

Hollywood u3a Newsletter

GENERAL MEETING

**Friday 28th February 2025 @10.30
In the Queen's Hall, Hollywood.**

Speaker: Matthew Lee
Head Gardener at Horatio's Garden at the Spinal Cord Injuries Unit,
Musgrave Park Hospital

28 March 2025
Speaker: Wendy Smith
"Hypo Hounds"

Wendy will tell us about the wonderful dogs which are trained to detect the onset of a hypoglycaemic attack (due to Type 1 Diabetes). If we are lucky, we will get to meet one or two of these special animals.

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 ANNOUNCEMENTS

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Monthly Meeting

We are delighted and much relieved to be able to return to the Queen's Hall for our March monthly general meeting, following its unavailability due to flooding last month.

Following the unavoidable cancellation of our last general meeting we are glad to announce that Andrew Muir MLA will give his postponed talk on Lough Neagh issues at our April meeting on 25 April.

Android Training Opportunities

We have arranged two training opportunities for users of Android phones. The purpose of the training is to help you get the most from your Android device, to set it up the way that suits you, and to use it safely.

Option 1

A group session possibly on 19th and/or 26th March 10:30 – 11:30 to take place in Hollywood. Dates and venue to be confirmed.

Option 2

A one-to-one session in your own home with a trainer from AbilityNet. This would mean that you are using your own device in the environment where you use it. The date and time would be arranged to suit you and the trainer.

Please email Allen at itadmin@hollywoodu3a.org if you are interested in either option.

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.

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

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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.

AMBLERS

Crawfordsburn Country Park.
Thursday 13th March at 10.30.
Meet in the car park on Fort Road , Helen's Bay.
Walk Crawfordsburn beach and country park.
Car share from CIYMS at 10 o'clock.

Hillsborough Forest Park.
Thursday 27th March at 10.30.
Meet in the forest par car park - BT26 6AL.
Walk round the lake with coffee in Hillsborough.
Car share from CIYMS at 9.40.

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

BIRD WATCHING

The next meeting of the bird watching group is on Friday 14th March. This will be to Hazelbank Park off the M5. We will meet there at 10.30 as usual. Meeting in the carpark. Or carshare at 10am from CIYMS.

We had a successful visit to WOW on airport road this month with our members enjoying seeing 5 different types of duck, a rare Avocet and a first for most of us an Iceland Gull.

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These are some of the ducks seen at windows on wildlife.

Arlene & Dorothy

CANASTA

Friday 7th and Friday 21st March at 10 o'clock
Holywood Golf Club
Everyone is welcome to play, watch or learn.

COFFEE & CHAT

Tuesday 18th March at 10.30.
Source Coffee Shop.
Bangor Elm Church.
13 Balloo Crescent.
Bangor BT19 7WP.

Everyone welcome who enjoys a chat.

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EXPLORING THE SHORT STORY

The February meeting for EtSS was postponed until March due to low turnout. (People have busy lives!)

Therefore, last month's story will be read next month and discuss a love story in March: 'Old Love' (1980) written by Jeffrey Archer. Hopefully, we will have more than one person show up on Zoom! 😊

FILM GROUP

Hello everyone.
March already!

The dates for March outings are Tues 11th early afternoon film and Friday 28th March 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 ask...
Looks like some good films on the way!

Kind regards
Honor

GARDENING GROUP

The Gardening Group is due to meet on:-

Monday 10th March 2025 at 10:30am in the Old School House, Church Road.

Claire McNally from the National Trust at Rowallene Gardens will be giving a talk.

A short AGM will take place at the start of this meeting.

Elizabeth.

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LOCAL HISTORY

Our next meeting is on the 5th March at 10.30am in the Con Auld Gallery of Hollywood Library.

Topic: Brian Boru and the Bar Mouth.

Speaker: John Black.

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

LOOSE ENDS

Back in December 2024, we sent around details of a Druid Theatre production at The Lyric Theatre in March. Several of you have booked to join us to see Three Short Comedies by Sean O'Casey on Sunday 8th March at 2.30pm. I just checked and tickets for this performance are sold out.

If you think you would like to see these comic gems on another day, go onto The Lyric website to see if there are tickets available on other dates.

Sandra and Valerie

OUTDOOR BOWLING

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

OUT AND ABOUT

Wednesday 5 March 1.0pm - 2.30pm

"Belfast's Remarkable Women" - A talk in Belfast City Hall.

International Women's Day was first held on the 8 March 1911. It is now an annual event, commemorated across the world, to celebrate the achievements of women.

Come and join Dr Robyn Atcheson and Dr Lauren Smyth to hear stories about Belfast women, such as Mary Ann McCracken, who fought for the rights of the poor, and took a stand against the slave trade.

We hope the talk will be of interest to both female and male members, and you will come along to hear their remarkable stories, and how their legacy lives on in today's world.

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Attendance is by FREE tickets.

To book, contact Ann at 07502 153229 St Patrick's storytelling at Hillsborough Castle.

Friday 14th March 12.15 - 13.15.

St Patrick's storytelling at Hillsborough Castle.

We have been lucky enough to be given 12 tickets to this event.

Arrival is at the village entrance on the square at 11.50.

Light refreshments will be served.

There is the opportunity to stay for lunch or have a dander round the gardens.

There will be a sign-up sheet at the general meeting in the Queens Hall

Blue badge parking in the grounds can be pre booked so say if you are entitled to it.

A DATE FOR YOUR DIARY

Summer Outing Friday 4 July

Last year we had a very successful outing to Killymoon Castle. This year we have booked to visit Blessingbourne House and Estate in Fivemiletown. Further details will be circulated in May's Newsletter.

Joy and Ann

POINTS OF VIEW

Meeting on the last Monday of the month at 10.30 in the Old School House.

24th Feb: 'Should life skills be compulsory in schools.'

31st March: 'Why is it more difficult to get people to volunteer than it used to be'.

Dorothy

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TAI CHI QIGONG

Dates for Tai Chi Qigong,
March 4th, 11th, 25th
Old School House, Church Road, Tuesday 10:15 arrival for 10:30 start.

Yvonne Dumas

"Quiet the mind and the soul will speak."

YOGA

The yoga class runs weekly at 10:30am on Thursdays for an hour 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 30 mins, some yogic breathing – 10 mins and a relaxation at the end – 20 mins.

The relaxation is a form of guided meditation that promotes profound relaxation and healing. Unlike other types of yoga, it does not involve physical movement - it is practiced lying down (with knees bent or that is more comfortable) allowing the mind and body to rest while remaining conscious.

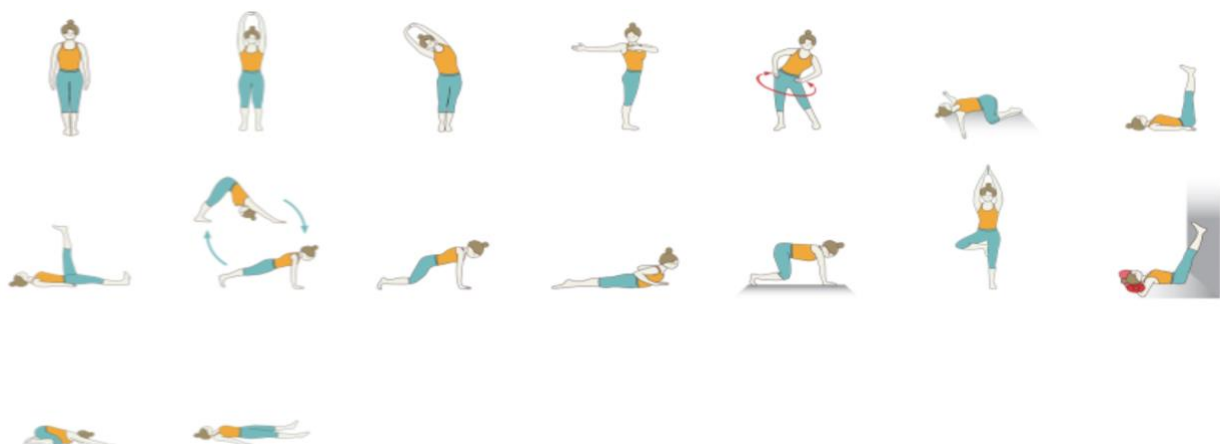
Some key benefits of yoga:

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