

NEWSLETTER

Monday, November 20, 2020

OCTOBER 2016

www.upperbannu3a.com



Monthly Get-Together (report by Norma Galway)

Catherine Dixon solicitor advocate and past president of the Northern Ireland Law Society gave a most interesting and informative talk at the monthly meeting held on 20th September. She highlighted the importance of will making and agreeing Power of Attorney. She discussed death duties and the financial implications of handing over your home or having to move into an old peoples' home. Many questions were asked and answered with knowledge and skill. Catherine later discussed individual problems informally over a cup of tea. A most interesting amusing and very useful afternoon.

Nature Group Visits Antrim Castle Gardens

(report by Pat Flowerday)

Antrim Castle Gardens, a new venue for the Nature Group, exceeded expectations. It turned out to be a four-century gem of culture and heritage, set in beautiful landscaped surroundings. Numerous paths led us through pleasure gardens, a parterre, a family burial ground, canal and riverside walk over which a lovely old bridge would have taken us to where the river flowed into Lough Neagh. Herons stood sentinel along the river bank while robins, blackbirds and pied wagtails rummaged around the shrubs and flower beds.

The recently refurbished Clotworthy House hosts art exhibitions and events as well as having a fine coffee shop where we enjoyed a delicious light lunch before heading for home. A very sociable six-some spent a most enjoyable morning together. We welcomed Edel and Verona, two new members, who complemented the group nicely.



AWARD WINNING BUTCHER

M & W Farm Meats opened its doors for business in Scotch Street Portadown in September 2006. Their 'award winning shop' has enjoyed tremendous success, building a reputation for selling consistently good quality produce and they currently hold the title 'Champion of Champions 2016.' As a very special treat, Norma has arranged a visit from an M & W representative who will talk about the locally produced meat, give a cookery demonstration and advise us on special offers. This monthly get-together has been scheduled for 2.00 pm 18th October in Lurgan Town Hall (upstairs). Everyone is welcome!



Upper Bann U3A



Monday Walkers

(Report by Tom Young)

Fifteen to twenty enthusiastic people regularly turn up for Bob's well planned strolls throughout the Craigavon country side. Walks

are about 5 miles long and last about 2 hours (10.00 am - 12.00 noon).

Bob would love to see a few more "couch potatoes" out with him on a Monday where they can burn off the indulgences of their weekend and have great craic with those already attending.

Just facts

1. Restore handbags and shoes. Wipe white distilled vinegar on scuffed leather bags and shoes. It will restore their shine and help hide the marks
2. Do you have tubes of moisturising cream or containers where the

last remaining remnants refuse to move? Put the container into a hand towel, take the four corners and swing the towel around a few times. You will be amazed at the result. The contents will flow out readily.

- 3 Don't throw out cut flowers once they start to wilt. Instead, add two tablespoons of white vinegar and one teaspoon of sugar to a quart of water. Pour the solution into your vase, and the flowers will perk up.

Recycled



The core members of John's RECYCLE group aren't easily deterred by adverse weather forecasts and they had a great afternoon on Wednesday 21 September cycling from Scarva to Jerretspass and back. Thankfully the forecast - windy with persistent and sometimes heavy rain - proved to be pessimistic and the rain stayed off right up until the final few minutes of the ride. There was wind all right, but it was from the south, so while it impeded progress on the outward journey it hastened the return when rain threatened.

A cycle from Scarva to Jerretspass and back for Recycle with group convenor John Trimble (report by John Trimble)

This was the first time RECYCLED had used the Scarva bikes and it was a great surprise to find that they all had lady's step-through frames. This didn't seem to worry the men and it may be a comfort to those

prospective cyclists who find mounting and dismounting from men's bikes a bit of a trial.

John promised that the group would return to Scarva soon - perhaps next time they will make it all the way to Newry and back!

Theatre News

Upcoming Events

LIVE EVENTS COMING TO CRAIGAVON CINEMA

MET OPERA - Tristan Und
Isolde - 8th October at
17.00

Don Giovanni - 22nd
October at 17.55

ANDRE RIEU - Christmas
with Andre - 19th
November at 17.00

LIVE EVENTS COMING TO QUEENS FILM THEATRE :

RSC - King Lear - 12th
October at 19.00

Branagh Theatre - The
Entertainer - 27th
October at 19.15

NEXT OUTING

Next theatre visit is to
the Grand Opera House
to see the ballet Romeo
and Juliet on 1st October.

Edith and Ruth have
been looking at two
shows after Christmas
they feel you might like
to see.

1. 'The Full Monty' -The
Musical

Venue - Grand Opera
House, Belfast.

Date-Thursdays, 2nd
February 2017

Time- 2pm - Matinee

Price - £30

Closing date for booking
- FRIDAY 7th OCTOBER
2016

2. 'Anna Karenina' - a
new version of this play
by Marina Carr

Venue - Abbey Theatre,
Dublin

Date - Saturday, 21st
January 2016

Time - 2pm - Matinee

Price - £20

Closing date for booking
- Friday, 4th November
2016

It would help greatly if
you could put the correct
money (CASH only

please) in an envelope
with your name, number
of tickets required and
the name of the show on
the outside of your
envelope.

Money for 'The Full
Monty' is required first
as this is booking up very
quickly and if we want to
get quality seats we must
move fast.

Only book for one show
at a time as we do want
to be holding money
belonging to you in our
homes.

Hoping you like the
choices made by Ruth
and Edith!. Thank you
ladies!

DEMAND FOR CHAIR YOGA EXCEEDS EXPECTATIONS



The new weekly Yoga Group is proving very popular among members. The group is fully subscribed, with a long waiting list of people wanting to attend. The first yoga class was held on 29 September and included seated and standing stretches, breathing exercises, and seated relaxation. It is hoped to progress on to a mixture of chair and mat work as group members improve their flexibility and strength.

Members who attended the first yoga class were heard describing their experiences in superlatives when leaving The Hub, the venue for this activity.

Wendy, the convenor of the group has been practising yoga for around 25 years and taught it for almost 10 years, and will enjoy sharing her experience with U3A members

Every Picture Tells a Story



Arriving in Strangford from Portaferry



Castleward's version of the "Dark Hedges"



Bob's Walkers

Know your alphabet?

An alphabet for senior citizens!!!!

(supplied by Paul Burrows)

A is for apple, and **B** is for boat, that used to be right,
but now it won't float! Age before beauty is what we
once said, but let's be a bit more realistic instead.

A's for arthritis;

B's for the bad back,

C's the chest pains,
perhaps car-di-ac?

D is for dental decay and
decline,

E is for eyesight, can't read
that top line!

F is for farting and fluid
retention,

G is for gut droop, which I'd
rather not mention.

H high blood pressure - I'd
rather it low;

I for incisions with scars you
can show.

J is for joints out of socket,
won't mend,

K is for knees that crack
when they bend.

L's for libido, what
happened to sex?

M is for memory, I forget
what comes next.

N is neuralgia, in nerves
way down low;

O is for osteo, bones that
don't grow!

P for prescriptions, I have
quite a few, just give me a
pill and I'll be good as new!

Q is for queasy, is it fatal or
flu?

R is for reflux, one meal
turns to two.

S is for sleepless nights,
counting my fears,

T is for Tinnitus; bells in my
ears!

U is for urinary; troubles
with flow;

V for vertigo, that's 'dizzy,'
you know.

W for worry, now what's
going 'round?

X is for X ray, and what
might be found.

Y for another year, I'm left
here behind,

Z is for zest I still have in my
mind!

I've survived all the
symptoms, my body's
deployed, And I'm keeping
twenty-six doctors fully
employed!

HAVE A GREAT DAY!

**A is for
keep the doctor away!**



Non U3A Upcoming Events

CAN YOU HELP US



TO SUPPORT PEOPLE WITH HEARING LOSS?

**Come along to our Volunteer
Information event**

When: Wednesday 19th October 2016
2.30pm – 4pm

Where: 4-8 Adelaide Street, Belfast

For further information contact Paula:

Telephone: 028 90 239 619

Email: volunteering.ireland@hearingloss.org.uk



GOLF CLUB QUIZ NIGHT

Portadown Golf Club is holding a Quiz on Friday 7th October at 8pm.

There are a lot of prizes including Raffle Prizes e.g. Hallowe'en Hamper, Wine etc.

Everyone is welcome!



SAMARITANS' FUNDRAISING CONCERT

TICKETS FOR SAMARITAN CONCERT

Ring Teresa 07876 767776

or email

corr.ballyhegan@gmail.com

Tickets £15 each

A poster for the Samaritans Fundraising Concert. The top half has a green background with the Samaritans logo and musical notes. The bottom half has a white background with text. The text includes: 'Craigavon Samaritans in association with Portadown Male Voice Choir', 'Presents A Fundraising Concert on Friday 14th October 2016 in Portadown Town Hall at 7.45pm', 'Ticket: £15 Per Person (limited to 273 persons)', and a list of guest artists: 'Curran-Rooney School of Irish Dancing', 'Aisling Kennedy - Soloist', and 'Speech Compare - Gene Fitzpatrick'. The word 'Ticket' is written in the top right corner of the green section.

SAMARITANS

Craigavon Samaritans
in association with Portadown Male Voice Choir

Presents **A Fundraising Concert**
on **Friday 14th October 2016**
in **Portadown Town Hall** at **7.45pm**

Ticket: £15 Per Person (limited to 273 persons)

Plus other guest artists:
• Curran-Rooney School of Irish Dancing
• Aisling Kennedy - Soloist
• Speech Compare - Gene Fitzpatrick

Ticket