



COMBER & DISTRICT U3A



THE UNIVERSITY OF THE THIRD AGE

GROUP ACTIVITIES

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Welcome to Comber & District U3A

No longer working full time? Now is the time to make the most of life, develop new interests, try new activities, and meet new friends.

The u3a is an international organisation specifically for retired or semi-retired people. It provides a wide range of activities to exercise the body, improve mental agility, learn new skills and develop new friendships. The Comber and District branch has over 20 different interest groups to choose from.

Each group will have its own date and venue for meeting and in addition, our main meeting which brings all of the groups together, is held on the last Monday of the month at 2pm in First Comber Presbyterian Church Hall in High Street. The only exception to this is when it is a bank holiday, in which case the meeting will take place the previous Monday. (No meetings in July and August)

The monthly meeting is a great opportunity for all members to socialize together, listen to a range of interesting speakers, as well as being brought up to date on current and proposed activities.

Prospective members are very welcomed to join us at any meeting and talk to a member of the committee about joining our happy club.

We are always keen to respond to what our members want and what they feel they can contribute, by establishing new groups. If you have ideas for other groups or if you want to share your skills and experience with others, please speak to our Group Co-ordinators, Trevor Millar and Alan Telford (millartrevor@hotmail.com and alan.telford2403@gmail.com) who would love to hear from you.

For information see –

Comber and District U3A website – www.comber.u3asite.uk

GROUPS

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | Flexible Dates See Website |
|---------------------|-----------------|------------------|------------------------|-------------------------------------|---------------------------------------|
| Ramblers | Tuesday Walkers | Photography | Spanish 1 Spanish 2 | Play Reading | Wine Tasting |
| Crafts | Bridge | Book Clubs | Spanish 3 Spanish 4 | Discussion (1 st Fri) | Questa Film Club |
| Walking Football | | Line Dancing | Spanish 5 | Technology (2 nd Fri) | Lunch Group |
| Art Group | | Nordic Walking | Pickleball | Pickleball | Garden Group |

A few of the groups listed above are reaching their quota and for safety reasons cannot take on any new members. Any over-subscribed groups have a waiting list, so it is essential that you contact the Group Leader, who will advise as to the current situation about availability.

Where possible, a second group will be started to cater for wait-listed members when a Group Leader can be identified to run the Group.



Ramblers

Convenor/Leader

Bob Bell – 07764 512169
Bobbell32@sky.com

Time 1st & 3rd Monday – Start 11.00Hrs
Venue See - www.comber.u3asite.uk

The Ramblers enjoy a wide range of walks, usually of approximately 5 miles and over varying terrains, usually within an hour from Comber. Since the group's instigation walks have been chosen from over 50 routes with different degrees of difficulty.

Walks are chosen and led by members and a walking programme for the year is posted on the website. This details the length of each walk together with a description of the terrain and meeting arrangements.



Tuesday Walking Group

Convenor/Leader

Shirley Geddis -
Shirleyg309@aol.com

Time 1st and 3rd Tuesday at 2.00 p.m.
Venue See - www.comber.u3asite.uk

The Tuesday walking group meets on the first and third Tuesday of each month – the walks are shorter than the Ramblers and over gentle terrain. Walks usually finish at nearby coffee shops, where tea and scones are an essential element of the walk!

Regular attendees can join a WhatsApp group for up-to-date information.



Nordic Walking

Convenor/Leader

Joan Cowan joan.cowan99@yahoo.com

Our Nordic Walking takes place on Monday afternoons at 2pm and also on Thursday and Saturday mornings at 11am. The venue is notified through a WhatsApp notification so you can choose which day suits you.

Please contact the group leader to be included on the WhatsApp notifications.



Garden Group

Convenor/Leaders

Carol Moore Caryl Love
Jenny McCrea Joyce Millar

Time: Variable depending on availability of garden for visit.

Venue Programme of events at u3a website
www.comber.u3asite.uk/u3a_groups/garden-group/

Each year, the group leaders organise planned visits to gardens of seasonal interest. Usually this will be a mix of gardens that are open to the public and private gardens that have opened specifically for our group.

Our group convenors will be delighted to hear members' suggestions for our annual visit programme, or indeed other garden related activity (e.g., volunteering to share a garden skill).

Registered group members are notified by e-mail of upcoming events. Members need to book in advance and usually pre-pay for visits. We have a large group, so on occasion, some events will be over-subscribed.

To join our group, please click on the link shown above:



Art Group

Convenor/Leader

Leslie Barr
lesliebarr7@btinternet.com

Time 2nd Mon of month from 11 am to 1pm
Venue Comber Community Hall (Parkway)

The Art Group is a very mixed group in terms of ability. Most are absolute beginners, while some others have a bit more experience. One of the more experienced artists is on hand to help other group members by giving hints on how to improve. It is a very relaxed group with plenty of chat and a cuppa.



Crafts Group

Convenor/Leader

Stephanie McFarland
07512040525
smcfarland75@gmail.com

Time 3rd Mon in month from 2pm until 4pm

Venue Comber Community Hall (Parkway)

All welcome to attend our Craft Group, where we enjoy knitting, crochet, papercraft, jewellery making, sewing etc and a lot of chat! All meetings suitable for beginners to experienced crafters. Some months we will have a project / demonstration, other months just come along with your current project.

£3 per month.

Please bring your own refreshments.



Play Reading

Convenor/Leader

Marjorie Beggs - 07813867070
marjoriebeggs@gmail.com

Time

Usually 3rd Friday of month at 2pm
Time & date confirmed prior to meeting.

Venue

Comber Library

No need to learn lines, move around or wear costumes. We just read plays, laugh a lot and have tea, coffee and biscuits. It is also possible to just listen if you want. We undertake light-hearted readings of a variety of short plays, no luvvies here! New members always welcome. Join us for a lighthearted meeting!



Bridge

Convenor/Leader

Anna McDowell
annamcdowell@live.co.uk

Time

Weekly - Tuesday 10:15a.m.

Venue

McBrides on the Square

Bridge is a very popular card game played by the rich and famous and your fellow U3A colleagues. We meet in McBride's of Comber every Tuesday morning at 10:15am to start playing bridge at 10.30am. We are a competitive group of card sharps who will undertake any challenge or tournament that they hear about.



Discussion Group

Convenor/Leader

Helen Laird
mhmlaird@gmail.com

Time

First Fri of month at 10:30a.m.

Venue

McBrides on the Square

The group aims to bring members together to discuss topics of interest. Members are often invited to lead on issues of interest to them, but this is not an essential element for participation. An agenda is mutually agreed in advance, although this may be overtaken by world events. The ethos of the group is the sharing of knowledge, discussion and enjoyment, in a safe and friendly environment.

New members are welcome although there is a limitation on numbers, to enable meaningful discussion for all attendees.

"Discussion is an exchange of thoughts and knowledge, promote it"



Line Dancing

Convenor/Leader

Anna - annamcdowell@live.co.uk

Time

2nd & 4th Wed of each month at 2pm

Venue

Comber Community Hall, Parkway

Grab your dancing shoes and get ready for a fantastic hoedown. No experience necessary as instruction is available for first timers.



Photography

Convenor/Leader

Patricia Coey – 07749 179587
p.coey51@gmail.com

Time

Usually 2nd Wed. Oct to June.

The photography group meets once a month (usually in the afternoon of the second Wednesday of the month) between October and June. The group alternates between theoretical sessions, sometimes with guest speakers, – technical and compositional issues – in Parkway; and practical field trips across local venues to put learning into practice. The group also organise in-house photography competitions. Recent highlights have included water droplet photography & using personal photographs to customize Christmas cards and calendars. Come learn and share your experience with us.



Technology

Convenor /Leader

Jim Torney – 07803 169504
jimtorney@hotmail.com

Time

Monthly – second Friday at 10:30a.m.

Venue

McBrides Restaurant, Comber Square

Meetings are enjoyable with enthusiastic discussions trying to better understand and use digital devices (smart phones, tablets, etc) and digital services that have become an important part of staying connected and living today. Access to the internet at the meetings allows members to see the information and sites talked about and download apps.

Topics have included; keeping secure, internet banking, new apps, AI (artificial intelligence), junk email and smart home security including video doorbells.

Come along and join us trying to keep up with modern technology!



Book Clubs

There are 2 book clubs linked to Comber U3A and the Library supports both groups by supplying books to each of their members, from its Reading Group list. Each member gets the opportunity to select a book from the list and lead the discussion, in which everyone has a chance to air their views.

A wide range of “Books of the Month” are enthusiastically read, enjoyed & discussed.

The First Edition

Convener/ Leader

Barbara Wilson - 07710649932
babscomber@gmail.com

Time

1st Wednesday in the month at 3 p.m.

Venue

Comber Library



The Second Chapter

Convenor/Leader

Roberta Rodway – 07764222121
rrodway@gmail.com

Time.

3rd Wednesday in the month at 3 p.m.

Venue.

Comber Library



Questa

Convenor/Leader

TBC

www.comber.u3asite.uk

Questa is the provider of ad hoc events, usually not covered by any of the other groups. A wide range of visits and outings have been provided with recent highlights including a regional wine & supper evening at McBrides in conjunction with indie Fude and visits to the Titanic Centre, Armagh Planetarium, Ulster Aviation, Enniskillen Castle and Killyleagh Castle. If you have any ideas for a visit or activity, please share them with the convenors.



Film Group

Convenor/Leader

Margaret McMillan

em.mcmillan@yahoo.co.uk

Time:

Notified by email or WhatsApp

Fancy a night out with friends enjoying a movie and sharing a box of popcorn? We have had a full and varied programme at Movieland (Newtownards) and at Omniplex (Dundonald).

There are no set dates or times since it is very much dependent on the movies being shown but join the group and you will be notified by email or WhatsApp of the next date and venue.



Spanish

Convenor

Rosemary Torney - 07718160677
rtorney@hotmail.co.uk

Spanish 1

Group Leader

Tim Donachie – 028 91814025
timdonachie@gmail.com

Time /Venue

Weekly – Thursday – 3 p.m.
No14 at THE GEORGIAN HOUSE

Spanish 2

Group Leader

Rosemary Torney – 07718160677
rtorney@hotmail.co.uk

Venue

No14 at THE GEORGIAN HOUSE

Time

Weekly – Thursday
Between 10.00a.m. & 3:00pm

There are currently 4 different groups within “Spanish 2” to accommodate different degrees of ability & interest. Each group session lasts for approximately 1 hour. Anyone interested in joining Spanish 2 should initially contact Rosemary (details above) so that they can be placed into the most beneficial group.

Spanish 3

Group Leader

Marjorie Beggs – 07813867070
028 91872065
marjoriebeggs@gmail.com

Time/Venue

Weekly – Wednesday – 2p.m.
Via ZOOM

Lunch Group



Convenor Pat Montgomery -
pat.montgomery60@yahoo.com

Time Monthly @1.00p.m. see website
Venue See - www.comber.u3asite.uk

This group offers the opportunity to meet up with other members over lunch in a variety of local restaurants and enjoy good food and company. Members take it in turns to select the restaurant of their choice and organise the event. In this way members get to experience many venues which are new to them. A very popular group, so check the website for dates!



Wine Tasting & Dinner

Convenor Joan Cowan –
joan.cowan99@yahoo.com

Time Monthly – Selected weekdays
Venue See - www.comber.u3asite.uk

The Wine Tasting group combines a sample of fine wines with a delightful supper. Each month a different type of wine or a different wine region is explored so that members can grow their knowledge and appreciation of the vast range different wines and fine-tune their taste buds. Please check the Comber u3a website for dates and times.

‘Chin-Chin & Bon Appetit’



Walking Football

Convenor/Leader

David Wilson – 07887736964

Time/Venue

Monthly – 1st Monday @ 3pm.
Comber Leisure Centre

‘Walking Football’ is designed to help keep people active and introduce or reintroduce them to the beautiful game. It is a non-contact sport, anyone running, jogging or sprinting while the ball is in play is penalised with a free kick awarded to the other team. It is open to all ages and is mixed.



The Pickleball

Pickleball

Convenor/Leader

Thurs - Jane Coulter – 07467 164 186
Fri - francesdunseath@gmail.com

Time/Venue

Weekly – Every Thursday @ 11am.
Weekly – Every Friday @11:30
Comber Leisure Centre

Pickleball is the fastest growing sport in Canada and USA (according to research by Apple, it has now overtaken tennis in popularity). It has been described as a cross between tennis and ping-pong. Because the playing area is less than the size of a tennis court and uses lighter paddles instead of rackets, it is less physically demanding and less harsh on your knees and joints than tennis. So if you are interested in trying it out, join us any Thurs morning at 11am in Comber Leisure Centre. For Friday sessions please email Frances Dunseath in advance to confirm availability.



Holidays & Trips

Walking holidays and short walking breaks are arranged periodically and are open to all whether you walk, wish to just shop or even experience that 'après ski' moment.

Bridge breaks and tournaments for the enthusiasts are regularly arranged during the year.

Keep abreast of events by visiting the website on a regular basis.

www.comber.u3asite.uk

New Groups

Comber u3a is always trying to keep the programme of events fresh and interesting. With that in mind we will continue to introduce new groups with new ideas. Following the recent successful launch of the Wine Tasting Group, Art Group, Pickleball, and Nordic Walking (see above), we are now planning to introduce groups for members interested in Canasta. Group Leaders have already been put in place and a programme for each group will commence once there is sufficient uptake from members.

If you are interested in joining one of these new groups, or forming a different group, please speak to a u3a committee member or contact our Group Co-ordinators (millartrevor@hotmail.com & alan.telford2403@gmail.com) who would love to hear from you.

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