

Hollywood u3a Newsletter

GENERAL MEETING

**Friday 26th September 2025 @10.30
In the Queen's Hall, Hollywood.**

Topic: "Current Scams and Fraud"

A PSNI Crime Prevention Officer will update us on the current scams and fraud issues, warn us about others liable to come our way, and respond to any queries we may have.

GENERAL MEETING

**Friday 31st October 2025 in the Queen's Hall
Hollywood @ 10.30**

Topic: The Pleasure and Importance of Castle Espie

Speaker: Mr Paul Stewart
Manager Castle Espie Wetlands Centre

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

Hollywood u3a Newsletter

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.

Hollywood u3a Newsletter

AMBLERS

Thursday 9th October.

Belmont Park with bowl of soup afterwards at St Marks, Dundela.

Meet at CIYMS car park Circular Road at 10.30.

Thursday 23rd October

Brownlow Castle, Lurgan for walk round lake and lunch in the castle.

Train from Hollywood 9.33

Sydenham 9.36

Grand Central Station - train for Lurgan leaves platform 8 at 10.06.

Everyone is welcome to join us on the Amblers.

Extreme level of fitness is not required.

Joy

BIRD WATCHING

The October outing is at Hazelbank Park meeting at 10.30 in the car park.

For those wishing to car share meet at 9:50 in the CIYMS car park.

Dorothy

CANASTA

Friday 3rd and Friday 17th in Hollywood Golf Club at 10.00

Everyone is welcome to watch, learn or play.

Joy

COFFEE & CHAT

14th October at 10.30.

Capparelli at the Mill.

231 Belfast Road, Dundonald BT16 1UE.

Formally the Old Mill which has been beautifully restored.

And is well worth a visit.

Everyone is welcome.

Joy

Hollywood u3a Newsletter

CREATING OUR OWN STORIES

A new group is starting called "Creating our own Stories". Members will volunteer at a previous meeting to tell a story and this will then be discussed by the group. So good listening is part of the experience. We will meet once a month and first meeting of the group will be Wednesday 8th October, 2025 at 2pm. Venue is Hollywood Library, ground floor.

For further information, or to enrol, please contact Mary Anna Hanse at maryannahanse@btinternet.com.

EXPLORING THE SHORT STORY

Because of a scheduling hiccup, EtSS was cancelled in September due to low turnout. The story for September will therefore be discussed at our October meeting, on Wednesday, the 8th, from half ten to half twelve, via Zoom.

Group members have already received the story, 'Torching the Dusties', by Margaret Atwood. A Zoom link for the meeting will be sent out closer to the time.

Denise

FILM GROUP

Hello everyone...

Friday's film choice is very limited, so the choice is Freaky Friday at 2PM ..comedy with Jamie Lee Curtis

Note early time please*

Meet at Omniplex 10 mins before.

I'll send my seat ASAP.

The dates for October outings are Tues 7th October early afternoon film and Friday 24th later afternoon showing.

Film details and timings will follow soonest when available.

I do try to attend all outings but I hope you understand that this is not always possible.

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

New members welcome. Any queries please ask...

Honor

Hollywood u3a Newsletter

GARDENING GROUP

On Monday 20th October 2025 the Gardening Group will be meeting in The Old School House.

Topic is "Gardening for Pollinators" to be given by Mark Smyth.

Elizabeth

GENEALOGY GROUP

The first meeting of the genealogy group took place at PRONI where we had a very informative and helpful tour of the facilities and records at PRONI. Some of our members took advantage of being in PRONI to continue their family history research.

The next meeting is on Wednesday 15th October when we will be discussing the way forward for the group with a short talk on record keeping. The group intends to meet every 3rd Wednesday each month at 10:30 in PRONI.

LOCAL HISTORY

Wednesday, 1st October. Outing to Dublin. For further information please contact Valerie Cobain valerie.cobain@u3a.org.uk.

Wednesday, 5th November. Meeting in the Con Auld Gallery, Hollywood Library.

Topic: 50 famous men from East Belfast.
Speaker: Peter McCabe.

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

Audrey

LOOSE ENDS

Loose Ends is on hold for now, but we are joining up with the History Group for a trip to Dublin in October. Please see the entry above for the History Group

Sandra

Hollywood u3a Newsletter

OUTDOOR BOWLS

Now finished for the winter.

Diane and Ann

OUT AND ABOUT

Montalto Estate £12.

Tuesday 7th October at 11.00.

Visit to the trails and gardens followed by a light lunch.

A scone of your choice or

A toasted ham and cheese croissant or

Soup of the day paired with wheaten bread

And a refreshing tea or coffee.

Meet at the entrance to the gardens at 11.00.

Or car share from CIYMS at 10.00.

Bring £12 with you on the day.

All welcome.

Joy

POINTS OF VIEW

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

29th September: Artificial Intelligence

27th October: What can we do to improve our health?

Dorothy

TAI CHI QIGONG

Our Tai Chi Qigong class is off to a great start and will continue every Tuesday morning throughout October. Please send your name to the group coordinator if you would like to be on a waitlist for the class when spaces become available.

Hollywood u3a Newsletter



"Quiet the mind and the soul will speak."

Yvonne

YOGA

The yoga class runs weekly at 10:30am on Thursdays for an hour in the Old School House in Hollywood. There is a nominal charge to cover the cost of the room hire. The class will restart on the 25th of September.

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

Barry