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# U3A NEWSLETTER

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## UPPER BANN



### WHAT'S NEW IN UPPER BANN U3A?

Membership of Upper Bann U3A continues to increase with more than 140 currently on the register. With increased membership comes an increase in the number of activities on offer. The range is wide and there is something for everyone, from a walk in the park to a summer BBQ. If three or more members are interested in an activity then a group may be formed. Updated details of activities/events are available on the webpage

What a lovely summer! Fifty two members of Upper Bann U3A enjoyed brilliant sunshine at a highly successful BBQ, held in June in Tollymore Forest Park.

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## WALKING GROUPS

There are two walking groups, one on a Monday morning and one on a Tuesday morning. The Monday morning walk is anything from 5 to 6 miles in length and takes approximately two hours. The Tuesday morning walk is designed for members interested in walking but find Monday's walk too difficult in terms of length and terrain. The 'Strident Stroller's' walk is anything from 2 to 3 miles on flat ground and takes less than one hour. Generally we finish off with a refreshing cup of coffee at a nearby restaurant. Six members have expressed an interest in joining the Strident Strollers but Tuesday does not suit. Numbers are sufficiently large to justify a second strollers group so plans are in hand to organise this. You will be kept informed.



The first Upper Bann U3A walk in Peatlands Park in 2009. There are now long walks and short walks designed to meet the needs of members

## STRIDENT STROLLERS

The walk on Tuesday 30th September will be around Craigavon Lakes. Anyone interested in joining the walk please meet at the water shed at the lakes at 10.00 am.

## PAINTING FOR PLEASURE

A group of five or six members has expressed an interest in painting using oils/acrylics as a medium. This is in addition to the very successful 'watercolour group' which has been operating and will continue to operate, with Anne McMinn as convenor. For more information on the newly formed group please contact Anna Lynas 38 3219 79/email [misswright4@aol.com](mailto:misswright4@aol.com)





# UPPER BANN U3A September Activities



All activities recommenced during September with increased membership. Fifteen members met in Stonebridge Brasserie for a very tasty Thursday lunch. Above the Strident Strollers enjoyed a walk in Lurgan Park before going to Brownlow Castle for coffee. Mike's Bikers choose the Newtownabbey Way and the Lough Shore Trail for one of their outings.

If you have a photograph of a U3A activity please email it to me [fmckeown@ionology.com](mailto:fmckeown@ionology.com)