

Hollywood u3a October Newsletter

GENERAL MEETING

Friday 27th September 2024

@10.30

In the Queen's Hall, Hollywood.

Speaker: Scott Howes

Strategic Lead - Climate Action Keep Northern Ireland
Beautiful

Title:

“Your Climate Future - a Time for Change”

Have you heard about how our climate is changing but are not sure how you can be involved to be part of the solution? This talk will provide key information about climate change as well as how and why individual and community climate action is vital as we come together to make a difference.

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

Divis and Black mountain
Thursday 10th October at 10.30
Meet at the car park beside the Barn Coffee Shop
Divis Road, Hannahstown, Belfast BT17 0NG
Car share from CIYMS at 9.45

Coast Road from Hazelbank to Whiteabbey
Thursday 24th October at 10.30
Meet at the entrance to the Coronation Garden
Hazelbank Park, Shore Road Newtownabbey BT37 0PY
Car share from CIYMS at 10 o'clock

Everyone is welcome to join us on the Ambles
High standard of fitness not required.

BIRD WATCHING

This group normally meets on the second Friday of each month.

October 11th meeting at 10.30 at Hazelbank Park Belfast. More details will be sent to members nearer the time.

Arlene & Dorothy

CANASTA

Friday 4th October - no Canasta.
Bridge congress and a lot of the Canasta players will be there.
Good luck to everyone attending - bring home the cup to Hollywood!

Friday 11th October and Friday 18th October Canasta as usual.
Friendly card game - new and experienced players welcome.

COFFEE & CHAT

Tuesday 15th October at 10.30
Woodlands Cafe
Crawfordsburn Country Park
All welcome - only requirements are the ability to chat and drink coffee.

EXPLORING THE SHORT STORY

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After the summer hiatus, Exploring the Short Story met again on 9/11, the anniversary of the World Trade Centre terrorist attacks, and discussed Kamila Shamsie's *Our Dead, Your Dead*. To mark the tenth anniversary, *The Guardian* newspaper ran a series of 9/11 stories and Shamsie's was included. Although many in the group felt the story was not as well written as other stories we have discussed, most truly believed it was worth reading as it offered a Pakistani viewpoint on the aftermath of 9/11 in their country.

When asked for any suggestions for future stories, the convenor was reminded that the group normally reads a suitably scary story in October. This time-honoured tradition will be honoured! Boo! (But no horror stories. Scary, yes. Thrilling, yes. Mind-boggling, perhaps. But no horror!) 🙈

The next meeting is, as always, the second Wednesday of the month, which falls on the 9th of October. Members of the group will be sent the story and the Zoom link prior to the meeting. Happy Halloween!

Denise

FILM GROUP

Hello

...dates for the October outings are Tues 8th early afternoon film and Friday 25th October 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 21st October 10.15am: The Old Schoolhouse, Church Road, Hollywood.

Talk by Will Hamilton on 'The Making of Holly House Garden' and plant sale.

Sandra

LOCAL HISTORY

Wednesday 2nd October at 10.30am.

- Meeting in the Con Auld Gallery

- Topic: RNLI and the Sir Samuel Kelly lifeboat.

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- Speaker: Shirley Cochrane

For further information please contact Betty McLaughlin
at betty.mclaughlin@btinternet.com

LOOSE ENDS

As part of the Aspects Festival, our event for October is as follows:

Paul Tweed, from Hollywood to Hollywood: Bangor Castle Thursday 3rd October 8.30pm to 9.30pm. Paul will be in conversation with Freya McClements, Northern Editor of The Irish Times.

Here is an extract from The Aspects brochure:

"From Hollywood to Hollywood is a riveting glimpse behind the scenes of Paul Tweed's high-octane career navigating huge egos and high stakes to protect the reputations of the most visible but intensely secretive stars on earth.

This revelatory memoir, by one of the most fearsome media lawyers in the world on his four-decade career defending royals and A-list celebrities.

Paul Tweed was born in Northern Ireland and attended Bangor Grammar School and Queen's University Belfast where he read Law. Tweed is an internationally recognised expert in the field of media law and reputation management. Paul has represented governments, corporations and A-List celebrities such as Sinéad O'Connor, Liam Neeson, Sylvester Stallone, Justin Timberlake, Louis Walsh, Johnny Depp and Amber Heard."

See link below from where you can read the full extract and book tickets, at £10 each. We have already booked our tickets and hope you can join us there.

<https://aspectsfestival.com/whats-on/paul-tweed-hollywood-hollywood>

Sandra and Valerie

OUTDOOR BOWLING

Outdoor bowls has now finished for this season.

POINTS OF VIEW

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

September 30th - 'Is there an Alternative to the Good Friday Agreement?'

October 28th - members will be notified of the topic nearer the date.

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TAI CHI QIGONG

Tai Chi Qigong dates:

October 1st, 8th, 15th 22nd, and 29th

mark your calendars.

A few reminders

1. You should be an active member of Hollywood u3a to participate.
2. Your doctor should be aware you are doing this, if you have a medical condition
3. You will be asked to sign a medical release form stating that you are doing this at your own risk.
4. You will be expected to make a regular commitment, if you do not attend for more than 3 sessions your place will be offered to someone else. Of course, if you are ill or a family member is ill, or you're on holidays there be an exception, just let me know!
5. You will be asked to pay a small amount of money to cover the room rental, end of year party etc.

Yvonne Dumas

"Quiet the mind and the soul will speak."

YOGA FOR RELAXATION

The yoga class runs weekly at 10:30am on Thursdays and recommenced on 12th September.

There is no class on Thursday 26th September as I am away on holiday 😊

Please note: the venue has changed to the Room 1 in the Queen's LC as the Old School House is no longer available on Thursday mornings.

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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