

upper bann u3a

Newsletter September 2016



The Easy Riders visit Westport and Achill Island

(click here for full report www.upperbannu3a.com 'Fun for Seniors')

SUMMER BREAK COMES TO AN END

It is hard to believe the school holidays are coming to an end! That means groups are about to reconvene. Some activities were suspended during the summer months but others continued without a break. The summer was a season of fun for Tom's Easy Riders, Mike's Bikers, the Nature Group, and The Strident Strollers. Bridge enthusiasts continued to meet every Friday morning in Portadown Golf Club.

BOB'S WALKS

These walks will recommence on 5th September. Details to follow. New members welcome

BRIDGE

Tom plans to run two Bridge groups in the months ahead. **Group 1** - "Advanced" players will have regular learning experiences in both bidding and playing. The group will play a short competition each week.

Group 2 - The Beginners will be provided with a set of lessons designed to ensure progression in the skills of bridge.

This Activity is open to all Upper Bann U3A members and everyone is made very welcome.

The group stops for tea/coffee mid morning and the craic is wonderful!



Activities Reconvene

BOOK CLUB

The Book Club resumes on 13th September in The Haven, Windsor Avenue, Lurgan (3.00 pm - 4.30 pm). The book under review is 'The Boy' by Alan Johnson. Christine also plans to discuss the date, time and venue of the group's Christmas dinner.

THEATRE OUTINGS

Two theatre outings have already been booked in the Opera House Belfast, with a performance of Chicago on 8th September and the Ballet 'Romeo and Juliet' on 1st October.

On Saturday 19th November Andre Rieu's Xmas Concert will be beamed live into the Omniplex cinema in Craigavon.

POETRY GROUP

The Poetry Group will resume in Lurgan Library on Monday 5th September from 2.00 pm - 4.00 pm.

TOM'S EASY RIDERS

This group meets every Wednesday throughout the year from 10.00 am - 1.00 pm. Cycles belonging to the Southern Health Board are picked up at different venues - Cascades Portadown, Scarva, Loughgall and Newry. The main aim of the group is to have a pleasant cycle (approx. 20 miles), stop for coffee and have a lot of fun. The group is restricted to 10 places which are currently filled but if you are interested submit your name and with sufficient numbers another group may be formed.

MIKE'S BIKERS

This cycling group meets every Tuesday at Cascades Leisure Centre normally cycling 10.00 am - 2.00 pm.

On 13th September the group plan to go to Portpatrick in Scotland on a day-trip. Also on 20th - 23rd September the proposal is to explore the Strangford Cycle Trail (82 mls) staying overnight at the Cuan Hotel Strangford.

RECYCLED

Perhaps Mike's Bikers and Tom's Easy Riders are too challenging for your level of fitness. If so and you are interested in joining a less demanding cycling group then contact John Trimble johntrimble@outlook.com.

The Recycle Group will resume their programme on Wednesday 7th September at Cascades, Portadown at 2.00 pm. Booking essential for new cyclists.

LUNCHEON CLUB

The Planters' Tavern, Waringstown is the venue for our first post summer luncheon club meeting. The meal will be served at 12.30 pm. New members are most welcome. Menu details will be sent out later this month.

STRIDENT STROLLERS

The strolls continued during the summer months and were very well attended. After a leisurely walk of approximately 2 miles over level terrain, members meet at a suitable venue for coffee and a chat. Planned strolls for September are as follows:-

6th September - Peatlands Park

13th September - Craigavon Lakes

20th September - Clare Glen

27th September - Armagh Palace

SINGALONG

The Singalong will recommence on Tuesday 27th September in Portadown Golf Club from 10.15 am until 12 noon. New members are always welcome.

NEW YOGA GROUP

Wendy is currently planning for a weekly Yoga Class each Thursday morning from 10.00 am. Newbies and people with Yoga experience are equally welcome. The proposal is to start off with chair yoga, seated stretches, breathing techniques and relaxation. The aim is to introduce mat yoga as and when group members want this.

Wendy has 25 years experience practicing yoga and has been teaching it for almost ten years.

If you are interested in joining this soon to be formed, yoga group please contact wendyalex@hotmail.com.

GENEALOGY

Twenty-two members of Upper Bann U3A have worked alongside Geraldine the Co-ordinator, in an attempt to research their family trees. Resources have been prepared by Geraldine and members are at different stages in their search. Six new members have expressed an interest in joining the group. Details of future meetings will be sent to interested members. If you wish to learn more about your family tree, contact Geraldine geraldine.mcivor@gmail.com

GARDENING GROUP

The next meeting of the Gardening Group is scheduled for Tuesday 11th October at 2.00 pm. Details of the venue will be forwarded to members in advance of the meeting. New members are most welcome. Contact Norman on n.pearson48@hotmail.co.uk if you would like to join this group.

NATURE GROUP

Pat Flowerday (convenor) has drawn up the following programme for the months ahead. Further details will be forwarded to members in advance of each trip.

- 1) 23rd September - Antrim Castle Gardens. Main focus The Gardens and Clotworthy House.
- 2) 19th October - Strangford Lough/Castle Espie. Main focus Wildfowl in particular, newly arrived Brent Geese.
- 3) 16th November - Mount Stewart. Main focus The gardens which are at their best at this time.
- 4) 7th December - Oxford Island. Keeping it local

More information to follow nearer the date.

CHESS

Des is currently making arrangements to reconvene the Chess in Portadown Golf Club (Committee Room) at 10.30 am on Thursday 8th September.

FRENCH FOR IMPROVERS

Helen will meet members on Wednesday 28th September in Lurgan Town Hall (Minor) at 10.00 am.

WATERCOLOURS

The watercolour group will resume activities on 3rd October in Brownlow Library. Anne McMinn the convenor, has eight places available in the beginners session which runs from 10 am until 12 30 pm . The session for existing members will run from 1 30 pm until 4 pm . Anyone interested ring Anne 02838325001.

DANCE WITH MAUREEN

The dance group is on hold at the moment whilst attempts are made to source a U3A member who can teach ballroom dancing. Further information at a later date.



Following our talk by Peter McClelland at May's monthly get-together, plans were put in place to visit Coney Island. Such was the interest in this visit, the twelve places were very quickly filled and Pat Flowerday, the group organiser, kindly arranged a further trip.

The second, twelve strong group meet at Oxford Island's Marina on August 23rd and set sail in the Master McGra on a calm Lough Neagh in bright sunlight. One of the trippers sent an email to Pat after the event and her comment summed up the general feeling of participants

'..... such an interesting, informative and enjoyable trip. I thoroughly enjoyed my mini cruise on Lough Neagh and Peter the Warden's talk about Coney Island. Like being transported to another era'.

MONTHLY GET-TOGETHERS

20th September 2016

Talk by Catherine Dixon re Legal issues such as the writing of a Will and Power of Attorney.

18th October 2016

Talk by M & W Meats, Scotch Street Portadown, Butcher of the Year 2015/2016 and Champion of Champions 2016

15th November 2016

Talk by Shane Wolsey 'In the Footsteps of Shackleton'.

7th December 2016

Christmas Dinner in Portadown Golf Club

17th January 2017

Entertainment provided by the Art and Drama Groups.

21st February 2017

Entertainment provided by the Poetry and Singalong Groups.

21st March 2017

Details to follow.

18th April 2017

AGM

16th May 2017

Details to follow

6th June 2017

BBQ in Killybroney Forest Park

FURTHER IT TRAINING

O2 has kindly offered IT training. Negotiations are currently underway and more details will be forwarded at a later stage.

HAVE YOU GOT A SKILL/KNOWLEDGE YOU WOULD LIKE TO SHARE?

If you would like to share your skills/knowledge with other U3A members contact Tom Young, Group Co-ordinator

Mike's Bikers cycle to Derryadd Nurseries (supplier of cut flowers to Northern Ireland supermarkets)



The Derrylard nurseries are operated by Shane and Seamus Donnelly and are located on the southern shores of Lough Neagh.

Strangford Lough Cycle

On 17th August Mike and his bikers joined with Belfast U3A, under the leadership of Jackie Mitchell, for a cycle around Strangford Lough.



ON THE SHORES OF STRANGFORD LOUGH



TOM'S EASY RIDERS VISIT WESTPORT AND ACHILL ISLAND



ACTIVITY DETAILS 2016 - 2017

ACTIVITY	CONVENOR	VENUE	DAY	TIME
BOOK CLUB	Christine Marley chrism196@yahoo.co.uk 077 4251 7549	Portadown Library	2nd Tuesday monthly	3.00 pm
BRIDGE	Gordon Lunn gordonlunn@talktalk.net (028) 3832 7909	Portadown Golf Club	Friday	10.00 am
CHESS (Beginners welcome)	Des Rawlings 078 0824 2627 dhrawlings@btinternet.com (028) 3882 0352	Portadown Golf Club (Committee Room)	Thursday	10.30 am
CYCLING MIKE'S BIKERS	Mike Taggart taggartmfg@hotmail.com 077 8778 9165	Various Venues - agreed weekly	Tuesday	10.00 am
CYCLING RECYCLED Easy cycle on towpath for those re-starting.	John Trimble johntrimble@outlook.com 078 33 282 383	Cycle Pod at rear of Portadown Swimming Pool (Cascades)	Wednesday (weather permitting)	2.00 pm - 5.00 pm
CYCLING TOM'S EASY RIDERS	Tom Young thomasy04@me.com 077 1266 7732	Various venues - agreed weekly	Wednesday	10.00 am
DANCE WITH MAUREEN	Maureen McLaughlin maureenmclathome@hotmail.co.uk 07759 141878	Portadown Golf Club	Thursday	2.00 pm
FRENCH	Helen Rawlings dhrawlings@btinternet.com (028) 3884 1798	Lurgan Town Hall (Minor)	Wednesday	10.00 am
GARDENING GROUP	Norman Pearson n.pearson48@hotmail.co.uk 077 6453 3840	Various venue	2nd Tuesday monthly	2:00 pm - 4:00 pm but can vary if e.g. trip is arranged
GENEALOGY	Geraldine Mclvor geraldine.mclvor@gmail.com 07775 512297	Venues arranged according to need	As Required	As Required
LUNCHEON CLUB	Norma Galway norma.galway@gmail.com (028) 3887 1757	A different restaurant each month	Last Tuesday monthly	12.30 pm

ACTIVITY DETAILS 2016 - 2017 continued

ACTIVITY	CONVENOR	VENUE	DAY	TIME
NATURE GROUP	Pat Flowerday pflowerday@live.co.uk 07842 355311	Various	1st and 3rd Wednesday of each month	
POETRY APPRECIATION	Maureen McLoughlin 07759 141878 maureenmclathome@hotmail.co.uk	Lurgan Library	First Monday monthly	2.00 pm
SINGALONG	Diane Hillis 07522 960011	Portadown Golf Club	2nd and 4th Tuesday monthly	10.00 am
THEATRE OUTINGS	Edith Davies edith@davies3213.orangehome.co.uk (028) 3836 2267 Ruth McKinley ruth999@talktalk.net 077 5361 5993	Various venues. Information sent by email and in Newsletter	Varies	Varies
TRIPS	Ena Marley enamarley@hotmail.co.uk 38 3396 06	Various venues. Information sent by email and in Newsletter	Varies	Varies
WALKS LASTING APPROX. 2 HOURS	Bob Anderson rande20ca@aol.com 079 8316 4914	Route details emailed in advance	Monday	10.00 am
WALKS - STRIDENT STROLLERS (approx 2 miles)	Teresa Corr corrs.ballyhagen@gmail.com 07876 767776			
WATERCOLOURS	Anne McMinn ann.mcminn@hotmail.co.uk 079 5079 5639	Brownlow Library	Monday	1.30 - 4.00 pm
YOGA	Wendy Alexander wendyallex@hotmail.com 07753 619957	To be agreed	Thursday	10.00 am

Additional activities include day trips, weekend breaks, Christmas Lunch and Summer BBQ. Emails and monthly Newsletters are our main means of communication. If you do not have internet access we will provide you with a contact number you can ring for information of upcoming events.