

NEWSLETTER

ACTIVITIES
RESTART

Join in the activities
on offer. Why not
suggest new
activities?

NEWS

Welcome back after a soggy summer!

Upper Bann U3A welcomes back all members to post summer activities. A big welcome to all new members. We hope you enjoy your U3A experiences.

Group Details

Mike's Bikers and Tom's Easy Riders continued during the summer months.

If you wish to join the cycling group Mike is the leader of the Tuesday morning group (10.00 am) taggartmfg@hotmail.com 07787789165. Tom leads the Wednesday morning group (10.00am) thomasy04@me.com 07712667732

Well done Pamela and Hector!
(Loughgall Country Park)



Walking Groups

Teresa leads the Tuesday morning relaxed stroll starting at 10.00 am. The walk is rotated around a range of venues and usually ends at a local cafe. Contact Teresa 07876 767776 or corrs.ballyhegan@gmail.com

Perhaps you would prefer a longer more vigorous walk. If so join Bob on a Monday starting 3rd September, at 10.00 am. Ring Bob 07983164914 or email rande20cs@aol.com This walk is around 5 to 6 miles in length



The Nature Group on a visit to Oxford Island

Book Club

The book club meets on the 2nd Tuesday of the month in Portadown Library at 3.00 pm. Contract Christine 07742517549 or email chrism196@yahoo.co.uk

Bridge

Bridge continues in Portadown Golf Club at 10.00 am every Friday Morning with lessons from Tom and Des. Beginners welcome. Contact group convenor Gordon 38327909 gordonlunn@talktalk.net

Chess

The chess group will meet on Thursday September 3rd at 10.15 in Brownlow library. Players of all levels will be welcomed, beginners included. Des is taking on the role of group convenor. Contact him on 07808242627 or email des on dhrawlings@btinternet.com

Monthly Get-together

15 September 2015
20th October 2015
17th November 2015
15th December 2015
19th January 2016
16th February 2016
15th March 2016
19th April 2016
17th May 2016
21st June 2016

Crime Prevention
John King - Ulster's Forgotten Hero
My Work and Experiences in Kenya
Christmas Lunch
Iceland/North Sea Expedition Cruise
Development of the Linen Industry in Upper Bann Valley
An Afternoon of Music
AGM
Life on Coney Island
BBQ

Michelle Wilson (Crime Prevention Officer)
David Armstrong
Helen Moorehead
Norma Galway
Pat Flowerday
Plunkett Campbell
Jim Smart
Committee
Peter McClelland
Committee

Have you got a skill or interest you would like to share?

If so contact a member of the committee

French for Improvers

The French group will reconvene in Lurgan Town Hall (Minor) on Wednesday 2nd September at 10.00 am. New members are welcome but a knowledge of French is desirable. For more information please contact Helen 38841798 or email Helen on dhrawlings@btinternet.com

Genealogy

Geraldine is the convenor of the group researching family histories. Visits to various venues are organised and regular meetings set up as required. Contact Geraldine 07775 512297 or email her on geraldine.mcivor@gmail.com

Luncheon Club

Norma is currently organising the September Luncheon Club in Sally McNally's on 24th September at 12.30 pm. Details will be confirmed by email in advance of this date. Norma's contact details are 38871757 or norma.galway@gmail.com

ACTIVITIES GALORE!

Enjoy a meal at a different venue each month



Get fit, get cycling with Mike' Bikers or Tom's Easy Riders



Nature Group

The Nature Group will reconvene on 16 September at 10.00 am with a nature walk around Oxford Island. We will generally meet on the first and third Wednesday of the month, but may link in with other organisations on a different day if appropriate. New members can turn up on the day. The Convenor is Pat Flowerday 07842 355311 pflowerday@live.co.uk

Get involved - There is something for everyone!

Theatre/Cinema Trips

Tickets are available at Craigavon Omniplex for a showing of 'The Importance of Being Ernest' on 8th October at 7.15 pm. This is a live performance, beamed in from London's Vaudeville Theatre, starring David Suchet as Lady Bracknell. Tickets are £9. Buy your own ticket and we will see you there!!

Theatre reminder for those who have already bought their tickets.

Lord of the Flies - 2.30 pm 26th September, Saturday Matinee

A Night Alive - Tuesday 6th October at 7.45 pm

Swan Lake - 2.30 pm 7th November, Saturday Matinee

For more information contact Ruth 07753615993 or Edith 38 3622 67. Email details ruthmck@talktalk.net or edith@davies3213.oranghome.co.uk

Proposed New Activity

Would you be interested in Yoga? If so please contact fmckeown@ionology.com or text me on 07715046187. The proposal is a gentle start with Chair Yoga and those

capable can then progress to floor yoga.

Provided there is sufficient interest a venue will be identified. You will be kept informed on progress.



Bridge - a very popular activity

Poetry Appreciation

Maureen McLaughlin has taken over from Frances Sparkes as convenor of the poetry appreciation group. This group meets on the first Monday of each month in Lurgan Library at 2.00 pm. Contact Maureen on 07759 141878 or email maureenmclathome@hotmail.co.uk

Strictly Come Dancing!

A dance group was formed before the summer recess with members helping members. It is now proposed a non U3A tutor takes the classes starting in Portadown Golf Club on 10th September from 2.00 pm - 4.00 pm. All welcome! The dancing is not a U3A activity but we do wish all involved much success and 'happy dancing'.

If you enjoy U3A why not tell a friend!

New Members Welcome

'the more the merrier!'

COMMITTEE MEMBERS

Frances McKeown
(Chair)
Norma Galway (Vice
Chair)
Geraldine McIvor
(Secretary)
Maureen Carroll
(Treasurer)
Laura McAdam
(Membership Secretary)
Ruth McKinley
(Assistant Membership
Secretary)
Graham Bass (Member)
Alix Jardine (Member)
John Trimble (Member)
Tom Young (Member)

Watercolours

Anne McMinn is the convenor of two 'watercolour groups'. Both meet in Lurgan Town Hall (top floor) on Thursdays, starting 17th September. The beginners class is from 10.00 to 12 noon and improvers class is from 1.30 - 3.30 pm. All welcome! Beginners contact Anne for details of materials required.

Anne is planning a trip to the Ulster Museum in October. This trip is open to all Upper Bann U3A members. Colin Davidson has an exhibition running until January 2016 called ..SILENT TESTIMONY. It tells the story of 18 people who are connected by their individual experiences of loss through the troubles. Anne plans to incorporate a meal into the outing. More details to follow.

Anne's contact details are
07950 795639 or email
ann.mcminn@hotmail.co.uk

U3A EVENTS MAILING LIST

If you want to receive updates regarding national U3A events direct to your email inbox, sign up to the events mailing list using the email sent to you on 15th August. Your email will be used for this purpose and never passed on to a third party.

COMPUTER EXPERTS?

Once again this is not a U3A notice but I would like to draw your attention to the fact that the Southern Regional College is running level 1 and 2 computer courses free of charge in both the Lurgan and Portadown Campus.

This information was taken from the SRC newspaper.

REMINDER - (Not a U3A event)

**Portadown
Barnardo's Helpers
Group**

*Invite you to attend a
Charity Breakfast in
Portadown Golf Club on
Wednesday 9th
September 2015*

The breakfast will be served between 7.30 and 11.00am Cost of breakfast £10.00 pp

The proceeds will help to maintain local Barnardo's facilities which support children and families in our area.

U3A POLICY ON PAID TUTORS

U3A is an organisation in which its members share interests, skills and experiences for reciprocal benefit. The overriding principle is 'by the members for the members' For this reason The National Executive Committee's position on not paying tutors is very strong.

Photos - Top right A group of Monday morning walkers
Bottom right - Watercolours group.

