europe Hotel (1904-05), one of the many Art Nouveau gems to be seen in Prague. Thanks to the Fergusons for initiating this. Eric introduced us to the Railway Station, another Art Nouveau gem. The photograph below shows us in the Foyer Cafe, not your typical railway cafe, I think!

Some of the group attended a concert of which there are many on offer daily, and also a Jazz Boat tour on the Vltava river. There is so much more to see in Prague, and I think we all intend to return in the future. The trip proved a successful first foray into u3a Holidays.

Sandra and Valerie

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Dinner at The Grand Europe Hotel



The Foyer Cafe at Prague Railway Station

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OUTDOOR BOWLING

Outdoor bowls has finished for this season. It will resume in March/April next year.

OUT AND ABOUT

Christmas Wreath making and a seasonal afternoon tea:

Monday 2nd December at 2.30pm.

Hollywood Old School (opposite St Philip and St James).

92 Church Road Hollywood BT18 9BX

Cost £5

Numbers are limited.

If interested in attending, please bring £5 in an envelope with your name on it to the general meeting to secure a place.

A guided tour of Hillsborough Castle to see the Christmas Decorations:

Wednesday 4th December at 10 o'clock

There is no charge, but places are limited so please sign up at the general meeting

Meet at the main gate on Hillsborough Main Street beside the Castle at 9.55.

Only people with blue badges are allowed to park in the forecourt beside the courthouse.

Alternative parking is available in Dromore Road or at the Forest Park.

The tour lasts 45 minutes. There will be an opportunity after to explore the Christmas trail.

Car share from CIYMS at 9.15

Joy and Ann

POINTS OF VIEW

This group meets on the last Monday of each month at 10.30 in the Old School House.

Monday 25th November at 10.30 in the Old School House. Topic 'Medical Ethics'

Note: There is no meeting in December.

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TAI CHI QIGONG

Get ready for the holidays, find your inner calm and peace, reduce your stress levels.

Dates for December Tai Chi Qigong, 3rd, 10th and 17th December.

Tuesday morning 10:30 for an hour, Old School House, Church Road.
All are welcome, no experience necessary, no special equipment needed.

Yvonne

"Quiet the mind and the soul will speak."

YOGA

The yoga class runs weekly at 10:30am on Thursdays in Room 1 of the Queen's LC. There is a nominal charge to cover the cost of the room hire.

Please note: There will be no yoga class on the 19th and 26th December. Classes will resume on 2nd January.

The class consists of some yoga postures (asanas), 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