

Hollywood u3a Newsletter

GENERAL MEETING

**Friday 25th April 2025 @10.30
In the Queen's Hall, Hollywood.**

Speaker: Andrew Muir MLA
Minister for Agriculture, Environment and Rural Affairs in the
Northern Ireland government

**Title: Lough Neagh: Challenges and Actions
A talk on the Lough Neagh report and action plan**

We look forward to hearing Andrew on this important subject. You will remember that we had to postpone this contribution due to storm and flood!

**Friday 30th May 2025 @10.30
In the Queen's Hall, Hollywood.**

Speaker Dr Rosie Hickey, Heritage Officer, Strand Arts Centre.
Topic: "Picture Palaces of Northern Ireland

Following his talk, we will hold our AGM, which will be kept quite short. We'll be sending out all the necessary documentation in the coming days.

”

Hollywood u3a Newsletter

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

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.

Hollywood u3a Newsletter

AMBLERS

Brownlow House, Lurgan

Thursday 8th May.

Train departs Hollywood at 9.33

Sydenham at 9.37

Grand Central (platform 8) at 10.06

An opportunity to see Grand Central Station, walk round the lake in Lurgan Park and lunch in Brownlow House.

Victoria Park

Thursday 22nd May at 10.30.

Meet in the car park at Victoria Park.

Everyone is welcome to join us on the ambles.

Extreme level of fitness is not required.

BIRD WATCHING

We are hoping to visit Groomsport on Friday 16th May. We plan to meet at 10.30 in the harbour carpark. Carshare is available from CIYMS at 9.50am.

Please wear sturdy shoes for this visit as some of the path is very rough.

Further details will be sent to group members closer to the time.

Arlene & Dorothy

CANASTA

Hollywood Golf Club at 10 o'clock.

Friday 2nd May and Friday 16th May.

All welcome to come and learn or to play.

COFFEE & CHAT

Tuesday 13th May at 10.30.

56/58 Upper Braniel Road.

Belfast BT5 7TX.

Everyone who likes a bit of Craic is very welcome.

Hollywood u3a Newsletter

EXPLORING THE SHORT STORY

Exploring the Short Story next meets on Wednesday, the 14th of May, at half ten to half twelve, via Zoom, when we will be discussing another amazing story chosen by the convenor. Members will be sent the story once the convenor has decided which one to choose!

Denise

FILM GROUP

Hello everyone. May news:

The film club dates for May outings are Tues 6th May early afternoon film and Friday 23rd later afternoon showing.

Film details and timings will follow soonest when available.

All welcome at Dundonald Omniplex.

Meet in the foyer seating area 10 mins before the film starts.

New members welcome.

Any queries please ask...

Kind regards

Honor

GARDENING GROUP

On Wednesday 14th May 2025 the Gardening Group are "Going Wild"!

Maurice Parkinson is hosting "Wild in the Garden" at Ballyrobert Gardens and Nurseries. They have been working hard to introduce and preserve wildlife in their lovely gardens.

Details and arrangements for booking will be sent to Gardening Group members.

LOCAL HISTORY

The topic of our next meeting is 'How East Belfast helped beat Hitler'.

Speaker: Aidan Campbell

Date and Time: Wednesday, 7th May at 10.30am.

Venue: The Con Auld Gallery in Hollywood Library.

Advance Notice re our June Meeting:

May 2025

Page 4

Hollywood u3a Newsletter

Wednesday, 4th June - Outing to the Ulster Aviation Society, outside Hillsborough.

Travelling in shared cars. Cost: £7 each for the tour.

If you want to join in this outing, please bring £7 in a self-named envelope to our history meeting in May to book your place with Eric Woods or Audrey Lockhart.

LOOSE ENDS

The Loose Ends event for May is our trip to Montenegro from 15th to 22nd with Travel Department. We have ten people going and this is now fully booked.

For our June event, we are proposing a day trip to Greyabbey with lunch, and a trawl around the antique shops. Put the date of Saturday 28th June in your diaries. Details to follow in due course.

Sandra and Valerie

OUTDOOR BOWLS

The summer bowling season starts on Tuesday 15th April @ 1.30pm at Seapark sports grounds.

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

If you would like some relaxed recreation, come along and give it a try.

All you need is a pair of flat soled shoes. We will have some bowls you can use

Green fees will be £51.10 for the season or £3.70 per visit payable in cash or cheque to NCLT

Diane & Ann

OUT AND ABOUT

Nearly end of term bash.

If the sixth formers can do it so can we.

Friday 30th May at 1 o'clock.

Lunch after the general meeting.

Titanic Quarter (Opposite the Titanic Centre).

Give the Gordon Ramsey's of the future an opportunity to impress you.

Two course lunch with tea or coffee after - £12.

Starter and main or main and desert.

Hollywood u3a Newsletter

If you wish to attend, put £12 in an envelope with your name on it and bring it to the April general meeting.

Parking is available on the side of the road or in the car park under the college.

Or take the train or glider11.

Look forward to seeing you all at lunch - the first 60 anyway!

POINTS OF VIEW

We meet on the last Monday of each month at 10.30 in the Old School House at 10.30.

April 28th: 'What are the Advantages of Growing old'

May 26th: 'How can we ensure we have good mental health in today's society'.

Dorothy

SMALL STUDY GROUP

Topic: 'A Changing World.'

We are now half-way through the un-chartered voyage of trying to understand more clearly Capitalism and its role in our changing world.

Since our course started, the world has created a whirlwind in moving away from Capitalism, which is, of course, the world's favourite method of economic management to.....does anyone really know?

We do know that there is goodwill and hope from many sources, and we have three more meetings to explore, learn, discuss and aim to understand it all more fully.

Mary

TAI CHI QIGONG

Hello from Japan!

Dates for Tai Chi Qigong in May are 13th, 20th and 27th all are welcome.

Yvonne

"Quiet the mind and the soul will speak."

Hollywood u3a Newsletter

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 8th of May.

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 of that is more comfortable) allowing the mind and body to rest while remaining conscious.