

Hollywood u3a Newsletter

GENERAL MEETING

**Friday 31st January 2025 @10.30
In the Queen's Hall, Hollywood.**

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

“Lough Neagh: Challenges and Actions. A talk on the Lough Neagh report and action plan.”

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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NEWS AND ANNOUNCEMENTS

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.hollywoodu3a.org.

Apple iPhone training:

Two training sessions have been arranged with Apple. They will take place at 10:30 a.m. on 18th and 20th February 2025 in the Apple Store in Belfast. A sign-up form will be available at the group meeting at the end of January. Places will be limited to 10 at each event. You can sign up for either or both events. The first session will deal with many issues around getting the most from your iPhone (including Managing apps, customising your phone, Health and Safety features, and keeping secure). If all the basic issues have been covered the second session will include more training on using the iPhone camera. If you are interested but will not be able to attend the group meeting on 31 January, please email Allen at itadmin@hollywoodu3a.org indicating which session(s) you are interested in.

Date for Your Diary.

N. Ireland u3a Summer School.

5th - 6th June at Greenmount Agricultural College.

This is a great opportunity to learn something new and meet other u3a members from around the province.

Further information to follow.

Membership Fees

Annual membership of Hollywood U3A runs until 31 March. The annual membership fee is £20. You can now renew your membership to cover next year i.e. 1st April - 31st March 2026 by the usual means:

- At the monthly meeting by card, cheque, cash or BACS
- By BACS. - details below:
 - Hollywood District U3A
 - Sort Code 089299
 - Account no 65698884
- By post to Membership Secretary, Liz Jones, 5 Alexandra Park, Hollywood, BT18 9ET

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Christmas Lunch

Our Christmas Lunch was held at The Royal Belfast Golf Club which was beautifully decorated for the festive season. 110 members enjoyed mulled wine, carvery lunch & a choice of deserts.

Joy organised a Christmas themed table quiz which led to lots of discussion & debate round our tables. A most enjoyable afternoon was had by all with plenty of chat among old friends & new!



Valerie & Sandra & the Christmas tree

AMBLERS

Ormeau Park (weather permitting!!!).

Thursday 13th February at 10.30.

Meet in the car park at:

The Ozone Complex

Ormeau Embankment

Belfast BT6 8LT

Donaghadee - from the Commons to the Lighthouse.

Thursday 27th February at 10.30.

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Meet at the Commons car park at:
Millisle Road, Donaghadee
Car share from CIYMS car park at 9.45.

Everyone is welcome to join us on the Ambles.
Extreme level of fitness is not required.

BIRD WATCHING

We are planning to visit Windows on Wildlife (WOW) for our next meeting on Friday 14th February at 10.30am. We will meet there and possibly also visit Kinnegar.

The admission is free if you are an RSPB member otherwise there is a small charge of £3. Bring some change for tea or coffee which will be available.

Further information will be sent to group members closer to the time.
We have a few spaces available for new members. Sign up via the Hollywood U3a website or at the monthly meeting.

Arlene & Dorothy

CANASTA

Friday 7th and Friday 21st February at 10.00.
Canasta is an easy to learn card game.
Everyone is welcome to play, learn or just watch.

COFFEE & CHAT

Tuesday 25th February at 10:30.
16 Upper Croft Road
Holywood BT18 0HJ

Join us for a coffee, scone and chat.
Everyone is welcome - a brilliant opportunity to make some new friends.

EXPLORING THE SHORT STORY

Exploring the Short Story will take place on Wednesday, the 12th of February, from half ten to half twelve, via a Zoom link. Group members will receive the short story and the link prior to the meeting. New members are welcome. Contact the convenor for more details.

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FILM GROUP

Hello everyone. Dates for February film club outings are Tues 4th early afternoon film and Friday 28th later afternoon showing.

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.

Kind regards,

Honor

GARDENING GROUP

Hopefully spring is just around the corner!

Our February Meeting is on Monday 17th February 2025 in the Old School House, Church Road, Hollywood at 10:30am.

Barbara Kelso is giving a talk entitled "Creative Garden Design & Inspirational Planting".

Looking forward to a good turnout of members.

Elizabeth

LOCAL HISTORY

At our last History Group meeting on the 8th January we decided that instead of having our usual format of one speaker on a particular topic we would have eight speakers sharing photographs and their knowledge on places in our home community of Hollywood and East Belfast.

Eight group leaders took us around the Belmont area, Kinnegar, the Old Priory Church and graveyard, Church Road, and shops on the High Street. Our group leaders were Joan Whiteside, Valerie Cobain, Joe Campbell, Betty McLaughlin, Moyna Kilfedder, Tony Merrick, Elizabeth Laing and Norma Cooper. They engaged with small groups in turn and as conversation developed, fun stories and mutual learning took place between leaders and participants! It was an effective way of gaining more knowledge for our History Archive and a great example of our u3a motto of how we can learn, laugh and live together!

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See photos below.



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Our next History meeting is on Wednesday, 5th February at 10.30am in the Con Auld Gallery of Hollywood Library when Mark Doherty will tell us about Idahlia – the Queen’s Island Baby and the curse of Slipway 9.

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

LOOSE ENDS

We have reserved 12 places for lunch on Sunday 23rd February at 1pm in The Dirty Duck, Hollywood. There is a £5 deposit required by the restaurant which I will collect at The General Meeting on Friday the 31st. If you have not already done so, please let me have your

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name ASAP as I need to confirm numbers shortly. There are 6 places left. You can reply to the email I sent out to the group.

Sandra and Valerie

OUTDOOR BOWLING

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

OUT AND ABOUT

Sunday 16 February 7.0pm in Bangor Court House.

A is for Arsenic - A talk by Kathryn Harkup

Everyone is familiar with Agatha Christie's books, in which murder by poison appears frequently. Kathryn Harkup is a chemist, but also a Christie enthusiast, who has written about how the author used poisons, with their characteristics leaving vital clues to the murderer.

This talk is part of the NI Science Festival, with events geared to appeal to the general public. Kathryn comes highly recommended and is known as a speaker who is passionate about her subject.

THIS EVENT IS NOW SOLD OUT

Ann

POINTS OF VIEW

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

Feb meeting Monday 24th topic still to be decided

Dorothy

TAI CHI QIGONG

We've had a great start to the year in our Tai Chi, Qigong class, well done everyone! Dates for February are the 11th, 18th and 26th, I'm out of town on the 4th. Please contact me with any questions or concerns.

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Thanks for all your support.
Yvonne

"Quiet the mind and the soul will speak."

YOGA

The yoga class runs weekly at 10:30am on Thursdays and has returned to the Old School House in Hollywood. There is a nominal charge to cover the cost of the room hire.

Please note: There will be no yoga class on the 6th and 20th February as I am away.

The class consists of some gentle yoga postures (asanas) – 30 mins, some yogic breathing (pranayama) – 10 mins and a relaxation at the end (Yoga Nidra) – 20 mins.

Yoga Nidra is a deeply restorative practice that guides you into a state between wakefulness and sleep. It is a form of guided meditation that promotes profound relaxation and healing. Unlike other types of yoga, Yoga Nidra does not involve physical movement - it is practiced lying down, allowing the mind and body to rest while remaining conscious.

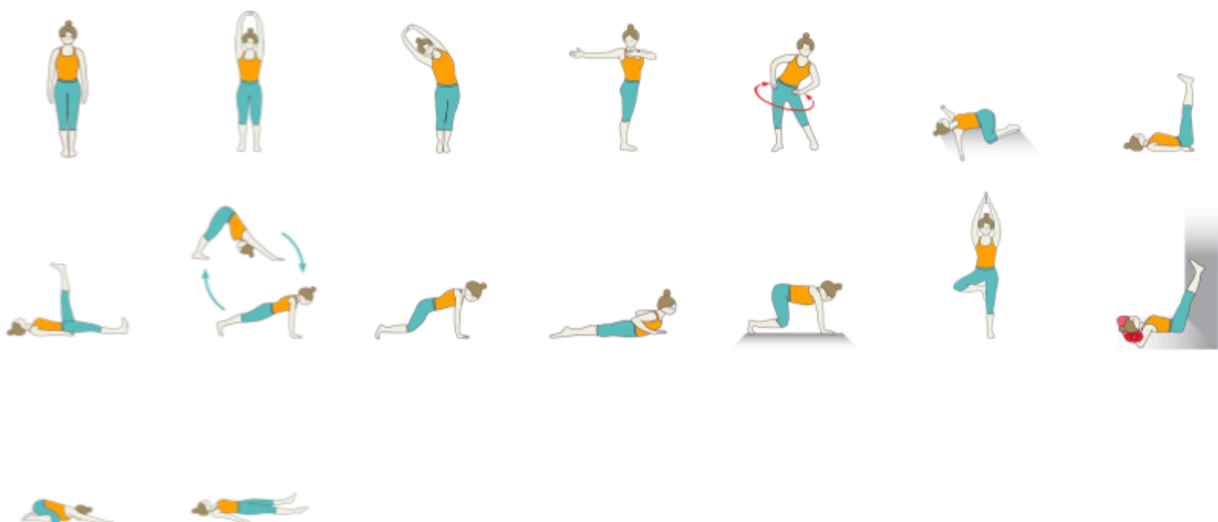
Some key benefits of yoga:

Improves balance, helps with flexibility, better breathing and 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.

Below are illustrations of some of the yoga postures we do in the class.



Barry