

## Activities & Events in Newry U3A 2018 to 2019

| <u>ACTIVITY</u>                      |                  | <u>WHEN</u>  | <u>WHERE</u>   |                                |
|--------------------------------------|------------------|--|----------------|--------------------------------|
| <b><u>Arts and Crafts</u></b>        |                  |  |                |                                |
| Art for Beginners Group 1            | (SS)             | Tuesday 9.30am to 11.30am                                    | Room W2        |                                |
| Art for Beginners Group 2            | (SS)             | Tuesday 11.30am to 1.30pm                                    | Room W2        |                                |
| Art group 3 - Advanced               | (BG)             | Tuesday 2.00pm to 4.00pm                                     | Room W2        |                                |
| Art group 4- Continuing              | (BG)             | Tuesday 2.00pm to 4.00pm                                     | Room W2        |                                |
| Carrickmacross Lace Making           | (AO'H)           | Friday 11.00am to 1.00pm                                     | Room W2        |                                |
| Craft Group Monday                   | (IMcM)           | Monday 11.00am to 1.00pm                                     | Room W2        |                                |
| Craft Group Thursday                 | (SS)             | Thursday 9am to 1.00pm flexi                                 | Room W2        |                                |
| Patchwork/Quilting                   | (LN)             | Monday 10am to 1.00pm  | Room 203       |                                |
| Twice Sweet Craft figurines          | (SS)             | Thursday 9.00am to 1.00pm                                    | Room W2        |                                |
| <b><u>Computer Based Classes</u></b> |                  |  |                |                                |
| Computer Basic                       | (PP)             | Monday 10am to 11am  | Room W1        |                                |
| Computer Basic 1                     | (JK)             | Tuesday 11am to 12am   | Room W1        |                                |
| iPad Beginners                       | (Z)              | Wednesday 9.00am to 10.00am                                  | Room W3        | Starts Oct                     |
| iPad Beginners                       | (Z)              | Thursday 1.00pm to 2.00pm                                    | Room W3        | Starts Oct                     |
| IPad Level 2                         | (Z)              | Wednesday 10.15am to 11.15am                                 | Room W3        | Starts Oct                     |
| IPad Level 2                         | (Z)              | Wednesday 1.00pm to 2.00pm                                   | Room W3        | Starts Oct                     |
| IPad Level 3                         | (Z)              | Wednesday 11.20 to 12.20pm                                   | Room W3        | Starts Oct                     |
| iPad Level 3                         | (Z)              | Thursday 9.00am to 10.00am                                   | Room W3        | Starts Oct                     |
| Mixed Tablet                         | (JK)             | Tuesday 10.00am to 11.00am                                   | Room W1        |                                |
| Photoshop Elements 15                | (EC)             | Tuesday 2.00pm to 3.00pm                                     | Room 202       | start 18 <sup>th</sup> Sept    |
| Power Point /computers               | (Z)              | Thursday 10.15am to 11.15am                                  | Room W1        |                                |
| <b><u>Educational/Leisure</u></b>    |                  |  |                |                                |
| Biblical Studies                     | (D.C.)           | Wednesday 11.00am to 12.00pm                                 | Room W1        |                                |
| Bridge Beginners                     | (PvdL)           | Tuesday 2.30pm to 3.30pm                                     | Room 203       |                                |
| Bridge Club                          | (HD)             | Wednesday 2.00pm to 4.00pm                                   | Room 203       |                                |
| Camera Club                          | (BC)             | Tuesday 11.15am to 12.45pm                                   | Room 202       |                                |
| Chess                                | (GD)             | Thursday 2.00pm to 4.00pm                                    | Room W1        |                                |
| Choir Ladies                         | (MO'D)           | Tuesday 11.15am to 12.30pm                                   | Room 203       |                                |
| Cinema Club                          | (RO'R)           | Contact Rosemary O'Reilly                                    | Newry Omniplex |                                |
| Cryptic Crossword                    | (to be arranged) | Monday 10.00am to 11.00am                                    | Room W4        |                                |
| Drama                                | (JD & LMCC)      | Wednesday 2.00pm to 4.00pm                                   | Arts Centre    | Start tbc                      |
| Flower Arranging                     | (NF)             | Day and Time to be arranged                                  |                |                                |
| Gentlemen Singers                    | (JM)             | Wednesday 2.00pm to 3.00pm                                   | Room W1        |                                |
| Life Story Writing                   | (MD)             | 2 <sup>nd</sup> Wednesday each month.                        | Room W1        | starting pse check             |
| Party Pieces                         | (MC & MC)        | 2 <sup>nd</sup> & 4 <sup>th</sup> Mondays 7pm to 9pm         | Arts Centre    |                                |
| Reading Poetry                       | (MD)             | 3 <sup>rd</sup> Friday 10.00am to 11.00am                    | Room W1        |                                |
| Reading for Pleasure                 | (MH)             | 3 <sup>rd</sup> Friday 11.30am to 12.30pm                    | Room W1        |                                |
| Theatre & other Outings              |                  | Marie Cranny & Eileen McCourt                                |                |                                |
| Tin Whistle Beginner                 | (TF)             | Tuesday 9.30am to 10.30 am                                   | Room 202       | starting 18 <sup>th</sup> Sept |
| Whist                                | (SMcG)           | Tuesday 2.00pm to 3.00pm                                     | Room W4        |                                |
| Wine Tasting                         | (MR)             | Friday 2pm to 4pm - 28 <sup>th</sup> Sept (1 <sup>st</sup> ) | Room W2        |                                |

| <b><u>Health &amp; Wellbeing</u></b>  |  |   |
|---------------------------------------|--|---|
| Boccia                                |  | Day and Time to be arranged Room 203  |
| Boxercise                             |  | Day and Time to be arranged Room 203  |
| Chair Based Exercise                  |  | Tuesday 1.00pm to 2.00pm Room 203   |
| Chair Yoga                            |  | Day and Time to be arranged   |
| Chi Me (MC)                           |  | Wednesday 11.00am to 12.00pm Room 203 begin 3 <sup>rd</sup> Oct 2018                                  |
| Circuits for Seniors                  |  | Time and date to be arranged  |
| Cycling (DvdL)                        |  | Thursday 10am start date tba  |
| Dancing (MS)                          |  | Thursday 11.00am to 1.00pm INF Hall Newry   |
| Defend Yourself Martial Arts          |  | Time and date to be arranged  |
| Gardening (CD)                        |  | Tuesday 10.00am to 12.00pm SRC Greenbank  |
| Golf (PC)                             |  | Thursdays 10.30am (pick up at 10.00am at U3A by arrangement) Kelly's Golf Academy                     |
| Keep Fit                              |  | Wednesday 10.00am to 11.00 am Newry Sports Centre   |
| Lets Lose Weight Together (GD)        |  | Tuesday 12.45pm to 1.45pm Room W4 begin 25 <sup>th</sup> Sep  |
| Line Dancing                          |  | Day and Time to be arranged   |
| Mindfulness (JF)                      |  | Thursday 11.00am to 12.00am Room W4   |
| New Age Kurling (R'OR)                |  | Thursday 2.00pm to 4.00pm Gateway Club  |
| Philosophy (LC)                       |  | Tuesday 10.00am to 11.00am Room W3  |
| Pilates                               |  | Day and Time to be arranged   |
| Walk & Talk (MMcA)                    |  | 1 <sup>st</sup> & 3 <sup>rd</sup> Mondays 11am Altnaveigh House 3 Sept 18 - see list                  |
| Walking Football (PC)                 |  | Monday 2.00pm to 3.00pm St Coleman's College at present   |
| Water Aerobics                        |  | Monday & Wednesday 11.15am Newry Leisure Centre need to be registered with Leisure Centre -£3.50 p.a. |
| Yoga for 6 weeks only                 |  | Wednesday 9.30 to 10.30am Gateway Club  |
| <b><u>Languages</u></b>               |  |   |
| French Advanced (PMcA)                |  | Wednesday 2.30pm to 3.30 pm Room 201  |
| French Beginners                      |  | Monday 2.00pm to 3.00pm Room 201  |
| German (JMcc)                         |  | Tuesday 2.00pm to 4.00pm Room W3  |
| Irish (Ardrang) (DB)                  |  | Monday 11.30am to 1.00pm Room 202   |
| Irish (Beginners) (JM)                |  | Wednesday 11.00 am to 1.00pm Room W1  |
| Irish (Meanrang) (DMcC)               |  | Monday 11.30am to 1.00pm Room W3  |
| Irish (Meanrang 2) (RT)               |  | Tuesday 11.00am to 12.30pm Room 201   |
| Italian (Beginners) (Stephen S)       |  | Monday 11am to 12.15pm Room 201   |
| Italian (Intermediate) (Stephen S)    |  | Wednesday 11am to 12.15pm Room 201  |
| Latin                                 |  | Day and Time to be arranged Room W5   |
| Spanish Advanced (TC)                 |  | Wednesday 11.00am to 1.00pm Room 202  |
| Spanish for Beginners (MMcA)          |  | Wednesday 2 pm to 3 pm Room 202   |
| Spanish Intermediate (MMcA)           |  | Wednesday 3 pm to 4 pm Room 202   |
| Spanish for holiday conversation      |  | Friday 11.00am to 12.00pm Room W3   |
| <b><u>Social</u></b>                  |  |   |
| Luncheon Club 1 Canal Court (SMcE)    |  | 3 <sup>rd</sup> Tuesday 12.30pm Canal Court Hotel £13.50  |
| Luncheon Club 2 Catering College (KS) |  | 1 <sup>st</sup> Wednesday of the month Catering College £8 (Max 26)                                   |
| Luncheon Club 3 Catering College (AC) |  | 3 <sup>rd</sup> Wednesday of the month Catering College £8 (Max 24)                                   |
| Talks on topics of interest (CR)      |  | See Monthly Events Sheet Mon 2pm room W2&W1   |

W1 rm nearest lift, W2 Middle rm, W3 rm nearest stairs, W4 rm nearest stairs GF, W5 middle room GF, W6 room nearest door GF