

NEWSLETTER

A very Happy
Easter to all
members

www.upperbannu3a.com

Upper Bann U3A - April 2017



Leanne Chapman and Joshua Robinson share their expertise with 23 members of Upper Bann iPad users

Another successful iPad training clinic

Interested Upper Bann U3A members were recently invited to avail of 45 minute of training. In all, 23 arrived at Bleary Business and Community centre, armed with iPads and a list of their difficulties and all left happier and better informed thanks again to O2

The following report is by Diana Caesar

Monday 20th of March was certainly a day to note for the Upper Bann U3A, when members arrived at Bleary Community Centre with iPads in hand to pick the brains of Leanne and Josh from the O2 shops in Banbridge and Craigavon. These two young people gave their day to patiently and expertly running a workshop on iPads!

Without exception everyone seemed to benefit. The 45 minute sessions for groups of 3 people certainly sorted out many problems for us all! We certainly felt that we had made progress having created 'Photo Albums' and designed posters in 'Pages'! No excuses for my husband now not to write letters.

Our thanks also to Frances McKeown who not only organised the event, but also kept us to time. This report has been written on my iPad and sent by email. Not bad for a 73 year old novice iPad user!

Other Comments

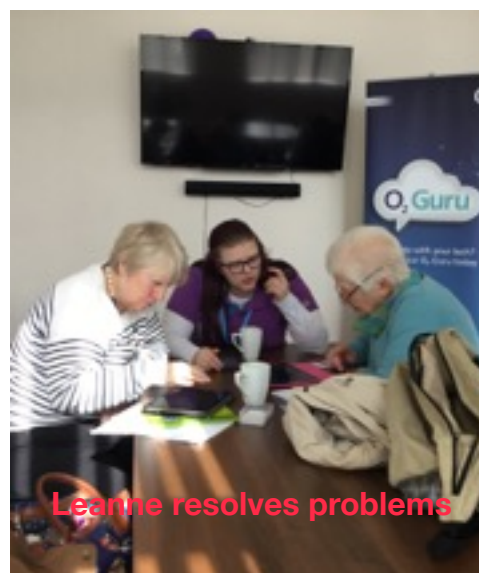
"The best 45 minutes I've spent with a young man in ages!!"

We quickly established a good rapport. I was able to easily understand Josh's instructions as we worked through my query list. Going forward I feel more confident in using my iPad more productively.

I found Josh very helpful and professional and I certainly benefitted from the advice. It was very good of he and Leanne to come along and help the less knowledgeable.

Thank you again for organising such a good session with Leanne and Josh. As always Leanne was her usual helpful self, So we came away with all our questions answered and hopefully we will be able to continue using our knowledge.

For more comments click www.upperbannu3a.com and go to Fun For Seniors



Further IT Training

To date the bulk of the training has focused on Apple iPad users. If you are experiencing problems with your non-apple device and if there is sufficient interest in android training then Leanne and Josh will, yet again, help out.

Interested members please contact

fmckeown@ionology.com or text 07715046187.



2017



Trip to Westport



Great hotel, great food, great craic

Seven members of Upper Bann U3A travelled to the Westport Hotel Co Mayo for a week of bridge.

The weather was beautiful, prompting us to play truant from the morning lessons provided by Seamus Dowling who is currently the Bridge Correspondent for the Irish Times.

We visited the scenic Achill Island, Leenanne and Kylemore Abbey by day and played Bridge by night.

The standard of Bridge was high. Congratulations to Pat Flowerday and Janet Wright who impressively came second on two evenings. Thanks is due to Frances Wilson who organised the trip.

Monthly Get-together

Annual General Meeting

As Easter Sunday falls on 15th April, the monthly Get-together has been planned for Tuesday 25th April at 2.00 pm in Lurgan Town Hall when we will meet for our Annual General Meeting. Some current members will be stepping down from the Committee, having completed a period of office. If you, or

someone you know, would be happy to serve on the Committee, please contact Geraldine McIvor before 9th April. Email our secretary geraldine.mcivor@gmail.com

Subscriptions for 2017/2018 are now due and will be collected at the monthly meeting.

I would like to take this opportunity to thank members of the Committee who give so freely of their time, the many convenors who work to ensure we have a wide range of activities running smoothly and all who have contributed in any way to the success of Upper Bann U3A.

Thirty plus members attended the first Breathe and Relax session at the March monthly Get-together



Breathe and Relax

Lesson taken by yoga convenor Wendy Alexander

Yoga was introduced as an activity in September 2016. The first twenty to apply were allocated places and a long waiting list was drawn up. Unsuccessful attempts were made to find a second convenor. Until such times as another convenor is found, Wendy

sessions, and the first took place on Tuesday 21 March, in Lurgan Town Hall.

Everyone is welcome to join in future sessions; there is no limit on numbers and no need for special clothing, although it's better not to wear anything too tight around the waist. We will be doing gentle seated stretches and practising breathing techniques for relaxation - nothing too serious or complicated.

So if you normally attend the monthly Get Together why not stay on and give Breathe and Relax a try? Or if you haven't been to a Monthly Get Together yet, you could come along and listen to the guest speaker and join in the Breathe and Relax session afterwards.

If you can't attend all sessions it doesn't matter as each session is standalone - just come along whenever you are free.



Close your eyes and relax

Breathe and Relax session for all interested members attending Monthly Get-together

volunteered to take a Breathe and Relax session after the Monthly Get-together.

A large number of members expressed an interest in these

Mike's Bikers



A cycle in the country

This week Mike took his Bikers, a group of approximately twelve men and women, through country lanes to Maghera and from there to the Cohannon Inn for lunch.

They returned via Peatlands and altogether cycled about 34 miles. Paul Burrows commented "**It was a great cycle. We got to see a lot of places we've never seen before!**"

A BEVY OF BEAUTIES

(Report by Pat Flowerday, Photograph by Paul Burrows)



This bevy of beauties plus Paul Burrows braved the icy elements for their nature walk along the Lagan Towpath from Moira train station to the Broadwater. They were rewarded with seeing around 20 species of birds, many wild flowers and fresh new buds and catkins making their first appearance. Isn't early Spring wonderful!

Get into GOLF

Why not give it a try!
Enjoy some exercise,
fresh air, and socialising
with friends and family.

Ladies Golf Taster Session
Venue: Portadown Golf Club
Date: Tues 25th April 2017
Time: 6-7pm, 7-8pm
Cost: £40

- Equipment provided
- Sample chipping, putting and long game
- Fun, friendly environment
- 8 week beginner programme including lessons with PGA Professional Paul Stevenson (24 places available)

For more information contact:
Phone: 028 38 355356
Email: info@portadowngolfclub.co.uk

PROGRAMME INCLUDES:
Lessons with a PGA Professional.
Activities with club members.
Follow on membership offers.

EQUIPMENT PROVIDED!

CGI Confederation of Golf in Ireland

Monaghan U3A Walking Festival

The annual Monaghan U3A Walking Festival is approaching - this will be their third successive annual walking festival. The dates for this year are the 20th, 21st of April. There will be varied walks to suit all abilities. Headquarters will be in the Four Seasons with the festival dinner there on the Thursday night and they will have a guest speaker, Shane Martin. The Festival has been very successful for the past two years, so if you just like a stroll or are a more serious walker, you should find something to suit your ability. You can choose to walk one day or both days, the Festival dinner is open to non-walkers and walkers alike. If interested contact eamonncallaghan@gmail.com

Ladies Golf Taster Session

Ladies Why not take advantage of this opportunity to try golf. You might find you enjoy it a lot.

"The health benefits of golf are many and may have a much greater and broader impact on our wellbeing than we realise.

Golf may not be considered a physically demanding sport, but one round will likely mean you are outside and walking for several hours at a time and constantly using your brain for the many mental challenges you face. There are many stated health benefits of golf, from scientific and anecdotal sources, but just how good is the game for the body and mind?

Heart health – any form of physical exercise helps get the blood pumping to your heart. ...

Brain stimulation – regular daily walking strengthens the brain's memory circuits. ...

Reduces stress – Golf helps to alleviate stress.

Better sleep – You are getting quite a bit of exercise, and so will fall asleep faster and sleep more deeply. Deeper sleep is necessary for your body to regenerate cell and repair any muscles and tissues.

Good reasons to give golf a try!
(Not a U3A event)

MATHS FOR FUN

MFF is a recently formed activity group with members meeting in Portadown Golf Club on the second and fourth Monday of the month at 10.00 am. David Thornton the convenor, forwards a range of mathematical problems in advance of the meeting. At the meeting we discuss the possible solution and if time permits David then introduces us to interesting mathematical facts. Would you be interested in mathematical challenges? Try this.

A farmer needs to transfer his goat, wolf and cabbage across a river. His small boat cannot take

them all at once. If he takes the wolf with him the goat will eat the cabbage. If he takes the cabbage the wolf will eat the goat. Only when the farmer is present are the cabbage and goat safe from danger. How can he get them all across safely?



SINGALONG GROUP IN CONCERT

The Singalong group will be participating in the forthcoming U3A Songfest to be held in the Market Place Theatre in Armagh on Wednesday 26th April 2017. Everyone to be seated by 1.15 pm.

Our singers would warmly welcome your support at this event and the organisers hope to provide an opportunity for a communal singalong prior to the end of the programme.

Spaces for supporters may be limited and the organisers **urgently** require confirmation of numbers.

If you wish to attend this afternoon of song please contact me, Diane Hillis 02838871977 or 07522960011 or email [Frances fmkeown@ionology.com](mailto:fmkeown@ionology.com) as soon as possible.

