

## PROGRAMME – TUESDAY, 18<sup>TH</sup> JUNE 2019

|                  |   |                               |
|------------------|---|-------------------------------|
| 9-10.30          | Registration  | Reception - Resource Centre   |
| 9-10.30          | Tea/ coffee and scones  | Cyber Cafe                    |
| 10.30-11.00      | Welcome - Mayor of Antrim/Introductions and Laughing Yoga –Sue Hogg         | Cyber Cafe                    |
|                  |   |                               |
| 11.00-12.00      | Guest Speaker - Colin McClements, Belfast Harbour Commission                | Lecture Theatre               |
| Canoeing Lessons | 2 session per day, 11 am-1 pm & 2-4 pm/8 participants per session           | Antrim Forum Marina *         |
| 11.00 onwards    | Painting & Sketching workshop led by Pat Armitage                           | Horticultural Training Centre |
| 12.00-1.00       | Up-cycling - workshop led by Hilary Wright                                  | Classroom                     |
| 12.00-1.00       | Bird Watching a talk by David Hill  | Classroom GRC                 |
|                  |   |                               |
| 1.00-2.15        | Lunch (payable individually)  | Manor Restaurant              |
|                  |   |                               |
| 2.30-4.30        | Antrim Castle Gardens – car sharing to be arranged by participants          | Outing                        |
| 2.30-3.30        | “Holywood People” U3A history group publication - a talk by Robin Masefield | Classroom GRC                 |
| 2.30 – 5.00      | Creative Writing workshop led by Maureen Dunseath                           | Classroom GRC *               |
| 2.30-3.30        | “Joy of Song” Singing Workshop led by Newry Gents                           | Cyber Cafe                    |
|                  |   |                               |
| 3.30-4.00        | Tea/ coffee and biscuits  | Cyber Cafe                    |
| 4.00-5.00        | Introduction workshop to Mah Jong – led by Rosemary Aikenhead               | Cyber Cafe                    |
| 4.00-5.00        | Colditz: Escapes and Escapades - a talk by Richard Parkinson                | Classroom GRC                 |
| 4.00-5.00        | NI Screen Archives “A Century of Moving Images 1897-1997”                   | Classroom GRC                 |
|                  |   |                               |
| 6-6.45           | Drinks Reception  | Manor Restaurant Foyer        |
| 7-8.15           | Dinner (bring your own wine)  | Manor Restaurant              |
| 8.30-10          | Quiz – Dorothy McKenzie - South Tyrone U3A                                  | Cyber cafe                    |

## PROGRAMME – WEDNESDAY, 19<sup>TH</sup> JUNE 2019

|                  |  |                               |
|------------------|--|-------------------------------|
| 8.30-9.15        | Breakfast (payable individually)   | Manor Restaurant              |
|                  |  |                               |
| 9.15-12.30       | Painting & Sketching workshop led by Pat Armitage                          | Horticultural Training Centre |
| 9.15-11.30       | “Every picture tells a story” Photography/writing session by Belfast U3A   | Classroom                     |
| 9.15-11.30       | Garden Tour - Greenmount staff, meet in reception area                     | Greenmount Gardens            |
| Canoeing Lessons | 2 session per day 11 am-1 pm & 2-4 pm/8 participants per session           | Antrim Forum Marina *         |
|                  |  |                               |
| 10.15-10.45      | Tea/ coffee and scones   | Cyber Cafe                    |
|                  |  |                               |
| 10.30-12.30      | “Early Belfast” a talk by John Bradbury                                    | Classroom GRC                 |
| 11.30-12.30      | The secret life of “Bees” ( including their sex life) a talk by Brian Dane | Classroom GRC                 |
| 11.30-12.30      | “Looking at Art” - Sandra Foster   | Classroom                     |
| 11.30-12.30      | Boccia exercise class led by Naomi McNaul                                  | Cyber Cafe                    |
|                  |  |                               |
| 12.30-2.00       | Lunch (payable individually)   | Manor Restaurant              |
|                  |  |                               |
| 2.15- 3.30       | Liz Weir - Storyteller   | Cyber Cafe                    |
| 2.15-3.30        | Floristry Demonstration & “hands-on” workshop - 25 participants £10 fee    | Garden Studio *               |
|                  |  |                               |
| 3.30 – 4.30      | Tea/ coffee and biscuits - Closing remarks and school ends                 | Cyber Cafe                    |

\* Ticketed sessions - Other sessions are open to all