

Hollywood u3a Newsletter

GENERAL MEETING

**Friday 29th August 2025 @10.30
In the Queen's Hall, Hollywood.**

Speaker: Tony Macauley

Topic: "My life and work in Northern Ireland and in many places around the world including Rwanda and Uganda"

Tony is a highly praised writer who has written about his childhood and growing up in Belfast. and who now is engaged in development work in Rwanda and Uganda.

**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.

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.

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AMBLERS

Thursday 11th September at 10.30.
Walk along the Lagan.
Meet at Lanyon Place Station.
Walk along the Lagan to the Titanic Museum.
Short visit to the Lucian Freud Exhibition (no charge).
Then on for coffee.

Thursday 25th September at 10.30.
Sir Thomas and lady Dixon Park.
Meet at the car park in front of
The Parish Church of St Patrick's
Upper Malone Road , Drumbeg
(the one with the lych gate).
Car share from CIYMS car park at 10 o'clock.

Everyone is welcome on the Ambles
High level of fitness is not required
No need to book - just turn up at the meeting place

Joy

BIRD WATCHING

Our next outing is to Victoria Park on Friday 12th September. Meeting in the carpark at 10.30am.

We had a successful summer visit to Hillsborough Castle where we enjoyed time in the walled garden and in the castle. Thankyou Dorothy for organising it.

A further reminder will be sent to group members closer to the date of our next outing.

Arlene

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CANASTA

Friday 5th and Friday 19th September at 10 o'clock.
Holywood Golf Club.
Everyone welcome to watch, learn or play.

Joy

COFFEE & CHAT

Tuesday 16th September at 10.30.
Camphill Café.
8 Shore Road, Holywood.
(below the Maypole).

All welcome - only requirements are to be able to drink coffee and chat.

Joy

EXPLORING THE SHORT STORY

The **very first meeting of EtSS** met on 14 September 2016, which means we are entering our tenth academic year. In honour of this, we will be looking at work from some of the over 80 different writers we have covered since the group began.

After its summer hiatus of July and August, Exploring the Short Story returns to its usual slot of every second Wednesday of the month from half ten to half twelve via Zoom. We next meet on 10 September when we will be discussing 'Torching the Dusties' by Margaret Atwood, a writer who's become a firm favorite of the group. (We've already read three of her stories, and reread one of them because it was so good.)

There are still some places available for this group if you are happy enough to meet via Zoom. (The convenor moved to England after the pandemic.) Group members receive a pdf of a short story and a Zoom link in advance of every meeting. For more details, contact the convenor.

Denise

FILM GROUP

Hello everyone...September news....and welcome back.
It's hard to believe the summer is coming to an end ...hoping everyone has been able to enjoy at least some of it!

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The dates for September outings are Tues 2nd September early afternoon film and Friday 26th later afternoon showing.

Film details and timings will follow soonest when available.

Please note...film availability can limit these outings at times as I hope you understand. Films are only released a few days before, so a suitable choice is made then. I do check QFT too and will occasionally add it as a venue if anything is on there instead. If anyone wants to meet for coffee or tea there's a coffee shop next door. I do try to attend all outings, but I hope you understand that this is not always possible. Finally ...this is a small group, and all are welcome at Dundonald Omniplex meeting in the foyer seating area 10 mins before the film starts.

New members welcome. Any queries please ask...

Honor

GARDENING GROUP

The first meeting of the new session of the Gardening Group will be held on Monday 15th September 2025. Details of the visit to Kerr Park and talk in Old School House by the Hollywood Co Farm, a community run project, have been sent to the members.

The subsequent meetings for this calendar year are Mondays 20th October, 17th November and 8th December.

Please ensure your U3A subscription is up to date.

Looking forward to seeing you all again.

Sent on behalf of your committee.

Elizabeth

LOCAL HISTORY

Next History Group meeting is postponed from Wednesday, 3rd September to Wednesday, 10th September at 10.30am.

Venue: The Con Auld Gallery, Hollywood Library

Speaker: Donal McAnallen.

For further information, please contact Norma Cooper - coopers2.ni@gmail.com

Advance Notice

The History Group will go on an outing to Dublin on Wednesday, 1st October to visit Dublin Castle and other places of interest.

For further information, please contact Valerie Cobain - valerie.cobain@u3a.org.uk

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Audrey

LOOSE ENDS

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

Sandra

OUTDOOR BOWLS

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

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

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

The season usually finishes in the 2nd week of September but I must check this next week.

Diane and Ann

OUT AND ABOUT

European Heritage open days 2025 13th and 14th September.

This is a great opportunity to see free of charge some of the most interesting buildings in N Ireland.

It is the only opportunity to see some buildings which are not normally open to the general public but also a chance to visit places like Mountstewart and Castleward which are so expensive to visit.

Brochure can be downloaded from the European Heritage website.

POINTS OF VIEW

Meetings are on the last Monday of each month at 10.30 in the Old School House.

Next meeting Sept 29th. Members of the group will be notified about the topic nearer the time.

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Dorothy

TAI CHI QIGONG

It's that time of year again, "back to school" and back to Tai Chi Qigong, Meeting every Tuesday morning at 10:30 in the Old School House on Church Road Hollywood!

See you there.

Any questions contact me Yvonne Dumas via U3A groups

"Quiet the mind and the soul will speak."

Yvonne

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. The class will restart on the 18th 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 of that is more comfortable) allowing the mind and body to rest while remaining conscious.