

Age-  
friendly  
Belfast

# Positive Ageing Month



**October 2017**

#PositiveAgeingMonth

[www.belfastcity.gov.uk/positiveageingmonth](http://www.belfastcity.gov.uk/positiveageingmonth)

# Silver Sunday celebration

Age-  
friendly  
Belfast

Sunday 1 October, 2pm  
Botanic Gardens Bowling Pavilion



For more information please  
contact Age-friendly Belfast on:  
Telephone: 028 9050 2073  
Email: [anne.ross@bhdu.org](mailto:anne.ross@bhdu.org)



**Making life better,  
together**  
Belfast Strategic Partnership



**Belfast  
City Council**

[www.belfastcity.gov.uk/seniors](http://www.belfastcity.gov.uk/seniors)



#PositiveAgeingMonth

# A month-long festival of events and activities for older people

Now in its third year, the festival includes activities to suit all tastes - from movies to walks, dancing to singing. It also includes lots of great arts and cultural activities in the city's best known arts and heritage venues.

It begins on Monday 2 October in City Hall with the Age-friendly Belfast Convention, organised by the Age-friendly Belfast team (see event listing for details). Everyone is welcome to attend.

Positive Ageing Month celebrates the contribution that older people make to their communities and the city of Belfast.

Booking for some events is essential, so please check with the individual venue for details.



*A city where older people  
live life to the full*

The details in this brochure were correct at the time of going to print. Each event organiser reserves the right to make changes to the published programme, so please check with the individual venue.

# Watch out for..

**Wednesday 25 October**

## Coffee Morning for Cancer fund for Children

Dee Street Community Centre  
10.30am -12.30am  
£2

Belfast East Seniors Forum Receive a free hand massage, manicure, jewellery cleaning and music!

To book call  
Dee Street  
Community Centre  
028 9045 8113.



**Friday 27 October**

## Belfast Club Games

Girdwood Community Hub  
10am – 2pm  
Free event

Our club games invites competitors aged 55+ to compete in a wide range of sport and leisure activities representing your local Better leisure centre.

Sports include:

- Badminton
- Bowls
- Short Tennis
- Table tennis
- Darts
- Danderball

No booking required  
Call Better on 028 9521 7870.

**Are you interest in these event?**

## What's Cooking in the kitchen?

**Free event**

Interested in Healthy cooking? Join our weekly sizzle session to get tips on how to cook healthy meals on a budget and help keep warm.

Contact Barbara  
on 028 9504 6653.  
No booking required.



## Going Back to School

**Kirk House  
Free event**

Reliving your school days and sharing stories, good and bad

To book call Nicky on  
028 9040 2939.





# Knit and natter

**If you like to knit and crochet and love to chat come and join the fun!**

Joining a knitting group is a great way to socialise and meet new people. 'Knit and natter' groups in libraries are open to everyone - if you wish to escape the busy world or if you are retired and would like new interests, find a group near you.

Meet like minded people and enjoy refreshments while you work on any knitting, crochet or craft project you may be doing.

You don't need to book, just turn up.



**Free event**

**Ballyhackamore Library**  
Every Monday in October  
2pm to 4pm  
028 9050 9204

**Belfast Central Library**  
Every Tuesday in October  
10.30am to 12.30pm  
028 9050 9150

**Finaghy Library**  
Every Wednesdays in October  
1.30pm to 3pm  
028 9050 9214

**Cregagh Library**  
Every Tuesday in October  
1.30pm to 2.30pm  
028 9040 1365

**Falls Road Library**  
Every Wednesdays in October  
10am to 12pm  
028 9050 9212

**Ormeau Road Library**  
Every Thursday in October  
10am to 12pm  
028 9050 9228

**Suffolk Library**  
Every Tuesday in October  
2.30pm to 4.30pm  
028 9050 9235

**Chichester Library**  
Wednesday 4  
10am-12pm  
028 9050 9210

**Whiterock Library**  
Every Friday in October  
11am to 1pm  
028 9050 9236

**Colin Glen Library**  
Every Tuesday in October  
12 noon to 2pm  
028 9043 1266

**Woodstock Library**  
Every Friday in October  
2pm to 3pm  
028 9050 9239

[www.librariesni.org.uk](http://www.librariesni.org.uk)

**Sunday 1 October**

## Silver Sunday

**Belfast Botanical Gardens Bowling Pavilion**  
**2pm-4pm**  
**Free event**



Age-friendly Belfast will be hosting a walking tour for older people and their family members to Friars Bush Graveyard, which is thought to be Belfast's oldest Christian burial ground. Come along and get involved in our growing workshops too.

Booking required, call Anne Ross on 028 9050 2073 or email [anne.ross@bhdu.org](mailto:anne.ross@bhdu.org).

## Annie

**Strand Arts Centre**  
**2pm-4.10pm**  
**£4**



Annie is a spirited young girl living in an orphanage who's determined to find her parents. She finds a champion for her cause in the wealthy Daddy Warbucks, but the scheming orphanage mistress Miss Hannigan is determined to thwart Annie's happiness.

Booking required, call 028 9031 1900 or email [sean@cinemagic.org.uk](mailto:sean@cinemagic.org.uk)  
[www.cinemagic.org.uk](http://www.cinemagic.org.uk)



**Monday 2 October**

## Age-friendly Belfast Convention

**Belfast City Hall**  
**10am -1pm**  
**Free event**

The event to kick off Positive Ageing Month and update you on Age-friendly Belfast.

Come along to find out what is happening the rest of October and see how you can influence making Belfast more Age-friendly. There will be information stands and refreshments and lunch will be provided.

Booking required, call Anne Ross 028 9050 2073 or email [anne.ross@bhdu.org](mailto:anne.ross@bhdu.org)

**Every Monday in October**

## Scottish Country Dance Class



**Bloomfield St Johns COI Hall**  
**7.45pm - 9.45pm**  
**£3 introductory rate**

A fun and sociable way to lift your spirits and put a smile on your face. The dancing is done in “sets” of people, but you don’t need to bring a partner. Wear flat, flexible shoes, and get ready to tap your feet to some lively music. Give it a try!

028 9065 6591  
[www.rscdsbelfast.org](http://www.rscdsbelfast.org)

## Alzheimer’s Carers Support Programme

**Falls Road Library**  
**10.30am to 11.30am**  
**Free event**

Alzheimer’s Carers Support Programme.

Booking required. Call 028 9002 1064 or email [andrew.lawther@librariesni.org.uk](mailto:andrew.lawther@librariesni.org.uk)  
[www.librariesni.org.uk](http://www.librariesni.org.uk)



## Mindful Colouring

**Whiterock Library**  
**11am – 12 noon**

**Finaghy Library**  
**10am – 12 noon**

**Woodstock Library**  
**10:30am to 11:30am**

**Free event**

Enhance your well-being and calm the mind through relaxed, meditative colouring. A gentle way to reduce stress using intricate colouring patterns and designs.

028 9050 9214  
[www.librariesni.org.uk](http://www.librariesni.org.uk)



**Tuesday 3 October**

## Your health Online

**Suffolk Library  
10am to 12pm  
Free event**



A computer workshop exploring health related websites.

Booking required, call 028 9050 9235 or email [suffolk.library@librariesni.org.uk](mailto:suffolk.library@librariesni.org.uk) [www.librariesni.org.uk](http://www.librariesni.org.uk)

## Two Tours - One Tea

**ArtisAnn Gallery, 70 Bloomfield Avenue  
1pm  
£3**

Take a guided tour round two art galleries and then relax and enjoy a cuppa and a tray-bake. ArtisAnn and the EastSide Gallery are joining forces to offer an afternoon of art and refreshments! Ann & Ken will talk about the art and why they are so enthusiastic about it. After a short dander down to the EastSide Visitors Centre for a cup of tea or coffee and a wee bun, it's a trip upstairs to their new gallery and a guided tour of its latest exhibition. Places are limited to groups of 12

Call 07726326390 or email [mail@artisann.org](mailto:mail@artisann.org)



**Every Tuesday in October**

## CBT Stress Management Course

**Falls Road Library  
6.30pm to 7.30pm  
Free event**

Booking required, call 028 9050 9212 or email [andrew.lawther@librariesni.org.uk](mailto:andrew.lawther@librariesni.org.uk) [www.librariesni.org.uk](http://www.librariesni.org.uk)

## Danderball

**Olympia Leisure Centre  
10am - 11am  
£1.75**

Walking Football for the over 50s, come along and join the fun!

Call 028 9521 3725 or email [Anne.Ross@bhdu.org](mailto:Anne.Ross@bhdu.org)

## Discover Digital Art

**FabLab Belfast  
2pm to 3.30pm**

**Free event**

Over the course of 5 sessions, participants will combine traditional hand drawing with cutting edge digital manufacturing skills to make laser cut artworks. No previous experience required - our friendly staff will walk you through the whole process.

Booking required, call 028 9075 5412 or email [kerrie.hanna@ashtoncentre.com](mailto:kerrie.hanna@ashtoncentre.com) [www.digitalmakersni.com](http://www.digitalmakersni.com)



**Wednesday 4 October**

## Oktoberfest

**R.A.O.B. Headquarters Club**  
**17 Church Street, Belfast**  
**2pm to 5pm**  
**Free event**

An eclectic afternoon of music and fun. There may be prizes. Two musical entertainment acts, bar open from 2pm until 5.30pm. Seating available for 150 people only.

To book contact Laurence Wright on 028 9073 5698 or email [laurence.wright@engagewithage.org.uk](mailto:laurence.wright@engagewithage.org.uk)

## Scottish Country Dance class

**St Johns COI Hall**  
**7.45pm to 9.45pm**  
**£3 special rate**

A fun, sociable way to lift your spirits and put a smile on your face! Scottish Country Dancing is done in “sets” of people, but you don’t need to bring a partner. Wear flat, flexible shoes, and get ready for some foot-tapping lively music.

028 9065 6591  
[www.rscdsbelfast.org](http://www.rscdsbelfast.org)

**Thursday 5 October**

## Radio DJ Experience

**Belfast 89 FM**  
**11am-3pm**  
**Free event**

Ever wanted to have a go at radio presenting but never had the opportunity? Come and have a go at Belfast 89 FM where we will be offering a day of free training as part of Positive Ageing Month

078665 54344  
[www.belfast89.com](http://www.belfast89.com)



Every Thursday in October

## Mindful Colouring

Suffolk library  
10.30am-11.30am  
028 9050 9235

Belfast Central  
Library  
11am - 12.30pm  
028 9050 9150

**Free event**

Enhance your well-being and calm the mind through relaxed meditative colouring. A gentle way to reduce stress using intricate colouring patterns and designs

Release your inner child and explore the world of adult colouring with intricate colouring patterns and designs. Additional benefits may include easing insomnia, anxiety and depression as well as a chance to meet new people.

[www.librariesni.org.uk](http://www.librariesni.org.uk)

## Scottish Country Dance Class

Dundela Heyn Hall  
7.30pm to 9.30pm,  
£3 introductory rate

A fun and sociable way to put a smile on your face and lift your spirits! Scottish Country Dancing in “sets” with a partner but you don’t need to bring one with you. Wear flat, flexible shoes, and get ready for some toe-tapping music.

028 9065 6591  
[www.rscdsbelfast.org](http://www.rscdsbelfast.org)

## Living Well With Pain

Falls Road Library  
10.30am to 1pm  
**Free event**



Living Well With Pain, 6 week Course For Anyone Living With Long Term Pain.

Booking required. Call 028 9050 9212 or email [andrew.lawther@librariesni.org.uk](mailto:andrew.lawther@librariesni.org.uk)  
[www.librariesni.org.uk](http://www.librariesni.org.uk)

## Get Active - Stay Fit

The Loughmoss Centre  
11am to 12.30pm  
**Free event**



Enjoy a fun chair-based activity exercise to music session that will increase your physical activity levels and improve your balance. Light refreshments after and a chance to make new friends.

Booking required. Call 028 9504 6653 or email [csaw@lisburncastlereagh.gov.uk](mailto:csaw@lisburncastlereagh.gov.uk)

## Danderball

Avoneil Leisure  
Centre  
10am-11am,  
£1.75



Walking Football for the over 50’s come and join the fun!

028 9521 1068



# HOME FIRE SAFETY CHECK

Did you know that if you:

- are aged 60 or older; or
- have a disability, impaired mobility, or a health condition that would impact on your ability to acknowledge and respond to an emergency in the home;

then you are entitled to a **free Home Fire Safety Check** from Northern Ireland Fire & Rescue Service.

Go to  
**WWW.NIFRS.ORG**  
then click on



Northern Ireland  
Fire & Rescue Service

Protecting Our Community



#LoveLaterLife



Emily, Age NI Volunteer

# Age is just a number

For information and advice on  
staying independent, talk to us.

**0808 808 7575**





**Friday 6 October**

## Age-friendly Belfast Punjana Tea Dance

**Girdwood Community Hub**  
**12pm - 2pm, 3pm - 5pm**  
**Free event**

Live Music, dancing and complimentary refreshments are all part of the much loved tea dances supported by Punjana.

Booking required. Call Gillian McEvoy on 028 9032 0202 ext 3765 or email [positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk)

## Connect over Coffee

**The Dock Cafe**  
**11am to 2pm**  
**Free event**

An information stand in the café with all our information materials and a quiz/questionnaire around ageing and how we keep our peers safe. Have a Positive Ageing Tree on the table asking people to leave a message of what positive ageing should be.

07375377605

**Every Friday in October**



## Fit as a Fiddle

**Macrory Centre, 130 Duncairn Gardens**  
**11am to 12pm**  
**£3**

Come and join this easy movement-exercise. Be energised by the fun and social uplifting atmosphere as we gently exercise body and mind. Open to all mobility levels and disability access.

074025 11250

**Every Saturday in October**

## Scottish Country Dancing

**Knockbreda Parish  
Church Of Ireland  
Hall**  
**8pm to 10pm**  
**£3**

Dancing is a sociable group activity, danced in “sets” with a partner-but you don’t need to bring one with you. Please wear flat, flexible shoes. A fun way to lift your spirits, improve your health and put a smile on your face!

028 9065 6591  
[www.rscdsbelfast.org](http://www.rscdsbelfast.org)

**Saturday 7 October**

## Volunteer taster session

**Beech House  
11am to 2pm  
Free event**

Join our friendly team for a bitesize taster session of volunteering with TCV. Learn new carpentry skills or share your talents with others. Make a small planter and fill with herbs to take home. Everyone welcome, refreshments provided.

Booking required. Call 028 9064 5169 or email [h.tomb@tcv.org.uk](mailto:h.tomb@tcv.org.uk)



## Papercraft Workshop

**Eason Donegall Place  
Free event**

Workshops will last around 2 hours, in which gifting and card making ideas will be demonstrated and guests will have the opportunity to create their own.

Spaces are limited so booking is required. Call 028 9032 3697 or email [donegallplace@easons.com](mailto:donegallplace@easons.com)

**Monday 9 October**

## Adult Taster Session

**Gordwood Community Hub  
10am - 1pm and 5pm - 8pm  
Free event**

An opportunity to find out about Girdwood has to offer and also find out about local services and activities. A chance to try something new continue lifelong learning. Refreshments provided.

Call 028 9521 1068 or email [mcevoyg@belfastcity.gov.uk](mailto:mcevoyg@belfastcity.gov.uk)

## iPad Introduction

**Chichester Library  
10am to 12am  
Free event**

The Go ON and Got IT programmes help people to find out more about using computers and devices in their everyday lives.

Booking required. Call 028 9050 9210 or email [gary.ferris@librariesni.org.uk](mailto:gary.ferris@librariesni.org.uk)

**Tuesday 10 October**

## Knit Night at the ARC

**Arts Resource Centre  
7.30pm to 9pm  
£2**



Not just for knitters! Hookers, sew-ers, crafters of all kinds - join us for an evening of making, sharing and stitching in the city.

Booking required. Call 028 9092 3493 or email [gabri@capartscentre.com](mailto:gabri@capartscentre.com) [www.capartscentre.com](http://www.capartscentre.com)

## iPad Introduction

**Woodstock Library**  
**10am to 12 noon**  
**Free event**

If you have an iPad or are thinking of getting one and want to learn how to use it, then this is for you.

Booking required. Call 028 9050 9239 or email [woodstock.library@librariesni.org.uk](mailto:woodstock.library@librariesni.org.uk)  
[www.librariesni.org.uk](http://www.librariesni.org.uk)

## Age-friendly Belfast Punjana Tea Dance

**Belfast Castle**  
**12 noon - 2pm and 3pm - 5pm**  
**Free event**

Live Music, dancing and complimentary refreshments are all part of the much loved tea dances supported by Punjana.

Booking required. Call Gillian McEvoy on 028 9032 0202 ext 3765 or email [positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk)

## Memory Lane Club

**Suffolk Library**  
**10.30am - 11.30am**  
**Free event**

Monthly club for adults showing archive film footage from across Northern Ireland. An opportunity for a cup of tea or coffee and to chat about times gone by. On second Wednesday of each month.

028 9050 9235 [www.librariesni.org.uk](http://www.librariesni.org.uk)

## Open afternoon

**Ulster Folk & Transport Museum,**  
**12noon to 4pm**  
**Free entry for over 50s**

We offer free entry to the Ulster Folk and Transport Museum for over 50s on the second Wednesday afternoon of the month every month.

028 9042 8428  
[www.nmni.com](http://www.nmni.com)



## Reading Rooms: Dementia

**Easons Donegall Place**  
**10am - 11.30am**  
**Free event**



Reading rooms on theme of Grandparents/Memory (Dementia) including arts activity. An intergenerational event with children from Seaview Primary School, open to older people who would like to join in.

Booking required. Call 028 7126 6946 or email [readingrooms@theverbal.co](mailto:readingrooms@theverbal.co)  
[www.theverbal.co](http://www.theverbal.co)

## Two Tours - One Tea

**ArtisAnn Gallery, 70 Bloomfield Avenue**  
**1pm**  
**£3**

Take a guided tour round two art galleries and then relax and enjoy a cuppa and a tray-bake.

Call 07726326390 or email [mail@artisann.org](mailto:mail@artisann.org)

**Thursday 12 October**

## HMS Caroline 'Meet the Crew' Curator Tour

**HMS Caroline Belfast**

**11am - 1pm**

**Free event**

Join HMS Caroline's Curator for a special guided tour of the ship, stopping off at various locations to hear more about some of the real individuals who served on board during the First World War.

Booking required. Call 028 9045 4484 or email [info.caroline@nmrn.org.uk](mailto:info.caroline@nmrn.org.uk)



**Friday 13 October**

## Our Grand Voices!

**Grand Opera House**

**Baby Grand Studio**

**10am - 1pm**

**Free event**

Find your inner 'operatic' voice and come sing with Northern Ireland Opera! If you love singing we encourage you to join us. You do not need to have any previous experience, just then willingness to give it a go! Oh, there will also be tea and buns.

Booking required. Call 028 9027 7734 or email [info@niopera.com](mailto:info@niopera.com)



## Meet the Artist Soiree

**ArtisAnn Gallery**

**£4**

Meet the artist, Patrick Colhoun, whose latest exhibition at the ArtisAnn Gallery, 70 Bloomfield Avenue, follows on from his highly successful London exhibition. Working with ceramics, Patrick brings the art form to an entirely different level. Feel free to ask him how he makes his incredible works and what his influences are: alternatively, just chat about the weather while you enjoy the free wine and nibbles!

Call 07726326390  
[mail@artisann.org](mailto:mail@artisann.org)



# HANDY-PERSON HOME SAFETY CHECK & REPAIR SERVICE



Receive a free home safety check and avail of the reduced handy-person repair rates.

- The service is for those over 65 years (or vulnerable adult) living in the Belfast City Council Area.
- All recipients of the Home Safety Check receive a selection of free ‘helping-hand’ aids & equipment (subject to stock availability)
- The service is available from 9 am to 5 pm, Mon to Fri excl. Public Holidays

Eligibility group	Charges
1.) Those aged 65+ or a vulnerable adult — Home Safety check only	Free
2.) Those aged 65+ or a vulnerable adult and in receipt of benefits—Home Safety Check & Repairs	Free Home safety Check & £5.00 per hour for repairs
3.) Those aged 65+ or a vulnerable adult and not in receipt of the benefits—Home Safety Check & Repairs	Free Home Safety & Check & £ 15.00 per hour for repairs

**All materials are to be supplied by the occupant.**

*General consumables: glue, nails, sandpaper, etc. provided free of charge*

## Contact Details:

Email: [handyman@brysonenergy.org](mailto:handyman@brysonenergy.org)

Free-phone: **0800 14 22 865**

**\* All our Staff are Police Checked \***

**Saturday 14 October**

## Scottish Country Dancing Skills class

Heyn Hall, Sydenham Avenue  
10am - 12.30pm  
£3 introductory rate

Learn the basic skills and dance formations used in Scottish Country Dancing. You don't need a partner, or special clothing, but flat, flexible shoes are recommended. Refreshments provided.

028 9065 6591 [www.rscdsbelfast.org](http://www.rscdsbelfast.org)

**Tuesday 17 October**

## Great Big Quiz

Belfast City Hall  
10.30am - 12 noon  
Free event



Everyone's invited to our great big quiz. Bring a group or come by yourself and make some new friends. Refreshments and banter provided

Call 028 9032 0202 ext. 3765 or email [mcevoyg@belfastcity.gov.uk](mailto:mcevoyg@belfastcity.gov.uk)

## Halloween Hullabaloo Craft Cafe

Spectrum Centre  
10.30am - 1.30pm  
Free event



Come and make some craft, have a cuppa and a bun, meet some new friends and have a chat.

Booking required. Call 028 9031 1455 or email [jennifer@spectrumcentre.com](mailto:jennifer@spectrumcentre.com)

**Wednesday 18 October**



## More on the iPad

Woodstock Library  
10am - 12 noon  
Free event

Take another step and discover more ways to use your iPad.

Booking required. Call 028 9050 9239 or email [woodstock.library@librariesni.org.uk](mailto:woodstock.library@librariesni.org.uk)  
[www.librariesni.org.uk](http://www.librariesni.org.uk)

## Scottish Country Dance class

St Johns COI Hall  
8pm - 10pm  
£3 special rate

A fun, sociable way to lift your spirits and put a smile on your face! Scottish Country Dancing is done in "sets" of people, but you don't need to bring a partner. Wear flat, flexible shoes, and get ready for some foot-tapping lively music.

028 9065 6591  
[www.rscdsbelfast.org](http://www.rscdsbelfast.org)

## Reading Rooms for Positive Ageing

Easons Donegall Place

12.30pm - 1.30pm

Free event

Special reading rooms for Upper Andersonstown Community Forum, Tullymore on theme of Positive Ageing.

Call 028 7126 6946 or email [readingrooms@theverbal.co](mailto:readingrooms@theverbal.co)  
[www.theverbal.com](http://www.theverbal.com)



## Tullycarnet Yarnspinnners

Tullycarnet Library

8pm-9.30pm

£4

Come and join guest story teller Pat Ryan.

Call 028 9048 5079 or email [andrea.johnston@librariesni.org.uk](mailto:andrea.johnston@librariesni.org.uk)



## Belfast from Blitz to Glitz

Sandy Row Community Centre

11am-2pm

Free event

As part of The Eden Project join us for a fun lunch with Street celebration on the menu from Fleadh to war end or Festival. Share human stories that could be lost, from dressing up to stealing your first kiss. Bring your street photos & memorabilia. Enjoy lunch & create a special online memory capsule.

To book call Grainne McCloskey on 07703 189048

## Men's Health Awareness Morning



Irish FA's Education & Heritage Centre

9.30am-12.30pm

Free event

As well as a range of information related to men's health, the morning will include the opportunity to participate in centre & Stadium Tours of the National football Stadium at Windsor Park event is free will include a cuppa and a bacon butty.

Booking required. Call 028 9023 2020 or email [info@volunteernow.co.uk](mailto:info@volunteernow.co.uk)  
[www.volunteernow.co.uk](http://www.volunteernow.co.uk)

Friday 20 October

## The Straight Story

**QFT Belfast**  
**5.30pm (Film 6pm) - 8.30pm**  
**£4, Carers Free**

Directed by David Lynch, this is a lyrical portrait of one man's real journey across America's Heartland. Followed by audience discussion with author Jan Carson. Free tea/coffee and biscuits for ticket holders from 5.30pm.



028 9097 1097  
[www.queensfilmtheatre.com](http://www.queensfilmtheatre.com)

## Greater Shankill Senior Citizens Forum

**Shankill Library**  
**11am-12.30pm**  
**Free event**

Enduring Power of Attorney (EPA) – A guest speaker from the NI Court Service will give a talk about EPA & about what happens if someone doesn't have an EPA. It is also hoped that the NIFRS will be in attendance to discuss fire safety.

028 9023 2020  
[www.volunteernow.co.uk](http://www.volunteernow.co.uk)

## Age-friendly Ambassador Brunch

**Reception Hall, City Hall**  
**11am -1pm**  
**Free event**

Would you like to become an Age-friendly Belfast Ambassador? Would you like to find out how you can volunteer to help Belfast become more Age-friendly?

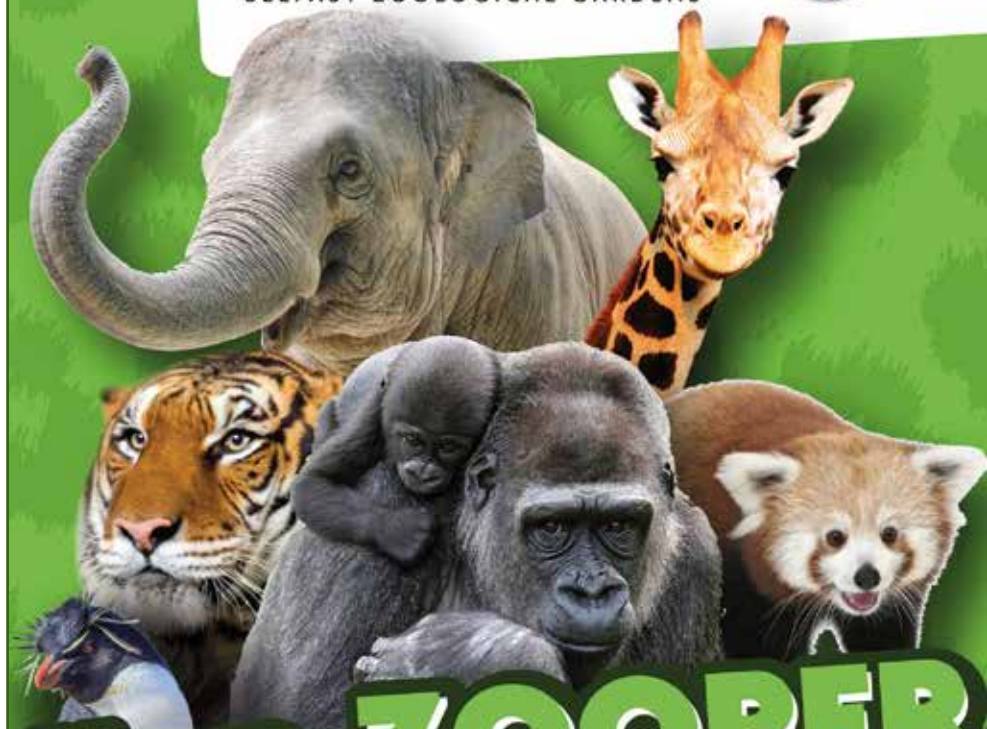
We have opportunities for people aged 50+ to get involved. You can become a mystery shopper, help at events, provide information in your local area and much more!

Booking required. Call 028 9050 2073 or email [Anne.ross@bhdu.org](mailto:Anne.ross@bhdu.org)





THE ZOO  
BELFAST ZOOLOGICAL GARDENS



Have a **ZOO**PER  
day out!

50% discount on admission  
for over 60's!\*

\*You must produce a valid senior citizen's card to avail of  
the concession price.

[www.belfastzoo.co.uk](http://www.belfastzoo.co.uk)

**Saturday 21 October**

## Volunteer taster session

**Beech House**  
**11am-2pm**  
**Free event**

Join our friendly team for a bitesize taster session of volunteering with TCV. Learn new carpentry skills or share your talents with others. Make a small planter and fill with herbs to take home. Everyone welcome, refreshments provided.

Booking required. Call 028 9064 5169 or email [h.tomb@tcv.org.uk](mailto:h.tomb@tcv.org.uk)

**Sunday 22 October**

## Readings Rooms: World War 1

**Ulster Museum**  
**11am-4pm**  
**Free event**



Climb aboard the Reading Rooms bus for stories & poems linked to Poppies: Weeping Window & WW1. Open to all ages, particularly intergenerational parties. Come listen and join the conversation “My subject is War, and the pity of War” Wilfred Owen.

Call 028 7126 6946 or email [readingrooms@theverbal.com](mailto:readingrooms@theverbal.com)  
[www.theverbal.com](http://www.theverbal.com)

**Monday 23 October**

## Age-friendly Belfast Punjana tea dance

**Grosvenor Hall**  
**12 noon-2pm and 3pm-5pm**  
**Free event**

Live Music, dancing and complimentary refreshments are all part of the much loved tea dances supported by Punjana.

Booking required. Call Gillian McEvoy on 028 9032 0202 ext 3765 or email [positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk)

**Tuesday 24 October**

## Seniors Tea Dance

**Ligoniel Community Centre**  
**2pm to 4pm**  
**Free event**

Entertainment by Rosey Hunter Band. Tray bakes, tea and coffee.

Booking required. Call 028 9071 9337 or email [letzneru@belfastcity.gov.uk](mailto:letzneru@belfastcity.gov.uk)

**Wednesday 25 October**

## Silver Screening afternoon movie

**Belfast City Hall**  
**2pm-4pm**  
**Free event**



Join us for a free afternoon screening of Going in Style, a fun movie about three retirees that rob a bank. Ice cream provided!

Booking required. Call Gillian McEvoy on 028 9032 0202 ext 3765 or email [positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk)

Thursday 26 October



## We'll meet again

**Northern Ireland War  
Memorial Museum  
2pm-4pm  
Free event**

Visit the museum to learn about life in NI during the Second World War. Have a slice of homemade cake and a cup of tea while you enjoy 'A Monologue of the Belfast Blitz', a thought provoking piece of theatre presented by Sharon Dickson.

028 9032 0392

[www.niwarmemorial.org](http://www.niwarmemorial.org)

## Age-friendly Belfast Punjana tea dance



**East Belfast Network Centre  
55 Templemore Avenue  
2pm-4pm  
Free event**

Live music, dancing and complimentary refreshments are all part of our much loved tea dances, supported by Punjana tea.

Booking required. Call Gillian McEvoy on 028 9032 0202 ext 3765 or email [positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk)

## Practical Workshop - Using online sources for family and local history

**Public Record Office of Northern Ireland  
11am-1pm  
Free event**

Are you interested in local and family history? Come along to an online workshop at PRONI this October to find out more and improve your IT skills.

028 9053 4800

[www.nidirect.gov.uk/proni](http://www.nidirect.gov.uk/proni)



Friday 27 October

## West Belfast 50+ Forum

Falls Road Library  
10.45am-12.30pm  
Free event

The monthly meeting of the West Belfast 50+ Forum will include an input from the Northern Ireland Fire & Rescue Service. The NIFRS will come along to give a talk about fire safety in the home and answer any questions members of the forum may have.

028 9023 2020  
www.volunteernow.co.uk

## Tea dance



Grosvenor House  
1.45pm-4.30pm  
£3

The Grosvenor hall is filled up with 100 senior people joining in the old-time dances or just enjoying the company. The afternoon is rounded off with afternoon tea.

Booking required. Call 028 9028 1917 or email [jsewell@belfastcentralmission.org](mailto:jsewell@belfastcentralmission.org)

## Meet the Artist Soiree

ArtisAnn Gallery  
£4

Meet the artist, Patrick Colhoun, whose latest exhibition at the ArtisAnn Gallery, 70 Bloomfield Avenue, follows on from his highly successful London exhibition. Working with ceramics, Patrick brings the art form to an entirely different level. Feel free to ask him how he makes his incredible works and what his influences are: alternatively, just chat about the weather while you enjoy the free wine and nibbles!

Contact: 07726 326390  
[mail@artisann.org](mailto:mail@artisann.org)

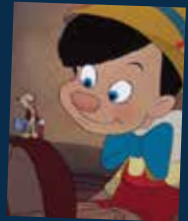
Sunday 29 October

## Pinocchio

Strand Arts Centre  
2pm-3.30pm  
£5/£4

When the toymaker Geppetto wishes for a son, the Blue Fairy gives him a chance by bringing his wooden puppet Pinocchio to life. Through a series of marvellous & occasionally terrifying adventures the puppet learns about courage, kindness and honesty.

Booking required. Call 028 9031 1900 or email [sean@cinemagic.org.uk](mailto:sean@cinemagic.org.uk)  
[www.cinemagic.org.uk](http://www.cinemagic.org.uk)





**Making life better,  
together**  
*Belfast Strategic Partnership*



# MASH DIRECT

*Cooked fresh on our Farm*



## Win a Hamper

To celebrate Positive Ageing Month we are giving away three Mash Direct Hampers!



To enter visit:  
[www.mashdirect.com/competitions](http://www.mashdirect.com/competitions)

Answer this simple question:

“We have over 40 meal accompaniments which are all gluten free?”

True or False?



Closing Date: 29th October 2017. Terms and Conditions: One entry per participant.

**TIRED OF CHOPPING, PEELING AND COOKING? LET US DO THE HARD WORK...**

Our steam cooked vegetables are ready to eat in 3 minutes!

The taste and texture of homemade cooking.

No artificial additives, colourings or preservatives.



MASHDIRECT.COM

# Older Volunteer Awards 2017

Does your organisation or group involve volunteers, aged 60+?

Do you want to recognise and celebrate their valuable contribution to your work?

Then nominate them for the Age-friendly Belfast Older Volunteer Awards 2017!



We're looking for nominations in five categories:

- 1. The Older Volunteer of the Year Award:** this award recognises an individual volunteer who you feel has made a real difference to the work you do over the last 12 months.
- 2. Marie Mathews Participation Award:** this award recognises a volunteer who embodies the true spirit of volunteering. This can be through volunteering for a number of groups, or through actively encouraging others to be involved. It can also be someone whose length of volunteer service deserves to be recognised.
- 3. Take 5 Active Ageing:** this award recognises a volunteer who is involved in a project which improves physical, mental or emotional health.
- 4. Arts and Culture:** this award recognises a volunteer who makes a difference through the arts, culture or creative projects.
- 5. Team or group:** this award recognises two or more volunteers who are involved in the same project, programme or service within an organisation.

Nominate online or download a nomination form at [www.belfastcity.gov.uk/volunteering](http://www.belfastcity.gov.uk/volunteering) or call Tracy Mawhinney on 9032 0202 ext 3775.

Closing date for nominations:  
**Friday**  
**20 October 2017.**

# Community centre activities

Our community centres run classes and events throughout the year for older people.

Below are some of the current activities, but please contact the centre for more information



## Ardoyne

### Sewing class

Tuesdays, 1pm-3pm

### Adult arts & crafts

Tuesdays, 12.30pm-2pm

### Holy Cross bowlers

Tuesdays, 2pm-4.30pm  
and 6.30pm-10pm

### Complementary Therapies

Wednesdays, 10am-4pm  
and Thursdays, 10am-4pm

### Cultural Group

Wednesdays, 7pm-9pm

### Crochet class

Thursdays, 10am-12 noon

### Local History Group

Thursdays, 7pm-9pm

### Adult Break Dancers

Fridays, 1pm-4pm

### Awareness Group

Thursdays, 7pm-9pm and  
Fridays, 7pm-9pm

Tel: 028 9074 8523

## Braniel

### Age NI

Fridays, 9.30am-1pm

Tel: 028 9040 1444

## Concorde

### Cookery class

Mondays, 10am-12pm

### Bingo

Wednesdays, 7.30pm-9pm

### Women's group

Wednesdays, 7.30pm-10pm

### Highland dancing

Thursdays, 6pm-7pm

Tel: 028 9071 2450

## Cregagh

### Camcorder club

Mondays, 8pm-10.30pm

### 73Club

Tuesdays, 8pm-10.30pm

### Card making class

Tuesdays, 6pm-7pm

### Senior citizens club

Wednesdays, 7pm-9pm

### Bonsai club

Fridays, 8am-10am

### Cregagh retired active gentlemen

Thursdays, 2pm-4pm

### Pensioners lunch

Fridays, 1pm-2.30pm

Tel: 028 9040 1444

## Clonduff

### Pensioners bingo

Wednesdays,  
7.30pm- 8.30pm

Tel: 028 9040 1444

## Dee Street

### Line dancing

Mondays,  
7.30pm - 9.30pm

Wednesdays,  
6.30pm-9.30pm

### Computer suite project

Wednesdays,  
9.30am-12.30pm

### Island dancers (seniors)

Wednesdays,  
1.30pm-4.30pm

### Loop group senior activities

Thursdays, 2pm-4pm

### Connswater women's group

Thursdays, 6.30pm-9pm

Tel: 028 9045 8113



## Divis

### Open Arts

#### Community Choir

Mondays, 7.15pm-9.15pm

### Tai chi HEART project

Wednesdays,  
11.15am-12.30pm

### Chair aerobics

Wednesdays,  
11.30am-1pm

### Open Arts Group

Thursdays,  
10am-12 noon

### Anne's art group

Thursdays,  
10.15am-12.15am

### Disability arts

Fridays, 10am-12.30pm

Tel: 028 9024 2551

## Donegall Pass

### Words alive (writing group)

Mondays, 9am -1pm

### Josh dance class

Mondays, 6pm-7pm

### Senior citizens group

Mondays, 7pm-9.30pm

### Tai Chi

Tuesdays, 2pm-4pm and  
6pm-7.30pm

Tel: 028 9032 7661

## Downshire

### Jazz club

Fridays, 8pm-11.30pm

Tel: 028 9040 1444

## Duncairn

### Community health action team

Mondays, 10am-1pm

### Sewing class

Mondays, 12 noon-4pm

### Community garden

Tuesdays, 10am-12 noon

### Senior citizens group

Tuesdays, 6.30pm-9.30pm

### IT training

Thursdays, 10am-1pm

### Crochet group

Wednesdays,  
12.30pm-3.30pm

### Tigers Bay men's group

Thursdays, 6.30pm-9.30pm

### Women's group

Fridays, 10am-1pm

### Stain glass class

Fridays, 1pm-4pm

Tel: 028 9074 0212

## Finaghy

### Zumba

Mondays, 8.15pm-9.15pm

### Anglers

Tuesdays, 7.30pm-9.30pm

### Craft class

Wednesdays, 6.30pm-9.30pm

### Women's group

Wednesdays, 10.30am-1pm

### Camera club

Wednesdays, 7pm-10pm  
Thursdays, 8pm-9.30pm

### Friendship Group

2pm-4pm every second &  
fourth Wednesday

### Anglers

Thursdays, 7.30pm-9.30pm

### Yoga

Fridays, 10am-12noon

**Bingo** - Fridays, 7pm-10pm

Tel: 028 9062 0474

## Glen Road

### Guitar class

Mondays, 8pm-10pm

### Craft class

Mondays, 7pm-9pm  
Wednesdays, 10am-12 noon  
Thursdays, 7.30pm-9.30pm

**Tuesday club** (women's  
social educational class)  
Tuesdays, 10am-12 noon

### Women's gardening project

Thursdays, 10am-1pm

### Crochet class

Thursdays, 7pm - 10pm

### Zumba

Fridays-6pm-7pm

### Bowling club

Fridays, 7.30pm - 10pm  
Sundays, 7.30-11pm

### Brass band

Saturdays, 10am - 1pm  
Sundays, 11am - 1pm

Tel: 028 9062 7189

## Hammer

### Health and wellbeing craft class

Mondays, 10am-12 noon

### Women's group

Mondays, 11am-12 noon

### Crochet class

Tuesdays,  
10am-12.30pm  
Wednesdays,  
11am-12.30pm

### Senior Citizens Group

Tuesdays, 1pm-3pm

### Keep fit

Tuesdays, 7pm-8.30pm

### Conway senior citizens group

Wednesdays,  
11.45am-1.30pm

### Digital photography

Wednesdays,  
10.30am-12 noon

### Chair aerobics

Thursdays,  
10.30am-12 noon

### Ipad class

Thursdays, 10am-12 noon

**Tel: 028 9033 2860**

## Highfield

### Bingo

Mondays, 7pm-10pm

### Lunch club

Wednesdays, 12 noon-3pm  
Thursdays, 12 noon-3pm

### 50+ group

Wednesdays, 7pm-10pm

**Tel: 028 9039 1009**

## Horn Drive

### Older and active

Mondays, 10am-1pm

### Woodbourne bowling club

Mondays, 7pm-10.30pm

### Crochet class

Tuesdays, 7pm-9.30pm

### Seniors lunch club

Wednesdays, 10am-2pm

### Oliver Plunkett disabled care group

Wednesdays, 6pm-9.30pm

### Zumba

Fridays, 7pm-9pm

**Tel: 028 9060 4860**

## Inverary

### Dance class (Fiona's Dance)

Wednesdays,  
7pm-9.30pm

### Painting and sketching

Wednesdays,  
10am-12 noon

### Second time around group

Wednesdays, 7pm-9pm

### Women's group

Wednesdays,  
7pm-9pm (fortnightly)

### Arc seniors group

Thursdays, 2pm-4pm  
(fortnightly)

### Beginners yoga

Thursdays, 7pm-8pm  
Fridays, 10am-11am

### Keep fit class 50+

Fridays, 10am-12 noon

**Tel: 028 9047 1456**

## Knocknagoney

### Millennium arts

Mondays, 9.30am-12 noon

### Richmond darts

Tuesdays, 7pm-9.30pm

### The knight men's group

Tuesdays, 10am-12 noon

### Crochet club

Wednesdays, 7pm-8.15pm

### Arty crafty group

Thursdays, 10am-12 noon

### Drama tones

Thursdays, 6pm-8pm

### Old time dance

Thursdays, 8pm-10pm

### 55+ Club-Fridays

2.30pm-4.30pm

## Ligoniel

### Senior citizens group

Tuesdays, 10am-11am

### Crochet Club

Thursdays, 7pm - 9pm

### Art class for adults

Fridays,  
10.30am-12.30pm

**Tel: 028 9071 9337**

## Markets

### Pilates

Mondays, 12.30pm-1.30pm

### Yoga

Tuesdays, 5.30pm- 6.30pm

### Indian Group

Thursdays-6.30pm-9.30pm  
Fridays, 10am-12 noon

### Bingo

Fridays, 7.30pm-9.30pm

**Tel: 028 9023 5969**



## Morton

### Open arts

Mondays, 10am–1.30pm

### Samba

Tuesdays, 6pm–8pm

### Streetwise circus school

Tuesdays, 11am–1pm

Wednesdays, 11am–12.30pm

Thursdays, 6pm–8pm

Fridays, 11am–1pm

### Belly dancing

Tuesdays, 6pm–8pm

### Central photographic association

Tuesdays, 7.30pm–10pm

### Art group

Wednesdays, 10am–12.30pm

### Tiffany glass making

Wednesdays, 7pm–8.30pm

### Belfast writers

7pm–9pm second and forth  
Wednesday

### Pilates

Thursdays, 6.15pm–7.15pm

### Belfast photo imaging club

Thursdays, 7.30pm–10pm

**Tel: 028 9068 1874**

## North Queen Street

### Safer streets

Mondays, 2pm–4pm

### Zumba

Tuesdays, 7.30pm–8.30pm

### Line dancing

Wednesdays, 8pm–10pm

### Senior citizens group

Thursdays, 7.30pm–10.30pm

### Bingo

Fridays, 9.30am–12.30pm

**Tel: 028 9032 3945**

## Olympia

### Pensioners keep fit

Wednesdays, 10am–11am

### Indian senior's group

Wednesdays, 1pm–4pm

### Senior citizens group

Wednesdays, 2pm–5pm

### Fencing

Thursdays, 9.15pm – 9.15pm

### Chest Heart and Stroke

Fridays, 9am–3.30pm

Fridays, 12 noon–3pm

### Ballroom dancing

Fridays, 6pm–9pm

**Tel: 028 9024 7547**

## Sandy Row

### 50+ lunch club

Mondays, 1pm–2pm

### Pensioners' bingo

Mondays, 8pm–9.30pm

### Crochet

Tuesdays, 6.15pm–8pm

### Photography group

Wednesdays–7pm–10pm

### Men's breakfast club

Thursdays, 10am–12 noon

### Sandy Row tours

Fridays, 9.30am–4pm

### Dance class ballroom

Fridays, 7.30pm–9.30pm

**Tel: 028 9032 5403**

## Suffolk

### Community garden project

Mondays 9am–3pm,

Tuesdays 9am–3pm,

Thursdays–9am–3pm,

Fridays 9am–3pm

### Seniors craft class

Wednesdays, 10am–12 noon

**Tel: 028 9060 2564**

## Tullycarnet

### Sewing Club

Mondays, 10am–2pm

Thursdays, 10am–2pm

### Internet course for older people

Starts Tuesdays 8th

September 1pm–3pm

### Over 50s lunch club -

Tuesdays, 12 noon–2pm

Thursdays, 12 noon–2pm

### Craft class

Tuesdays, 10am–12noon

### Love joy dancing

Tuesdays, 7pm–9.30pm

### Senior citizens' group

Wednesdays, 7pm–9.30pm

### Arts and crafts for adults

Wednesdays, 7pm–9pm

### Jewellery class

Thursdays, 7pm–9pm

**Tel: 028 9048 1816**

## Whiterock

### Women's group

Mondays, 10am–1pm

### Older people's club

Thursdays, 11.45pm

-1.45pm

**Tel: 028 9032 8623**

## Woodvale

### Over 50s young at heart

Mondays, 9.30am–1pm

### Bingo

Tuesdays, 7.30pm–10pm

### Thursdays night dancers

Thursdays, 8pm–9.30pm

**Tel: 028 9035 1548**



# Leisure centre activities

## Avoniel Leisure Centre

### Over 50's mornings

Monday- Friday before 11am

Free to over 60's and concessionary 50- 60.

### Cardiac rehab

Tuesdays 10-11am and 11:15- 12:15

### Danderball

Thursdays 10- 11am  
£1.50 per head

### Cardiac Rehab

Thursdays 5:45- 6:45pm

**Tel: 028 9521 1068**

## Ballysillan

### Fitness suite 60+ - free

Monday-Friday before 11am

### Free lane swimming 60+

Monday – Friday  
7.15am-9.30am

### Yoga

60+ conc. £2.25  
Mondays, 7.15pm-8.45pm  
Tuesdays, 10.30am-11.30am  
Tuesdays, 7.30pm-9pm

### Pilates

60+ conc. £2.25  
Thursdays, 7.15pm-8.15pm

### Water workout

60+ conc. £2.25  
Thursdays, 8.15pm – 9.15pm

**Tel: 028 9521 3645**

## Brook Activity Centre

### Fitness suite 60+ free

Monday – Friday before 11am

### Senior citizens bowling

Tuesdays, 11am – 1pm

**Tel: 028 9030 1848**

## Falls

### Free lane swimming 60+

Monday – Friday  
7.15am-9.30am

### Fitness suite

60+ free  
Monday – Friday  
7.15am-11am

### Sauna and steam room

60+ free  
Monday –Friday  
7.15am-11am

### Cardiac Rehab

Wednesdays 10-11am

### Yoga

60+ conc. £2.25  
Wednesdays  
7.30pm-8.45pm

**Tel: 028 9521 3665**

All activities are correct at time of print.

60+ membership cards, available from all GLL leisure centres, are needed to participate.

GLL run our leisure centres under the Better brand, with activities for older people all year round. Below are some of the current activities, but please contact the centre for more information and to book your place or visit [www.better.org.uk/belfast](http://www.better.org.uk/belfast)

## Girdwood

### 60+ Fitness suite & Spa

Free before 11am  
Monday- Friday

### Sit Less programme

Mondays 10-11am  
Fridays 1-3pm

### Pulmonary rehab

Mondays and Wednesdays  
2-4pm

### Pulmonary maintenance class

Wednesdays 1-2pm

### Chest Heart and Stroke Taking control programme

Mondays  
12:30- 2:30pm

### Singing for lung health

Mondays 1-2pm

### Mindfulness course

Tuesdays 12-2pm starting  
24th October

### Macmillan Move More programme

Tuesdays 2-3pm and  
Thursdays 12:30 - 1:30pm

### Arthritis Care 6 week self management programme

Starting 28th Sept  
10- 11:30pm

### Cardiac Rehab

Fridays 1-3pm

Tel: 02895 217870

## Indoor Tennis Centre and Ozone Complex

### Yoga

Tuesdays  
7.30pm-8.30pm  
Thursdays  
5.45pm-6.45pm

Tel: 028 9521 3705

## Ballysillan

### Fitness suite 60+ - free

Monday-Friday before 11am

### Free lane swimming 60+

Monday - Friday  
7.15am-9.30am

Tel: 028 9521 3645

## Olympia

### Cardiac rehab

Mondays 230pm-330pm

### Senior fitness

Wednesdays  
10.30am-11am

### Cardiac rehab

Wednesdays  
2pm-3pm

### Fitness suite

60+ free before 11am  
Monday - Friday

All facilities have 60+ concessions on Saturdays and Sundays

Tel: 028 9521 3725

## Whiterock

### Free lane swimming

Mondays,  
7.15am-9.15am  
Wednesdays  
7.15am-9.15am  
Fridays, 7.15am-9.15am

### Aqua fit class

60+ conc. £2.25

Mondays  
8.30pm - 9.30pm  
Tuesdays, 12 noon-1pm  
Wednesdays  
7pm-8pm  
Fridays,  
7pm-8pm

### Yoga class

Tuesdays  
10am - 12 noon  
6.30pm-8.30pm  
Thursdays  
10am - 12 noon  
6.30pm - 8.30pm  
Sundays  
10am - 12 noon

### Pilates

60+ conc. £2.25  
Wednesdays  
10am - 11am  
Saturdays  
9.30am-10.30am

### Gym induction and awareness sessions

Fridays  
8am-11am

Tel: 028 9521 3775







## Age-friendly Belfast Team

Belfast Health Development Unit  
The Cecil Ward Building  
4-10 Linenhall Street  
Belfast, BT2 8BP

Tel: 02890320202 ext 3765  
[positiveageingmonth@belfastcity.gov.uk](mailto:positiveageingmonth@belfastcity.gov.uk)  
[www.makinglifebettertogether.com](http://www.makinglifebettertogether.com)



**Belfast**  
City Council

