

Hollywood u3a Newsletter

GENERAL MEETING

*Friday 28th November 2025 in the Queen's
Hall Hollywood @ 10.30*

Topic: "Norman Nash - his thrilling life and times"

Speaker: Mr Norman Nash

Our very own Hollywood u3a member, Norman, has agreed to be interviewed by our Chairperson Eric Woods.

Note: There will be no General Meeting in December.

*Friday 30th January 2025 in the Queen's
Hall Hollywood @ 10.30*

*Presentation by Mr Matthew Warwick of the Ulster Scots Agency on
Rabbie Burns complete with bagpipes and flute.*

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Groups

*AMBLERS COFFEE & CHAT
CREATING OUR OWN STORIES
CANASTA GARDENING GENEALOGY
LOCAL HISTORY LOOSE ENDS TAI CHI
EXPLORING THE SHORT STORY POINTS of VIEW
BIRDWATCHING FILM GROUP MINDFULNESS
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.

Trip to Budapest



In November eight members of Hollywood District u3a travelled from Alder-grove to Budapest for a short city break.

They were blessed with great weather as they explored this amazing place, full of reminders of the Austrian/Hungarian Empire, which fell apart on the onset of the First World War.

There was a great transport system of trams, buses, and underground railway, all free of charge to the over 75s. Inspectors didn't need to check our passports; they just nodded at us!

There was also a very good hop-on hop-off which included a lovely river trip.

Members took themselves to several key venues, which included the famous open-air spa bathing places, the castle, the beautiful cathedral, the stunning Parliament buildings and the Jewish Quarter. All in all a great trip!

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AMBLERS

Thursday 11th December at 10.30

Victoria Park.

Meet in the car park for a short walk and escape the madness of Christmas preparations.

Thursday 25 December

No walk - just enjoy the results of all the Christmas preparations.

Everyone is welcome to join us in Victoria Park.

Happy Christmas to all the Amblers.

Joy

BIRD WATCHING

Our next outing will be to Window on Wildlife at Airport Road West on Friday morning 12th December meeting there at 10.30am. There is a £3 entry charge for non-members of the RSPB.

In January our first visit of 2026 will be to the Waterworks on Friday the 9th January. Parking is usually available on Brookvale Avenue near the entrance. Carshare will be available from CIYMS. Further details will be sent to group members closer to the event.

Arlene & Dorothy

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CANASTA

Friday 5th and Friday 19th (Christmas party - Christmas jumpers compulsory).
Hollywood golf club at 10 o'clock.
All welcome to play, learn or watch.

Joy

COFFEE & CHAT

Tuesday 16th December
Christmas lunch at Royal Belfast Golf Club.

Joy

CREATING OUR OWN STORIES

Our second meeting was again relaxed and the group bonding and enjoying each other's company. The person who had volunteered to story-tell did a really good job, telling two very different stories and showing talent for holding everyone's interest. In story no 1, the storyteller kept us in suspense till the very end. This material gave us so much to chat over, and the following discussion included many more brief stories.

Of course, we have a volunteer for next meeting.

Mary Anna.

Anyone still interested in joining, please email me.
maryannahanse@btinternet.com

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EXPLORING THE SHORT STORY

During the run-up to the holiday season, many of us will watch what has become a festive favourite, a film variation of Charles Dickens' "A Christmas Carol". Telling or reading ghost stories like this was once a Victorian tradition, and EtSS will be following in their supernatural footsteps by reading 'The Room in the Tower' by E.F. Benson.

This story was chosen to correspond with BBC's film adaptation of the same story to be aired this Christmas season, starring Dame Joanna Lumley and Tobias Menzies. Prepare to be scared! (Or maybe not, not everyone believes in ghosts, but you will have the opportunity to compare the original tale with the adaptation!)

We will be meeting on Wednesday, 10th of December, from half ten to half twelve via Zoom. Group members will be sent the story, and later the Zoom link, by the convenor. New members are welcome. Please contact the convenor for more information.

Denise

FILM GROUP

Hello everyone...

There will be one film outing in December Friday 12th later afternoon showing.

Film details and timing will follow soonest when available.

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

If anyone wants a coffee in Binkys before the film, please let me know.

New members welcome.

Any queries please ask...

Kind regards for this Christmas season and 2026.

Honor

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GARDENING GROUP

We are looking forward to welcoming Nicky Kerr from the Walled Garden in Bangor on Monday 8th December 2025 in The Old School House Hollywood. She is presenting

“Bangor Castle Walled Garden through the Years “

Elizabeth

GENEALOGY GROUP

The genealogy group meets on the 3rd Wednesday of each month in PRONI. The November meeting was given a very informative talk on the Griffith's Valuation.

Our next meeting is on December 17th when we will be looking at accessing and using school records.

Robert

LOCAL HISTORY

Wednesday 3rd December at 10.30am.

Topic: The Transport Museum.

Speaker: John Moore.

Venue: The Con Auld Gallery, Hollywood Library.

For further information: Audrey Lockhart- lockhart440@btinternet.com

Audrey

LOOSE ENDS

Loose Ends is on hold for now.

Sandra

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OUTDOOR BOWLS

Now finished for the winter.

Diane and Ann

OUT AND ABOUT

Sanctuary Theatre on Wednesday 17th December at 7.30.

Baby Its Cold Outside by Brenda Murphy.

(Award winning author who wrote A Night with George).

The play is a riotous black humoured romp about a snowbound cottage on Belfast's Black Mountain.

Cost is £15 (concession).

If you would like to attend, please bring £15 in a named envelope to the November general meeting.

The Sanctuary Theatre is in an old church on the Albert Bridge Road Beside the Mount. The address is 1a Castlereagh Street, Belfast BT5 4NE.

Joy

POINTS OF VIEW

There will be no meeting in December, so next meeting will be on 26th January.

The topic for the Jan meeting will be circulated to members prior to the meeting.

Dorothy

TAI CHI QIGONG

Season's greetings to everyone as we come to the end of another year of Tai Chi Qigong, Shibashi. (useful website)

<http://www.everyday-taichi.com/shibashi.html>

We will continue until December 16th and start again in January, date to be announced. Happy and healthy New Year to all.

Yvonne Dumas

"Quiet the mind and the soul will speak."

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YOGA

The yoga class runs weekly at 10:30am on Thursdays for an hour in the Old School House in Hollywood.

The class consists of some gentle yoga postures - 30 mins, some yogic breathing – 10 mins and a relaxation at the end – 20 mins.

For the yoga postures part of the class we have been doing easy yoga postures one week and alternating this with “Energisation Exercises”. In future we will just do the energisation exercises as people have found these easier.

These are a standard set of exercises done standing up and are a combination of tensing and stretching all parts of the body with breathing. When familiar with them they take about 15mins.

An Indian Yogi (Paramahansa Yogananda) brought these to the West in the 1920's and was one of the first to introduce yoga to the West. He wanted something that most people could do as people then would not have known about traditional yoga and came up with these.

The link below shows the exercise being performed.

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 can be practiced lying down or seated allowing the mind and body to rest while remaining conscious.

Barry

https://youtu.be/q_x4UsytgY