



Age Friendly Belfast

Positive Ageing Month

October 2026

www.belfastcity.gov.uk/positiveageingmonth

Positive Ageing Month

A month-long programme of events and activities for older people

Positive Ageing Month is a month-long programme of events and activities for older people. Cities can be a great place to grow old, with lots of different venues holding events that encourage connection and the chance to try something new.

Positive Ageing Month is designed to promote these options for living happier, healthier and more connected lives to our older residents.

Fold out this guide and display the calendar to see exactly what's on offer this year as we celebrate 11 years of Positive Ageing Month.

Points to note:

Most events and activities are free.

Any charged events are clearly marked.

If you book an online event, the joining link will be sent to you via email from the organiser. Don't be afraid to ask for help if you've never joined an online event before, help is available!



Feeling active?



The Better Club Games are open to people aged 60+ and take place on 2nd October at Girdwood Community Hub.

If you like a bit of friendly competition, and play boccia, bowls, badminton, darts, pickleball or table tennis, you can register now by emailing corey.wilson@gll.org or search online for Better Club Games Belfast

All library events are free and do not need to be booked. These events are repeated each week.



Mondays

Tea & Newspapers

Holywood Arches Library
10am-12.30pm

Ormeau Road Library
10am-12pm

Mindful Colouring

Finaghy Library
10am-12pm

Lisburn Road Library
10am-12pm

Knit N Natter

Ardoyne Library
10.30am-12.30pm

Ballyhackamore Library
2pm-4pm

Shankill Road Library
3pm

Tuesdays

Mindful Colouring

Ballyhackamore Library
9am-12pm

Ormeau Road Library
10am-12pm

Shankill Library
3pm

Brew and Browse

Ballyhackamore Library
10am-12pm

Puzzle Club

Suffolk Library
10am-11.30am

Knit N Natter

Cregagh Library
1.30pm-2.30pm

Suffolk Library
2.30pm-4.30pm



Thursdays

Knit N Natter

Holywood Arches Library
10.30am-12.30pm

Lisburn Road Library
10.30am-12.30pm

Ormeau Road Library
10am-12.30pm

Tea & Newspapers

Ardoyne Library
11am-12pm

Wednesdays

Tea and Newspapers

Cregagh Library
10.30am-1pm

Knit N Natter

Finaghy Library
1.30pm-3pm

Fridays

Knit N Natter

Whiterock Library
11am -2pm

Tea & Newspapers

Finaghy Library
10am-11.30pm

Ballyhackamore Library
10am-12pm

Whiterock Library
9.15am-2pm

Lisburn Road Library
9.15am-12pm







**Belfast
City Council**

HSC Belfast Health and
Social Care Trust
caring supporting improving together

HSC Public Health
Agency
Project supported by the PHA



**Full details of all events and activities taking place during
Positive Ageing Month are available online at:**

www.belfastcity.gov.uk/positiveageingmonth

Details correct at the time of publishing. Organisers reserve the right to cancel or change listings. To avoid disappointment, please contact the provider in advance.