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**From Our Chairman**

The monthly meeting of Ballymoney u3a for the month of October was given over to the now annual information day. It was held on Tuesday 1st October in the Connect centre and was very well attended by our members.

The event is intended to provide help and information from the many organisations that provide services for older people in our area. I am sure those who attended found it a real help in gaining information about what is available in the local area. However as not all of our members were able to be present on that date I have attached a full list of them (see below at end of Newsletter).

If you wish to contact any of them and need details, contact any member of the committee and we can provide this for you.

The next monthly meeting is on Tuesday 5th of November at 11.00 in the Connect centre where our speaker will be our own Mr John Pinkerton who will give a talk on Holland and Germany battlefields.

George McAuley

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**Pictures at an Exhibition**

Some of the organisations who attended the October Ballymoney u3a meeting. Full list at end of Newsletter.





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## Activity Reports

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### Family and Local History Group – September & October 2024

We welcomed several new members to our first meeting on Tues 17<sup>th</sup> September 2024. John Pinkerton gave an interesting lecture on the Rev JB Armour, his life and his influences on church and local politics. A video of "Ballymoney Spring Fair" was also shown which kept alive memories of this important event in Ballymoney's annual calendar.

Our October 15<sup>th</sup> meeting concentrated on preparation for our planned visit on Tues November 19<sup>th</sup> to PRONI (Public Records Office for N Ireland"). Travel arrangements and registration requirements were discussed.

We were then grateful to Kate Connolly for sharing her wisdom and expertise in a practical workshop to aid our members preparing for their individual Family History searches at our PRONI visit.

John Flynn

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### Gardening Group – September 2024

The gardening group of about 14 had a lovely day at Downhill gardens.

Near the Bishops gate and the gatehouse there is a riot of colour from purple Asters, Monkshood, pink and red Hesperanthus and the dark red leaves of shrubs which contrast beautifully with an enormous clump of Pampas grass.

As we walked down the narrow valley the paths were littered with yellow leaves right onto the sea view and railway line.

A couple of us also visited the young Irish heritage apple orchard near the Lions Gate and the enormous espaliered rosés growing against the Walled garden walls. A lovely place for a welcome coffee.

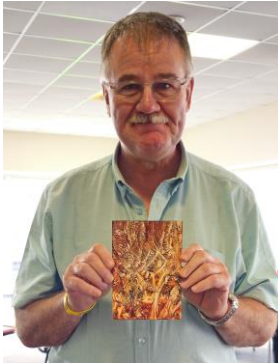
Frances and Kathleen

Photos on next page ...





## Art for Fun



Rustics for Ted



Davy – Using an Iron



Autumn colours for Libby

The Art Group got off to a great start on Tuesday 22 October, with Tutor Margaret Pitcher.

Topic for Week 1 - Encaustic Art. Unheard of, by the group members, but thousands of years old. Within an hour, using crayons and an iron, participants couldn't believe what they had produced.

Well done folks!

PS: GROUP IS FULL. There are 7 members on the waiting list for January. If you would like to have your name added, please contact Activities Co-ordinator Kathleen 07933147828.

Ted Green (Group Leader)



Karen goes for Blues and Purple Hues

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## Line Dancing

Line-Dancing takes place in The Holmes Memorial Hall, Charlotte Street. 1-2 pm. On Wednesday last, members were stepping out and following every move that Tutor Margaret Simpson made. The upbeat music gets us moving. As the music got faster it took some effort to get up-to-speed and better still, to maintain it.

Good workout for body and mind! No time to think of anything but the steps.

Tutor Margaret tells us that she is impressed with how well we are progressing, so although we get out of step now and then, we must be doing something right!

NB: The current Line Dancing group is full. If you would like to join the group/put your name on the Waiting List for January 2025, contact Activities Co-ordinator: Kathleen on 07933147828 or [activitiesbbu3a@gmail.com](mailto:activitiesbbu3a@gmail.com)

Marie Hegarty (Activity Leader)

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## Coffee Catchup

A busy morning at Nico's Restaurant, Ballybrakes Road, Ballymoney, last Friday with some 15 Coffee Catch-up members adding to the hustle and bustle.

We welcomed 3 new members, Helen, Florence and Paul, and had a little wait for our coffees to arrive, but well-worth it. Didn't stop the chatter!!

Julie Hudson(Leader)



BALLYMONEY u3a INFORMATION DAY – TUESDAY 1<sup>st</sup> OCTOBER 2024

EXHIBITORS

ORGANISATION	REPRESENTATIVE
ALZHEIMERS SOCIETY	Aoife McMaster
ENERGY SAVINGS ADVICE, CAUSEWAY COAST & GLENS BOROUGH COUNCIL	Patrick McGettigan
HOME SAFETY/HOME ACCIDENT PREVENTION, CAUSEWAY COAST & GLENS BOROUGH COUNCIL	Nick Moffatt
GOOD MORNING CAUSEWAY	Leann Scott
JOHN LAVERTY OPTICIANS	
PSNI CRIME PREVENTION	Judith Lavery
KENNEDY’S PHARMACY	
MAKE THE CALL	Gary McAleese
LIBRARIES NI	Brett Ramsey
COAST	Tori Calderwood
NORTHERN AREA COMMUNITY NETWORK	Veronica McKinley
CONSUMER COUNCIL	Ronan Convery



## Ballymoney u3a 2024-2025

### Events and Meetings

Date	Event/ Meeting	Venue	Information
Tuesday, 3 September 2024	Monthly meeting	Connect building	Speaker. Brian Rankin Comical poetry and story telling
Tuesday, 1 October 2024	Monthly meeting	Connect building	Information day with lots of exhibitors
Tuesday, 5 November 2024	Monthly meeting	Connect building	John Pinkerton: Talk on Holland and Germany Battlefields
Tuesday, 3 December 2024	Monthly meeting	Local Hotel. TBC	Christmas Lunch
Tuesday, 7 January 2025	Monthly meeting	Connect building	PSNI - Judith Lavery: crime prevention
Tuesday, 4 February 2025	Monthly meeting	Connect building	Osborne Family: Air Ambulance
Tuesday, 4 March 2025	Monthly meeting	Connect building	Diana Mc Clelland: Family history
Tuesday, 1 April 2025	Monthly meeting	Connect building	Zara Hutchinson: Ballymoney Community Fridge
Tuesday, 6 May 2025	Monthly meeting	Connect building	Annual General Meeting: Afterwards 'Scad the Beggars' will entertain us with an ensemble of musical items.
Tuesday, 3 June 2025	Annual Outing	TBC	The annual outing will visit places of interest using a coach, complete with a meal.



## Activities

Activity	Day/Time	Venue	Leader	Information
Art	2 nd Tuesday 2.0 pm - 3.30 pm.	Connect Centre, 2-6 Model School Road, Ballymoney BT53 6BH	Margaret	Learn new skills under a qualified tutor to produce pleasing pictures.
Bridge	Monday 2.30 pm - 4.30 pm	Ballymoney Community Resource Centre, Acom Business Centre, 2 Riada Ave, Ballymoney BT53 7LH	Kathleen	Bridge is a mindsport and a great game, a social pastime enjoyed by millions of people around the world. It is a fascinating game with 4 people at each table. North and South are partners as is East and West. The purpose is for each couple to outdo the others by gaining more points.
Coffee Catchup	Last Friday each month 10.0 am - 12.0 pm	Ballybrakes Industrial Park, Ballybrakes Road BALLYMONEY	Julie	A great opportunity to meet for coffee and enjoy socialising and a chat. An opportunity to get to know other members.
Crafts	3rd Tuesday 2.30 pm - 4.0 pm	Connect Centre, 2-6 Model School Road, Ballymoney BT53 6BH	Sally	Meet together to use your artistic skills to produce many things such as decorating flower pots, lampshades, Christmas paraphernalia. A good opportunity to enjoy meeting other like minded people.
Creative writing	3 rd Tuesday 12.30 pm - 2.0 pm	Connect Centre, 2-6 Model School Road, Ballymoney BT53 6BH	Anne	Members meet to share stories be they fiction, memoirs or autobiography in a supportive and friendly environment. The most important aspects of the group are the enjoyment of writing different themes and topics.
Family History	3 rd Tuesday 10.30 am - 12.0 pm	Connect Centre, 2-6 Model School Road, Ballymoney BT53 6BH	John Flynn	Researching family records of relationships among family members, visiting PRONI etc. Also studying the local geographical history in the Ballymoney area. It incorporates cultural and social aspects of history.
Gardening	3 rd Thursday Starting 2.0 pm	Connect Centre, 2-6 Model School Road, Ballymoney BT53 6BH	Geoff and Kathleen	Going on visits to various gardens, as well as having demonstrations of seed sowing, taking cuttings and discussions on edible weeds.
Golf	Thursday weekly 10.0 am tee off	As advised by Activity Leader	Donal and Paul	Golf is a game played on a large open-air course in which a small ball is struck with a club into a series of small holes. A very popular sport, meeting at different venues. The group go on a break to Donegal twice a year to practice their skills.
IT	Wednesdays 10.30 am - 12.0 pm	Ballymoney Community Resource Centre, Acom Business Centre, 2 Riada Ave, Ballymoney BT53 7LH	Michael	Learning how to use computer, iPad or tablet to best use covering aspects as requested
Line Dancing	Every Wednesday 1.30 pm - 3.0 pm	As advised by Activity Leader	Margaret	Line dancing is a choreographed dance where a group of people perform a series of steps in time with music.
Out to Lunch	3 rd Friday each month 12.30 pm for 1.0 pm	As advised by Activity Leader	Eileen	A very popular event when members are invited to go for lunch to different venues each month. A great opportunity to spend a lunch time socialising, chatting and experiencing the cuisine at different hotels.
Reading group	2 nd Tuesday 10.30 am - 12.0 pm	Connect Centre, 2-6 Model School Road, Ballymoney BT53 6BH	Margaret	Meet together to read prescribed books followed by discussions the following meeting. There are two kinds of people in the world. Those who think it could never happen to them and those who know it will ..... A quotation from one of the books members read.
Story Telling	2 nd Monday 11.0 am - 1.0 pm	Ballymoney Community Hub, Robinson Hospital Site	Mary	Members meet together to share quite a variety of tales such as "English visitors to the farm", " Poaching salmon", Stories from magistrates court to mention just a few.