

Glens and Dalriada U3A

An overview of 2017-2018

The Glens and Dalriada U3A has continued to flourish during the past year. The Monthly meetings continue to be well supported. We have had a range of informative and interesting topics, delivered in a way that holds our interest.

The Choir and Palaver Groups have entertained us royally at our Christmas party and on other occasions.

One notable feature was **The Armistice Presentation**. This was a wonderful example of collaboration across different groups. Frank's brilliant script set the scene perfectly for the occasion. The Choir and Palaver groups slotted in well to complete the scenario.

The Cinema Group meets and car shares for films in IMC Ballymena. We have seen the best films available. Sometimes we even have a special showing just for us. We often meet for a coffee before or after the film, so it is also a lovely social occasion.

The Glens and Dalriada Theatre Group have enjoyed visits to both The Grand Opera House and The Lyric Theatre. The National Theatre's production of Oscar Wilde's "The Importance of Being Earnest" and Marie Jones's "Dear Arabella" are just two examples. Of course, we have sampled various restaurants in Belfast to complete the experience!

The ever popular, Bridge Group meet on Wednesdays at 2 pm at the Golf Club in Ballycastle. We had an eventful trip to Dublin in May with Bridge played both ways on the journey. Non-Bridge players were also welcomed. A visit to the Epic Museum enhanced the experience for all.

Our newly formed "**Ladies Who Lunch**" Group has been very successful, sampling a range of fare in different locations.

The highlight of **The Walking Group** was a trip by train to Bray with an overnight stay and an exhilarating coastal walk from Greystones to Bray. Locally the Walks Group has availed of our local forests and beaches. Coffee shops are always a priority too.

Yoga and Pilates continue to cater for those of us who enjoy the different stretches and relaxation, both gentle and holistic.

Sport is catered for with the inclusion of: **Golf, Table Tennis, Bowls and Badminton.**

On the practical side we have our **Crochet and Needlecraft Groups.**

A touch of Chinese is included with our **MahJong Group** meeting at 2 pm on Mondays in Cushendall Golf Club.

Newly formed, **The Golf Group** has proved to be very popular playing a range of local courses, Ballycastle, Portstewart and others. On the visits to Bushfoot, the Club Professional has provided Golf Improvers lessons, which members have particularly appreciated. After playing 9 holes the group have enjoyed each other's company over lunch.

The History sessions continue to enthral us. They are always well researched and most stimulating. The aim is to place Irish History in the broader context of World, European and British History. In June the group went to Dublin to visit the National Gallery of Ireland and the National Museum of Ireland.

Our **Annual U3A Holiday** took us to the wonderful Island of Crete. Thanks to Eileen's skills and effective working with Tailored Travel, it was a huge success.

Many thanks to our volunteer convenors and our Committee members who work with enthusiasm and energy to provide stimulating and varied activities for our members.

Thanks, are also due to Danny Beaven who looks after our website so efficiently.

We are now in our 11th year of existence and are still strong and vibrant, refusing to give in to old age!

So, here's to many more years of fun and enjoyment together.

Teresa Bain