

# U3A NEWS

December 2018

[www.upperbannu3a.com](http://www.upperbannu3a.com)

Christmas 2018

Upper Bann

## Deck the halls with boughs of holly!



**Happy Christmas**

to all members of Upper Bann U3A

## Who ate the cakes?



The Bridge Class was treated to some beautiful apple squares made by the lovely Maureen Carroll. They were delicious and went like 'hot cakes'

## Portmore Revisited

(Report and photographs - Pat Flowerday)

The Nature Group spent a lovely morning at the Portmore RSPB Nature Reserve.



certainly a juvenile. A great start to the day!

All around the viewing platform, Tree Sparrows, House Sparrows, Chaffinches, Goldfinches, Blue tits, and Great tits abounded alighting to feed on the numerous well-filled seed feeders.

On arrival, before even reaching the viewing platform, two large birds could be seen patrolling the water's edge along the reed beds. Harriers? But were they the more likely resident, though declining, Hen Harrier or a visiting Marsh Harrier?

Binoculars and telescope showed the darker, larger wings, overall brown colouring and lack of white rump, thus making them Marsh Harriers. The slightly mottled one was almost

A visit to the waterside hide was rewarding with a good variety of ducks, grebes and both Mute and Whooper Swans. The resident Kingfisher was elusive as usual, although Snipe constantly flew up from the ground zigzagging their way across the meadow, while Lapwings flew up in small groups to get away from the troublesome greybacks (Hooded Crows).

On our return to the viewpoint, Diana had a welcome cup of coffee and slice of cake waiting for us. Thank you Diana, it went down a treat and rounded up the outing nicely.



## Let's Get Together!

The speaker at the November Get Together was Primrose Wilson who spoke about her involvement as Chair of the Follies' Trust in Ireland.



This was a most interesting talk and many of us will take more notice as we drive around N. Ireland where many of these Follies have been restored.

Primrose illustrated her talk with lots of photographs of the work carried out throughout all of Ireland by the Trust. (Ruth McKinley)

The next Get-Together will be MONDAY 21st JANUARY when Eileen O'Rourke will be speaking about her experiences in St. Helena.

### NEW YEAR'S RESOLUTION

- Board Games Thursday 10.00 am
- Bonsai Group - varies
- Book Club 2nd Tues. of month 3.00 pm
- Bridge Friday Morning 9.30 am
- Chess Thursday 10.00 am
- Cycling Tuesday 10.00 am
- Cycling Wednesday 10.00 am

### JOIN A NEW ACTIVITY

- Cycling Wednesday 2.00 pm
- French for Improvers Wed. 10.00 am
- Genealogy Group varies
- Get Together 3rd Mon. month 2.00 pm
- Luncheon Club Last Thurs mth 1.30 pm
- Maths for Fun every 2nd Mon 10.00 am
- Nature Group Varies

### MORE DETAILS ON WEBPAGE

- Poetry Group 1st Mon of month 2.00 pm
- Singalong 2nd/4th Tues. of mth.10.00 am
- Theatre Outings - varies
- Stroll - Every Tuesday 10.00 am
- Walk Every Monday 10.00 am
- Watercolours - Monday 1.30 pm
- Yoga - Thursday 10.00 am/11.30 am



# Singalong group entertains!

## Dunsilly Hotel

On Wednesday 24th October the Upper Bann U3A Singalong group was invited to come along, have lunch and sing at a Celebration Event in the Dunsilly Hotel Antrim. This event was to celebrate and recognise NHS staff and volunteers from Age N.I. who had taken part in Project Retain.”

Project Retain is the result of a partnership between Age N.I. (the voice of older people) and the Public Health Agency (PHA).

One of our U3A members, Flo McKeever, sits on the

Consultative Forum and is a Volunteer Peer Facilitator with Age N.I.

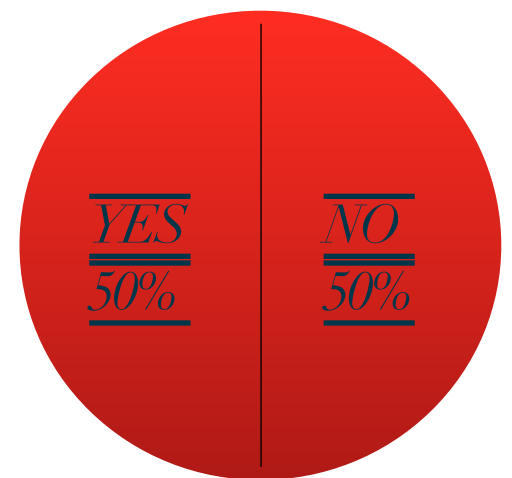
Flo volunteered to facilitate action learning sets in the Southern Health and Social Care Trust which involved speaking as the voice of an older person to staff, ranging from Ward Managers to health care assistants. The object was to discuss with them as to what would make things better for older people who are admitted to hospital and also to encourage nurses and health care assistants to work in the care of older

people. We are all aware of the change in demography resulting in the increase in numbers of the ageing population and the increase in the numbers of older people with Dementia. This project was rolled out to all the hospital in N.I. and involved staff who are currently caring for older people. It is now being developed to be made available to nursing homes in N.I.

The Singalong Group sang four songs which were thoroughly enjoyed by more than one hundred people

## Brexit Survey

*In a recent survey members of the public were asked “Do you think the country is divided as a result of Brexit? The responses were as follows:-*



## God's Plan for Aging (Anon)

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach and stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the toilet, thus providing more exercise. God looked down and saw that it was good.

So, as you age, you find you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath.



U3A members cycle around Waringstown, part of the tour of Craigavon. We had lunch at Oxford Island Discovery Centre.

## CHRISTMAS FOR



## SENIORS





*Portadown NSPCC Committee*

Table Quiz

On Friday 11th Jan. 2019  
at 8.00 pm

At Portadown Golf Club

£5 per person





*Tipping  
the light  
fantastic*



PIC • COLLAGE



## ***How to deepen your breath for energy*** (Article 3)

In the September newsletter we focused on relaxing the body to improve sleep and reduce stress. Now we are going to focus on reviving and energising the body. Sometimes we feel tired or under par but need to summon energy from somewhere.

**This breathing technique is all about helping us to feel energised.  
It also reduces stress levels.**

### **WHERE**

In a comfortable, quiet space where you can focus on your breath

- lying on a bed, knees bent, feet resting on the bed (or a yoga mat if you want)
- sitting in a chair, but with your back supported so you can breathe easily.
- wearing comfortable clothes with a flexible waistband – we all love those!

### **WHEN**

In the morning before you get up is good, or any time during the day that you feel tired and need to recharge your energy levels.

### **HOW - STAGE 1**

Start by bringing your attention to your breathing without trying to alter it - how does your breath feel? Become aware of your breath in and of your breath out. If your mind wanders bring it back to your breathing. Don't skip this stage as it is calming.

### **STAGE 2**

Try to breathe in and out of your nose, or between gently parted lips.

Now place your hands on either the front or the sides of your ribcage, remembering to keep your shoulders relaxed.

Next time you breathe out flatten your abdomen by pulling your navel in to push air out of your lungs. When you next breathe in, don't allow your abdomen to rise. Instead, breathe into your ribcage. On each inbreath try to actively expand your ribs out, and on each outbreath allow your ribcage to contract once more. Remember to keep your abdomen flattened throughout the practise of ribcage breathing. Try to expand your ribs forwards and sideways, and perhaps even the back of your ribs outwards too (although this is a more subtle movement).

This breathing technique takes a little practice and will not feel natural at first. Keep checking that your abdomen is still flattened, with your tummy muscles pulled in.

By expanding and contracting your ribs you are using your ribcage as a bellows to create more space for your lungs to expand and contract. The benefits of ribcage breathing are many. It actively deepens your breath, drawing more oxygen into your body. You are exercising your abdominal muscles by keeping them drawn in tight. And you are also exercising the muscles that connect your ribs (your intercostal muscles) by expanding and contracting your ribcage.

Don't be in a rush to jump up as breathing deeply can make you feel light headed - allow your breath to return to normal first.

