

#PositiveAgeingMonth

Positive Ageing Month

October 2016



Belfast
City Council

www.belfastcity.gov.uk/positiveageingmonth

#PositiveAgeingMonth is a month-long festival of events and activities for older people

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

It begins on Tuesday 4 October in City Hall with the 'Be Prepared' event, 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.

Thursday, 15 September - Thursday, 6 October

You never forget how to ride a bike

FREE, 11am - 1pm

The four-week cycle training will give you the confidence and skills to cycle either on or off road, facilitated by Volunteer Now and Sustrans.

Bikes and helmets provided free

To book a place Tel: 028 9023 2020
or email: pamela.higgins@volunteernow.co.uk

Saturday, 1 October

HMS Caroline Drawing Day

HMS Caroline. FREE, 11am-4.30pm

Artist Jim Russell leads a sketching and drawing workshop exploring the historic spaces aboard HMS Caroline suitable for all levels.

Tel: 028 9045 4484

David Hockney Exhibition

The MAC. FREE, (daily 1 - 16 October)

Exhibition focused on David Hockney's interest in drawing. www.themaclive.com

Sunday, 2 October

Silver Sunday Walk

Botanic Gardens Bowling Pavilion. FREE, 2pm

Bring your walking shoes and meet at the Bowling Pavilion for an autumnal stroll around the gardens or join in on the Friars Bush graveyard tour. Hot drinks provided.

Tel: 028 9050 2073
or email anne.ross@bhdu.org

Monday, 3 October

Volunteer Now Mobile Volunteering

Tullymore Community Centre. FREE, 3pm-5pm

Enjoy tea and chat while helping others making reindeer packs on behalf of Clic Sargent.

Tel: 028 9023 2020
or email jill.hunter@volunteernow.co.uk

Drama and Reminiscence Workshop

Lyric Theatre. FREE, 3pm-4pm

Interactive drama and reminiscence workshop.

Tel: 028 9038 5695
or email niki.doherty@lyrictheatre.co.uk



Tuesday, 4 October

Be Prepared Event and launch of Positive Ageing Month

Belfast City Hall. FREE, 10.30am - 12.30pm

Lots of fantastic information stalls, free activities and refreshments plus a chance to catch up with old friends and meet new people at our annual Be Prepared winter event.

www.belfastcity.gov.uk/events

Introduction to Ipad class

Suffolk Library, Stewartstown Road.
FREE, 10am - 12 noon

Find out more about using computers in a relaxed library environment. You must be a library member to participate.

www.librariesni.org.uk

Keeping Active

Greenway Women's Centre. FREE, 10am - 1pm

Information on keeping healthy, fit and active

with speakers from the Health Trusts, bingo, brain teasers and a healthy lunch.

Tel: 028 9031 9974

or email: helen@womensinfolni.com

Ulster Orchestra: Musical Matinee

Ulster Hall. Cost £7.50, 1.05pm

Music by Mendelssohn, Britten, Dvorak;
Conducted by David Marlow.

Tel: 028 9033 4455

or visit www.ulsterorchestra.org.uk

* 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.



Creating Connections

The Black Box, 18-22 Hill Street.
FREE, 1.30pm - 4pm

A diverse range of activities for older adults with learning disabilities including creative workshops and film screenings. Refreshments provided.

Tel: 028 9024 4400
or email: outreach@blackboxbelfast.com

Pool Therapy

Falls Leisure Centre. Cost £2, 2.30pm – 3pm

Instructed gentle movement in water. Ideal for anyone with chronic joint/muscular pain/mobility issues.

Tel: 028 9031 0346

WW1 Research Project

Lagan Village Community Centre, Ballarat Street.
FREE, 6.30pm – 8pm

Featuring talks and research work presented by Dr Gareth Mulvenna focused upon the East Belfast men who fought on the Russian front in WW1.

Email: gnewell_bacs@hotmail.com

Wednesday, 5 October

Talk and a Walk

Botanic Gardens Bandstand.
FREE, 10am-11.30am

Join Park and Tropical Ravine staff to walk and talk about the ancient folklore of our native and exotic plants, then create your own native fern in a jar to take home. Refreshments included.

Tel: 07775 031345

Wheely Wednesdays

Shaftesbury Community & Recreation Centre,
Balfour Ave. FREE, 10.30am-12.30pm

A free four week programme to improve your cycling confidence and skills. Wheels, helmets and tea provided.

Tel: 028 9031 0346

Growing Communities

Musgrave Park Community Garden.
FREE, 11am - 1pm

Learn about growing your own foods and flowers, plant your own herbs and sweetpea to

take home. Help out in the community garden.
Refreshments provided.

Tel: 028 9032 0202 ext 3368
or visit www.belfastcity.gov.uk/parkevents

A Shipyard Coffee Catch-Up

SS Nomadic. FREE, 10.30am - 12.30pm

Join Titanic Foundation on board SS Nomadic for a cuppa and some cake and share your memories of working in the shipyard. Booking essential.

Tel: 028 9073 0490
or email info@titanic-foundation.org

Living With Loss, Writing With Heart

Crescent Arts Centre. FREE, 11am - 1pm

Nuala McKeever leads a creative writing session for anyone living with loss. Part of the Beyond Words project hosted by Cruse Bereavement Care. Refreshments provided.

Tel: 028 9079 2419
or email eleanor.ellerslie@cruse.org.uk

Open Arts' Gamelan Workshops, in association with Beyond Words.

Spectrum Centre. FREE, 2pm - 4pm

Gamelan is a collection of melodic percussion instruments from Indonesia, which is played by a group. Anyone is able to play, no musical experience necessary!

Tel: 028 9024 0765
or email jemma@openartsni.org.

Making Connections

Ulster Museum. FREE, 2pm

Making Connections afternoons for over 50s take place on the first Wednesday of the month.

Tel: 028 9044 0000

Thursday, 6 October

Kingspan Stadium Tour

Kingspan Stadium. Cost £6, 10am - 12.30pm

A guided behind the scenes tour of the Kingspan Stadium and Nevin Spence Centre. Refreshments included.

Tel: 028 9049 3222

Tree Planting

Ligoniel Dam (Map upon request).
FREE 10.30am-1pm

Get active, meet new people and have fun whilst planting trees with the Belfast Hills Partnership conservation team. Refreshments provided.

Tel: 028 9060 3466
or email lisa.critchley@belfasthills.org

Humans of East Belfast

Black Box. FREE, 6 - 31 October

Photography exhibition in association with Shoot Positive showcasing an intergenerational project which brought older members of the East Belfast community together with local youths.

www.shootpositive.com





Slipped Disco

Clayton Hotel. FREE, 7.30pm -10pm

Get your dancing shoes on and join us for a great night of dancing to all the hits of the 60s and 70s.

To register, contact Gillian McEvoy at mcevoyg@belfastcity.gov.uk or call 028 9032 0202 ext 3765.

Learn to Paint

Lagan Village Community Centre, Ballart Street.
FREE, 11am - 12.30pm

Facilitated painting workshop. No previous experience required.

Email: gnewell_bacs@hotmail.com



Garden in a Glass

Palm House, Botanic Gardens. FREE, 11am – 1pm

Make your own mini succulent ‘garden in a glass’ to take home. Just bring along a wide necked glass or plastic jar or bottle. All other materials provided.

Tel: 07775 031345

HMS Caroline Lunchtime Lectures at PRONI

After a Fashion: The influence of naval uniforms on fashion from the 1800s to the 1960s. PRONI. FREE 1pm-2pm

Join Valerie Wilson, Head of Textile at Ulster Folk and Transport Museum, to find out more about the influence of naval style on fashion during the late 19th and early 20th centuries.

Tel: 028 9053 4800

Late Night Art Tour

Linenhall Library Cost £5, 6pm-9pm

A fully guided bus tour of art galleries, exhibitions, artist studios and public art in and around Belfast with refreshments. Bus departs from the Linenhall Library at 6pm.

Tel: 028 9031 1798 or call in person to Townhouse Gallery, 125 Great Victoria Street.

Reading Rooms Open Session

Eason's Donegall Place. FREE, 7pm

Special Eason's Reading Rooms sessions for Positive Ageing Month. You don't have to be a reader to join in, just come and hear a story and share your thoughts.

Email donegallplacebooks@easons.com

Moving on Music present CHAMBER CHOIR IRELAND

Duncairn Arts Centre. Cost £10 (concession) 8pm

Chamber Choir Ireland, with conductor Paul Hillier embark on a musical journey through the last 100 years of choral music on the island of Ireland.

www.movingonmusic.com



Jazz Night at the Parador

The Parador Inn, Ormeau Road.
Cost £5, 8.30pm - 11pm

Join house band, The Bourbon Swing Jazz Band for a night of fantastic music, good company and dancing. Door price includes entry into the weekly wine ballot.

www.theparador.com



Danderball

Cost £2.25 and add 11am and 2pm

Walking football sessions at Avoneil Leisure Centre at 11am and Girdwood Community Hub 2pm.

Tel: 028 9521 1068 (Avoniel)

or 028 9521 1048 (Girdwood)

Friday, 7 October

Introduction to Ipad Class

Shankill Road Library. FREE, 10am-12noon

You must be a library member to participate.

www.librariesni.org.uk

Knit and Natter

Woodstock Library. FREE, 2pm-3pm

A group for anyone who enjoys knitting, crochet, cross stitch and other crafts. Refreshments provided.:

Tel: 028 9050 9239

Second Chance Adult Ballet

Crescent Arts Centre. Cost £8 per class

Beginners to intermediate: 6pm-7.30pm
Intermediate to advanced: 7.30pm-9pm
Ballet class for students of all ages, genders and ranges of experiences.

Email: secondchanceballet@gmail.com

Saturday, 8 October

Family Movie Matinee: Jungle Book

Redeemer Central, 101 Donegal Street.
FREE, 2pm



Bring your grandkids along to the original 1967 version of the Jungle Book. Crafts and activities from 1pm including a jungle photo booth and jungle snacks.

Email: hello@redeemercentral.com

Ulster Orchestra: TV Gold!

Ulster Hall. Costs from £15, 7.45pm

Classical music from the small screen conducted by Christopher Bell.

Tel: 028 9033 4455
or visit www.ulsterorchestra.org.uk

Monday, 10 October

Introduction to Ipad Class

Chichester Library. FREE, 10am-12noon

You must be a library member to participate.

www.librariesni.org.uk

World Mental Health Day Tea Dance

Youth Initiatives Centre, Colin Road.
FREE, 11am-3pm

Dancing, music, 'Devon Tea' and a guest speaker; all seniors are welcome.

Tel: 028 9062 7863

Co Couture Chocolate Tasting

Palm House, Botanic Gardens.
FREE, 10am-11.30am

Join Co Couture on a journey exploring the origin of chocolate and learn the official way of tasting to become a true connoisseur of chocolate.

Tel: 07775 031345

Age-friendly Belfast Punjana Tea Dance

Andersonstown Leisure
Centre.
FREE 1pm-3.30pm

Live music, dancing and complimentary refreshments are all part of our much-loved tea dances, supported by Punjana Tea. To register contact Gillian McEvoy by emailing mcevoyg@belfastcity.gov.uk
Tel: 028 9032 0202 ext 3765



Guided Tour of the BBC

Bedford House, Bedford Street.

FREE, 12noon-1.15pm

Tour takes you behind the scenes at the BBC to see how programmes are made and hear about the history of the BBC in Northern Ireland.

Email: carsonjan@belfastcity.gov.uk

Drama and Reminiscence workshop

Lyric Theatre. FREE, 3pm-4pm

Interactive drama and reminiscence workshop.

Tel: 028 9038 5695

Email: niki.doherty@lyrictheatre.co.uk

Knit for the Navy: Make Do and Mend

HMS Caroline. FREE, 2pm-4pm

Try knitting a WW1 pattern for a soldier or sailor. Feel free to bring your own pieces to up-style or mend using inspiration from the past. Suitable for all levels. Refreshments provided.

Tel: 028 9045 4484

Older than Ireland Screening

QFT. Cost £4, 6.30pm

Older Than Ireland tells the story of a hundred years of life as seen through the eyes of thirty Irish centenarians. Introduction by author Jan Carson and special guest. Free tea, coffee and biscuits from 6pm.

www.queensfilmtheatre.com

Tuesday, 11 October

Creating Connections

The Black Box, 18-22 Hill Street.

FREE, 1.30pm-4pm

A diverse range of activities for older adults with learning disabilities including creative

workshops and film screenings. Refreshments provided.

Tel: 028 9024 4400

Email: outreach@blackboxbelfast.com

Age-friendly Belfast Punjana Tea Dance

Grosvenor Hall. FREE, 2pm-4.30pm

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

To register contact

Gillian McEvoy

mcevoyg@belfastcity.gov.uk

Tel: 028 9032 0202 ext 3765



Pool Therapy

Falls Leisure Centre. Cost £2, 2.30pm-3pm

Instructed gentle movement in water. Ideal for anyone with chronic joint/muscular pain/mobility issues.

Tel: 028 9031 0346

Knit Night at the ARC

Arts Resource Centre, Community Arts Partnership, Donegall St Place. FREE, 7.30pm-9pm.

For knitters, hookers, sewers and crafters of all kinds - an evening of making, sharing and stitching. Refreshments served.

Tel: 028 9092 4545

or email julianne@comartspartner.org

WW1 Research Project

Lagan Village Community Centre, Ballarat Street. FREE, 6.30pm-8pm

Featuring talks and research work presented by Dr Gareth Mulvenna focused upon the East Belfast men who fought on the Russian front in WW1.

Email: gnewell_bacs@hotmail.com

Wednesday, 12 October

Introduction to Ipad Class

Woodstock Library. FREE, 10am-12noon

You must be a library member to participate.

www.librariesni.org.uk

Wheely Wednesdays

Shaftesbury Community and Recreation Centre, Balfour Avenue. FREE, 10.30am-12.30pm

A free four week programme to improve your cycling confidence and skills. Wheels, helmets and tea provided.

Tel: 028 9031 0346

Making Connections

Ulster Folk and Transport Museum. FREE, 1pm-5pm

Making Connections afternoons for over 50s offer free entry to the UFTM site on the second Wednesday of the month.

Tel: 028 9042 8428

Age-friendly Belfast Punjana Tea Dance

EBNC, Templemore Avenue. FREE, 2pm-4.30pm

Live music, dancing and complimentary refreshments are all part of our much-loved tea dances, supported by Punjana Tea. To register contact Gillian McEvoy mcevoyg@belfastcity.gov.uk
Tel: 028 9032 0202 ext 3765

Grand Opera House Tour and Story Share Event

Grand Opera House. Cost £5, 10.30am

A guided tour of the Grand Dame of Great Victoria Street. Find out what goes on behind the scenes in Belfast's oldest and busiest theatre. Please bring any photos or mementos. Refreshments provided.

Tel: 028 9024 1919

Kingspan Stadium Tour

Kingspan Stadium. Cost £6, 2pm-4.30pm

A guided behind the scenes tour of the Kingspan Stadium and Nevin Spence Centre. Refreshments included.

Tel: 028 9049 3222

Literary Pub Quiz John Hewitt Pub

£3 minimum donation, 7pm

Do you know your Dickens from your Doestoevsky? Join in the fun at this informal bookish pub quiz hosted by the John Hewitt Society.

www.johnhewittsociety.org

Thursday, 13 October

Guided Tour of Belfast Castle

Belfast Castle. Cost £4, 10am-11.30am

Take a walk through time and enjoy a short illustrated talk on the history of Belfast Castle and its development up to the present day. Refreshments included.

Tel: 028 9077 6925

or email bcr@belfastcastle.co.uk



Take me Home

Palm House, Botanic Gardens.
FREE, 11am-12.30pm

With the help of the experienced staff, propagate some exotic plants to take home and care for over the winter months.

Tel: 07775 031345

Learn to Paint

Lagan Village Community Centre, Ballarat Street.
FREE, 11am-12.30pm

Facilitated painting workshop. No previous experience required.

Email: gnewell_bacs@hotmail.com

HMS Caroline Lunchtime Lectures at PRONI.

The Diaries of William Crick: Boy Telegraphist, HMS Caroline

PRONI. FREE, 1pm-2pm

Join HMS Caroline's Curator, Victoria Millar, to explore the diaries of Boy Telegraphist, William Crick. Crick served aboard HMS Caroline during the First World War.

Tel: 028 9053 4800

Age-friendly Belfast Punjana Tea Dance

Spectrum Centre. FREE 2pm-4.30pm

Live music, dancing and complimentary refreshments are all part of our much-loved tea dances, supported by Punjana Tea. To register contact Gillian McEvoy mcevoyg@belfastcity.gov.uk
Tel: 028 9032 0202 ext 3765

Knit for the Navy: Make Do and Mend

HMS Caroline. FREE, 2pm-4pm

Learn about rations and style during World War 2. Feel free to bring your own pieces to up-style or mend using inspiration from the past. Refreshments provided.

Tel: 028 9045 4484

Reading Rooms Open Session

Eason's Donegall Place. Free 7pm

Special Eason's Reading Rooms sessions for Positive Ageing Month. You don't have to be a reader to join in, just come and hear a story and share your thoughts.

Email: donegallplacebooks@easons.com

National Theatre Live Recording: Hamlet

Strand Arts Centre. £10 concession, 7pm

Benedict Cumberbatch (BBC's Sherlock) takes on the title role of Shakespeare's great tragedy. Directed by Lyndsey Turner (Age 18+)

www.strandartscentre.com

Jazz Night at the Parador

The Parador Inn, Ormeau Road.
Cost £5 8.30pm-11pm

Join house band, The Bourbon Swing Jazz Band for a night of fantastic music, good company and dancing. Door price includes entry into the weekly wine ballot.

www.theparador.com

Danderball

Cost £2.25, 11am and 2pm

Walking football sessions at Avoniel Leisure Centre at 11am and Girdwood Community Hub 2pm.

Tel: 028 9521 1068 (Avoniel) or 028 9521 1048 (Girdwood)

Friday, 14 October

Introduction to Ipad Class (Part Two)

Shankill Road Library. FREE, 10am-12noon

You must be a library member to participate.

www.librariesni.org.uk

Dementia NI Information Morning

Connswater Shopping Centre. FREE, 10am-12.30pm

Visit our stand to learn more about Dementia NI and our Belfast Empowerment Group.

Tel: 028 9068 6768
or email: info@dementiani.org

Online for the over 50s

Woodstock Library.
FREE, 10am-12noon and 2pm-4pm

Introduction to computing for beginners.
Individual one hour sessions available or drop in for more information.

Tel: 028 9050 9239
or email: woodstock.library@librariesni.org.uk

Knit and Natter

Woodstock Library. FREE 2pm-3pm

A group for anyone who enjoys knitting, crochet, cross stitch and other crafts.
Refreshments provided.

Tel: 028 9050 9239

Second Chance Adult Ballet

Crescent Arts Centre. Cost £8 per class

Beginners to intermediate: 6pm-7.30pm
Intermediate to advanced: 7.30pm-9pm
or email: secondchanceballet@gmail.com



Saturday, 15 October

My Granda's Piece Tin

Titanic Belfast. 10.30am-1pm.

An interactive workshop about life for shipyard workers including refreshments and a chance to explore the Shipyard's section of Titanic Belfast. £5 per couple – 1 adult aged 60+ and child aged 5 - 10.

Tel: 028 9076 6396

Monday, 17 October

Introduction to Ipad class (part two)

Chichester Library. FREE, 10am-12noon

You must be a library member to participate.
www.librariesni.org.uk



Silver Screening Afternoon Movie

City Hall. FREE, 3pm

Come along and join us for a free Friday afternoon screening of The Second Best Exotic Marigold Hotel in the very exotic surroundings of City Hall. Ice cream provided
No booking required



Printing Workshop

Play Resource Warehouse.
FREE, 10.15am-12.15pm

Free printing workshop with artist, Jim Russell.

Tel: 028 9035 7546
or email: Nicola@playresource.org

Drama and Reminiscence Workshop

Lyric Theatre. FREE, 3pm-4pm

Interactive drama and reminiscence workshop.

Tel: 028 9038 5695
or email: niki.doherty@lyrictheatre.co.uk

Volunteer Now Mobile Volunteering

South Link Day Centre. FREE, 10.45am-12.15pm.

Enjoy tea and chat while helping others making reindeer packs on behalf of Clic Sargent.

Tel: 028 9023 2020
or email jill.hunter@volunteernow.co.uk

Great Big Table Quiz

City Hall. FREE, 2pm

Everyone's invited to our big City Hall table quiz. Bring a group or come by yourself and make some new friends. Our quiz master will get your gray cells going and keep the banter flowing throughout the afternoon. With free refreshments for all participants. No booking required.

Tuesday, 18 October

Kingspan Stadium Tour

Kingspan Stadium. Cost £6, 10am-12.30pm

A guided behind the scenes tour of the Kingspan Stadium and Nevin Spence Centre. Refreshments included.

Tel: 028 9049 3222.

Mobile Workshop

Play Resource Warehouse.
FREE, 10.15am - 12.15pm

Mobile making workshop with artist, Anne Quail.

Tel: 028 9035 7546
or email: Nicola@playresource.org

Halloween Tea Dance

Ligoniel Community Centre.
FREE, 12.30pm-3.30pm

Halloween-themed seniors' tea dance with refreshments.

Tel: 028 9071 9337

Creating Connections

The Black Box, 18-22 Hill Street.
FREE, 1.30pm-4pm

A diverse range of activities for older adults with learning disabilities including creative workshops and film screenings. Refreshments provided.

Tel: 028 9024 4400
or email outreach@blackboxbelfast.com

Reading of Prospero's Prison

Linenhall Library. FREE, 2pm

A dramatic reading of Prospero's Prison with the Educational Shakespeare Company as part of the Shakespeare 400 celebrations.

Tel: 028 9032 1707 or visit www.linenhall.com

Pool Therapy

Falls Leisure Centre. Cost £2, 2.30pm-5pm

Instructed gentle movement in water. Ideal for anyone with chronic joint/muscular pain/mobility issues.

Tel: 028 9031 0346

WW1 Research Project

Lagan Village Community Centre, Ballarat Street. FREE, 6.30pm-8pm

Featuring talks and research work presented by Dr Gareth Mulvenna focused upon the East Belfast men who fought on the Russian front in WW1.

Email: gnewell_bacs@hotmail.com

Wednesday, 19 October

Journeying Together

Meeting point is Belfast Central train station. FREE

The Big Lunch invite you to journey with us from Belfast to the coast where we'll share a carriage and engage in conversations exploring some of the issues impacting and affecting seniors lives today. Pack your lunch and Smart Pass!

Tel: 07703 189048
or email gmccloskey@edenproject.com

Introduction to Ipad Class (Part Two)

Woodstock Library. FREE, 10am-12noon

You must be a library member to participate.
www.librariesni.org.uk

Living With Loss, Writing With Heart

Crescent Arts Centre. FREE, 11am-1pm

Nuala McKeever leads a creative writing session for anyone living with loss. Part of the Beyond Words project hosted by Cruse Bereavement Care. Refreshments provided.

Tel: 028 9079 2419
or email Eleanor.Ellerslie@cruse.org.uk

Wheely Wednesdays

Shaftesbury Community and Recreation Centre, Balfour Avenue . FREE, 10.30am-12.30pm

A free four week programme to improve your cycling confidence and skills. Wheels, helmets and tea provided.

Tel: 028 9031 0346

Collage workshop

Play Resource Warehouse.
FREE, 10.15am-12.15pm

Collage workshop with artist, Anu Sundaralingam.

Tel: 028 9035 7546
or email: Nicola@playresource.org

Guided Tour of the BBC

Bedford House, Bedford Street.
FREE, 12noon-1.15pm

Tour takes you behind the scenes at the BBC to see how programmes are made and hear about the history of the BBC in Northern Ireland.

Email carsonjan@belfastcity.gov.uk





Open Arts' Gamelan Workshops, in association with Beyond Words.

Spectrum Centre. FREE, 2pm-4pm

Gamelan is a collection of melodic percussion instruments from Indonesia, which is played by a group. Anyone is able to play, no musical experience necessary!

Tel: 028 9024 0765
or email jemma@openartsni.org.

Thursday, 20 October

Felting workshop

Play Resource Warehouse.
FREE, 10.15am-12.15pm

Felting workshop with artist Anna O'Kane.

Tel: 028 9035 7546
or email Nicola@playresource.org

Learn to Paint

Lagan Village Community Centre, Ballarat Street.
FREE, 11am-12.30pm

Facilitated painting workshop. No previous experience required.

Email: gnewell_bacs@hotmail.com

Make a Handmade Photobook

Belfast Exposed.
FREE, 1pm-4pm

Make a small handmade photobook containing your own photographs of a holiday or special memory.

Tel: 028 9023 0965
or email hannah@belfastexposed.org

National Theatre Live Recording – Coriolanus

Strand Arts Centre.
£10 concession, 7pm

Screening of Shakespeare's Coriolanus with Tom Hiddleston. When an old adversary threatens Rome, the city calls once more on her hero and defender: Coriolanus. (Age 18+)

www.strandartscentre.com

Jazz Night at the Parador

The Parador Inn, Ormeau Road.
Cost £5, 8.30pm-11pm

Join house band, The Bourbon Swing Jazz Band for a night of fantastic music, good company and dancing. Door price includes entry into the weekly wine ballot.

www.theparador.com



Danderball

Cost £2.25, 11am and 2pm

Walking football sessions at Avoneil Leisure Centre at 11am and Girdwood Community Hub at 2pm.

Tel : 028 9521 1068 (Avoneil) or 028 9521 1048 (Girdwood)

Friday, 21 October

Palm House Music Session

Palm House, Botanic Gardens.
FREE 10am-11.30pm

Bring along an LP, pop it on the Palm House record player, sit back and relax with some tea, coffee and scones.

Tel: 07775 031345

1940s Cookery Class

NI War Memorial Museum, Talbot Street.
FREE, 10am-12noon and 2pm-4pm

Watch a 1940s cooking demonstration as we reminisce about wartime shortages. Have a slice of ration recipe cake with a cup of tea while listening to music from the era.

Tel: 028 9032 0392 Option 4
or email info@niwarmemorial.org

Guided Tour of the Linenhall Library

Linenhall Library. FREE, 11.30pm

Free tour of the Linen Hall Library, (normally £3.50). Learn about the history of the society, the building and the library which was founded in 1788.

Tel: 028 9032 1707



Knit and Natter

Woodstock Library. FREE, 2pm-3pm

A group for anyone who enjoys knitting, crochet, cross stitch and other crafts. Refreshments provided.

Tel: 028 9050 9239

Second Chance Adult Ballet

Crescent Arts Centre. Cost £8 per class

Beginners to intermediate: 6pm-7.30pm
Intermediate to advanced: 7.30pm-9pm

Email secondchanceballet@gmail.com

Ulster Orchestra: Exotic Storytellers

Ulster Hall. Costs from £10, 7.45pm

Featuring Ravel's tender Pavane and others. Conducted by Jac van Steen.

Tel: 028 9033 4455
or visit www.ulsterorchestra.org.uk

Saturday, 22 October

Strand Heritage Tour

Strand Arts Centre.
FREE, 10am-11.30am and 12.30pm-2pm

Heritage tour of The Strand, part of Open House Belfast Architecture Festival.

www.placeni.org/open-house



Moving on Music present Furnace Mountain

Duncairn Arts Centre.
Cost £10 (concession), 8pm

Live music from Virginia-based four piece,
Furnace Mountain.

www.movingonmusic.com

Monday, 24 October

Tell Me Another One

Colin Glen Library. FREE, 2pm-5pm

Basic storytelling course for parents,
grandparents or simply those who want to
share stories with other adults, with Liz Weir.

Tel: 028 9043 1266
or email colinglen.library@librariesni.org.uk

Drama and Reminiscence Workshop

Lyric Theatre. FREE, 3pm-4pm

Interactive drama and reminiscence
workshop.

Tel: 028 9038 5695
or email niki.doherty@lyrictheatre.co.uk

Kingspan Stadium Tour

Kingspan Stadium.
Cost £6, 2pm-4.30pm

A guided behind the scenes tour of the
Kingspan Stadium and Nevin Spence Centre.
Refreshments included.

Tel: 028 9049 3222.

Tuesday, 25 October

Know Your Numbers Health Day

Maureen Sheehan Centre, Albert Street.
FREE, 1pm-4pm

Interactive health awareness day. The Action
Cancer Big Bus will be on site and women of
70+ can book a free mammogram by calling
028 9080 3344.

Ulster Orchestra: A Picnic in the Highlands

Ulster Hall. Cost £7.50 1.05pm

Music by Mozart and Mendelssohn.
Conducted by Rafael Payare.

Tel: 028 9033 4455
or visit www.ulsterorchestra.org.uk

Spooky Shenanigans at the Spectrum Craft Cafe

Spectrum Centre. FREE, 10.30am-1.30pm

Drop-in morning featuring Halloween crafts and edible treats.

Tel: 028 9050 4555
or email sallyyoung@spectrumcentre.com

Creating Connections

The Black Box, 18-22 Hill Street.
FREE, 1.30pm-4pm

A diverse range of activities for older adults with learning disabilities including creative workshops and film screenings. Refreshments provided.

Tel: 028 9024 4400
or email outreach@blackboxbelfast.com

Pool Therapy

Falls Leisure Centre. Cost £2, 2.30pm-3pm

Instructed gentle movement in water. Ideal for anyone with chronic joint/muscular pain/mobility issues.

Tel: 028 9031 0346

Battle of the Somme Screening and Talk

Banqueting Hall, City Hall. FREE, 6.30pm-9pm

WW1 talk by Philip Orr and screening of the Battle of the Somme. Light refreshments served at 6.30pm

Tel: 028 9027 0663
or email goodrelations@belfastcity.gov.uk

WW1 Research Project

Lagan Village Community Centre, Ballarat Street.
FREE, 6.30pm-8pm

Featuring talks and research work presented by Dr Gareth Mulvenna focused upon the East Belfast men who fought on the Russian front in WW1.

Email: gnewell_bacs@hotmail.com

Volunteer Now Mobile Volunteering

Short strand Community Centre. FREE, 2pm-3pm

Help local charities prepare for fundraising activities by labelling jewellery accessories on behalf of Oxfam. Tel: 028 9023 2020
or email jill.hunter@volunteernow.co.uk

Wednesday, 26 October

Introduction to Ipad Class

Hollywood Arches Library. FREE, 10am-12noon

You must be a library member to participate.
www.librariesni.org.uk

Silver Celebrations - Celebrating Outreach and Educational Projects

Kindly funded by ACNI Arts and Older People's Programme.
Crescent Arts Centre. FREE

Free showcase of dance, drama and song by older people, plus after show tea party.

Tel: 028 9024 2338
or email: outreach@crescentarts.org

Wheely Wednesdays

Shaftesbury Community & Recreation Centre, Balfour Ave. FREE, 10.30am-12.30pm

A free four week programme to improve your cycling confidence and skills. Wheels, helmets and tea provided.

Tel: 028 9031 0346

Bingo Bongo in the Buffs

RAOB Club, 17 Church Street. FREE, 2pm-4pm

An eclectic afternoon of bingo and drumming fun with Joe of the Gathering Drum. There may be prizes. There'll definitely be lots and lots of fun. To register call 028 9073 5698 or email laurence.wright@engagewithage.org.uk





Silver Celebrations - Art Exhibition

Kindly funded by ACNI Arts and Older People's Programme.

Crescent Arts Centre. FREE

A stunning visual arts exhibition created by older people. Mixed media, felt work, drawings, paintings, pottery and more!

Tel: 028 9024 2338

or email outreach@crescentarts.org

Tenx9 Storytelling Night

The Black Box, Hill Street. FREE, 7.30pm-9.30pm

Tenx9 is a storytelling night where nine people have up to 10 minutes each to tell a real story from their lives. This evening's theme is age.

www.tenx9.com

Thursday, 27 October

Learn to Paint

Lagan Village Community Centre, Ballarat Street
tFREE, 11am-12.30pm

Facilitated painting workshop. No previous experience required.

Email: gnewell_bacs@hotmail.com

Volunteer Now Mobile Volunteering

Ballynafeigh Community Development Association. FREE, 2pm-4pm

Help local charities prepare for fundraising activities by labelling jewellery accessories on behalf of Oxfam.

Tel: 028 9023 2020

or email jill.hunter@volunteernow.co.uk

Over the Hill Jam

Oh Yeah Music Centre, Gordon Street.
FREE, 7.30pm

The Over the Hill Music Collective work with mature musicians and provide a platform for their music. Learn more about the music industry, collaborate and get the chance to perform your music live.

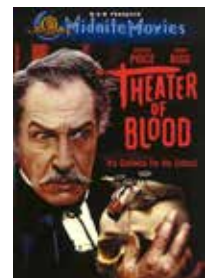
Email: paul@ohyeahbelfast.com

Theatre of Blood (1973) Screening

Strand Arts Centre. £3 concession, 7pm

A Shakespearean actor takes poetic revenge on the critics who denied him recognition in this classic comedy horror with Vincent Price. (Age 18+)

www.strandartscentre.com



Jazz Night at the Parador

The Parador Inn, Ormeau Road.
Cost £5, 8.30pm-11pm

Join house band, The Bourbon Swing Jazz Band for a night of fantastic music, good company and dancing. Door price includes entry into the weekly wine ballot.

www.theparador.com

Danderball

£2.25, 11am and 2pm

Walking football sessions at Avoneil Leisure Centre at 11am and Girdwood Community Hub at 2pm.

Tel: 028 9521 1068 (Avoniel)
or 028 9521 1048 (Girdwood)

Take 5 and try something new

Shankhill Spectrum Centre, Free 10am-1pm

Taster Session and information on activities that will help older adults to connect, get active, take notice, keep learning and give to others. Tel: 028 9050 4555 or email dympna@greatershankhillpartnership.org

Thursday 27 October

Belfast Club Games

Girdwood Community Hub. FREE, 10am - 2pm

The Club Games invites competitors aged 55 and over to compete in a wide range of sport and leisure activities and represent your local Better Leisure Centre. Sports on offer include:

- Badminton
- Short tennis
- Darts
- Table tennis
- Dominoes
- Danderball (walking football)
- Short mat bowls

There will be a variety of activities to watch and a chance for you to cheer on your local teams, plus stalls to browse and prizes to be won through our Club Games raffle. No booking required



Friday, 28 October

PRONI family history online resource workshop

PRONI. FREE, 1pm-2pm

A practical introduction to searching archives on the internet and using original documents at PRONI. Includes a behind-the-scenes tour.

Email proni@communities-ni.gov.uk

Knit and Natter

Woodstock Library. FREE, 2pm-3pm

A group for anyone who enjoys knitting, crochet, cross stitch and other crafts. Refreshments provided.

Tel: 028 9050 9239

Volunteer Now Mobile Volunteering

Ballynafeigh Community Development Association. FREE, 10am-12noon

Help local charities prepare for fundraising activities by labelling jewellery accessories on behalf of Oxfam.

Tel: 028 9023 2020
or email jill.hunter@volunteernow.co.uk

Dementia NI Open Door Empowerment Group

Grosvenor House, Glengall Street.
FREE, 10am-12noon

Social group to empower people living with dementia to have a voice, remain active and part of their community.

Tel: 028 9068 6768
or email info@dementiani.org

Second Chance Adult Ballet

Crescent Arts Centre. Cost £8 per class

Beginners to intermediate: 6pm-7.30pm
Intermediate to advanced: 7.30pm-9pm

Email: secondchanceballet@gmail.com

Ulster Orchestra: The Great Symphonies; Sybelius' First

Ulster Hall. Cost from £10, 7.45pm

Barry Douglas plays Tchaikovsky's Piano Concerto No.2. Conducted by Rafael Payare.

Tel: 028 9033 4455
or visit www.ulsterorchestra.org.uk



Saturday, 29 October

Boo at the Zoo

Belfast Zoo. Cost £6 for over 60s.
10am - 2.30pm (last entrance)

Family fun day including creepy crafts, freaky face painting and bewitching bat talks.

Tel: 028 9077 6277
or visit www.belfastzoo.co.uk

Me, Granny/Grandad and a Book

Eason's, Donegall Place, FREE, 11am-12noon

An open intergenerational event for grandparents and children aged 0 – 10 years using spooky stories, drama and art.

Email: donegallplacebooks@easons.com.

The Addams Family - A New Musical Comedy

Grand Opera House. 25- 29 October.
Matinee concession, 2.30pm

Belfast Operatic Company returns with The Addams Family, bringing your favourite kooky, creepy family to life in this new musical comedy.

Tel: 028 9024 1919
or www.goh.co.uk/addams-family

Sunday, 30 October

Cinema Paradiso Screening

Strand Arts Centre. Concession £5, 3pm

Cinemagic presents an opportunity to see this classic Italian movie on the big screen.

www.cinemagic.org.uk
or www.strandartscentre.com

Monster Mash

Titanic Slipway. FREE, 4pm-7pm

An evening of spooktacular street theatre, fearsome fire juggling, live music, fangtastic fireworks and much more.

www.belfastcity.gov.uk/events



Monday, 31 October

Volunteer Now Mobile Volunteering

Shankill Women's Centre. FREE, 1pm-3pm

Help local charities prepare for fundraising activities by making reindeer packs on behalf of Clic Sargent.

Tel: 028 9023 2020
or email jill.hunter@volunteernow.co.uk



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 and to book your place.

All activities are correct at time of print.

COMMUNITY CENTRES

Ardoyne

Sewing class - Mondays, 1pm-3pm
Holy Cross bowlers - Tuesdays, 2pm-4.30pm
and 6.30pm-10pm
Bakery class - Thursdays, 10.00am-12 noon
Crochet class - Thursdays, 10.00am-12 noon
Tel: 028 9074 8523

Braniel

Age NI - Fridays, 9.30am-1pm
Tel: 028 9040 1444

Clonduff

Pensioners bingo - Wednesdays,
7.30pm- 8.30pm
Tel: 028 9040 1444

Concorde

Bingo - Wednesdays, 7.30pm-9pm
Tel: 028 9071 2450

Cregagh

Senior citizens club - Wednesdays, 7pm-9pm

Cregagh retired active gentlemen -

Thursdays, 2pm-4pm

Three week digital training sessions -

Thursdays (contact Rosin McKenna on 028 9027 0644)

Pensioners lunch - Fridays, 1pm-2.30pm

Tel: 028 9040 1444

Dee Street

Line dancing - Mondays, 7.30pm - 9.30pm

Monday alternators - Mondays, 10.30am-1pm

Fit IT - Tuesday, 10am -12 noon

(contact Rosin McKenna on 028 9027 0644)

Line dancing - Wednesdays, 6.30pm-9.30pm

Deeside surfers (internet course) -

Wednesdays, 10am-12 noon

East Belfast's Senior's Forum -

Wednesdays, 10am

Loop group senior activities -

Thursdays, 2pm-4pm

Connswater Women's Group -

Thursdays, 6.30pm-9pm

Tel: 028 9045 5039

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

Tel: 028 9024 2551

Donegall Pass

Words alive (writing group) -

Mondays, 9am -1pm

Senior citizens group -

Mondays, 7pm - 9.30pm

Tel: 028 9032 7661

Downshire

Jazz club Fridays, 8pm - 11.30pm

Tel: 028 9040 1444

Duncairn

Fix IT - Mondays, 10am-12 noon

(contact Rosin McKenna - 028 9027 0644)

Three week digital training sessions -

Mondays

(contact Rosin McKenna - 028 9027 0644)

Senior Citizens Group -

Mondays, 12 noon-4pm

Sewing class - Mondays, 12 noon-4pm

Crochet class - Wednesdays, 12.30pm-3.30pm

Community garden - Tuesdays, 10am-12 noon

Women's group - Fridays, 10am-1pm

Senior Citizens Group -

Tuesdays, 6.30pm-9.30pm

Tigers Bay men's group -

Thursdays, 6.30pm-9.30pm

Stain glass class - Fridays, 1pm- 4pm

Tel: 028 9074 0212

Finaghy

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

Camera club - Thursdays, 8pm-9.30pm

Bingo - Fridays, 7pm-10pm

Tel: 028 9062 0474

Glen Road

Guitar class - Mondays, 8pm-10pm

Craft class - Mondays, 7pm-9pm

Fix IT - Tuesdays, 10am-12 noon

Three week digital training sessions -

Tuesdays

(contact Rosin McKenna - 028 9027 0644)

Craft class - Wednesdays, 10am-12 noon

Women's gardening project -

Thursdays, 10am-1pm

Craft class - Thursdays, 7.30pm-9.30pm

Crochet class - Thursdays, 7pm - 10pm

Glen Road (continued)

Bowling club - Fridays, 7.30pm – 10pm
Brass band - Saturdays, 10am – 1pm
Brass band - Sundays, 11am – 1pm
Bowling club - Sundays, 7.30-11pm
Tel: 028 9027 0644

Hammer

Fix IT - Mondays, 1pm–3pm
(contact Rosin McKenna – 028 9027 0644)
Women's group - Mondays, 11am–12 noon
Craft class - Mondays, 10am–12 noon
Crochet class - Tuesdays, 10am–12.30pm
Senior Citizens Group - Tuesdays, 1pm–3pm
Keep fit - Tuesdays, 7pm–8.30pm
Crochet class - Wednesdays, 11a –12.30pm
Conway Senior Citizens Group -
Wednesdays, 11.45am–1.30pm
Digital photography -
Wednesdays, 10.30am-12 noon
Chair aerobics - Thursdays, 10am–12.30pm
Ipad class - Thursdays, 10am–12 noon
Tel: 028 9027 0644

Highfield

Fix IT - Mondays, 1pm–3pm
(contact Rosin McKenna – 028 9027 0644)
Bingo - Mondays, 7pm–10pm
Lunch club - Wednesdays, 12 noon–3pm
50+ group - Wednesdays, 7pm–10pm
Lunch club - Thursdays, 12 noon–3pm
Tel: 028 9027 0644

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
Tel: 028 9060 4860

Inverary

Fix IT - Tuesdays, 10am – 12 noon
(contact Rosin McKenna – 028 9027 0644)
Three week digital training sessions –
Tuesdays
(contact Rosin McKenna – 028 9027 0644)
Mondays, 10am – 12 noon 50+ keep fit
Wednesdays, 9.30 - 12.30pm painting and
sketching
Tuesdays, activities for seniors
Tel: 028 9047 1456

Knocknagoney

Fix IT - Wednesday, 1pm – 3pm (contact
Rosin McKenna – 028 9027 0644)
Three week digital training sessions –
Wednesdays
(contact Rosin McKenna – 028 9027 0644)
55+ club - Fridays, 2.30pm–4.30pm
Crochet club - Wednesdays, 7pm–8.15pm
Old time dance - Thursdays, 8pm–10pm
Darts - Tuesdays, 7pm -9.30pm
Men's group - Tuesdays, 10am -12 noon
Millennium arts - Mondays, 10am–12 noon
Arty crafty group - Thursdays, 10am–12 noon
Tel: 028 9076 1432

Ligoniel

Senior Citizens Group - Tuesdays, 10am–
11am
Tea dance – Tuesdays, 12.30pm–3.30pm
Fix IT – Wednesdays, 10am–12 noon
(contact Rosin McKenna – 028 9027 0644)
Line dancing - Thursdays, 7pm – 9pm
Art class for adults - Fridays, 10.30-12.30
Tel: 028 9074 8523

Markets

Pilates - Mondays, 12.30pm–1.30pm
Yoga - Tuesdays, 5.30pm– 6.30pm
Bingo - Fridays, 7.30pm–9.30pm
Indian women's group -
Fridays, 10am–12 noon
Tel: 028 9023 5969

Morton

Open arts - Mondays, 10am–1.30pm
Fix IT - Tuesdays, 1pm–3pm
(contact Rosin McKenna – 028 9027 0644)
Samba - Tuesdays, 6pm–8pm
Streetwise Circus School -
Tuesdays, 11am–1pm
Streetwise Circus School -
Wednesdays, 11am–12.30pm
Art group - Wednesdays, 10am–12.30pm
Tiffany glass making -
Wednesdays, 7pm–8.30pm
Streetwise Circus School -
Thursdays, 6pm–8pm
Pilates - Thursdays, 6.15pm–7.15pm
Streetwise Circus School - Fridays, 11am–1pm
Tel: 028 9068 1874

North Queen Street

Line dancing - Wednesdays, 8pm–10pm
Senior Citizens Group -
Thursdays, 7.30pm–10.30pm
Bingo - Fridays, 10.30am–12.30pm
Tel: 028 9074 8523

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
Chest Heart and Stroke -
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
Three week digital training sessions – Tuesdays
(contact Rosin McKenna – 028 9027 0644)



Men's breakfast club -
Thursdays, 10am–12 noon
Tel: 028 9032 5403

Suffolk

Seniors craft class -
Wednesdays, 10am–12 noon
Tel: 028 9060 2564

Tullycarnet

Internet course for older people -
Tuesdays, 1pm–3pm
Over 50s lunch club - Tuesdays, 12 noon–2pm
Senior citizens' group -
Wednesdays, 7pm–9.30pm
Over 50s lunch club -
Thursdays, 12 noon–2pm
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

Woodvale 50+ group -
Mondays, 10am–12 noon
Bingo - Tuesdays, 7.30pm–10pm
Tel: 028 9035 1548



LEISURE CENTRE ACTIVITIES

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.

All activities are correct at time of print.

60+ membership cards, available from all GLL leisure centres, are needed to participate. Proof of address and photographic ID are required.

Andersonstown

Seniors tea dance - Mondays, 1pm–3pm
Yoga class - Mondays, 8pm–9.30pm
Aqua fit class - Mondays, 12.30pm–1.30pm
Pilates - Tuesdays, 12 noon–1pm
Pilates - Tuesdays, 8pm–9pm
Tai chi class - Wednesdays, 11.15am–12.15pm
Aqua fit class - Wednesdays, 11am–12 noon
Pilates - Thursdays, 11am–12 noon
Pilates - Fridays, 11am–12 noon
Yoga class - Fridays, 7pm–8.30pm
Tel: 028 9521 1048

Olympia

Senior fitness - Mondays, 10.30am–11am
Cardiac rehab - Mondays, 1.30pm – 3pm
Senior fitness - Wednesdays, 10.30am–11am
Cardiac rehab - Wednesdays, 1.30pm – 3pm
Fitness suite 60+ free before 11am,
Monday – Friday
All facilities have 60+ concessions on
Saturdays and Sundays
Tel: 028 9521 3725

Whiterock

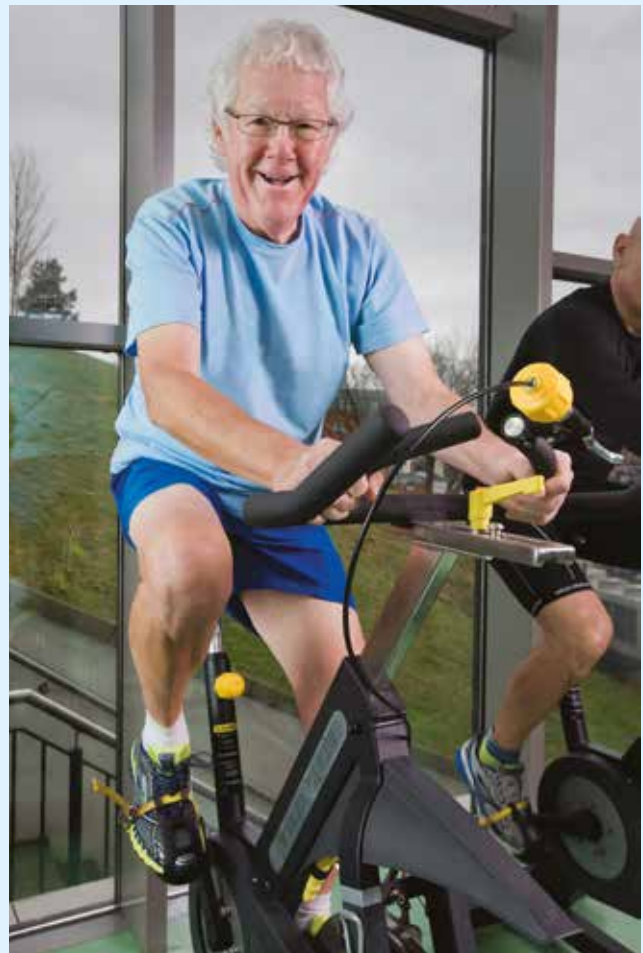
Free lane swimming -
Mondays, 7.15am–9.15am
Aqua fit class 60+ conc. £2.25 -
Mondays, 8.30pm - 9.30pm
Yoga class - Tuesdays, 10am – 12 noon
Aqua fit class 60+ conc. £2.25 -
Tuesdays, 12 noon–1pm
Yoga 60+ conc. £2.25 -
Tuesdays, 6.30pm–8.30pm
Free lane swimming -
Wednesdays, 7.15am–9.15am
Pilates - Wednesdays, 10am – 11am
Aqua fit class 60+ conc. £2.25 -
Wednesdays, 7pm–8pm
Yoga class - Thursdays, 10am – 12 noon
Yoga 60+ conc. £2.25 -
Thursdays, 6.30pm – 8.30pm
Free lane swimming - Fridays, 7.15am–9.15am
Gym induction and awareness sessions -
Fridays, 8am–11am
Aqua fit class 60+ conc. £2.25 -
Fridays, 7pm–8pm
Pilates 60+ conc. £2.25 -
Saturdays, 9.30am–10.30am
Yoga 60+ conc. £2.25 - Sundays,
10.00am – 12 noon
Tel: 028 9521 3775

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
Yoga 60+ conc. £2.25 -
Wednesdays, 7.30pm–8.45pm
Tel: 028 9521 3665



Indoor Tennis Centre and Ozone Complex

Yoga - Tuesdays, 7.30pm–8.30pm
Yoga - 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
Yoga 60+ conc. £2.25 -
Mondays, 7.15pm–8.45pm
Bums and tums 60+ free -
Tuesdays, 10.30am–11.30am
Yoga 60+ conc. £2.25 - 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



Age-
friendly
Belfast

Age-friendly Belfast Older Volunteer Awards 2016

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

Want to recognise and
celebrate their valuable
contribution to your work?

Then nominate them for the
Age-friendly Belfast Older
Volunteer Awards 2016!

For details of how to make your nominations, go to
www.belfastcity.gov.uk/volunteering
Closing date **Friday 21 October 2016.**



Age-friendly Belfast
Belfast City Council, Cecil Ward Building
4-10 Linenhall Street, Belfast. BT2 8BP

Email: development@belfastcity.gov.uk
Tel: 028 9032 0202 ext 3706 or ext 3765



**Belfast
City Council**