

Hollywood u3a Newsletter

GENERAL MEETING

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

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.

**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!

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

Groups

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*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.

Membership Fees

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

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Bangor to Ballyhome

Thursday 10th April.

Train leaves Sydenham at 9.52.

Hollywood at 9.56.

Or meet at Bangor train station at 10.25.

Orangefield Park

Thursday 24th April at 10.30.

Meet at the car park in Dixon Playing Fields.

86 Grand Parade, Belfast BT5 5PD.

Everyone is welcome to join us on the ambles.

Extreme level of fitness is not required.



The new cast of Hope Street enjoying some R&R in Donaghadee!

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BIRD WATCHING

April - We are planning to visit Victoria Park on Friday 11th @ 10.30am, meeting in the carpark.

May - We hope to visit Groomsport - meeting in the Harbour on Friday morning 16th.

Carshare from CIYMS for this visit. This is a week later than usual. More information will be sent to group members closer to the time.

Arlene & Dorothy

CANASTA

Easter Extravaganza.
Friday 4th April at 10 o'clock.
Come and play cards and enjoy a few Easter treats.

Note - No Canasta on Good Friday.
Happy Easter to all our Canasta players.

COFFEE & CHAT

Tuesday 8th April at 10.30.
Linen Lounge at Belfast Met.
Titanic Quarter Campus.
Queens Road.
Belfast BT3 9DT.

The Met is opposite the Nomadic.
Beside the Titanic Centre.
There is parking for blue badge holders.
Street parking at meters or a large car park under the building.

It's good to support the students at the catering college.

Everyone welcome that enjoys a chat.

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EXPLORING THE SHORT STORY

Exploring the Short Story meets every second Wednesday of the month, from half ten to half twelve, via a Zoom link.

Our next meeting is on the 9th of April, when we will be discussing Anton Chekhov's 'The Kiss', written in 1887. It is a love story of sorts, one written nearly a century before the story we read for our last meeting, that is Jeffery Archer's 'Old Love' (1980).

It will be interesting to compare the stories and the writers! Members will receive the story and the Zoom link in plenty of time before the meeting. New members are always welcome. Please contact the convenor for more details.

FILM GROUP

Hello everyone. April news:

I'm moving the film club timings around for April to see if it suits the group better.

The dates for April outings are Wednesday April 2nd early afternoon film and Thursday 24th 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...

Kind regards
Honor

GARDENING GROUP

A visit to the restoration project of Dunville Community Gardens, Old Hollywood Road Belfast has been arranged for: -

Monday 7th April.
Booking details will be sent out to the Gardening Group members.
Looking forward to a good summer.

Elizabeth

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LOCAL HISTORY

Our next meeting is on Friday, 4th April and not the usual meeting on the first Wednesday of the month. The change of date is so that we can go to the Glenarm Castle and Gardens.

We can go on a guided tour of the castle (with the Family's butler!) and then spend some time in the gardens. Cost: £12.50.

We will travel by cars - leaving Hollywood at 9am so that we have time for coffee etc when we arrive about 10.15am.

We will all meet William at reception at 10.50am to walk across to the castle (about 300 yards).

Tour of castle: 11am - 12.15pm.

After the tour in the castle, the day is for you to do what you want!

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

LOOSE ENDS

There are no Loose Ends events in April. May we wish you all a very happy Easter.

Sandra and Valerie

OUT AND ABOUT

No events planned for April.

POINTS OF VIEW

This group meets on the last Monday of each month at 10.30 in the Old School house.
March 31st 'Why is it more difficult to get volunteers?'

April 28th 'What are the advantages of growing old?'

Dorothy

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TAI CHI QIGONG

Dates for April Qigong: 1st, 8th and 15th

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 3rd of April.

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.

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.