

Chinese Cultural Awareness Course

Shesburn House

Ballycastle

Chinese cultural awareness course 'Hello China' concludes

THE Glens and Dalriada u3a offered a series of four Chinese Cultural Awareness Workshops over four consecutive weeks at Shesburn, Ballycastle.

The programme was delivered by Ms Bonny Cooper MD, Chinese Connections Consultants Ltd and sponsored by Shared Housing Apex and CCGBC Good Relations.

A spokesperson said: "Eighteen members thoroughly enjoyed the four week series.

"Workshops covered learning some words in Chinese language, exploring Chinese Festivals and customs, sampling Chinese tea and sharing a Chinese banquet at the end of the programme. Other topics which were covered were Learning about Chinese Medicine and Posture exercises.

"It was a relaxing fun programme. The highlight was the final session when members helped Bonny preparing a Chinese banquet for participants to enjoy."

The u3a Chairman, Patrick O'Donnell, thanked and presented Bonny with a bouquet of flowers as a token of appreciation.



Pictured are those who took part in the 'Hello China' cultural awareness workshop at the Shesburn Centre Ballycastle with special guest, Bonny Cooper. WK12-01TMBC



Kathy O'Donnell, Helen McKeown and Mark Gavin enjoying the 'Hello China' cultural awareness workshop at the Shesburn Centre Ballycastle. WK12-05TMBC



Special guest, Bonny Cooper talks about Chinese cooking during an 'Hello China' cultural awareness workshop at the Shesburn Centre Ballycastle. WK12-02TMBC



Smelling spices during an 'Hello China' cultural awareness workshop at the Shesburn Centre Ballycastle. WK12-03TMBC



Smelling spices during an 'Hello China' cultural awareness workshop at the Shesburn Centre Ballycastle. WK12-07TMBC



Bonny Cooper shows Patrick O'Donnell how to make Chinese dumplings during a 'Hello China' cultural awareness workshop at the Shesburn Centre Ballycastle. WK12-06TMBC



Smelling and tasting spices during an 'Hello China' cultural awareness workshop at the Shesburn Centre Ballycastle. WK12-04TMBC



Having fun during a 'Hello China' cultural awareness workshop at the Shesburn Centre Ballycastle. WK12-08TMBC

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