

# Belfast

# POSITIVE

# AGEING FESTIVAL

A MONTH LONG CELEBRATION OF LATER LIFE

MONDAY 1st - FRIDAY 30th OCTOBER 2015

INCREDIBLE!  
Most activities  
are FREE unless  
otherwise stated

Tell your friends about  
Positive Ageing Festival



**BELFAST  
CELEBRATES  
POSITIVE AGEING**

Join us for the festival launch at  
Belfast City Hall, take a tour and  
enjoy the Belfast Men's Sheds  
exhibition

Friday 2nd October  
10am - 12.30pm



# Age Friendly Belfast

**October is Positive Ageing Month and this festival is a celebration of the contributions older people have made and continue to make to their community, Belfast city. There's something for seniors ... and the young at heart to enjoy!**

**B**elfast is a bright and vibrant Age-friendly city, where older people are resilient and live life to the full.

Being resilient is easy. Follow these five simple steps every day to improve your health and emotional wellbeing:

**Connect** - with the people around you

**Be active** - exercise makes you feel good

**Take notice** - be curious about and appreciate the world around you

**Keep learning** - don't be afraid to try something new

**Give to others** - do something nice for someone, smile or volunteer your time.

This citywide month long programme of activities is supported by Belfast Area Partnership Boards, Springfield Charitable Association, Age-friendly Belfast, Belfast City Council and Engage with Age.

Booking is essential for some events. Check venue details.

All events are subject to change.

Programme also available at:

[www.westbelfast-partnership.com](http://www.westbelfast-partnership.com)

**Take5**  
steps to wellbeing



Belfast  
City Council



# POSITIVE AGEING FESTIVAL | Thursday 1st October - Friday 30th October

1st - 4th October	5th - 11th October	12th - 18th October	19th - 25th October	26th - 30th October
<p><b>THURSDAY 1st OCTOBER</b>  <b>Danderball</b>                      Avoneil Leisure Centre                      11am-12pm                      Tel: Anne 90 502 073</p> <p><b>iPad Intro</b>                      Suffolk Library                      10am-12pm                      Finaghy Library                      10am - 12pm                      Tel: 90 509 235</p> <p><b>FRIDAY 2nd OCTOBER</b>  <b>Launch of Belfast Positive Ageing Festival</b>                      Banquet Hall, Belfast City Hall                      10am -12.30pm                      Everyone Welcome</p>  <p><b>Trip to St. George's Market</b>                      Senior Moments, South Belfast                      9.30am - 11.30am                      Tel: Adrienne 90 504 849</p> <p><b>Tea &amp; Newspapers</b>                      9.15am - 12.00pm                      Lisburn Rd. Library                      Tel: 90 509 223</p> <p><b>Art Workshop</b>                      Montague Ctr, Broadway                      11.00am-12.30pm                      Tel: Triage 07446 145653</p> <p><b>SATURDAY 3RD OCTOBER</b>  <b>One Place, Many People</b>                      Belfast Exposed Exhibition                      Ormeau Road Library                      Tel: 90 509 228</p>  <p><b>SUNDAY 4th October</b>  <b>Ciclovía Belfast</b>                      Botanic Gds. to City Hall                      9am - 12.45pm                      email info@pioneer-group.co.uk</p> <p><b>Silver Sunday Walk</b>                      Botanic Gardens                      2pm - 4pm                      Tel: Anne 90 502 073</p> <p><b>Time of our Lives</b>                      2pm - 3pm                      Radio Ulster</p>	<p><b>MONDAY 5th OCTOBER</b>  <b>Tree of Life Men's Shed</b>                      Conway Mill                      9am - 3pm                      Tel: Geordie 07596 301381</p> <p><b>Tea Dance</b>                      Andersonstown Leisure Centre                      1pm - 3pm                      Tel: 95 211 048</p> <p><b>Tai Chi</b>                      South City Resource Centre                      2.30pm - 3.30pm                      Tel: Cathy 90 735 696</p> <p><b>TUESDAY 6th OCTOBER</b>  <b>Danderball</b>                      Andersonstown Leisure Centre                      11am - 12pm                      Tel: Anne 90 502 073</p> <p><b>Lisburn Market Trip</b>                      10am - 2pm                      Tel: Roisin 07446 145653                      Cost: £1</p> <p><b>Ladybirds Blanket Weaving</b>                      Newhill Community Centre                      10am -12pm</p> <p><b>Editing Digital Photos</b>                      Cregagh Library                      11am - 1pm                      Tel: 90 401 365</p> <p><b>WEDNESDAY 7th OCTOBER</b>  <b>Take 5 Interactive Day</b>                      Belfast City Hall                      9.30am - 3.30pm                      Tel: Zahara 90 502 073</p> <p><b>North Belfast Men's Shed Open Morning</b>                      10.30am -12.30pm                      Tel: Geraldine 07850 651263</p> <p><b>Fishing Trip to Dromore</b>                      Black Mountain Men's Group                      10am - 2pm                      Tel: Triage 07446 145653                      Cost: £2</p> <p><b>Hugo Duncan Broadcast</b>                      Fruithill Bowling Club                      12.30pm - 3pm (Ticketed Event)                      Tel: Triage 07446 145653</p> <p><b>THURSDAY 8th OF OCTOBER</b>  <b>Inner South Belfast Older &amp; Active Group</b>                      Shaftesbury Community Ctr.                      10am - 11am                      Tel: Camilla 90 312 377</p> <p><b>Alzheimer's Society Memories</b>                      Café, Falls Library                      11am - 1pm</p> <p><b>FRIDAY 9th OCTOBER</b>  <b>Adult Art Class</b>                      Ligoniel Community Centre                      10.30am -12.30pm                      Tel: Ulrike 90 719 337</p> <p><b>SUNDAY 11th OCTOBER</b>  <b>Silver Sunday Walk</b>                      Belfast City Cemetery                      2pm - 4pm                      Tel: Anne 90 502 073</p>	<p><b>MONDAY 12th OCTOBER</b>  <b>Adult Reading Group</b>                      Lisburn Road Library                      8pm - 9.30pm                      Tel: Nicola 90 509 223</p> <p><b>TUESDAY 13th OCTOBER</b>  <b>Be Prepared Event</b>                      Andersonstown Leisure Centre                      10.30am - 2pm</p> <p><b>Ladies TOWNE Group Arts &amp; Crafts</b>                      Ballynafeigh CDA, Ormeau Rd.                      10am - 12pm                      Tel: 90 491 161</p> <p><b>Lisburn Market Trip</b>                      Ardoyne Women's Group                      10am - 3pm                      Tel: Sally 90 743 536</p> <p><b>WEDNESDAY 14th OCTOBER</b>  <b>Plant Your Own Boot/ Shoe Workshop</b>                      Donegal Pass Community Garden                      11am - 1pm                      Tel: Stephanie 90 244 070</p> <p><b>Tea, Bingo &amp; Skin Health Session</b>                      St John Vianney Club                      Balfour Ave                      2pm - 4pm                      Tel: 07803 717931</p> <p><b>THURSDAY 15th OCTOBER</b>  <b>Eat Well Bingo &amp; Talk</b>                      Dee Street Community Centre                      2pm - 4 pm                      Tel: Lawrence 90 735 698                      Cost £2</p> <p><b>Dementia Friendly Church Service</b>                      Shankill Church of the Nazarene,                      Azamor Street                      11am                      Tel: 07723 444859</p> <p><b>Dance Westival</b>                      St. Marys, UCB                      12pm - 2pm                      Tel: Brigene 90 235 790</p> <p><b>FRIDAY 16th OCTOBER</b>  <b>Movie Matinee</b>  <i>The Best Exotic Marigold Hotel</i>                      Belfast City Hall                      2pm                      To register, email:                      mcevoyg@belfastcity.gov.uk</p> <p><b>Community Cycle</b>                      Bikeway East Cycle Club                      10am                      Tel: Alan 90 451 512</p> <p><b>SUNDAY 18TH OCTOBER</b>  <b>Silver Sunday Walk</b>                      Woodvale Park                      2pm - 4pm                      Tel: Anne 90 502 073</p>	<p><b>MONDAY 19th OCTOBER</b>  <b>Titanic Walk</b>                      East Belfast Wise Men's Shed                      10am                      Tel: Alan 90 45 1512</p> <p><b>TUESDAY 20th OCTOBER</b>  <b>Imagine Belfast Arts Festival</b>                      Ulster Hall                      10am - 5pm (booking required)                      www.ulsterhall.co.uk                      Tel 90 334 455</p> <p><b>WEDNESDAY 21st OCTOBER</b>  <b>Strandtown Striders Walk</b>                      Starts 9.50am                      Tel: John 90 808 380</p> <p><b>Meals in Minutes Cookery Class</b>                      James Street South Cookery School                      Booking is essential                      Tel: 90 434 310</p> <p><b>Mindfulness &amp; Lunch</b>                      Survivors of Trauma                      Cliftonville Rd.                      11am - 1pm                      Tel: Justine 07736 773013</p> <p><b>Senior Women's Health Event</b>                      Carrick Hill Community Centre                      2pm - 4.30pm                      Tel: Jackie 90 231 602</p> <p><b>Lunch &amp; Dancing</b>                      Donegal Pass Community Centre                      12pm - 3pm                      Tel: 90 327 661</p> <p><b>FRIDAY 23rd OCTOBER</b>  <b>Ballynafeigh Men's Shed</b>                      Ormeau Bowls Pavilion                      11am - 1pm                      Tel: Darren 90 491 161</p> <p><b>One Place, Many People</b>                      Belfast Exposed Exhibition                      Ormeau Rd. Library                      Tel: 90 509 228</p> <p><b>SUNDAY 25th OCTOBER</b>  <b>Silver Sunday Walk</b>                      Orangefield Park                      2pm - 4pm                      Tel: Anne 90 502 073</p>	<p><b>MONDAY 26TH OCTOBER</b>  <b>Senior Circuits</b>                      1.30pm - 2.30pm                      Fit 4 Life Centre                      Tel: 90 333 527</p> <p><b>Cookery Class</b>                      10am - 12pm                      Concorde Community Centre                      Tel: Kim 90 712 450</p> <p><b>TUESDAY 27TH OCTOBER</b>  <b>Danderball Tournament</b>                      Andersonstown Leisure Centre                      10am - 2pm                      Tel: Anne 90 502 073</p> <p><b>Senior Dance Lessons</b>                      Glen Community Centre,                      Lenadoon                      10.30am - 12pm                      Tel: Triage 07446 145653</p> <p><b>WEDNESDAY 28TH OCTOBER</b>  <b>Celebrating Mexico</b>                      Connections                      Ulster Museum                      6pm - 9pm                      Tel: 0845 608 0000</p> <p><b>Seniors Men's Health Event</b>                      Glen Community Centre,                      Lenadoon                      1pm - 3.30pm                      Tel: Triage 07446 145653</p> <p><b>Intergenerational Games</b>                      Falls Library                      2.30pm - 4.00pm                      Tel: Andrew 90 509 212</p> <p><b>THURSDAY 29TH OCTOBER</b>  <b>10 PIN BOWLING</b>                      Dundonald Ice Bowl                      11am                      Tel: Lawrence 90 735 698                      Cost £1</p> <p><b>FRIDAY 30th October</b>  <b>Soil to Soup &amp; Pumpkin Carving</b>                      Donegal Pass Community Garden                      10am - 1pm                      Tel: Stephanie 90 244 070</p> <p><b>Social Friday Lunch &amp; Entertainment</b>                      Brantwood Football Club                      3.30pm - 6pm                      Tel: Justine 07736 773013                      Cost £3</p>

