

# Hollywood U3a June Newsletter

## GENERAL MEETING

Friday 31<sup>st</sup> May 2024

@10.30

In the Queen's Hall, Hollywood.

**Speaker Fiona McKelvie**

**Topic. "Irish Linen, a Heritage Fabric with a Future".**

Fiona has had a distinguished career in textiles, much of that as Export Sales Manager for Liberty of London's Wholesale Division. For many years she has carried out research into the history and heritage of Irish Linen.

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Coffee will be served, and it would be a great help if you brought your own cup in a bag to take home dirty.

## Groups

AMBLERS

COFFEE&CHAT

CANASTA

GARDENING

LOCAL HISTORY

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TAI CHI

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YOGA for RELAXATION

OUTDOOR BOWLING OUT & ABOUT

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## 10<sup>th</sup> ANNIVERSARY DINNER

Wednesday 12<sup>th</sup> June in Stormont Parliament Building

Drinks reception at 6.30

Dinner at 7.30

Entrance by the Massey Avenue gate.

There is a large car park to the left of the building.

Drinks at the dinner table need to be paid for by credit card.

Dress code – smart casual

Tiaras are optional!

It's going to be a spectacular evening.

Please note there are no longer any places available for the dinner.

### **Note from Liz Wallace**

I am collecting jam jars to fill with garden flowers and foliage (all small scale) to decorate the tables at our Anniversary Dinner.

Could you bring jars (with the labels off) to the general meeting or drop them in with me at 1 Lemonfield Avenue?

Flowers and foliage could be left with me on the afternoon of Monday 10<sup>th</sup> June or the morning of Tuesday 11<sup>th</sup>.

Thank you

Liz Wallace 07721 562175

## **AMBLERS**

Thursday 13<sup>th</sup> June

Carnalea to Bangor via the coastal path

Train leaves Sydenham at 9.49

Hollywood at 9.54

Meet at Carnalea station at 10.15.

Train home from Bangor.

Thursday 27<sup>th</sup> June

Whitehead lighthouse

Meet at Whitehead train station at 10.30.

Train leaves Lanyon Station at 9.55.

Glider or bus will leave you at Lanyon but if you want to take the train.

Hollywood- 9.21 or Sydenham - 9.26.

Everyone is welcome on the Ambles.

The only thing we can't promise is sunshine.

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## BIRD WATCHING

Our next outing is to the RSPB Windows on wildlife (WOW) on airport road west near Hollywood Exchange. We hope to visit on Friday 14th June at 10.30 meeting there.

Drive past B&Q and keep going for 1.3miles the centre is on the right. Further details will be sent to group members nearer the time.

Arlene & Dorothy

## CANASTA

Friday 7th and Friday 21st June at 10 o'clock.  
Holywood Golf Club.  
All welcome to play or learn.

## COFFEE & CHAT

Anniversary Dinner on the 12th.

## EXPLORING THE SHORT STORY

The next meeting is on Wednesday, 12 June, from half ten to half twelve via Zoom. We will be discussing Zadie Smith's 'The Lazy River', a story we had read way back in June of 2018. Re-reading a story usually proves to be quite enlightening! New members are welcome.

## FILM GROUP

Dates for June outings are Tues 11th early afternoon film and Friday 28th June later afternoon showing.

Film details and timings will follow soonest when available.  
All welcome at Dundonald Omniplex.  
Any queries please ask...

Thank you.  
Honor

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## GARDENING GROUP

Our next meeting is a garden visit on Thursday 13<sup>th</sup> June to Mackie Woodland Garden, Mahee Island.

Full details will be circulated to group members nearer the time.

## LOCAL HISTORY

Wednesday, 5th June. Bus outing to Baronscourt. Cost £38.

For further information, please contact Joan Whiteside at [mej.whiteside@gmail.com](mailto:mej.whiteside@gmail.com) or Valerie Cobain at [v.cobain@btinternet.com](mailto:v.cobain@btinternet.com).

No meeting during July.

Wednesday, 7th August. Outing to Londonderry. Travel by train. Approximate cost for coffee, lunch and guided tours £25. For further information please contact Heather Dickson at [hdickson8553@gmail.com](mailto:hdickson8553@gmail.com).

## LOOSE ENDS

Our Loose Ends event is Sunday Lunch on the 23rd of June at 1pm, at Neill's Hill Brasserie, 229 Upper Newtownards Road, Belfast BT4 3JF (Ballyhackamore). I have booked 10 places for 1pm. We have the table until 3pm.

If there are 10 or more of us, there is a £5 deposit, but please do not try to pay this now as we may not get 10 people, and the restaurant says we can pay it about two weeks in advance.

If you have not already given me your name, let me have it now if you would like to join us. See link below to the current menu, which may change before our June trip.

<https://img1.wsimg.com/blobby/go/7b96dcf7-2789-4d22-a575-8f53e6e9395d/downloads/NH%20Sunday%20May%202024.pdf?ver=1714559971587>

Sandra and Valerie

## OUTDOOR BOWLING

The new season started on Tuesday 9th April 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, 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.

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## POINTS OF VIEW

Meetings are held on the last Monday of each month at 10.30 in the Old School House Church Road. Next meeting is June 24 and the topic: "Is Technology leaving older people behind?"

## TAI CHI QIGONG

Tai Chi Qigong will continue through June, dates for your calendar 4th, 11th, 18th, 25th.

We hope to do some outdoor sessions in July down by Seapark weather permitting, dates for these will be announced later.

Contact me if you have any questions or want more information at [yadirishswiss@gmail.com](mailto:yadirishswiss@gmail.com).

Yvonne Dumas

"Quiet the mind and the soul will speak."

## YOGA FOR RELAXATION

The yoga class is weekly at 10:30am on Thursdays in the School House. There is a nominal charge to cover the cost of the room hire.

The class consists of some gentle, low impact yoga asanas (postures), some yogic breathing (pranayama) and a relaxation at the end (Yoga Nidra).

Some key benefits of yoga:

Improves Balance, helps with flexibility, better breathing, 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.

Barry

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## MEMBERSHIP

Membership was due by 1 April. This can be done either in person at the next General Meeting, by cheque or cash and posted to the Membership Secretary or by BACS.

Hollywood District U3A  
Sort Code 089299  
Account no 65698884

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Hollywood  
BT18 9 ET  
Sent from my iPhone

[membership@hollywoodu3a.org](mailto:membership@hollywoodu3a.org)