

It's hard to imagine that we are already almost at the end of February, the days are getting longer, spring flowers are appearing and some of us have already organised summer holidays!! We have planned activities for the next three months and information regarding each outing is given below.

**29th March** This meeting will take place in the Kilmorey Arms Hotel. Lunch will be served at 1:30pm (menu choice will be available at a later date).

Since the dreaded "C" is very often being talked about we decided to invite someone from Cancer Research to inform and update us. Mr Kevin Harper from Cancer Research is our guest speaker. The theme of his talk is Cancer Research - with a strong focus on the science behind cancer and the progress currently being made in beating cancer. This talk will be interactive and audience participation in some fun science experiments will be welcomed.

A G M will follow and will be as brief as possible. You may be aware that present office holders have been doing their respective jobs for several years so please give some thought to the possibility of joining the committee and /or holding office.

Annual subscription (£15 per person) is due and must be paid before the end of March 2017. Please have money ready for Etta in a sealed, named envelope. £20 will cover the cost of your lunch as well as making a monetary contribution to Mr Kevin Harper from Cancer Research.

**26<sup>th</sup> April** An outing to Exploris at Portaferry, a meal at the Cuan and a drop into St Patrick's Visitors Centre Visitors, Downpatrick.

A few years ago Exploris was facing closure, and injection of two million pounds secured an impressive redevelopment and remodelling of aquaria, landscapes, soft play area and licensed restaurant to create a first class visitor attraction.

The Cuan Restaurant in Strangford has been the top scoring restaurant in The Taste of Ulster Awards since 2010 and places a strong emphasis on using fresh ingredients and sourcing local produce. Menu choice will be available at a later date. The bus leaves at 11 a.m. from Kilmorey Arms Hotel, picking up Rostrevor folk 10:45a.m.

Cost of trip £30 which includes admission fee to Exploris, cost of meal and cost of transportation.

**31<sup>st</sup> May** Lunch at Halfway House, Banbridge, a visit to The Old Barrack House and Garden in Hillsborough and a short trip to Sprucefield on the way home.

An interesting town garden at the rear of the Old Barrack House, which runs down to the original high stone wall of Hillsborough Castle will be visited. This property is owned by Dawn and Ken McEntee. Their garden is divided into three different areas, leading to a formal pond in a hidden garden. It featured recently in a television programme and was described as "Hillsborough's Paradise." I am assured it is well worth a visit.

The bus will leave the Kilmorey Arms Hotel 11:00 a.m. and pick up Rostrevor folk at 11:15.a.m.

Cost £30 covering the cost of lunch, admission fee to house and garden and cost of transport.

Chair exercise group and walking group will continue as normal. Group leaders will inform members of holiday breaks.