

ABC Seniors Newsletter



Good practise trip with members of ABC Seniors Network and South West Age Partnership in Omagh.

ABC Seniors Day Out

ABC Seniors Network enjoyed a great day out recently when they combined a Good Practice Trip to Omagh and a meeting with the South West Age Partnership.

Around 16 members of the Network embarked on the trip which included a very beneficial Good Practice Event and also a Volunteer Recognition Event at the Blessingbourne Estate.

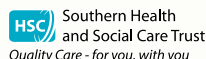
Accompanying the Network was Billy from Armagh, Banbridge and Craigavon PCSP and Emma from ABC Community Network who also sit on the Committee as support members, offering advice, support, planning and development at all Committee Meetings.

The ABC Seniors Network would like to thank the Tak£500+Participatory Budgeting funding for the trip.

Tak£500+ is a project of ABC Community Planning Partnership.



This newsletter was made possible thanks to **#NationalLottery** players



Useful Numbers

ABC Seniors Network
07873 339 423

Access and Information
028 3756 4300

Action Fraud
03001 232 040

Age Friendly Officer
07825 010 630

Age NI Advice Service
08088 087 575

Armagh Rural Transport
028 3751 8151

Community Advice ABC
0330 135 9733

Council Offices
0300 0300 900

DART Partnership
028 3831 7810

Elder Abuse
08088 088 141

Home Safety Advice
03300 561 011

Home Security Advice
07919 306 281

Make the Call
08002 321 271

N.I. Direct
03002 007 899

N.I. Electricity Networks
03457 643 643

N.I. Water
03457 440 088

Out of Hours Doctor
028 3839 9201

Police Emergency
999

Police Non-Emergency
101

Linking Generations Northern Ireland

Are you interested in developing intergenerational connections within the Armagh, Banbridge Craigavon area? Linking Generations NI are here to help!

LGNI's vision is for a truly Age-friendly Northern Ireland where generations are respected, understood, connected and engaged together in their communities. We work at all levels - bringing generations together at grassroots, supporting the development of quality and sustainable (IG) practice with practitioners and orgs and using our evidence and evaluation to influence and improve policy. We work closely with local partners to support them to adopt an IG approach to existing work adding value and achieving multiple outcomes. LGNI connect those interested in IG practice, provide inspiration and support to develop their own IG approaches.

If you are interested you can join the LGNI network via www.linkinggenerationsni.com/sign-up/ to get access to information, resources, network meetings and small grant opportunities. Or you can call Vicki Titterington who is always happy to have a chat on **07732 875 409** or vicki.titterington@bjf.org.uk

All Ages April Activities in ABC

As part of LGNI's Global Intergenerational Week Campaign in April 2024 40 small grants were allocated to communities, groups and settings across NI to support intergenerational activities during April.



Tassagh Cultural Regional Neighbourhood Group



Aghagallon Community Centre



Aghagallon Community Centre

Check out the 4 All Ages April Activities that took place in ABC:

Tassagh Cultural Regional Neighbourhood Group

Tassagh Cultural Regional Neighbourhood Group held a Plant your Pot garden evening where we provided the participants with flowers, seeds and peat. The evening ended with a yummy supper for everyone.

Aeon Arts

Aeon Arts came together for a Paint and Sip event including a gallery session, food and drinks, photo booth and a raffle. The participants were aged between 20 and 71.

Aghagallon Community Centre

The project entailed engaging the older generation along with the students from the local primary schools to participate in the game of indoor bowls. It was amazing how quickly the children adopted to the game of bowls and how attentive they were to the coaching provided. Everyone worked well together.

Little Friends Pre-School

Little Friends Pre-School went to Spelga Mews to visit the residents and plant flowers in their environment.

A lot of interaction between the children and residents as they discussed the colour of the flowers and why they needed water to grow. This was discussed around the dinner table at a tea party that the residents had set up as a thank you for visiting.

Margaret's Cookery Corner Tea Loaf



Method

1. Make up ½ pint of tea using 2 teabags.
2. Add the mixed fruit or sultanas or raisins and leave to soak overnight.
3. In a bowl add the 2 cups of self-raising flour and mix all the dry ingredients together.
4. Then add the tea and fruit and stir and with a metal spoon.
5. Grease a 2lb loaf tin and line with greaseproof paper.
6. Fill tin with mixture.
7. Bake for 45 minutes in the oven at 165°C.
8. Test with skewer that it's cooked through. Insert skewer into the middle of the loaf. If it comes out clean, the loaf is done. If it is wet or sticky it needs more time.
9. Turn out onto a cooling tray.

Top Tip: If you want a soft top on loaf cover with clean damp cloth when it comes out of the oven. This can be served sliced with butter or without. Keeps up to 3 weeks in airtight tin or plastic box.

Enjoy

Ingredients

- ½ pint water
- 2 teabags
- 275g of mixed fruit or just sultanas or raisins
- 2 cups full of self-raising flour
- 1 tsp baking powder
- 1 tsp ginger
- 1 tsp mixed spice
- 1/2 cup of soft brown sugar or 1/2 cup granulated sugar



PHONE FIRST

Make sure you PHONE FIRST before going to Craigavon Area or Daisy Hill Hospital Emergency Departments, or South Tyrone Hospital Minor Injuries Unit.

0300 123 3 111

TEXT RELAY: 18001 0300 123 3 111

Operating Monday to Friday 9am to 6pm

Get directed to the right care

Avoid busy waiting rooms

Stay safe

Save time



FOR EMERGENCIES - 999

Including: stroke, heart attack, loss of consciousness, breathing difficulties, severe bleeding or major trauma

ALWAYS CALL 999 IMMEDIATELY



Compassionate Care For You And Your Loved Ones



At Northern Ireland Chest Heart & Stroke (NICHS), we offer a wide range of care and support services for people living with chest, heart and stroke conditions. Our Care Services team works with people throughout Northern Ireland, along with their families and carers. We understand the huge impact that living with a chest, heart or stroke illness can have on you, as well as your loved ones.

Through our Care Services team, we provide:

- Practical advice and information
- Emotional support
- Access to physical activity to support rehabilitation

- A range of programmes for improving overall wellbeing
- Signposting to other organisations

Our Family Support Service is the first step with NICHS, and it is here to support both you and your family as you navigate life with a chest, heart or stroke condition. You will receive an initial home visit through which we can offer a listening ear and find out more about your individual circumstances. From there, we can provide you with personalised advice and a support plan to suit your needs.

Whatever your situation, you can rest assured that Northern Ireland Chest Heart & Stroke is on hand to help you – every step of the way.

For more information, please visit www.nichs.org.uk/support or call **028 9032 0184**.



GOOD MORNING SERVICE

Providing a phone call to isolated older people (60plus) and carers in the Southern Trust Area.

What is the Good Morning Service?

The Good Morning Service provides a friendly phone call to isolated older people (60 plus) and carers in the Southern Trust Area. The service is provided by volunteers from the Confederation of Community Groups and its local partners.

What areas does the Good Morning Service cover?

The service covers all of the Armagh, Banbridge and Craigavon areas as well as all of the Newry and Mourne area.

Who delivers the Good Morning Service?

The service is delivered by the Confederation of Community Groups which is a community organisation based in Ballybot House, Newry. The Confederation has been delivering services to the community for more than 50 years.

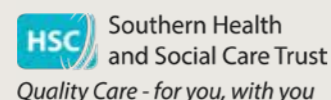
How do you contact the Good Morning Service?

To get registered with the service please contact Conor Keenan or Pat Quinn on 028 3026 1022. They will take your details and explain how the service works.

To Access the Service Contact:

Conor Keenan or Pat Quinn

✉ ckeen@ccgnewry.org ✉ pquinn@ccgnewry.org
☎ 028 3026 1022 🌐 www.ccgnewry.org



“Keep Connected with Good Morning”



Northern Ireland
Fire & Rescue Service



Preventing Home Fires

Most fires in the home can be prevented. At Northern Ireland Fire & Rescue Service (NIFRS) we are committed to keeping everyone safe from fire. We are calling on the public to follow our simple fire safety advice to protect you and your home.

Smoke alarms

- A smoke alarm should be fitted on every floor and for those with impaired mobility fit an additional smoke alarm in the room in which they sleep
- Smoke alarms should be tested weekly

Cooking

- Never leave cooking unattended
- Don't cook if you are tired, have consumed alcohol or have taken medication that could make you drowsy
- Avoid leaving items on your cooker/hob e.g. tea towels and medication

Electrical

- Do not overload electric sockets and always use the correct fuse
- Make sure power leads are not frayed/damaged
- If using a mobility scooter, e-bike or e-scooter, charge batteries when awake, unplug when finished charging and avoid storing them in escape routes.

Smoking

- Never smoke in bed
- Avoid smoking when tired, have consumed alcohol or taken medication that makes you feel drowsy
- Extinguish cigarettes properly and empty ashtrays safely (dampen contents)

Bedtime routine

- Have a bedtime routine – turn off electrical items at the plug, close internal doors, empty ashtrays, extinguish candles, and put a spark guard on open fires
- Plan your escape route and keep this route clear from obstructions

NIFRS provides a free Home Fire Safety Check scheme. If eligible, fire personnel will come to your house and will either fit a smoke alarm or show you how to test your existing smoke alarm, explain the potential fire risks in your home, and provide fire safety advice. For further information please contact ☎ 028 9266 4221 or visit 🌐 www.nifrs.org.



Positive Ageing Month

October 2024

Positive Ageing Month takes place this October and is a month-long festival of events and activities to highlight the valuable contribution older people make to everyone's lives. It encourages older people to reach out and connect not only to reduce social isolation and loneliness but to support them to live, long healthy lives.

Check out the Get Active ABC Website for more information about Positive Ageing Month Activities available throughout the Borough this October:
www.getactiveabc.com/pam

Also for activities and programmes for anyone aged 50+ in the ABC Borough happening all year round check out www.getactiveabc.com/getsocial

**Tue
1 Oct**

International Older Persons Day

Launch of Positive Ageing Month
 Online Address by Lord Mayor Councillor Sarah Duffy via Council Facebook
www.facebook.com/armaghbanbridgecraigavon

Banbridge: Bat and Chat

Banbridge Leisure Centre | 10.30am - 12noon | £3.00 per session
 Table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. Booking via www.getactiveabc.com/pam. For more information contact Arnold on **07740 983 676** or email: banttc@gmail.com

Craigavon: GOGA FIT

South Lake Leisure Centre | 11.30am - 12.30pm | £2.00
 Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick on **07392 170 746** or email mquick@dsni.co.uk

Craigavon: Advanced Tai Chi

South Lake Leisure Centre | 1.30pm - 2.30pm | £2.00
 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on **07392 170 746** or email mquick@dsni.co.uk

Craigavon: Tai Chi for Beginners

South Lake Leisure Centre | 2.45pm - 3.45pm | £2.00
 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on **07392 170 746** or email mquick@dsni.co.uk

**Wed
2 Oct**

Gilford: Tea Dance

Gilford Community Centre BT63 6ET | 2.00pm - 4.00pm | FREE
 ABC Seniors Network are hosting this event to encourage everyone to come together, enjoy some dancing, have a cup of tea, make new social connections and enjoy the craic. For more information or to book a place email: agefriendly@armaghbanbridgecraigavon.gov.uk or call Stephanie on **07825 010 630**

Lurgan: Verve Chatty Walk

Meet at Lough Neagh Discovery Centre at 10.00am | FREE
 For more information or to book call Rebekah Lee on **028 3756 3946** or email: verve.network@southerntrust.hscni.net

Richhill: Tai Chi

Richhill Recreation Centre | 10.00am - 11.00am | £2.00
 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on **07392 170 746** or email mquick@dsni.co.uk

Maghery: Chatty Talks for Falls Prevention

Maghery Hall BT71 6PA | 10.30am - 12.30am | FREE
 Come along and listen to professional speakers give advice on how to prevent trips, slips and falls. Lunch will be provided. For more information or to book call Rebekah on **028 3756 3946** or email: rebekah.lee@southerntrust.hscni.net

Richhill: Tai Chi for Beginners

Richhill Recreation Centre | 11.00am - 12noon | £2.00
 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on **07392 170 746** or email mquick@dsni.co.uk

Craigavon: Nordic walking

South Lake Leisure Centre | 1.30pm - 2.30pm | £1.00
 Learn proper Nordic walking technique that will help you walk improve your cardio, develop strength, improve posture and reduce the impact on your joints. For more information or to book contact Martin Quick on **07392 170 746** or email mquick@dsni.co.uk

**Thu
3 Oct**

Richhill: Bat and Chat

Richhill Recreation Centre | 10.30am - 12noon | £15.00 for a 5 week block
 Table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. Free tea and coffee throughout. Booking via www.getactiveabc.com/pam. For more information call Amanda Mogy on **07816 341 112**

Craigavon: Bat and Chat

South Lake Leisure Centre | 10.30am - 12noon | £3.00 per session
 Table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. Booking via www.getactiveabc.com/pam. For more information contact Arnold on **07740 983 676** or email: banttc@gmail.com

Armagh: Tea, Coffee & Chat

The Market Place Theatre, Armagh | 11.00am - 12.30pm | FREE
 Members of staff will entertain you with tea, coffee, boardgames & chat. No booking required – drop-in.



Banbridge: Get Support with Hearing Loss
Visit RNID at Banbridge Old Town Hall, 1, Scarva Rd, Banbridge | 11.00am - 1.00pm
Free drop-in service | No appointment needed

Our friendly volunteers can support you with: Information on hearing loss and tinnitus, how to do a hearing check, hearing aids, including basic repairs and maintenance of NHS hearing aids, How to access support and services in your area. For more information call Carolyn on ☎ **07407 732 106** or email: ✉ Carolyn.ritchie@rnid.org.uk

Armagh: Positive Ageing Month Tea Dance
Armagh City Hotel | 2.00pm - 4.00pm | FREE

Ark and Triangle Housing invite you to an Afternoon Tea Dance in celebration of older people and the valuable contribution they make to our community. Only 2 places per booking. For more information or to book email Sophie on ✉ sophie.lester@armaghibanbridgecraigavon.gov.uk or call Sophie Lester on ☎ **0300 0300 900**.

Fri
4 Oct

Banbridge: GOGA FIT for Beginners
Banbridge Leisure Centre | 10.00am - 10.45am | £2.00

Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ mquick@dsni.co.uk

Banbridge: GOGA FIT
Banbridge Leisure Centre | 11.00am - 12noon | £2.00

Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ mquick@dsni.co.uk

Banbridge: Walking Netball
Banbridge Leisure Centre | 12.30pm - 1.30pm | FREE

This is for anyone who wants to become more active and enjoy playing netball at a slower pace. These sessions will be led by a fully qualified Netball NI coach, providing a warmup, a recap on rules, passing and shooting activities followed by walking netball games. Booking via 🌐 www.getactiveabc.com/pam. For more information, please contact Sarah Aiken on ☎ **07733 596 612**

Banbridge: Tai Chi
Banbridge Leisure Centre | 1.00pm - 2.00pm | £2.00

Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ mquick@dsni.co.uk

Portadown: Verve Chatty Walk
Portadown People's Park | 2.00pm | FREE

Meet at Clanrye, Mayfair Business Centre. For more information or to book call Emma McCormick ☎ **07485 325 861** or email ✉ emma.mccormick@clanryegroup.com

Banbridge: Tai Chi for Beginners
Banbridge Leisure Centre | 2.15pm-3.15pm | £2.00

Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ mquick@dsni.co.uk

Markethill: All Ages Bingo with Supper and Raffle hosted by Markethill Community Festival
Markethill Masonic Hall | 7.30pm | £5 per person including supper

Lots of great prizes to be won. For information email ✉ markethillfestival@gmail.com or call Helen on ☎ **07796 277 257** or check their Facebook page.

Mon
7 Oct

Lurgan: Verve Chatty Walk
Lurgan Park | 10.00am | FREE

Meet at Windsor Ave gate. For more information or to book call Rebekah Lee on ☎ **028 3756 3946** or email ✉ verve.network@southerntrust.hscni.net

Armagh: GOGA FIT
Dobbin Street Community Centre, Armagh | 10.00am - 11.00am | £2.00

Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ mquick@dsni.co.uk.

Dromore: Dancing in the Daylight
Dromore Community Centre | 10.00am - 11.00am | £2.00

This is a low-medium intensity dance work out. It helps with coordination, rhythm, mobility and overall physical and mental wellbeing. No booking required. For more information, please contact Christie McMahon on ☎ **07500 961 296** or via 🌐 www.getactiveabc.com/pam.

Armagh: Family History Session
Armagh Library | 10.30am - 12.30pm | FREE

Learn how to trace the history of your house online and see what stories you'll uncover. Booking essential via ✉ armagh.library@librariesni.org.uk or call ☎ **028 3752 4072**.

Online Via Zoom: Move More Live More

A 2 week falls prevention health and wellbeing programme from Age NI. This consists of expert speakers such as physiotherapist on how to stay strong within our body and other experts talking on different aspects of health such as sleep, nutrition, and mental health and how this relates to falls. In each session we will finish off doing some strength and balance exercises which are for suitable for all abilities. Don't worry if you have never used zoom before we can help get you connected by sending you a 'How to Zoom' guide or we can talk you through it over the phone.

- 1st session Monday 7 October 11.00am - 12noon
- 2nd session Monday 21 October 11.00am - 12noon

For more information or to book contact ✉ claire.mckeown@ageni.org or ☎ **07773 113 544**
 Or can also sign up online at 🌐 www.ageni.org/movemorelivemore

Banbridge: Dancing in the Daylight
Banbridge Leisure Centre | 12noon - 1.00pm | £2.00

This is a low -medium intensity dance work out. It helps with coordination, rhythm, mobility and overall physical and mental wellbeing. No booking required. For more information, please contact Christie McMahon on ☎ **07500 961 296** or via 🌐 www.getactiveabc.com/pam

Armagh: Verve Chatty Walk Meet
Drummellan Community Centre, Portadown | 1.00pm | FREE

For more information or to book call Rebekah Lee on ☎ **028 3756 3946** or email ✉ verve.network@southerntrust.hscni.net.

Armagh: 1-2-1 eClinic
Armagh Library | 1.30pm - 4.45pm | FREE

IT help for beginners: help with your mobile device, general IT assistance, information about library e-services. Booking essential via ✉ armagh.library@librariesni.org.uk or call ☎ **028 3752 4072**

Armagh: Tai Chi
Dobbin Street Community Centre, Armagh | 4.30pm - 5.30pm | £2.00

Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ mquick@dsni.co.uk.





**Tue
8 Oct**

Keady: Health Checks (Chest Heart & Stroke Health Screening)
TMAC Keady appointments available | 9.00am - 3.30pm | FREE
Offering a range of health checks to suit your needs, with same day results. Booking is essential. For more information or to book an app call Hannah Williamson, Chest Heart & Stroke on ☎ **07807 589 694**.

Armagh: Making the most of your Social Media
Ardmore Recreation Centre, Armagh | 10.30am - 12.30pm | FREE
GoONNI will be hosting a digital skills session to learn you more about the features of Facebook and Instagram. This session will look at this fast-growing social media platform and how you can make the most of it. For more information or to book email ✉ **agefriendly@armaghbanbridgecraigavon.gov.uk** or call Stephanie on ☎ **07825 010 630**.

Banbridge: Bat and Chat
Banbridge Leisure Centre | 10.30am - 12noon | £3.00 per session
Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information and to book please contact Arnold on ☎ **07740 983 676** or email ✉ **banffc@gmail.com**.

Armagh: Parkwalk – Strive for Five
The Mall Armagh | 10.30am - 11.15am | FREE
Free four week social walking programme building up towards completing a 5k walk. Booking via 🌐 **www.getactiveabc.com/pam**. For more information contact Edel Ferson on ☎ **07775 868 463**.

Craigavon: GOGA FIT
South Lake Leisure Centre | 11.30am - 12.30pm | £2.00
Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**.

Craigavon: Advanced Tai Chi
South Lake Leisure Centre | 1.30pm - 2.30pm | £2.00
Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**.

Craigavon: Tai Chi for Beginners
South Lake Leisure Centre | 2.45pm - 3.45pm | £2.00
Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**.

**Wed
9 Oct**

Lurgan: Verve Chatty Walk
Oxford Island – Meet at Lough Neagh Discovery Centre at 10.00am | FREE
For more information or to book call Rebekah Lee on ☎ **028 3756 3946** or email ✉ **verve.network@southerntrust.hscni.net**

Richhill: Tai Chi
Richhill Recreation Centre | 10.00am - 11.00am | £2.00
Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Armagh: Dementia NI Empowerment Group
Music Hall, Vicar’s Hill Armagh | 10.30am - 12.30pm | FREE
This group is a place where people living with Dementia can give and receive support from other people living with dementia and take part in a range of projects. For more information contact Rachel Molloy on ☎ **07734 376 036** or email ✉ **rachel@dementiani.org**

Richhill: Tai Chi for Beginners
Richhill Recreation Centre | 11.00am - 12noon | £2.00
Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Lurgan: Inclusive Sports Day - Boccia and new-age Kurling
Clann Eireann Youth Centre | 11.00am - 1.00pm | FREE
Hosted by the Verve network, this is open to all older people’s groups and members of the community. Light refreshments served. For more information or to book contact Eileen on ☎ **07541 521 252** or email ✉ **healthtrainereileen@outlook.com**

Portadown: Health, Fitness and Wellbeing Event
Millennium Court, Portadown (Market Hall) | 11.30am - 2.00pm | FREE
TADA Rural Support Network are hosting this event which will feature health speakers, alternative therapies taster sessions, taster fitness sessions, light refreshments will be provided. For more information or to book a place email ✉ **info@tadarsn.com** or call ☎ **02838 398 888**

Craigavon: Nordic walking
South Lake Leisure Centre | 1.30pm - 2.30pm | £1.00
Learn proper Nordic walking technique that will help you walk improve your cardio, develop strength, improve posture and reduce the impact on your joints. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Online via Zoom: Agenda for Residential Care Costs Talk
2.00pm
This online session is in relation to planning ahead for future care costs. The session will look at residential care costs, types and costs of care. financial assessment re your contribution to care costs. What is meant by capital, and what is meant by income. current legislation and future legislation. For more information or to book email ✉ **martinmcdaid@hotmail.com** or call ☎ **07725 078 235**

Portadown: Tea Dance
Portadown Town Hall | 2.00pm - 4.00pm | FREE
ABC Seniors Network are hosting this event to encourage everyone to come together, enjoy some dancing, have a cup of tea, make new social connections and enjoy the craic. For more information or to book a place email ✉ **agefriendly@armaghbanbridgecraigavon.gov.uk** or call Stephanie on ☎ **07825 010 630**

**Thu
10
Oct**

Craigavon: Verve Chatty Walk
South Lake Leisure Centre – Meet at Café IncredABLE | 10.00am | FREE
For more information or to book call Rebekah Lee on ☎ **028 3756 3946** or email ✉ **verve.network@southerntrust.hscni.net**

Armagh: Parkwalk – Strive for Five
The Mall Armagh | 10.30am - 11.15am | FREE
Free four week social walking programme building up towards completing a 5k walk. Booking via: 🌐 **www.getactiveabc.com/pam**. For more information contact Edel Ferson on ☎ **07775 868 463**.





Richhill: Bat and Chat

Richhill Recreation Centre | 10.30am - 12noon | £15.00 for a 5 week block

Table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. Free tea and coffee throughout. Booking via www.getactiveabc.com/pam. For more information call Amanda Mogeey on [07816 341 112](tel:07816341112).

Craigavon: Bat and Chat

South Lake Leisure Centre | 10.30am to 12noon | £3.00 per session

Table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information and to book please contact Arnold on [07740 983 676](tel:07740983676) or email banttc@gmail.com.

Armagh: Tea, Coffee & Chat

The Market Place | 11.00am - 12.30pm | FREE

Members of staff will entertain you with tea, coffee, boardgames & chat. This morning you'll undertake a small craft and leave with a piece of art to take home! Booking online at www.visitarmagh.com/marketplacearmagh.com or by phone to [03300 561 025](tel:03300561025) Max 2 places per booking.

Lurgan: Drum Based Exercise Taster Session

Taghnevan Youth & Community Centre, Lurgan | 1.00pm - 2.30pm | FREE

Light refreshments provided. For more information or to book contact Patreea Long on [028 3832 4989](tel:02838324989) or mobile [07787 000 160](tel:07787000160) or email patreea.long@armaghbanbridgecraigavon.gov.uk

**Online Via Teams: BT Digital Voice Session
4.00pm | FREE**

Come along and hear from BT in relation to the important changes that will be made to landline telephone service. BT's latest research shows that older people might not be fully aware of these updates and could be the most affected. The session will give people the opportunity to get their questions answered and concerns addressed at 4.00pm

Microsoft Teams | Join the meeting now

Meeting ID: 311 897 791 663 **Passcode:** qfj52Q

**Fri
11
Oct**

Banbridge: GOGA FIT for Beginners

Banbridge Leisure Centre | 10.00am - 10.45am | £2.00

Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick on [07392 170 746](tel:07392170746) or email mquick@dsni.co.uk

Banbridge: GOGA FIT

Banbridge Leisure Centre | 11.00am - 12noon | £2.00

Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick on [07392 170 746](tel:07392170746) or email mquick@dsni.co.uk

Portadown: Health and Wellbeing Event

Portadown Town Hall | 12.00pm - 2.00pm | FREE

ABC Community Network are hosting a networking event where there will be information stalls – on physical, mental and emotional wellbeing, available services within the local area etc, Guest Speakers, Group Mindfulness and yoga Session. Lunch will be provided. Call Emma at ABC Community Network on [028 3839 2777](tel:02838392777) from Friday 27 September to book a place.

Banbridge: Walking Netball

Banbridge Leisure Centre | 12.30pm - 1.30pm | FREE

This is for anyone who wants to become more active and enjoy playing netball at a slower pace. These sessions will be led by a fully qualified Netball NI coach, providing a warmup, a recap on rules, passing and shooting activities followed by walking netball games. Booking via www.getactiveabc.com/pam For more information, please contact Sarah Aiken on [07733 596 612](tel:07733596612)

Banbridge: Tai Chi

Banbridge Leisure Centre | 1.00pm - 2.00pm | £2.00

Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on [07392 170 746](tel:07392170746) or email mquick@dsni.co.uk

Portadown: Verve Chatty Walk

Portadown People's Park | 2.00pm | FREE

Meet at Clanrye, Mayfair Business Centre. For more information or to book call Contact: Emma McCormick [07485 325 861](tel:07485325861) or email emma.mccormick@clanryegroup.com

Banbridge: Tai Chi for Beginners

Banbridge Leisure Centre | 2.15pm - 3.15pm | £2.00

Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on [07392 170 746](tel:07392170746) or email mquick@dsni.co.uk

Derrynoose: Local History Presentation

Derrynoose Community Centre | 8.00pm | £5.00 payable at the door

The Derrynoose Banner Restoration Committee will tell the story behind the Parish Banner, and you can also listen to a collection of schools folklore from the 1930's. For more information contact John Makem on [028 3753 1971](tel:02837531971). Refreshments will be served.

**Mon
14
Oct**

Armagh: GOGA FIT Armagh

Dobbin Street Community Centre, Armagh | 10.00am - 11.00am | £2.00

Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick on [07392 170 746](tel:07392170746) or email mquick@dsni.co.uk

Lurgan: Verve Chatty Walk

Lurgan Park, meet at Windsor Ave gate | 10.00am | FREE

For more information or to book call Rebekah Lee on [028 3756 3946](tel:02837563946) or email verve.network@southerntrust.hscni.net

Dromore: Dancing in the Daylight

Dromore Community Centre | 10.00am - 11.00am | £2.00

This is a low -medium intensity dance work out. It helps with coordination, rhythm, mobility and overall physical and mental wellbeing. No booking required. For more information, please contact Christie McMahon on [07500 961 296](tel:07500961296) or via www.getactiveabc.com/pam

Lurgan: Guided Audio Tree Trail Tour

Lurgan Park | 10.00am - 11.30am | FREE

Join us as we explore the Parks, learn more about the different types of trees in the park. The trails are suitable for all abilities, will take up to 60 minutes, and will cover a maximum distance of 1.1 miles. To book please visit www.getactiveabc.com/pam For more information please contact Edel Ferson on [07775 868 463](tel:07775868463)





Banbridge: Informal quiz and reminiscence session
Banbridge Library | 11.00am - 12noon | FREE
 Have a go at our picture quiz and guess what these everyday objects were used for in times past. Followed by a reminiscence session For more information or to book call ☎ 028 4062 3973 or email ✉ Banbridge.library@librariesni.org.uk

Banbridge: Dancing in the Daylight
Banbridge Leisure Centre | 12noon - 1.00pm | £2.00
 This is a low -medium intensity dance work out. It helps with coordination, rhythm, mobility and overall physical and mental wellbeing. No booking required. For more information, please contact Christie McMahon on ☎ 07500 961 296 or via 🌐 www.getactiveabc.com/pam

Portadown: Verve Chatty Walk meet
Drummellan Community Centre, Portadown | 1.00pm | FREE
 For more information or to book call Rebekah Lee on ☎ 028 3756 3946 or email ✉ verve.network@southerntrust.hscni.net

Armagh: Tai Chi
Dobbin Street Community Centre, Armagh | 4.30pm - 5.30pm | £2.00
 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ 07392 170 746 or email ✉ mquick@dsni.co.uk

Markethill: Community Information Evening
The Courthouse Markethill | 7.00pm | FREE
 Come along and listen to a selection of speakers giving free community advice. Light refreshments provided. For information email ✉ markethillfestival@gmail.com or call Helen on ☎ 07796 277 257 or check their Facebook page.

**Tue
15
Oct**

Keady: Paint & Chat Coffee Morning
Tommy Makem Arts & Community Centre, Keady | 10.00am - 12.00noon | Cost (tbc)
 Come along and try your hand at creating a masterpiece on canvas whilst enjoying a morning of good company and chat. Light refreshments will be provided. Places are limited to 10 spaces, to reserve a space please contact the TMAC Centre on ☎ 028 3752 1810 or email ✉ daryn.greene@armaghibanbridgecraigavon.gov.uk

Portadown: On Your Feet Taster Session
Brownstown Jubilee Community Centre, Portadown | 10.00am - 11.30am | FREE
 Low impact activity involving simple movements that form basic dances. Light refreshments provided. For more information or to book call Patreea Long on ☎ 07787 000 160 or email ✉ patreea.long@armaghibanbridgecraigavon.gov.uk

Banbridge: Bat and Chat
Banbridge Leisure Centre | 10.30am to 12noon | £3.00 per session
 Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information and to book please contact Arnold on ☎ 07740 983 676 or email ✉ banttc@gmail.com

Armagh: Parkwalk – Strive for Five
The Mall Armagh | 10.30am - 11.15am | FREE
 Free four week social walking programme building up towards completing a 5k walk. Booking via 🌐 www.getactiveabc.com/pam For more information contact Edel Ferson on ☎ 07775 868 463.

Lurgan: E-Books and e-Magazines 1-to-1 clinic
Lurgan Library | 10.30am - 4.30pm | FREE
 Get help with using our online reading apps. Booking is essential. To book call ☎ 028 3832 3912 or email ✉ lurgan.library@librariesni.org.uk

Craigavon: GOGA FIT
South Lake Leisure Centre | 11.30am - 12.30pm | £2.00
 Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick on ☎ 07392 170 746 or email ✉ mquick@dsni.co.uk

Craigavon: Advanced Tai Chi
South Lake Leisure Centre | 1.30pm - 2.30pm | £2.00
 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ 07392 170 746 or email ✉ mquick@dsni.co.uk

Craigavon: Tai Chi for Beginners
South Lake Leisure Centre | 2.45pm - 3.45pm | £2.00
 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ 07392 170 746 or email ✉ mquick@dsni.co.uk

Banbridge: Halloween storytelling with storyteller Sinead McAleavey
Banbridge Library | 6.45pm - 7.45pm | FREE
 Get into the Halloween mood and listen to Sinead’s supernatural stories. Sinead McAleavey is an Ulster storytelling champion who tells stories of the Mournes and the legends of Ulster. This is not a session for younger children. To book call ☎ 028 4062 3973 or email ✉ Banbridge.library@librariesni.org.uk

**Wed
16
Oct**

Lurgan: Verve Chatty Walk
Oxford Island – Meet at Lough Neagh Discovery Centre | 10.00am | FREE
 For more information or to book call Rebekah Lee on ☎ 028 3756 3946 or email ✉ verve.network@southerntrust.hscni.net

Banbridge: Prevention of Home Accidents, Scams and how to eat Healthier
Old Town Hall Banbridge | 10.00am - 1.00pm | FREE
 The Information session will be hosted by ABC Council & ABC PCSP. For more information or to register your interest call Claire or Pat on ☎ 0300 0300 900 Ext. 61814 or 61837. Lunch will be provided.

Banbridge: Guided Audio Nature Trail Tour
Solitude Park , Banbridge | 10.00am - 11.00am | FREE
 Join us as we explore the Parks, learn about and connect with nature and the wildlife. The trails are suitable for all abilities, will take up to 45 minutes, and will cover a maximum distance of 0.5 miles. To book please visit 🌐 www.getactiveabc.com/pam. For more information please contact Edel Ferson on ☎ 07775 868 463

Richhill: Tai Chi
Richhill Recreation Centre | 10.00am - 11.00am | £2.00
 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ 07392 170 746 or email ✉ mquick@dsni.co.uk

Richhill: Tai Chi for Beginners
Richhill Recreation Centre | 11.00am - 12noon | £2.00
 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ 07392 170 746 or email ✉ mquick@dsni.co.uk





Thu
17
Oct

Craigavon: **Nordic walking**
South Lake Leisure Centre | 1.30pm - 2.30pm | £1.00
Learn proper Nordic walking technique that will help you walk improve your cardio, develop strength, improve posture and reduce the impact on your joints. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Craigavon: **Health Checks (Chest Heart & Stroke Health Screening)**
Brownlow Hub appointments available between 9.00am - 3.30pm | FREE
Offering a range of health checks to suit your needs, with same day results. Booking is essential. For more information or to book an app call Hannah Williamson, Chest Heart & Stroke on ☎ **07807 589 694**

Craigavon: **Verve Chatty Walk**
South Lake Leisure Centre | Meet at Café IncredABLE | 10.00am | FREE
For more information or to book call Rebekah Lee on ☎ **028 3756 3946** or email ✉ **verve.network@southerntrust.hscni.net**

Armagh: **Parkwalk – Strive for Five**
The Mall Armagh | 10.30am - 11.15am | FREE
Free four week social walking programme building up towards completing a 5k walk. Booking via 🌐 **www.getactiveabc.com/pam**. For more information contact Edel Ferson on ☎ **07775 868 463**.

Richhill: **Bat and Chat**
Richhill Recreation Centre | 10.30am - 12noon | £15.00 for a 5 week block
Table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. Free tea and coffee throughout. Booking via 🌐 **www.getactiveabc.com/pam**. For more information call Amanda Mogey on ☎ **07816 341 112**.

Craigavon: **Bat and Chat**
South Lake Leisure Centre | 10.30am - 12noon | £3.00 per session
Table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information and to book please contact Arnold on ☎ **07740 983 676** or email ✉ **banttc@gmail.com**

Armagh: **Tea, Coffee & Chat**
The Market Place Theatre, Armagh | 11.00am - 12.30pm | FREE
Members of staff will entertain you with tea, coffee, boardgames & chat. This morning, local tour guide Donna Fox, will give you an insight to the fantastic history of the area around The Market Place. Booking online at 🌐 **www.visitarmagh.com/marketplacearmagh.com** or by phone to ☎ **03300 561 025**. Max 4 places per booking.

Fri
18
Oct

Banbridge: **GOGA FIT for Beginners**
Banbridge Leisure Centre | 10.00am - 10.45am | £2.00
Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Lurgan: **Guided Audio Historical Trail Tour**
Lurgan Park | 10.00am - 11.30am | FREE
Join us as we explore the Parks, learn more about the area's history and connect with nature and wildlife. The trails are suitable for all abilities, will take up to 60 minutes, and will cover a maximum distance of 1.1 miles. To book please visit 🌐 **www.getactiveabc.com/pam**. For more information please contact Edel Ferson on ☎ **07775 868 463**.

Craigavon: **Chi Me Taster Session**
Brownlow Community Hub Craigavon | 10.00am - 11.30am | FREE
Light refreshments provided. For more information or to book contact Patreea Long on ☎ **07787 000 160** or email ✉ **patreea.long@armaghbanbridgecraigavon.gov.uk**

Banbridge: **GOGA FIT**
Banbridge Leisure Centre | 11.00am - 12noon | £2.00
Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Online via Teams: **The menopause and your pension session**
Hosted by Money Helper
Did you know that the menopause can have a negative impact on women's pensions? Some women struggle to deal with their symptoms during this crucial retirement saving period and often work less or reduce their hours. In this webinar, our Money Helper Pensions specialists will explain what impact the menopause could have on your pension and how you can focus on saving for your retirement. There will also be time for questions.

1st session | 11.00am - 12.00pm
2nd session | 3.00pm - 4.00pm

Contact Name/Number/Email:
1st session link: 🌐 **https://events.teams.microsoft.com/event/6e0abb75-b6a5-406e-af92-e0b3571597ca@bbe41032-8fce-4d42-bab5-44e21510886d**
2nd session link: 🌐 **https://events.teams.microsoft.com/event/1bb23213-7af6-4f5f-af00-f0250c41e9a4@bbe41032-8fce-4d42-bab5-44e21510886d**
If you do not receive an automatic confirmation email please let us know by emailing ✉ **partners@maps.org.uk**

Banbridge: **Walking Netball**
Banbridge Leisure Centre | 12.30pm - 1.30pm | FREE
This is for anyone who wants to become more active and enjoy playing netball at a slower pace. These sessions will be led by a fully qualified Netball NI coach, providing a warmup, a recap on rules, passing and shooting activities followed by walking netball games. Booking via 🌐 **www.getactiveabc.com/pam**. For more information, please contact Sarah Aiken on ☎ **07733 596 612**.

Banbridge: **Tai Chi**
Banbridge Leisure Centre | 1.00pm - 2.00pm | £2.00
Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Portadown: **Verve Chatty Walk**
Portadown People's Park | 2.00pm | FREE
Meet at Clanrye, Mayfair Business Centre. For more information or to book call contact: Emma McCormick ☎ **07485 325 861** or email ✉ **emma.mccormick@clanryegroup.com**

Banbridge: **Tai Chi for Beginners**
Banbridge Leisure Centre | 2.15pm - 3.15pm | £2.00
Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on 🌐 **07392 170 746** or email ✉ **mquick@dsni.co.uk**





Mon
21
Oct

Armagh: **GOGA FIT**
Dobbin Street Community Centre, Armagh | 10.00am - 11.00am | £2.00
Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Lurgan: **Verve Chatty Walk**
Meet at Windsor Ave gate at 10.00am | FREE
For more information or to book call Rebekah Lee on ☎ **028 3756 3946** or email: ✉ **verve.network@southerntrust.hscni.net**

Dromore: **Dancing in the Daylight**
Dromore Community Centre | 10.00am - 11.00am | £2.00
This is a low-medium intensity dance work out. It helps with coordination, rhythm, mobility and overall physical and mental wellbeing. No booking required. For more information, please contact Christie McMahon on ☎ **07500 961 296** or via 🌐 **www.getactiveabc.com/pam**

Online Via Zoom: **Move More Live More**
A 2 week falls prevention health and wellbeing programme from Age NI. This consists of expert speakers such as physiotherapist on how to stay strong within our body and other experts talking on different aspects of health such as sleep, nutrition, and mental health and how this relates to falls. In each session we will finish off doing some strength and balance exercises which are for suitable for all abilities. Don't worry if you have never used zoom before we can help get you connected by sending you a 'How to Zoom' guide or we can talk you through it over the phone.
1st session | Monday 7th October | 11.00am - 12noon
2nd session | Monday 21st October | 11.00am - 12noon
For more information or to book contact ✉ **claire.mckeown@ageni.org** or ☎ **07773 113 544**
Or can also sign up online at 🌐 **www.ageni.org/movemorelivemore**

Banbridge: **Dancing in the Daylight**
Banbridge Leisure Centre | 12noon - 1.00pm
This is a low-medium intensity dance work out. It helps with coordination, rhythm, mobility and overall physical and mental wellbeing. No booking required. For more information, please contact Christie McMahon on ☎ **07500 961 296** or via 🌐 **www.getactiveabc.com/pam**

Portadown: **Verve Chatty Walk Meet**
Drummellan Community Centre, Portadown | 1.00pm | FREE
For more information or to book call Rebekah Lee on ☎ **028 3756 3946** or email ✉ **verve.network@southerntrust.hscni.net**

Armagh: **Tai Chi**
Dobbin Street Community Centre, Armagh | 4.30pm - 5.30pm | £2.00
Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Tue
22
Oct

Banbridge: **Bat and Chat**
Banbridge Leisure Centre | 10.30am - 12noon | £3.00 per session
Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information and to book please contact Arnold on ☎ **07740 983 676** or email ✉ **banttc@gmail.com**

Armagh: **Parkwalk – Strive for Five**
The Mall Armagh | 10.30am - 11.15am | FREE
Free four week social walking programme building up towards completing a 5k walk. Booking via 🌐 **www.getactiveabc.com/pam**. For more information contact Edel Ferson on ☎ **07775 868 463**.

Craigavon: **GOGA FIT**
South Lake Leisure Centre | 11.30am - 12.30pm | £2.00
Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Craigavon: **Advanced Tai Chi**
South Lake Leisure Centre | 1.30pm - 2.30pm | £2.00
Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Lurgan: **Introduction to the Cloud**
Lurgan Library | 2.00pm - 4.00pm | FREE
A basic introduction to Cloud storage. Booking is essential. For more information or to book call ☎ **028 3832 3912** or email ✉ **lurgan.library@librariesni.org.uk**

Keady: **Tea Dance**
Tommy Makem Arts & Community Centre, Keady | 2.00pm - 4.00pm | FREE
ABC Seniors Network are hosting this event to encourage everyone to come together, enjoy some dancing, have a cup of tea, make new social connections and enjoy the craic. For more information or to book a place email ✉ **agefriendly@armaghbanbridgecraigavon.gov.uk** or call Stephanie on ☎ **07825 010 630**

Craigavon: **Tai Chi for beginners**
South Lake Leisure Centre | 2.45pm - 3.45pm | £2.00
Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Rathfriland: **Digital Film Archive Screening and Reminiscence**
Rathfriland Library | 6.30pm - 7.30pm | FREE
Come along for a nostalgic journey through our lives in film. A special screening from the Digital Film Archive presented by Lisa Duggan. Lovely memories of days gone by and a chance to share your stories. Northern Ireland Screen's Digital Film Archive is an online collection of films of Ulster and Northern Ireland going back 120 years. For more information or to book call ☎ **028 4063 0661** or email ✉ **rathfriland.library@librariesni.org.uk**

Wed
23
Oct

Gilford: **Health Checks (Chest Heart & Stroke Health Screening)**
Gilford Community Centre, appointments available between 9.00am - 3.30pm | FREE
Offering a range of health checks to suit your needs, with same day results. Booking is essential. For more information or to book an app call Hannah Williamson, Chest Heart & Stroke on ☎ **07807 589 694**

Lurgan: **Verve Chatty Walk**
Meet at Lough Neagh Discovery Centre | 10.00am | FREE
For more information or to book call Rebekah Lee on ☎ **028 3756 3946** or email ✉ **verve.network@southerntrust.hscni.net**





Armagh: **Prevention of Home Accidents, Scams and how to eat Healthier**
The Palace Chamber, Armagh | 10.00am - 1.00pm | FREE
 The Information session will be hosted by ABC Council and ABC PCSP. For more information or to register your interest call Claire or Pat on ☎ **0300 0300 900 Ext. 61814 or 61837**. Lunch will be provided.

Richhill: **Tai Chi**
Richhill Recreation Centre | 10.00am - 11.00am | £2.00
 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Portadown: **Chair Yoga Taster Session**
Ashgrove Community Centre Portadown | 10.00am - 11.30am | FREE
 Light Refreshments provided. For more information or to book call Patreea Long on ☎ **07787 000 160** or email ✉ **patreea.long@armaghbanbridgecraigavon.gov.uk**

Armagh: **Dementia NI Empowerment Group**
Music Hall, Vicar's Hill Armagh | 10.30am - 12.30pm | FREE
 This group is a place where people living with Dementia can give and receive support from other people living with dementia and take part in a range of projects. For more information contact Rachel Molloy on ☎ **07734 376 036** or email ✉ **rachel@dementiani.org**

Richhill: **Tai Chi for beginners**
Richhill Recreation Centre | 11.00am - 12noon | £2.00
 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Craigavon: **Nordic walking**
South Lake Leisure Centre | 1.30pm - 2.30pm | £1.00
 Learn proper Nordic walking technique that will help you walk improve your cardio, develop strength, improve posture and reduce the impact on your joints. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Tandragee: **Family History: learn how to trace the history of your house online**
2.00pm - 4.00pm | FREE | Booking essential
 See what stories you'll uncover. ✉ **tandragee.library@librariesni.org.uk** ☎ **028 3884 0694**

**Thu
24
Oct**

Craigavon: **Verve Chatty Walk**
South Lake Leisure Centre | Meet at Café IncredABLE at 10.00am | FREE
 For more information or to book call Rebekah Lee on ☎ **028 3756 3946** or email ✉ **verve.network@southerntrust.hscni.net**

Online Via Teams: **Age-Friendly Developments Webinar**
10.00am - 11.00am
 This session will explore how the needs and aspirations of older people can be better addressed by architects, planners and developers creating new residential developments. We will explore the different ways that built environment professions think about older people, what we mean by 'age-friendly' housing, and how we can mainstream it in the places we work. For more information or to book a place contact ✉ **agefriendly@armaghbanbridgecraigavon.gov.uk** ☎ **07825 010 630** or ✉ **infos@belfastcity.gov.uk** ☎ **07827 823 998**

Banbridge: **GOGA FIT for Beginners**
Banbridge Leisure Centre | 10.00am - 10.45am | £2.00
 Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Armagh: **Parkwalk – Strive for Five**
The Mall Armagh | 10.30am - 11.15am | FREE
 Free four week social walking programme building up towards completing a 5k walk. Booking via: 🌐 **www.getactiveabc.com/pam**. For more information contact Edel Ferson on ☎ **07775 868 463**

Richhill: **Bat and Chat**
Richhill Recreation Centre | 10.30am - 12noon | £15 for a 5 week block
 Table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. Free tea and coffee throughout. Booking via 🌐 **www.getactiveabc.com/pam**. For more information call Amanda Mogeon on ☎ **07816 341 112**

Craigavon: **Bat and Chat**
South Lake Leisure Centre | 10.30am - 12noon | £3.00 per session
 Table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information and to book please contact Arnold on ☎ **07740 983 676** or email ✉ **banttc@gmail.com**

Armagh: **Tea, Coffee & Chat**
The Market Place Theatre, Armagh | 11.00am - 12.30pm | FREE
 Members of staff will entertain you with tea, coffee, boardgames & chat. This morning, the staff will bring you backstage so you can see how things work behind the scenes! No booking required – drop-in.

**Fri
25
Oct**

Banbridge: **GOGA FIT**
Banbridge Leisure Centre | 11.00am - 12noon | £2.00
 Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Banbridge: **Walking Netball**
Banbridge Leisure Centre | 12.30pm - 1.30pm | FREE
 This is for anyone who wants to become more active and enjoy playing netball at a slower pace. These sessions will be led by a fully qualified Netball NI coach, providing a warmup, a recap on rules, passing and shooting activities followed by walking netball games. Booking via 🌐 **www.getactiveabc.com/pam**. For more information, please contact Sarah Aiken on ☎ **07733 596 612**

Banbridge: **Tai Chi**
Banbridge Leisure Centre | 1.00pm - 2.00pm | £2.00
 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

Portadown: **Verve Chatty Walk**
Portadown People's Park | 2.00pm | FREE
 Meet at Clanrye, Mayfair Business Centre. For more information or to book call Emma McCormick: ☎ **07485 325 861** or email ✉ **emma.mccormick@clanryegroup.com**

Banbridge: **Tai Chi for Beginners**
Banbridge Leisure Centre | 2.15pm - 3.15pm | £2.00
 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**





<p>Sat 26 Oct</p>	<p>Markethill: Spooky Halloween Garden Event 49 Willowdean Markethill BT60 1QG FREE Donations welcome Markethill Community Festival are hosting this event. Be prepared to be scared!! 4.00pm - 5.00pm is child friendly, with grandparents welcome 5.00pm - late is older children and adults For information email markethillfestival@gmail.com or call Helen on 07796 277 257 or check the Facebook page.</p>
<p>Mon 28 Oct</p>	<p>Armagh: GOGA FIT Armagh Dobbin Street Community Centre 10.00am - 11.00am £2.00 Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick on 07392 170 746 or email mquick@dsni.co.uk</p> <hr/> <p>Lurgan: Verve Chatty Walk Lurgan Park, meet at Windsor Ave gate 10.00am FREE For more information or to book call Rebekah Lee on 028 3756 3946 or email: verve.network@southerntrust.hscni.net</p> <hr/> <p>Dromore: Dancing in the Daylight Dromore Community Centre 10.00am - 11.00am £2.00 No booking required This is a low -medium intensity dance work out. It helps with coordination, rhythm, mobility and overall physical and mental wellbeing. For more information, please contact Christie McMahon on 07500 961 296 or via www.getactiveabc.com/pam</p> <hr/> <p>Armagh: Memory Walk Around The Palace Demesne, Armagh 10.30am FREE Donations to Alzheimer's Society welcome Hosted by ABC Seniors Network in support of Alzheimer's Society The buzz of the crowd, quiet moments of remembrance, the connections made with new friends. Join us to come together and raise funds for vital dementia support and research in N.I. Light refreshments will be provided. For more information or to book contact agefriendly@armaghbanbridgecraigavon.gov.uk or call Stephanie on 07825 010 630</p> <hr/> <p>Banbridge: Dancing in the Daylight Banbridge Leisure Centre 12noon - 1.00pm £2.00 This is a low-medium intensity dance work out. It helps with coordination, rhythm, mobility and overall physical and mental wellbeing. No booking required. For more information, please contact Christie McMahon on 07500 961 296 or via www.getactiveabc.com/pam</p> <hr/> <p>Portadown: Verve Chatty Walk Meet at Drummellan Community Centre, Portadown 1.00pm FREE For more information or to book call Rebekah Lee on 028 3756 3946 or email verve.network@southerntrust.hscni.net</p> <hr/> <p>Armagh: Tai Chi Dobbin Street Community Centre, Armagh 4.30pm - 5.30pm £2.00 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on 07392 170 746 or email mquick@dsni.co.uk</p>
<p>Tue 29 Oct</p>	<p>Armagh: Chatty Talks for Falls Prevention Palace Demesne, Armagh 10.30am - 12.30am FREE Come along and listen to professional speakers give advice on how to prevent trips, slips and falls. Lunch will be provided. For more information or to book email traceypowell@southerntrust.hscni.net or call Tracey on 028 3756 4494</p>

	<p>Banbridge: Bat and Chat Banbridge Leisure Centre 10.30am - 12noon £3.00 per session Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information and to book please contact Arnold on 07740 983 676 or email banttc@gmail.com</p> <hr/> <p>Armagh: Parkwalk – Strive for Five The Mall Armagh 10.30am - 11.15am FREE Free four week social walking programme building up towards completing a 5k walk. Booking via: www.getactiveabc.com/pam. For more information contact Edel Person on 07775 868 463.</p> <hr/> <p>Craigavon: GOGA FIT South Lake Leisure Centre 11.30am - 12.30pm £2.00 Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick on 07392 170 746 or email mquick@dsni.co.uk.</p> <hr/> <p>Armagh: Get Support with Hearing Loss Visit RNID at 11a Dobbin Street Armagh 1.30pm - 3.30pm Free drop-in service No appointment needed Our friendly volunteers can support you with: Information on hearing loss and tinnitus, how to do a hearing check, hearing aids, including basic repairs and maintenance of NHS hearing aids, How to access support and services in your area. For more information call Carolyn on 07407 732 106 or email Carolyn.ritchie@rnid.org.uk</p> <hr/> <p>Craigavon: Advanced Tai Chi South Lake Leisure Centre 1.30pm-2.30pm £2.00 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on 07392 170 746 or email mquick@dsni.co.uk</p> <hr/> <p>Craigavon: Tai Chi for Beginners South Lake Leisure Centre 2.45pm - 3.45pm £2.00 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on 07392 170 746 or email mquick@dsni.co.uk</p>
<p>Wed 30 Oct</p>	<p>Craigavon: Prevention of Home Accidents, Scams and how to eat Healthier The Hub Craigavon 10.00am - 1.00pm FREE The Information session will be hosted by ABC Council and ABC PCSP. For more information or to register your interest call Claire or Pat on 0300 0300 900 Ext. 61814 or 61837. Lunch will be provided.</p> <hr/> <p>Richhill: Tai Chi Richhill Recreation Centre 10.00am - 11.00am £2.00 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on 07392 170 746 or email mquick@dsni.co.uk</p> <hr/> <p>Richhill: Tai Chi for Beginners Richhill Recreation Centre 11.00am - 12noon £2.00 Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick on 07392 170 746 or email mquick@dsni.co.uk</p>





Craigavon: Nordic walking
South Lake Leisure Centre | 1.30pm - 2.30pm | £1.00
 Learn proper Nordic walking technique that will help you walk improve your cardio, develop strength, improve posture and reduce the impact on your joints. For more information or to book contact Martin Quick on ☎ **07392 170 746** or email ✉ **mquick@dsni.co.uk**

**Thu
31
Oct**

Armagh: Parkwalk – Strive for Five
The Mall Armagh | 10.30am - 11.15am | FREE
 Free four week social walking programme building up towards completing a 5k walk. Booking via: 🌐 **www.getactiveabc.com/pam**. For more information contact Edel Ferson on ☎ **07775 868 463**.

Richhill: Bat and Chat
Richhill Recreation Centre | 10.30am - 12noon | £15.00 for a 5 week block
 Table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. Free tea and coffee throughout. Booking via 🌐 **www.getactiveabc.com/pam**. For more information call Amanda Mogeey on ☎ **07816 341 112**.

Craigavon: Bat and Chat
South Lake Leisure Centre | 10.30am - 12noon | £3.00 per session
 Table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information and to book please contact Arnold on ☎ **07740 983 676** or email: ✉ **banttc@gmail.com**



**ARMAGH
RURAL TRANSPORT**

WELCOMING NEW COMMUNITY DRIVERS

Got a clean driving license and access to a car? Join our caring and dedicated team!

We need your help assisting those in our community who require support when accessing...



Medical appointments



Shopping trips



Visits to friends and family

Training and support provided. All fuel expenses covered. Flexible hours.

☎ 028 3751 8151



admin@armaghruraltransport.com



Do you have a concern about the health, or social care, you or someone you care for has received?

The PCC can provide you with support and advice.



Freephone:

0800 917 0222

Monday – Friday (excluding bank holidays)



The cuppa routine

4 simple exercises in the time it takes to boil the kettle!

1 10 x heel raises

- Feet hip width apart, hold onto the work surface for support
- Raise your heels then lower back down slowly



2 10 x arm raises

- Start with arms by side
- Lift up no higher than shoulder height, then lower (use tinned food as weights)



3 10 x sit to stand

- Place chair against wall or cupboards
- Sit on front third of chair - stand up, then slowly sit back down



4 10 x leg raises

- Hold on to work surface or chair
- Keep feet facing forwards, lift leg to the side and lower slowly



Watch the full routine on YouTube:
www.youtube.com/moveitorloseituk

For more information on Move it or Lose it go to:
www.moveitorloseit.co.uk

or email us at info@moveitorloseit.co.uk



The Sit to Stand

The BEST exercise for the over 60s!

1 Start seated

- Sit in a chair, just off the back rest,
- Feet flat on the floor, and slightly behind your knees.



2 Rise up

- Lean forward slightly and push yourself up and out of the chair seat,
- Use your arms for to help if needed.



3 Stand Up

- Rise out of the chair until you are standing up,
- Then begin to lower yourself back into the chair.



4 Return to sitting

- Use your arms to reach for the chair, if needed,
- Slowly bend your knees and return to a sitting position.



For more information on Move it or Lose it go to:
www.moveitorloseit.co.uk

or email us at info@moveitorloseit.co.uk





Keeping people & their pets together

Rosie's Trust supports people who are receiving cancer treatment, end of life care and elderly people with a disability who are unable to look after their companion pets independently and have no other support.

Our team of 150+ highly-trained volunteers care for our beneficiaries' pets in their homes when they are no longer able to do so, helping maintain that very special bond. We offer free support 365 days a year.

Call 02891 641340

Email

mail@rosiestrust.org

visit rosiestrust.org

or  



Rosie's Trust is registered with the Charity Commission for Northern Ireland NIC102422. Registered office 2 Queen's Parade, Bangor BT20 3BJ

AT THE MOVIES WORD SEARCH PUZZLE

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.



A	S	G	N	O	S	T	E	I	U	Q	T
T	P	I	R	C	S	M	L	I	F	T	R
E	T	I	S	S	O	D	A	E	H	E	O
E	E	I	E	S	T	M	S	C	T	N	W
R	T	A	C	G	O	U	P	A	O	E	O
U	A	T	R	K	A	U	N	S	O	E	S
T	E	V	A	L	E	T	N	T	H	R	R
A	S	I	P	K	Y	T	S	D	S	C	O
E	E	P	A	R	E	H	S	U	S	S	O
F	A	M	O	U	S	Y	D	N	A	C	D

- Applause
- Candy
- Cast
- Doors
- Early
- Famous
- Feature
- Film
- Make up
- Quiet
- Row
- Screen
- Script
- Seat
- Site
- Soda
- Songs
- Sound
- Stage
- Stunts
- Take
- Ticket
- Usher

TRUE OR FALSE?

1. Crocodiles have no sweat glands, so they use their mouths to release heat.
2. Camels store water in their humps.
3. Ostriches bury their heads in the sand when they are scared.
4. Butterflies taste with their feet.
5. Cows have best friends.
6. Penguins are only found in Antarctica.
7. Elephants are the only animals that can't jump.
8. Dolphins sleep with one eye open.
9. A snail can sleep for three years.
10. Flamingos are born pink.

Answers on back cover



YOU...

If every single person who has liked you in your lifetime, were to light up on a map, it would create the most **glitteringly beautiful network** you could imagine. Throw in the strangers you've been kind to, the people you've made laugh, or inspired along the way and that star-bright network of you would be an impressive sight to behold. You're so much more than you think you are. You have done so much more than you realise. You're trailing a **bright pathway** that you don't even know about. What a thing. What a thing indeed.

Donna Ashworth

Donna Ashworth is a Sunday Times best-selling Scottish poet.

Her books include:

History Will Remember
To The Women
The Right Words
I Wish I Knew
Life // Love // Loss
Wild Hope (the book
the poem is from) //
Growing Brave is coming
soon...



ANSWERS

- 1. True**
Crocodiles often open their mouths to engage in a behaviour known as 'mouth gaping' to cool down.
- 2. False**
Camel humps store fat, not water.
- 3. False**
This is a myth; ostriches do not bury their heads in the sand.
- 4. True**
Butterflies have taste receptors on their feet.
- 5. True**
Studies have shown that cows become stressed when they're separated from their preferred companions, suggesting that these animals can have "best friends" within their groups.
- 6. False**
While many live in Antarctica, some species are found in warmer climates.
- 7. False**
There are other animals that can't jump, like sloths.
- 8. True**
Dolphins keep one half of their brain awake for breathing and to watch for predators.
- 9. True**
Some snails can enter a prolonged state of hibernation.
- 10. False**
They are born with grey feathers, which turn pink due to their diet of shrimp and algae.

"They say with age comes wisdom. So, when does the wisdom kick in?"

"Age is not important unless you're a cheese."