

Hollywood u3a November Newsletter

GENERAL MEETING

**Friday 25th October 2024 @10.30
In the Queen's Hall, Hollywood.**

Speaker: Ms Marie Therese Rogers-Moloney

Our speaker will tell us about her life experiences in which she suffered neglect and abuse from childhood, perpetrated by others in whose care she was placed. Marie Therese will describe her early life and then outline the steps she was able to take to improve her situation. She has published her life story in a book, "For the Sins of my Mother", and she will have copies of it with her for sale. Eric Woods our chairperson has heard her speak and feels that this is a talk "not to be missed".

29 November Speaker

Mike Blair, renowned photographer, will be in Hollywood on a brief visit from his home in Scotland and will captivate us with a special selection of his wonderful pictures.

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u3a Christmas Lunch

Venue: The Royal Belfast Golf Club

Date: Tuesday 17th December

Do put the date in your diary and plan to join us for some Xmas fun. Further information and how to book will follow in our next Newsletter.

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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AMBLERS

Thursday 14th November.

Come and see the new statue of the Queen and her corgis.

Antrim Castle Gardens

Randalstown Road

Antrim BT41 4LH

Meet in the car park at 10.30.

Car share from CIYMS at 9.45.

Thursday 28th November.

Walk along the Lagan.

Meet at Lanyon Station at 10.30.

Train from Hollywood at 10.03;

Sydenham at 10.07.

Or take the glider.

Everyone is welcome to join us on the ambles. No experience necessary!

BIRD WATCHING

We are planning to visit Island Hill, Comber on Friday 8th November meeting there at 10.30. Further information will be sent to group members closer to the time.

Arlene & Dorothy

CANASTA

Friday 1st and Friday 15th November. Hollywood Golf Club at 10 o'clock.

Canasta is an easy to learn card game. All welcome to play or learn.

1st overall winners of the u3a Bridge Congress



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Held in the Balmoral Hotel on Friday 4th October the winners were Hollywood District u3a members Brenda Clingan and Christine Adams

Well done girls - you did us proud (but then we all know Hollywood District is the best)!

COFFEE & CHAT

Tuesday 12th November at 10.30.
Seasons Restaurant
The Mount
2 Woodstock Link
Belfast BT6 8DD
(corner of Albertbridge Road and Castlereagh Road)

There is a large car park.
Excellent scones and tray bakes.

Everyone welcome - only experience necessary is the ability to chat and drink coffee

EXPLORING THE SHORT STORY

During the October meeting, Exploring the Short Story compared and contrasted two very short stories spookily similar and chosen for that reason. In each a cold-blooded murder occurred: in Edgar Allan Poe's 'The Black Cat', the husband kills the wife; in Roald Dahl's 'Lamb to the Slaughter' the opposite occurs, with the wife killing the husband. Wouldn't you like to know who got away with it? And how?

Our next meeting is on Wednesday, 13 November, from half ten to half twelve, via Zoom. Members will receive the story we will be discussing beforehand as well as the Zoom link. New members are welcome. Please contact the convenor for more information.

Denise

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FILM GROUP

Hello everyone.
Another winter season.

...dates for November outings are Tues 12th early afternoon film and Friday 29th November 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...

Honor

GARDENING GROUP

Monday 18th November 10:15am The Old Schoolhouse Church Road.

Topic: "Weird and Wonderful Gardening".

A talk by Amy Kelly.

Elizabeth

LOCAL HISTORY

Wednesday, 6th November at 10.30am in the Con Auld Gallery, Hollywood Library.
Our speaker will be Dayna Host from the Ulster Scots Community Network.

Her topic: Language, Poetry and How Grannies Talk.

Wednesday, 4th December at 2pm . Afternoon Tea at Clandeboye House, Bangor and a tour of part of the house and Gardens.

Cost: £45.

Payment will secure your place on a first come, first served basis!

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

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LOOSE ENDS

Our event for November is an EasyJet City Break to Prague from 5th to 9th November. This is fully booked.

Sandra and Valerie

OUTDOOR BOWLING

Outdoor bowls has now finished for this season.

OUT AND ABOUT

All members are welcome at Out and About events, and we hope you will join us for lunch in November.

Friday 8 November at 1.0pm

We have booked a table for lunch in The Members' Dining Room, Parliament Buildings, Stormont. This is a lovely venue, with a good choice of menu.

Please note the restaurant operates a CASHLESS payment system, and each member will be responsible for paying for their own meal.

Places are limited, and to book please contact Ann on 07502 153229.

Joy and Ann

POINTS OF VIEW

This group meets on the last Monday of each month at 10.30 in the old School House.

Monday 28th Oct at 10.30.

Topic: What is the point of Space Exploration.

Monday 25th November - topic to be arranged.

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TAI CHI QIGONG

Tai Chi Qigong dates for November:

19th and 26th only, starting at 10:00 on 19th in the Old School House on Church Road.
(I'm on holiday from November 7th to 12th).

Yvonne Dumas

"Quiet the mind and the soul will speak."

YOGA

The yoga class runs weekly at 10:30am on Thursdays in Room 1 of the Queen's LC.
There is a nominal charge to cover the cost of the room hire.

The class consists of some yoga postures (asanas), 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