

Friday 8th December 2017

Sincere Thanks

Big thanks and congratulations to everyone involved in the Christmas Concert on Wednesday - what a show! We have such talent in this organisation and wonderful generous members willing to share it with the rest of us. Thanks so much - it was a treat! It was so brilliant to see the massive support for all the performers too - such a great turnout. Thanks to all the performers for sharing their talent so freely - the U3A Foyle Choir and their Conductor Jim Goodman; the Folk Club; the Ukulele Players; and Joe Deery and accompanist Elizabeth Charlesson. Huge thanks to all the background helpers with the setting up of the room, the equipment and in the kitchen - without whom we couldn't manage to have such occasions. There was a definite loaves and fishes vibe going on too trying to make sure everyone got a mince pie and mulled wine but we managed it somehow. We also collected £161 on the day which will be donated equally between the St Vincent de Paul and the Salvation Army charities.

The Food Bank collected the second load of donations today also and were overwhelmed by the amount of food & goods donated by you. Thanks again for your generosity to those in need at this time of the year.

Quiz

Thanks to everyone who came to the Quiz last week. £438 was raised which was brilliant. Thanks to Hugh and Martin for their work on the night and to those members who organised the raffle and the supper.

Good news on Laurent (our French Chef)

A number of you have been asking about Laurent and I'm glad to report that Laurent has had his surgery and is hopeful that all went well this time. Apologies again from him to all those who were hoping for his Christmas Desserts but he will definitely be out of action until late January. He and his wife welcomed a new baby boy yesterday too so it's all go in that house!

Tai Chi

The last session for this term will be this Monday, 11 December. Group will start back again for the new term on **Monday, 8 January 2018**.

Irish class

The Irish finished up this week for the term and will restart on Wednesday, 10 January 2018. You can sign up and pay for the class in the office.

Camera Club

The Christmas Photography Quiz will take place on Tuesday night (12 December 2017) at 7.30pm. Members are reminded to bring Mono images for display.
Bridge for Absolute Beginners

The last meeting of Margaret's group for this term will be Wednesday, 20th December and the class will resume on Wednesday, 10th January.

Short Walks

The one hour walk on Monday, 11th December will be in and around Brooke Park and the meeting place will be the top car park facing the former Rosemount Factory on Park Avenue. Coffee stop afterwards and all welcome.

U3A Choir

The U3A Choir will be singing today Friday, 8th December in Foyleside from 3-4pm and on Saturday, 9th December, St. Columb's Cathedral from 12.30-1.15pm.

New Year Classes

You can sign up now for any of the classes starting in the New Year.

Some are already fully subscribed so if you are anxious to get into a specific class please do pop in and pay as soon as you can to reserve your place.

There are still places in the following classes if any of you are getting a new smartphone, camera, iPad or computer for Christmas and need to know how to use it: Computer Use at Home; I pads & tablets class; Digital Photography Intermediate Class.

We will have a new class on offer too - a Video Editing Class. If you have taken footage on a phone, camcorder or digital camera and you'd like to know how to edit it flawlessly then this could be the class for you.

It will run for 8 weeks - 16 hours in total. Day and time to be confirmed but let us know if you are interested.

Preparation for the New Year - Date for your diary.

Julie Brown, our Yoga & Mindfulness Tutor has very kindly offered to do a New Year Preparation Day on Saturday 6th January 2018. It will be a session of very gentle movement, breath work and relaxation to gently prepare us for the New Year. The morning will start at 10am and finish up at 1pm with a light lunch of Hilda's (Julie's mum) special soup and biscuits. Entry is £20 and all monies raised will go towards the Defibrillator fundraiser. You can

sign up for it in the office anytime.

Altnagelvin Hospital Choir

The Christmas Carol Concert will be held this year in St Patrick's Pennyburn on **16th December 2017 at 8pm**. Tickets priced at £10 in aid of the Christ Church Restoration Fund.

For Older Women, Every Movement Matters

Women who engaged in **30 minutes** per day of light physical activity -- as measured by an accelerometer instead of a questionnaire -- had a 12 percent lower risk of death. Women who were able to do a half-hour each day of moderate to vigorous activity had a 39 percent lower mortality risk, according to the study, published online ahead of print in the *Journal of the American Geriatrics Society*. For the age group in this study, light physical activities include regular chores such as folding clothes, sweeping the floor or washing the windows. Moderate to vigorous activities would be brisk walking or bicycling at a leisurely pace.

The bottom line? "Doing something is better than nothing, even when at lower-than-guideline recommended levels of physical activity," said the study's lead author, Michael LaMonte, research associate professor of epidemiology and environmental health in UB's School of Public Health and Health Professions. "To the best of our knowledge, this is the first study to show this."

Even when researchers simultaneously accounted for the amount of each type of activity (light and moderate-to-vigorous) a woman did, they still observed significantly lower mortality associated with each time, independently of the other. "This is remarkable because current public health guidelines require that physical activity be of at least moderate or higher intensity to confer health benefits," LaMonte, PhD, said. "Our study shows, for the first time in older women, that health is benefited even at physical activity levels below the guideline recommendations."

Concessionary Fare Scheme on the Airporter

From **1st January 2018** the Airporter Reservation System can no longer support the concessionary fare scheme requirements as laid out by the Department for Infrastructure (DfI). From Jan 2018 concessionary smartpasses will no longer be accepted by Airporter. This applies to all DfI smartpasses - 60+, 65+, ROI and half fare passes.

Get 15% off all online bookings using the code SPARKLE. This is valid until 09/12/17 for travel dates up to 25/03/18.

The Great British Bake Off!

Love Productions are happy to announce that applications are now open for

the ninth series of the Great British Bake Off.

Do you or someone you know love to bake? To apply - call 07384 748 225 or email <mailto:casting@lovewest.co.uk> casting@lovewest.co.uk

Live Wise, Age Well Programme

Are you over 50? Ready to make a healthy change in your life? If so, you may be interested in attending the Live Wise Age Well Programme.

The Live Wise, Age Well Programme is a six week programme to help people develop coping strategies and improve well-being.

The programme involves learning tools and techniques that you will hopefully find useful to help create a happy, healthy lifestyle. The course focuses on how your thoughts, beliefs and attitudes affect our feelings and behaviour and teaches you coping skills for dealing with difficult problems. It will help us gain skills to change unhelpful ways of responding in difficult situations based on the idea that the way we think about situations can affect the way we feel and behave.

Starts **Wednesday, 24th January 2018** from 7-9pm in St Columb's Park House. Admission is free.

For more information or to book a place call Mary on 71365330 or email <mailto:mary@bbhealthforum.org> mary@bbhealthforum.org

Burns Event - Tuesday 23rd January 2017

To mark 'Burn's Night' - a famous night in Scottish and Ulster Scots Culture, Derry City and Strabane District Council's Community Relations team in conjunction with RAPID are offering a free lunchtime event on Tuesday 23rd January 2018. Meet at 11am in Eglinton Community Hall, 40 Main Street, Eglinton, Derry, BT47 AD. No cost for this event and lunch is provided

Bookings will open on **Monday 8th January 2018** and will be allocated on a first come first served basis. You can book by phone, email or post using the contact details below. If the event is oversubscribed a limit of 4 members per community group may have to be imposed. Spaces are prioritised to those living or working in the Derry City and Strabane District Council Area on a first come first served basis.

To book, please complete and return the attached registration form and return it to:

<mailto:Pauline.oneill@derrystrabane.com> Pauline.oneill@derrystrabane.com
Tel: 02871253253 ext 8220 Address: Pauline O'Neill, Derry City and Strabane District Council, 98 Strand Road, Derry, BT48 7NN

Donegal Designer Makers

The Donegal Designer Makers invite you to join them on **Saturday 16th & Sunday 17th December** for their annual 'Christmas Presence' Design and Craft Fair at the beautiful Rathmullan House.

Regards,

Christine