

Friday 2nd June 2017

New Prospectus

I will be finalising the new prospectus over the next few weeks so if there is anything you would like to see on next year's prospectus, that you haven't already highlighted to me already, please do so as soon as you can and I will try and see if I can get it up and running for the new season.

Summer Meetings for Groups

Please note that the U3A building is open all through the summer and at your disposal. Should you wish to continue to meet up in your groups just let me know so that a room can be assigned for you.

Folk Club

The Folk Club meet on the first and third Tuesdays of the month. Next meeting is on **Tuesday, 6 June**. All welcome.

Art Room

It is very disappointing that the Art Room Store has been left in such a state. The tutors and some of the members have spent a considerable time trying to organise the store and it would be appreciated if classes could please leave the rooms in a tidy state after their meetings and classes. If you have borrowed any of the boards or equipment from the store over the course of the last year then please can you arrange to leave everything back so we can get ready for the new term in September.

Local History

Reminder that the last Local History lecture this season will be with Ronnie Kilgore on **Wednesday, 7 June** at 11am.

Sunday Lunch Club

The Sunday Lunch Club will meet for June's Lunch on **Sunday 4 June** in the Bishop's Gate Hotel in Bishop Street at 1pm. Please put your name down on the sheet in the front office so we can confirm correct numbers with the hotel next week. Thanks.

Short Walks

The short walks group will meet on **Monday, 5th June** at the wee gatehouse at the entrance to Ebrington (from Browning Drive) at 11am for their walk. Coffee in Ollie's afterwards. All new additions to the group more than welcome to join!

Nordic Walking

A new Beginners Nordic Walking Group will begin at 9.30am on **Wednesday, 7th June** for 4 weeks (7 June, 14 June 21 June & 28 June) The poles and reflective vests will be supplied here. Just wear suitable clothes for walking outside and good sturdy walking shoes or boots. All welcome. No charge for this group.

Nordic Walking is a full body exercise that is easy on the joints and suitable for all ages and fitness levels. It harnesses the power of the upper body to propel you forward as you walk. The poles take the weight off the knees and lower body joints. Regular Nordic Walking can lower your risk of chronic illnesses such as heart disease, type 2 diabetes, asthma, stroke and can also be used as part of an exercise programme to lose weight.

Serenity in the Garden – a talk by Margot Caldwell

Donegal Garden Society will host an event 'Serenity in the Garden' on Monday 12th June at 7.45pm. Lifelong Gardener and U3A Member Margot has created a beautiful garden in Foxrock in

Donegal. Margot will talk about her passion of colour in the garden. Entry fee 7 euros. Plant sales beforehand and refreshments served. Call John on 00353 74 97 35804 to book a place.

Caliente Community Chorus from New Mexico

On **Wednesday, 7 June** at 7.30pm, the Caliente Community Chorus, from New Mexico, will give a performance in Christ Church in Derry, as part of their tour of Scotland and Ireland. Two local competition winning choirs, Cantamus and The Rosemount Male Voice Choir, will also be performing at this event. Admission is £6 and the proceeds will be going to Foyle Search & Rescue and Foyle Hospice. Tickets are available at the door.

Foyle Bridge Club

The Foyle Bridge Club held their Peerless Cup in the U3A Building last Thursday night. On behalf of the club, member Andrina Kelleher wishes to pass on their thanks to all the U3A Members for all their help on the night. It was very much appreciated. They also were delighted to see so many of the U3A Bridge players there for the event.

Blood Donation

There will be an opportunity to donate blood at a Session in the Guildhall on **Tuesday 6 Jun 2017** from 1330 to 1600 & 1715 to 2000 and on **Wednesday 7 Jun 2017** from 1330 to 1600 & 1715 to 2000

Move to the Music

On **Saturday 4 June** in the Millennium Forum, as part of the Walled City Music Festival, a scheme called Move to the Music will take place in the Forum. This scheme, which operates during the Ulster Orchestra concert season enables the Move to the Music group to bring people aged over 70, living alone and in isolated areas to 8 concerts across the season (currently it operates for people living in the Ballymena area, the Armagh/Craigavon area, Crumlin and rural County Down). The group works with the Rural Transport Networks to provide transport so anyone on the scheme is picked up from their home and brought to the venue, they receive a concert programme and a cup of tea/coffee at the interval of the concert. As the Ulster Orchestra is starting to do more concerts in this area they are also hoping to extend the Move to the Music scheme so that they can offer it to older people in the area when they are performing at the Millennium Forum. The concert on 4 June is their first run out of Move to the Music in the North West. They have some tickets available for people in the North West and you can sign up on a first come first served basis this time round – in the future they will have a database compiled with selection by ballot process. Contact Miriam Crozier on miriam@ulsterorchestra.com or 028 9026 0474

Waterside Theatre's Telling Tales Older Adults Drama Group

The Waterside Theatre's Telling Tales Older Adults Drama Group and Ulidian Youth Drama Group are coming together to showcase their fabulous work with a joint performance on **Wednesday 7th June** at 7pm in the Waterside Theatre. If anyone has ever thought that they might like to give drama a go then this would be a lovely opportunity to come along and meet the groups. This event is FREE and there will be refreshments provided.

July & August Movie Days

Reminder that the Waterside Theatre is running a Rogers & Hammerstein Movie Season on Thursdays at 2pm with tickets priced at only £1. Contact Amanda for more details on 02871314004

Remember Borderland, The Mem & The Corinthian?

Want to learn to jive or revive your jiving skills? If you are 50+ then join up with People Plus in the Old City Factory for a free 4 week Jiving Course.

Starting on **Wednesday 7th June** and continuing on **13th, 20th and 27th June** from 12-1.30pm.

There will be a free lunch provided on week 1 and week 4. Numbers limited so call Martin on 07958034930 or josephmartinmccartney@btinternet.com to confirm your place.

Walled City Music Festival.

The Walled City Festival will take place from **31 May - 4 June** 2017. Taking place in venues across Derry, the city's premiere classical music event returns with a packed programme of recitals by leading artists, innovative projects, workshops and gala concerts. Tickets available from the Millennium Forum, Newmarket Street. Book [here](#), call [+44 2871 264 455](tel:+442871264455) or visit their website at www.millenniumforum.co.uk

Regards,

Christine

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