

AUTUMN 2025 | EDITION 12

ABC Seniors Newsletter



HSC Public Health Agency
Project supported by the PHA

Help us grow the ABC Age Friendly family

For those aged 50 plus and living in the Armagh City, Banbridge and Craigavon (ABC) Borough, there is a whole world of opportunities available through the ABC Age Friendly Programme.

But of course you will already know this as you are reading this latest edition of the newsletter, but we want you to spread the word and encourage more people aged 50 plus - either family or friends - to access these benefits, by signing up to our email list. ABC Age Friendly offers a range of excellent services, information, advice and events which can help us stay happy, healthy and connected.

By simply signing up to the email list, you will be able to receive important information which will include:

- activities, events and clubs within your local area
- latest advice on health and safety in the home
- classes on IT skills, new technologies
- advice on money, savings and pensions etc
- opportunities to try new hobbies
- consultations on government provisions for older people

Lord Mayor of ABC Borough, Ald Stephen Moutray who is also an Age Friendly Champion, encouraged people across the wide spectrum of ages to sign up.

"As we all know, there are more and more of us living longer lives, which is great. To make the most of what's available, the ABC Age Friendly programme promotes a brilliant range of activities, events and services," he said.

"Even if you have just turned 50, there will still be something there for you, whether it's finding a new hobby or interest, making some new connections or maybe learning some new IT skills. I would encourage everyone to sign up to the email list, you never know what benefits it will bring.

Sign up to join the ABC Age Friendly email list by sending an ✉ agefriendly@armaghbanbridgecraigavon.gov.uk or ☎ **07825 010630**.

For further information on ABC Age Friendly visit 🌐 armaghbanbridgecraigavon.gov.uk/age-friendly-abc where you will also find advice, services and latest news.

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



Access & Information Service

ARE YOU OVER 65?

The Access & Information Service is part of the Promoting Wellbeing Division within the SHSCT and can offer assistance with the following:

- **Advice, support and guidance on aspects of daily living**
- **Services and resources in your local area to support you to live independently**
- **Practical help e.g. Food, Fuel, Pharmacy**
- **Emotional Support**
- **Telephone Befriending e.g. feeling lonely or isolated**
- **Keeping active & healthy**
- **Carer Support**
- **Signpost to Stop Smoking Services**
- **Home Safety & Security**
- **Other Health & Wellbeing Services**



T: 028 3756 4300

E: access.information@southerntrust.hscni.net

Margaret's Cookery Corner

Granny P's Lemon Meringue Pie



Sweet pastry base

- ½ cup butter or stork margarine
- 1 tablespoon caster sugar
- Beat together until light in colour
- Add 1 tablespoon milk
- 1 cup of plain flour + 2 tablespoons of plain flour

Method

Leave pastry to rest for ½ hour before rolling out.

Box of dried marrowfat peas.

Grease 9"/10" tart/pie/quiche dish.

Heat oven to 375F or 190c.

Roll out pastry and crimp edges, line pastry with greaseproof paper.

Add the box of dried marrowfat peas and bake for 15 mins then remove peas and greaseproof paper and pop back into oven for a further 6-8 mins until lightly brown. Peas can be reused every time by storing when cooled in a sealed container.

While pastry is cooking prepare the filling.

Lemon filling...

In a saucepan add:

- 1 ½ cups of water • 2 lemons juiced and grated • 4 egg yolks
- 1 cup granulated sugar • 2 tablespoons butter
- 3 tablespoons of cornflour

Method

Whisk all together in a saucepan and cook over a medium heat until thick.

Pour the hot lemon filling into the cooked pastry case.

Meringue topping

- 4 egg whites • 8oz caster sugar • 1 dessert spoonful of cornflour
- 1 teaspoon of vinegar

Method

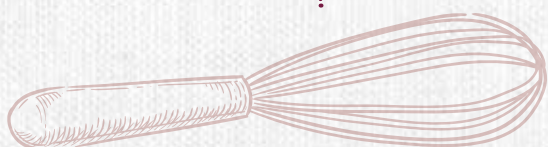
Whisk all together for 10/12 mins.

Add the topping to the pastry dish making sure you cover the lemon filling entirely and have all the edges sealed. Heat oven to 350F (175C) Bake in middle shelf for 8 minutes then turn heat down in oven to 150F (75C) and cook in oven for a further 30/40 minutes. Colour should be a pale, turn off oven, when oven has cooled lift lemon meringue out.

Let it go completely cold before serving to allow time for filling to set.

I have used this recipe for over 20 years now, and its never been known to fail. The recipe was given to me by a lady who was then 100 years old, who still enjoyed baking. The lady said, "Margaret I know you love baking and I know you will love baking this recipe too".

This dessert is a firm favourite with my family, I hope you enjoy it too.





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)



    YouTube

www.pcc-ni.net

Email: info@pcc-ni.net



Are you entitled to more?



Many older people in Northern Ireland are not claiming pension credit and other benefits they may be entitled to.

Make sure you're not one of those missing out!

Contact Age NI today to check you are receiving all the financial support available to you.



Call freephone:
0808 808 7575,

Monday-Friday 9am–5pm



Or use our online
benefits calculator:
ageni.org/benefits

HEALTH TRAINER ONE TO ONE HEALTH AND WELLNESS COACHING

SUPPORTING YOU TO MAKE HEALTHIER CHOICES...



Supporting you to
become more active



Supporting you to look
after your **mental and
emotional wellbeing**



Supporting you to assess **how
much alcohol is too much**



Supporting you to **connect to
services and activities**



Supporting you to **make
healthier eating choices**



Motivational support available by phone or
face to face. Self-referrals welcome to this
FREE service.

www.verve-network.co.uk

Contact the Community Health Trainer Service

T: **028 3756 3946**

E: **verve.network@southerntrust.hscni.net**



SCAN ME



ARMAGH RURAL
TRANSPORT

DIAL-A-LIFT (DAL)

Your Rural Transport Solution!

What is Dial-a-Lift?

Dial-a-Lift is a transport service for people living in rural areas who struggle to access basic local services due to limited transport options (no car or public transport).

What can Dial-a-Lift be used for?

- Local shopping
- Some local health services (e.g. doctor, dentist, chiropodist, optician, health centre)
- Local pharmacy
- Post Office or banking
- Training and/or local employment
- Visiting friends and family
- Linking to the public transport network

What Dial-a-Lift cannot be used for:

- Hospital inpatient appointments
- Home to school transport

Who can use Dial-a-Lift?

You must:

- Live in a rural area (not covered by the Urban Door-2-Door scheme)
- Have difficulty accessing everyday local services due to lack of transport

How do I register?

You must be a resident in the operating area and a member of your local Community Transport organisation delivering Dial-a-Lift services.

Contact Us



Phone Number
028 3751 8151



Email
info@armaghruraltransport.com



Eat Well As you Age

Having a nutrient-rich diet over the age of 65 is important for everyone, which means choosing foods with slightly more protein, calcium, folate (folic acid) and vitamin B12.

Topics covered:

Fibre | Healthy Eating
Food & Mood | Gut Health
Eating, drinking & aging well
Shop, Cook, Save | Salt



 [@publichealthdietitians9636](https://www.youtube.com/@publichealthdietitians9636)



Developed by Registered Nutritionists and Dietitians



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**. The easy-to-follow self-assessment involves answering a series of questions about your household and each room in the home. Once this is completed, you will receive a personalised fire action plan identifying the potential hazards in the home with safety advice. For further information please visit  www.nifrs.org



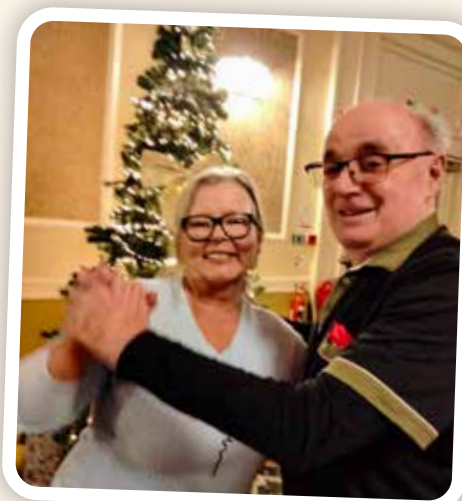
A Dance to Remember

The reason I love this photo of my dad, John, and his friend Susan at last year's Armagh Seniors Christmas meal (2024) is because it captures something so special. Susan had taken my dad out of his wheelchair to dance-something he absolutely loved-and together they moved with such joy and freedom. I didn't realise at the time that it would be the last photo I'd ever take of my dad dancing.

Throughout 2024, my dad and I attended around fifteen tea dances, because dancing was one of his greatest joys. Although he often relied on his Zimmer frame, and sometimes I placed him in a wheelchair to save his energy for the dance floor, he never lost his desire to move to the music. I would sometimes help him sway gently, always worrying he might fall. But Susan never seemed concerned when she danced with him-and she was right. In her company, my dad danced with ease and confidence.

Looking back at those photos of him and Susan together, I was struck by the pure joy radiating from his face. I've since learned that research shows dancing, like singing, can be especially beneficial for the brain, particularly for people living with dementia. I only wish I had taken my dad to even more dances, because right up until the week before he passed away, he would still ask me: "When are we going dancing?"

Parissa Sexton



Positive Ageing Month

October 2025



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. All activities are available for anyone ages 50+ in the ABC Borough.

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

**Wed
1 Oct**

International Older Persons Day

Launch of Positive Ageing Month

Online Address by Lord Mayor Alderman Stephen Moutray via Council Facebook

🌐 www.facebook.com/armaghbanbridgecraigavon

Lurgan: Verve Chatty Walk

Lough Neagh Discovery Centre | 10am | FREE

Moderate to brisk pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net | ☎ 028 3756 3946

Lurgan: Verve Chatty Walk

Meet at Sailing Club, Kinnego Marina | 10am | £2

Relaxed pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net | ☎ 028 3756 3946

Richhill: Tai Chi

Richhill Recreation Centre | 10am - 11am | £2.50

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

Keady: Eat Well Beat Well Roadshow

TMAC | 11am - 1.30pm | FREE

'DrumTastic' taster session and Healthy Eating Tips. Light refreshments served.

For more information or to book contact Orla Lamph on ☎ 07785 533 039 | ✉ orla.lamph@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 07734376036 | ✉ rachel@dementiani.org

Armagh: Dancing in the Daylight

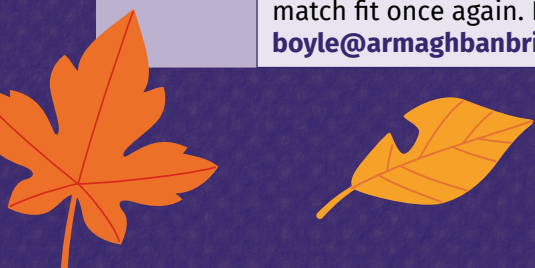
Orchard Leisure Centre | 11.45am - 12.45pm | £2.50

Get moving with our Dancing in the Daylight classes! The classes are a wonderful way to maintain an active lifestyle, excellent for strengthening muscles and balance and most importantly are great fun! To book please visit 🌐 getactive/pam For more information, please contact Christie at

✉ Christie.McMahon@armaghbanbridgecraigavon.gov.uk | ☎ 07500961296



	<p>Richhill: Tai Chi for beginners Richhill Recreation Centre 11am-12noon £2.50 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 ✉ mquick@dsni.co.uk</p>
	<p>Armagh: Orienteering - have a go! Palace Demesne Armagh 1pm-2.30pm £3 Orienteering is an exciting outdoor sport that exercises mind and body. The first of the two coach-led sessions will take place in Armagh Palace Demesne, where you will be taught how to navigate between checkpoints or controls marked on a special orienteering map. The second session will take place in Gosford Forest Park on 15 October, where you can put your new skills to the test. To book please visit 🌐 getactive/pam For more information, please contact Kelley Rushton on ☎ 07767 167 497</p>
	<p>Craigavon: Nordic walking South Lake Leisure Centre 1.30pm - 2.30pm £2 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 ✉ mquick@dsni.co.uk</p>
Thurs 2 Oct	<p>Craigavon: Verve Chatty Walk Café IncredABLE 10am FREE Moderate pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net ☎ 028 3756 3946</p>
	<p>Banbridge: Get Support with Hearing Loss RNID at The Old Town Hall, 1 Scarva St, Banbridge 10am-12noon Free drop-in 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 ☎ 07483 941 623 ✉ Carolyn.ritchie@rnid.org.uk</p>
	<p>Armagh: Positive Ageing Month Tea Dance Armagh City Hotel 2pm-4pm FREE Ark and ABC Council 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 ✉ orla.lamph@armaghbanbridgecraigavon.gov.uk ☎ 07785 533 039</p>
	<p>Lurgan: Verve - Wild Wanders Sunset Walk Windsor Ave gate 7pm-8pm FREE This walks teach aspects of forest bathing and mindfulness to de-stress and connect with nature on your doorstep. To register ✉ verve.network@southerntrust.hscni.net ☎ 028 3756 3946</p>
	<p>Lurgan: Free Chi Me Session Verve and Libraries NI 2pm-3pm FREE Improve your strength, balance and mental well-being with some gentle exercise. Booking is essential ✉ lurgan.library@librariesni.org.uk ☎ 028 3832 3912</p>
	<p>Portadown: Dementia Café Portadown Wellness Centre Community Café 2pm-4pm FREE The Dementia café offers, a calm, safe, and friendly environment where people living with dementia, along with their carers and loved ones, can come together to relax, socialise, and feel supported. For more information ✉ enquiries@portadownwellnesscentre.com ☎ 0754 537 3413</p>
Fri 3 Oct	<p>Armagh: New Walking Football Orchard Leisure Centre 9.15am-10.15am £12.50 for 5 week programme A slower paced version of the beautiful game. If you played football before (or not!) and perhaps retired due to age, injury or family commitments, this may just be the perfect solution to get you match fit once again. Booking available at 🌐 getactive/pam or for more information ✉ john.boyle@armaghbanbridgecraigavon.gov.uk or call Eimear on ☎ 0300 0300 900 Ext. 61585</p>



	<p>Banbridge: GOGA FIT Banbridge Leisure Centre 11am-12noon £2.50 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 ✉ mquick@dsni.co.uk</p>
	<p>Portadown: Verve Chatty Walk Portadown People's Park 12noon FREE Meet at Clanrye, Mayfair Business Centre. (Social café afterwards) For more information or to book call Contact: Emma McCormick ☎ 07485 325 861 ✉ emma.mccormick@clanryegroup.com</p>
	<p>Banbridge: Walking Netball Banbridge Leisure Centre 12.30pm – 1.30pm £10 for 4 week programme This is for anyone who wants to become more active and enjoy playing netball at a slower pace. These sessions will provide a warmup, a recap on rules, passing and shooting activities followed by walking netball games. Booking via 🌐 getactive/pam For more information, please contact Sarah Aiken on ☎ 07733 596 612</p>
	<p>Banbridge: Tai Chi Banbridge Leisure Centre 1pm-2pm £2.50 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 ✉ mquick@dsni.co.uk</p>
	<p>Craigavon: Verve Chatty Walk Drumellan, Craigavon FREE Meet at Drumellan Community Association. For more information or to book call Contact: Emma McCormick ☎ 07485 325 861 ✉ emma.mccormick@clanryegroup.com</p>
	<p>Banbridge: Tai Chi for beginners Banbridge Leisure Centre 2.15pm-3.15pm £2.50 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 ✉ mquick@dsni.co.uk</p>
Sat 4 Oct	<p>Portadown: 20% Discount Portadown Wellness Centre Community Cafe, Armagh Road Portadown 20% discount to anyone aged 55+ every Friday</p>
	<p>Craigavon: Social Community Bike Ride South Lakes Leisure Centre 9am FREE Aimed at those with minimal recent cycling experience but should be able to ride a bike. A social community bike ride riding on the cycle paths and quieter roads. Bring your own bike (in good working condition), helmet and suitable clothes for the weather. No bike? You can hire one from South Lake Leisure Centre for £8.20. Ride time is approximately 1 – 1.1.5hrs Sessions can be booked individually or attend all four. To book please visit 🌐 getactive/pam For more information, please contact Kelley Rushton ☎ 07767 167 497</p>
Sun 5 Oct	<p>Derrymacash: Age Uk Silver Sunday Celebration with Loughshore Care Partnership St. Patrick's PTA St. Patrick's School Assembly Hall, Derrymacash 1pm - 4pm FREE Special event to celebrate Age UK's Silver Sunday – a national day dedicated to older people. Silver Sunday is all about bringing communities together by offering fun and free activities that help tackle loneliness and celebrate the contributions of older generations. A light lunch will be served. For more information or to book call our Community health Trainer: Hazel ☎ 07787 933 257</p>
Mon 6 Oct	<p>Armagh: GOGA FIT Dobbin Street Community Centre, Armagh 10am-11am Cost £2.50 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 ✉ mquick@dsni.co.uk</p>



Tues 7 Oct	<p>Portadown: Carers Walking Group Clanrye Offices in Mayfair Business Park, Garvaghy Road, Portadown 10.30am FREE Gentle walk around Peoples Park, followed by tea/coffee and treats afterwards until 12pm All Carers welcome. For more information contact Nicole on ☎ 07870 506 353 or ✉ nicole.dynes@clanryegroup.com</p>
	<p>Lurgan: Verve Chatty Walk in Lurgan Park Meet at Windsor Ave gate 10am FREE Moderate & relaxed pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net ☎ 028 3756 3946</p>
	<p>Dromore: Dancing in the Daylight Dromore Community Centre 10am - 11am £2.50 Get moving with our Dancing in the Daylight classes! The classes are a wonderful way to maintain an active lifestyle, excellent for strengthening muscles and balance and most importantly are great fun! To book please 🌐 getactive/pam For more information, please contact Christie at ✉ Christie.McMahon@armaghbanbridgecraigavon.gov.uk ☎ 07500 961 296</p>
	<p>Banbridge: Dancing in the Daylight Banbridge Leisure Centre 12noon-1pm £2.50 Get moving with our Dancing in the Daylight classes! The classes are a wonderful way to maintain an active lifestyle, excellent for strengthening muscles and balance and most importantly are great fun! To book please visit 🌐 getactive/pam For more information, please contact Christie at Christie.McMahon@armaghbanbridgecraigavon.gov.uk ☎ 07500 961 296</p>
	<p>Craigavon: Verve Chatty Walk Drummellan Community Centre, Craigavon 1pm FREE Relaxed pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net ☎ 028 3756 3946</p>
	<p>Gilford: Afternoon Tea Dance Gilford Community Centre 2pm-4pm 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 ✉ eunice.mcmurran@armaghbanbridgecraigavon.gov.uk ☎ 0300 0300 900 (ask for Eunice McMurran, ext. 61971)</p>
	<p>Armagh: Tai Chi Dobbin Street Community Centre 4.30pm-5.30pm £2.50 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 ✉ mquick@dsni.co.uk</p>
	<p>Rathfriland: Community Strength and Balance Programme St Marys Parish Centre Rathfriland Time TBC FREE This is an 8 week physical activity programme which aims to help people over the age of 55 years of age to improve their balance and posture and strengthen their muscles. The programme is for those who have been identified at risk of falls or who have a fear of falling. For more information or to register call Erin on ☎ 07773 712 587</p>
	<p>Richhill: Nifty Fifties Richhill Recreation Centre 9.30am-11am £3.20 Low impact activity followed by tea and coffee. For more information or to book a place call Richhill reception on ☎ 028 3887 0718</p>
	<p>Mountnorris: Positive Ageing Month Information Event with Health Checks GLM Millenium hall in Mountnorris 10am-2pm FREE with a light lunch served Come along and take part in some activities and get information and advice on keeping yourself well. Health Checks available on the day. Lunch will be provided. For more information or to book ✉ tracey.powell@southerntrust.hscni.net ☎ 028 3756 4495</p>

Wed 9 Oct	<p>Armagh: The Market Place is Your Place Autumn Botanical Printing on Irish Linen Market Place Theatre Armagh 11.00am to 12.30pm FREE Working with paints, inks and rollers design beautiful samples and a finished artwork to take home for framing. All materials supplied including aprons. Members of staff will welcome you with tea, coffee, biscuits, newspapers, board games, playing cards and chat. Pre booking essential Max 15 people. Booking online at Booking online at visitarmagh.com/marketplacearmagh.com or by phone to ☎ 033 0056 1025 Max 2 places per booking.</p>
	<p>Craigavon: GOGA FIT South Lake Leisure Centre 11.30am-12.30pm £2.50 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 ✉ mquick@dsni.co.uk</p>
	<p>Craigavon: Advanced Tai Chi South Lake Leisure Centre 1.30pm-2.30p £2.50 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 ✉ mquick@dsni.co.uk</p>
	<p>Craigavon: Tai Chi for beginners South Lake Leisure Centre 2.45pm-3.45pm £2.50 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 ✉ mquick@dsni.co.uk</p>
	<p>Lurgan: Verve Chatty Walk Lough Neagh Discovery Centre 10am FREE Moderate to brisk pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net ☎ 028 3756 3946</p>
	<p>Lurgan: Verve Chatty Walk Meet at Sailing Club, Kinnego Marina 10am £2 Relaxed pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net ☎ 028 3756 3946</p>
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	<p>Craigavon: Eat Well Beat Well Roadshow Brownlow Community Hub 11am-1.30pm FREE Free “DrumTastic” taster session and Healthy Eating Tips. Light refreshments served. For more information or to book contact Orla Lamph on ☎ 07785 533 039 ✉ orla.lamph@armaghbanbridgecraigavon.gov.uk</p>
	<p>Online via Zoom: Regional Rapid Run Down 11am FREE An online fast paced showcase that will provide a platform for organisations across Northern Ireland to present their services. Each organisation will be given just two minutes to deliver a quick-fire overview of the service they provide. The event will be open to all, including individuals and Statutory and Community & Voluntary representatives who play a role in supporting individuals aged 18+ throughout NI. To book or for more information ✉ raisa.donnelly@midulstercouncil.org</p>





Armagh: Dancing in the Daylight

Orchard Leisure Centre | 11.45am-12.45pm | £2.50

Get moving with our Dancing in the Daylight classes! The classes are a wonderful way to maintain an active lifestyle, excellent for strengthening muscles and balance and most importantly are great fun! To book please visit www.getactive/pam For more information, please contact Christie at ☎ Christie.McMahon@armaghbanbridgecraigavon.gov.uk | ☎ 07500 961 296

Craigavon: Bat and Chat

South Lake Leisure Centre | 12.15pm to 1.45pm | £3

Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly, social and relaxed environment. All equipment is provided. For more information or to book please contact Arnold on ☎ 07740 983 676 | ✉ banttc@gmail.com or book via 🌐 getactiveabc.com/pam

Craigavon: Nordic walking

South Lake Leisure Centre | 1.30pm-2.30pm | £3

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 | ✉ mquick@dsni.co.uk

Online via Zoom: Interactive Online Dementia Training

7pm-9pm | FREE

Dementia Friendly East Belfast presents its Online Interactive Dementia Training. This excellent training is suitable for carers, family members and health workers. It's packed with tips and useful information. "Very worthwhile session. Excellent." "Great videos and visuals." "Very informative." "I definitely feel like I know more."

Book online at 🌐 InteractiveDementiaTrainingOct2025.eventbrite.co.uk

**Thurs
9 Oct**

Craigavon: Verve Chatty Walk

Meet at Café IncredABLE | 10am | FREE

Moderate pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net | ☎ 028 3756 3946

Craigavon: Bat and Chat

South Lake Leisure Centre | 10.30am to 12noon | £3

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 | ✉ banttc@gmail.com or book via 🌐 getactiveabc.com/pam

Lurgan: Free Chi Me Session with Verve and Libraries NI

Lurgan Library | 2pm-3pm | FREE

Improve your strength, balance and mental well-being with some gentle exercise. Booking is essential ✉ lurgan.library@librariesni.org.uk | 028 3832 3912

Portadown: Afternoon Tea Dance

Portadown Masonic Recreation Club | 2pm-4pm | 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 ✉ eunice.mcmurran@armaghbanbridgecraigavon.gov.uk | ☎ 0300 0300 900 (ask for Eunice McMurran, ext. 61971)

Lurgan: Verve - Wild Wanders Sunset Walk

Windsor Ave gate | 7pm-8pm | FREE

This walks teach aspects of forest bathing and mindfulness to de-stress and connect with nature on your doorstep. To register ✉ verve.network@southerntrust.hscni.net | ☎ 028 3756 3946

Portadown: Dementia Café

Portadown Wellness Centre Community Café | 2pm-4pm | FREE

The Dementia café offers, a calm, safe, and friendly environment where people living with dementia, along with their carers and loved ones, can come together to relax, socialise, and feel supported. For more information ✉ enquiries@portadownwellnesscentre.com | ☎ 0754 537 3413



**Fri
10
Oct**

Armagh: New Walking Football

Orchard Leisure Centre | 9.15am-10.15am | £12.50 for 5 week programme

A slower paced version of the beautiful game. If you played football before (or not!) and perhaps retired due to age, injury or family commitments, this may just be the perfect solution to get you match fit once again. Booking available at [getactiveabc.com/pam](https://www.getactiveabc.com/pam) or for more information

✉ john.boyle@armaghbanbridgecraigavon.gov.uk or call Eimear ☎ 0300 0300 900 Ext. 61585

Banbridge: GOGA FIT for beginners

Banbridge Leisure Centre | 10am-10.45am | £2.50

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 | ✉ mquick@dsni.co.uk

Banbridge: GOGA FIT

Banbridge Leisure Centre | 11am-12noon | £2.50

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 | ✉ mquick@dsni.co.uk

Portadown: Verve Chatty Walk

Portadown People's Park | 12noon | FREE

Meet at Clanrye, Mayfair Business Centre. (Social café afterwards) For more information or to book call Contact: Emma McCormick ☎ 07485 325 861 | ✉ emma.mccormick@clanryegroup.com

Banbridge: Walking Netball

Banbridge Leisure Centre | 12.30pm – 1.30pm | £10 for 4 week programme

Suitable for anyone who wants to become more active and enjoy playing netball at a slower pace. These sessions will provide a warmup, a recap on rules, passing and shooting activities followed by walking netball games. Booking via [getactiveabc.com/pam](https://www.getactiveabc.com/pam)

For more information, please contact Sarah Aiken on ☎ 07733 596 612

Banbridge: Tai Chi for Beginners

Banbridge Leisure Centre | 1pm - 2pm | £2.50

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 | ✉ mquick@dsni.co.uk

Banbridge: Tai Chi for Beginners

Banbridge Leisure Centre | 2.15pm - 3.15pm | £2.50

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 | ✉ mquick@dsni.co.uk

Lurgan: Novel Writing Course

Lurgan Library | 10.30am-12noon | FREE

An Introduction to Novel Writing: six-week course presented by author Jamie Guiney and supported by Lurgan Townscape Heritage from 10 October to 14 November.

Booking is essential ✉ lurgan.library@librariesni.org.uk | ☎ 028 3832 3912

Portadown: 20% Discount

Portadown Wellness Centre Community Cafe, Armagh Road Portadown

20% discount to anyone aged 55+ every Friday

**Sat 11
Oct**

Craigavon: Social Community Bike Ride

South Lakes Leisure Centre | 9am | FREE

Aimed at those with minimal recent cycling experience but should be able to ride a bike. A social community bike ride riding on the cycle paths and quieter roads. Bring your own bike (in good working condition), helmet and suitable clothes for the weather. No bike? You can hire one from South Lake Leisure Centre for £8.20. Ride time is approximately 1 – 1.5hrs

Sessions can be booked individually or attend all four. To book please visit [getactiveabc.com/pam](https://www.getactiveabc.com/pam) For more information, please contact Kelley Rushton ☎ 07767 167 497



**Mon
13
Oct**

Armagh: **GOGA FIT Armagh**

Dobbin Street Community Centre | 10am-11am | £2.50

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** | ✉ **mquick@dsni.co.uk**

Portadown: **Carers Walking Group**

Meet Clanrye Offices in Mayfair Business Park, Garvaghy Road, Portadown | 10.30am | FREE

We will do a gentle walk around Peoples Park, followed by tea/coffee and treats afterwards until 12pm. All Carers welcome. For more information contact Nicole on ☎ **07870 506 353** |

✉ **nicole.dynes@clanryegroup.com**

Lurgan: **Verve Chatty Walk**

Lurgan Park | 10am | FREE

Meet at Windsor Ave gate. Moderate & relaxed pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ **verve.network@southerntrust.hscni.net** | ☎ **028 3756 3946**

Dromore: **Dancing in the Daylight**

Dromore Community Centre | 10am - 11am | £2.50

Get moving with our Dancing in the Daylight classes! The classes are a wonderful way to maintain an active lifestyle, excellent for strengthening muscles and balance and most importantly are great fun! To book please visit www.getactive/pam For more information, please contact Christie at ✉ **Christie.McMahon@armaghbanbridgecraigavon.gov.uk** | ☎ **07500 961 296**

Banbridge: **Dancing in the Daylight**

Banbridge Leisure Centre from 12noon-1pm | £2.50

Get moving with our Dancing in the Daylight classes! The classes are a wonderful way to maintain an active lifestyle, excellent for strengthening muscles and balance and most importantly are great fun! To book please visit www.getactive/pam For more information, please contact Christie at ✉ **Christie.McMahon@armaghbanbridgecraigavon.gov.uk** | ☎ **07500 961 296**

Craigavon: **Verve Chatty Walk**

Meet at Drummellan Community Centre, Craigavon | 1pm | FREE

Relaxed pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ **verve.network@southerntrust.hscni.net** | ☎ **028 3756 3946**

Armagh: **Tai Chi**

Dobbin Street Community Centre | 4.30pm-5.30pm | £2.50

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** | ✉ **mquick@dsni.co.uk**

**Tue 14
Oct**

Richhill: **Nifty Fifties**

Richhill Recreation Centre | 9.30am-11am | £3.20

Low impact activity followed by tea and coffee. For more information or to book a place call Richhill reception on ☎ **028 3887 0718**

Armagh: **Fun based Boccia Tournament**

Ardmore Recreation Centre | Every Tues from Tues 14 Oct – Tues 18 Nov | 10.30am-12noon | FREE

This is a chair based activity that will suit all ability levels. Come along and enjoy learning a new skill and making some new social connections as well. Running for 6 weeks with tea, coffee and biscuits on arrival. No experience of Boccia needed. For more information or to book ✉ **tracey.powell@southerntrust.hscni.net** | ☎ **028 3756 4495**

Banbridge: **Bat and Chat**

Banbridge Leisure Centre | 10.30am to 12noon | £3

Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly, social and relaxed environment. All equipment is provided. For more information or to book please contact Arnold on ☎ **07740 983 676** | ✉ **banttc@gmail.com** or book via 🌐 **getactiveabc.com/pam**

Craigavon: **Chatty Walk with Verve and Libraries NI**

Meet at Brownlow Library, Craigavon at 10.30am | FREE

No registration required, join us for a walk, chat and a cuppa. For further information ✉ **verve.network@southerntrust.hscni.net** | ☎ **028 3756 3946**

	<p>Craigavon: GOGA FIT South Lake Leisure Centre 11.30am-12.30pm £2.50 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 ✉ mquick@dsni.co.uk</p>
	<p>Craigavon: Advanced Tai Chi South Lake Leisure Centre 1.30pm-2.30pm £2.50 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 ✉ mquick@dsni.co.uk</p>
	<p>Craigavon: Tai Chi for Beginners South Lake Leisure Centre 2.45pm - 3.45pm £2.50 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>
Wed 15 Oct	<p>Craigavon: Health Checks (Chest Heart & Stroke Health Screening) Brownlow Hub 9am - 4.15pm FREE FREE Blood Pressure & Atrial Fibrillation Checks available for people aged 55 and over. Booking is essential. To book an appointment click on the link 🌐 book.wellcheck.nichs.org.uk or call Brownlow Hub on ☎ 028 3831 3630</p>
	<p>Lurgan: Verve Chatty Walk Lough Neagh Discovery Centre 10am FREE Moderate to brisk pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net ☎ 028 3756 3946</p>
	<p>Lurgan: Verve Chatty Walk Meet at Sailing Club, Kinnego Marina 10am £2 Relaxed pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net ☎ 028 3756 3946</p>
	<p>Richhill: Tai Chi Richhill Recreation Centre 10.00am - 11.00am £2.50 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>Craigavon: Verve Network Boccia Competition Clann Eireann Youth Centre, Lurgan 10.15am FREE No experience needed, fully inclusive for all abilities. Prizes, refreshments and plenty of craic. To register call Katrina on ☎ 028 3756 3947</p>
	<p>Portadown: Verve - Wild Wanders Walk Meet at Pavilion Picnic Tables in Portadown Peoples Park 10.30am-12noon FREE This walks teach aspects of forest bathing and mindfulness to de-stress and connect with nature on your doorstep. To register ✉ verve.network@southerntrust.hscni.net ☎ 028 3756 3946</p>
	<p>Craigavon: Fun based Boccia Tournament Brownlow Hub Every Wed 15 Oct – 19 Nov 10.30am-12noon FREE This is a chair based activity that will suit all ability levels. Come along and enjoy learning a new skill and making some new social connections as well. Running for 6 weeks with tea, coffee and biscuits on arrival. No experience of Boccia needed. For more information or to book ✉ emma.sharkey@arbourhousing.org ☎ 028 3833 9795</p>
	<p>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 ☎ 07734376036 ✉ rachel@dementiani.org</p>
	<p>Richhill: Tai Chi for beginners Richhill Recreation Centre 11am-12noon £2.50 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 ✉ mquick@dsni.co.uk</p>



**Armagh: Dancing in the Daylight****Orchard Leisure Centre | 11.45am-12.45pm | £2.50**

Get moving with our Dancing in the Daylight classes! The classes are a wonderful way to maintain an active lifestyle, excellent for strengthening muscles and balance and most importantly are great fun! To book please visit www.getactive/pam For more information, please contact Christie at ✉ Christie.McMahon@armaghbanbridgecraigavon.gov.uk | ☎ 07500 961 296

Craigavon: Bat and Chat**South Lake Leisure Centre | 12.15pm to 1.45pm | £3**

Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly, social and relaxed environment. All equipment is provided. For more information or to book please contact Arnold on ☎ 07740 983 676 | ✉ banttc@gmail.com or book via 🌐 getactiveabc.com/pam

Markethill: Orienteering – have a go!**Gosford Forest Park from 1pm-2.30pm | £3**

Orienteering is an exciting outdoor sport that exercises mind and body. This is the second of two coach-led sessions, where you will be taught how to navigate between checkpoints or controls marked on a special orienteering map. This second session will take place in Gosford Forest Park, where you can put your new skills to the test. To book please visit 🌐 getactiveabc.com/pam For more information, please contact Kelley Rushton ☎ 07767 167 497

Craigavon: Nordic walking**South Lakes Leisure Centre | 1.30pm-2.30pm | £2**

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 | ✉ mquick@dsni.co.uk

Tandragee: GO ON Understanding Artificial Intelligence (AI)**Tandragee Library from 2pm-4pm | FREE**

This workshop takes a look at AI, its applications in everyday life, and the benefits and challenges it brings. Booking is essential ✉ tandragee.library@librariesni.org.uk | ☎ 028 3884 0694

Derrytrasna: Living History - Time Steps with Stephanie**Sarsfields Community Hall | 11.00am-12.30pm | FREE**

Victorian Memories. See whether you are gentry or not. For more information contact our Community Health Trainer Hazel on ☎ 07787 933 257

**Thu 16
Oct****Craigavon: Verve Chatty Walk****Meet at Café IncredABLE | 10am | FREE**

Moderate pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net | ☎ 028 3756 3946

Banbridge: Fun based Boccia Tournament**Banbridge Leisure Centre | Every Thursday 16 Oct – 20 Nov | 10.30am-12noon | FREE**

This is a chair based activity that will suit all ability levels. Come along and enjoy learning a new skill and making some new social connections as well. Running for 6 weeks with tea, coffee and biscuits on arrival. No experience of Boccia needed. For more information or to book email: patrice@arbourhousing.org or judith@arbourhousing.org or call 028 3833 9795

Portadown: Eat Well Beat Well Roadshow**Portadown Town Hall | 11am-1.30pm | FREE**

Free “DrumTastic” taster session and Healthy Eating Tips. Light refreshments served. For more information or to book contact Orla Lamph on ☎ 07785 533 039 | ✉ orla.lamph@armaghbanbridgecraigavon.gov.uk

Lurgan: Free Chi Me Session with Verve and Libraries NI**Lurgan Library | 2pm-3pm | FREE**

Improve your strength, balance and mental well-being with some gentle exercise. Booking is essential ✉ lurgan.library@librariesni.org.uk | ☎ 028 3832 3912





**Fri 17
Oct**

Lurgan: Verve - Wild Wanders Sunset Walk

Meet at Windsor Ave gate | 7pm-8pm | FREE

This walks teach aspects of forest bathing and mindfulness to de-stress and connect with nature on your doorstep. To register ✉ verve.network@southerntrust.hscni.net | ☎ 028 3756 3946

Portadown: Dementia Café

Portadown Wellness Centre Community Café | 2pm-4pm | FREE

The Dementia café offers, a calm, safe, and friendly environment where people living with dementia, along with their carers and loved ones, can come together to relax, socialise, and feel supported. For more information ✉ enquiries@portadownwellnesscentre.com | ☎ 0754 537 3413

Armagh: New Walking Football

Orchard Leisure Centre | 9.15am-10.15am | £12.50 for 5 week programme

A slower paced version of the beautiful game. If you played football before (or not!) and perhaps retired due to age, injury or family commitments, this may just be the perfect solution to get you match fit once again. Booking available at 🌐 getactiveabc.com/pam or for more information ✉ john.boyle@armaghbanbridgecraigavon.gov.uk | ☎ 0300 0300 900 Ext. 61585

Banbridge: GOGA FIT for beginners

Banbridge Leisure Centre 10am-10.45am | £2.50

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 | ✉ mquick@dsni.co.uk

Banbridge: GOGA FIT

Banbridge Leisure Centre | 11am-12noon | £2.50

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 | ✉ mquick@dsni.co.uk

Portadown: Verve Chatty Walk

Portadown People's Park | 12noon | FREE

Meet at Clanrye, Mayfair Business Centre. (Social café afterwards) For more information or to book call Contact: Emma McCormick ☎ 07485 325 861 | ✉ emma.mccormick@clanryegroup.com

Banbridge: Walking Netball

Banbridge Leisure Centre | 12.30pm – 1.30pm | £10 for 4 week programme

For anyone who wants to become more active and enjoy playing netball at a slower pace. These sessions will provide a warmup, a recap on rules, passing and shooting activities followed by walking netball games. Booking via 🌐 getactiveabc.com/pam For more information, please contact Sarah Aiken on ☎ 07733 596 612

Banbridge: Tai Chi

Banbridge Leisure Centre | 1pm-2pm | £2.50

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 | ✉ mquick@dsni.co.uk

Banbridge: Tai Chi for beginners

Banbridge Leisure Centre | 2.15pm-3.15pm | £2.50

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 | ✉ mquick@dsni.co.uk

Portadown: 20% Discount

Portadown Wellness Centre Community Cafe, Armagh Road Portadown

20% discount to anyone aged 55+ every Friday

**Sat
18
Oct**

Craigavon: Social Community Bike Ride

South Lakes Leisure Centre | 9am | FREE

Aimed at those with minimal recent cycling experience but should be able to ride a bike. A social community bike ride riding on the cycle paths and quieter roads. Bring your own bike (in good working condition), helmet and suitable clothes for the weather. No bike? You can hire one from South Lake Leisure Centre for £8.20. Ride time is approximately 1 – 1.1.5hrs
Sessions can be booked individually or attend all four. To book please visit 🌐 getactiveabc.com/pam For more information, please contact Kelley Rushton ☎ 07767 167 497

Armagh: **GOGA FIT**

Dobbin Street Community Centre, Armagh | 10am-11am | £2.50

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** | ✉ **mquick@dsni.co.uk**

Portadown: **Carers Walking Group**

Clanrye Offices in Mayfair Business Park, Garvaghy Road, Portadown | 10.30am | FREE

Gentle walk around Peoples Park, followed by tea/coffee and treats afterwards until 12pm

All Carers welcome. For more information contact Nicole on **07870 506 353** |

✉ **nicole.dynes@clanryegroup.com** ☎

Lurgan: **Verve Chatty Walk**

Lurgan Park | 10am | FREE

Meet at Windsor Ave gate. Moderate & relaxed pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ **verve.network@southerntrust.hscni.net** | ☎

028 3756 3946

Dromore: **Dancing in the Daylight**

Dromore Community Centre | 10am | £2.50

Get moving with our Dancing in the Daylight classes! The classes are a wonderful way to maintain an active lifestyle, excellent for strengthening muscles and balance and most importantly are great fun! To book please visit 🌐 **getactiveabc.com/pam** For more information, please contact

Christie at ✉ **Christie.McMahon@armaghbanbridgecraigavon.gov.uk** | ☎ **07500 961 296**

Banbridge: **Dancing in the Daylight**

Banbridge Leisure Centre from 12noon-1pm | £2.50

Get moving with our Dancing in the Daylight classes! The classes are a wonderful way to maintain an active lifestyle, excellent for strengthening muscles and balance and most importantly are great fun! To book please visit 🌐 **getactiveabc.com/pam** For more information, please contact

Christie at ✉ **Christie.McMahon@armaghbanbridgecraigavon.gov.uk** | ☎ **07500 961 296**

Craigavon: **Verve Chatty Walk Meet**

Drummellan Community Centre | 1pm | FREE

Relaxed pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ **verve.network@southerntrust.hscni.net** | ☎ **028 3756 3946**

Armagh: **Tai Chi**

Dobbin Street Community Centre | 4.30pm-5.30pm | £2.50

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** | ✉ **mquick@dsni.co.uk**

All libraries: Book Week NI | FREE

Call into your local library to check out all events and activities to celebrate Book Week from 20 October-26 October.

**Tues
21
Oct**

Richhill: **Nifty Fifties**

Richhill Recreation Centre | 9.30am-11am | £3.20

Low impact activity followed by tea and coffee. For more information or to book a place call Richhill reception on ☎ **028 3887 0718**

Banbridge: **Health Checks (Chest Heart & Stroke Health Screening)**

Banbridge Leisure Centre | 9am – 4.15pm | FREE

FREE Blood Pressure & Atrial Fibrillation Checks available for people aged 55 and over. Booking is essential. To book an appointment click on the link 🌐 **book.wellcheck.nichs.org.uk** | or call Banbridge Leisure ☎ **028 4062 8800**

Banbridge: **Bat and Chat**

Banbridge Leisure Centre | 10.30am to 12noon | £3

Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly, social and relaxed environment. All equipment is provided. For more information or to book please contact Arnold on ☎ **07740 983 676** | ✉ **banttc@gmail.com** or book via 🌐 **getactiveabc.com/pam**



	<p>Armagh: The Market Place is Your Place – Harvest Pot Creations Market Place Theatre Armagh 1.00am to 12.30pm FREE Celebrate the colours of autumn with a hands-on ceramic pot decorating workshop using paint, stencils, hessian, and ribbon. Create your own seasonal masterpiece and plant a beautiful autumnal plant in soil to take home. All materials supplied including aprons. Members of staff will welcome you with tea, coffee, biscuits, newspapers, board games, playing cards and chat. Pre booking essential Max 15 people. Booking online at Booking online at  visitarmagh.com/marketplacearmagh.com or by phone to  033 0056 1025 Max 2 places per booking</p>
	<p>Craigavon: GOGA FIT South Lake Leisure Centre 11.30am-12.30pm £2.50 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  mquick@dsni.co.uk</p>
	<p>Craigavon: Advanced Tai Chi South Lake Leisure Centre 1.30pm-2.30pm £2.50 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  mquick@dsni.co.uk</p>
	<p>Lurgan: GO ON Library Online Books and Magazines 1-2-1 e-clinic Lurgan Library 2pm-4pm FREE Get support with downloading our free library apps and using them for free e-books, audio-books and e-magazines. Booking is essential  lurgan.library@librariesni.org.uk 028 3832 3912</p>
	<p>Craigavon: Tai Chi for beginners South Lake Leisure Centre 2.45pm-3.45pm £2.50 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  mquick@dsni.co.uk</p>
	<p>Armagh: Book Week NI Book Quiz Armagh Library 6.30pm-7.30pm FREE Test your book knowledge at Armagh City Library's light-hearted Book Week NI Book Quiz. Booking is advisable  armagh.library@librariesni.org.uk  028 3752 4072</p>
Wed 22 Oct	<p>Banbridge: Reading by author Jan Carson Banbridge Library 6.30pm-7.30pm FREE Belfast-based author Jan Carson has published three novels, three short story collections and two micro-fiction collections. Her novel The Fire Starters won the EU Prize for Literature for Ireland 2019. Her next novel 'Few and Far Between', is forthcoming early 2026. Booking is essential email:  Banbridge.library@librariesni.org.uk  028 4062 3973</p>
	<p>All Libraries: Love Your Library Day Time to be confirmed by your local library FREE Tea mornings and activities throughout all Libraries in the ABC Borough. For more information, contact  enquiries@librariesni.org.uk  0345 450 4580</p>
	<p>Armagh: Health and Wellbeing Event The Palace Demesne 10am-2pm FREE This event will explore and raise awareness of domestic abuse against older persons. Lunch will be provided. For more information or to book call  028 3831 5333  SupportHubArmaghBanbridgeandCraigavon@psni.police.uk</p>
	<p>Lurgan: Verve Chatty Walk Meet at Lough Neagh Discovery Centre 10am FREE Moderate to brisk pace. No registration required, just drop in for a walk, chat and a cuppa. For further information  verve.network@southerntrust.hscni.net  028 3756 3946</p>
	<p>Lurgan: Verve Chatty Walk Meet at Sailing Club, Kinnego Marina 10am £2 Relaxed pace. No registration required, just drop in for a walk, chat and a cuppa. For further information  verve.network@southerntrust.hscni.net  028 3756 3946</p>





Dromore: Positive Ageing Month Information Event with Health Checks
Dromore Community Centre | 10am-2pm | FREE with a light lunch served
 Come along and take part in some activities and get information and advice on keeping yourself well. Health Checks available on the day. For more information or to book ✉ Jayne.Seeley@southerntrust.hscni.net | ☎ 028 3756 1440

Richhill: Tai Chi
Richhill Recreation Centre | 10am-11am | £2.50
 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 | ✉ mquick@dsni.co.uk

Armagh: Uncovering Heritage in ABC Borough
Robinson Library, Abbey Street Armagh | 10.30am-12.30pm | FREE
 Join the Heritage Places team for a creative workshop to uncover the hidden heritage of the ABC Borough. We will be sharing stories and memories of our favourite places and designing our own postcard showcasing the hidden gems of the borough. Whether you've lived here all your life or new to the area, your memories are part of what makes ABC Borough special. Come along for a cup of tea, good conversation, and a chance to get creative! For more information or to book ✉ aofiecleland@armaghbanbridgecraigavon.gov.uk | ☎ 07900 995 331

Richhill: Eat Well Beat Well Roadshow
Richhill Recreation Centre 11am-1.30pm | FREE
 Free "DrumTastic" taster session and Healthy Eating Tips. Light refreshments served. For more information or to book contact Orla Lamph on ☎ 07785 533 039 | ✉ orla.lamph@armaghbanbridgecraigavon.gov.uk

Richhill: Tai Chi for beginners
Richhill Recreation Centre | 11am-12noon | £2.50
 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 | ✉ mquick@dsni.co.uk

Armagh: Dancing in the Daylight
Orchard Leisure Centre | 11.45am-12.45pm | £2.50
 Get moving with our Dancing in the Daylight classes! The classes are a wonderful way to maintain an active lifestyle, excellent for strengthening muscles and balance and most importantly are great fun! To book please visit 🌐 getactiveabc.com/pam

Craigavon: Bat and Chat
South Lake Leisure Centre from 12.15pm to 1.45pm | £3
 Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly, social and relaxed environment. All equipment is provided. For more information or to book please contact Arnold on ☎ 07740 983 676 | ✉ banttc@gmail.com or book via 🌐 getactiveabc.com/pam

Craigavon: Nordic walking
South Lakes Leisure Centre | 1.30pm-2.30pm | £2
 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 | ✉ mquick@dsni.co.uk

**Thurs
23 Oct**

Craigavon: Verve Chatty Walk
Meet at Café IncredABLE | 10am | FREE
 Moderate pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net | ☎ 028 3756 3946

Banbridge: GOGA FIT for beginners
Banbridge Leisure Centre | 10am-10.45am | £2.50
 Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more info or to book contact Martin Quick on ☎ 07392 170 746 | ✉ mquick@dsni.co.uk

Banbridge: Eat Well Beat Well Roadshow
Banbridge Leisure Centre | 11am-1.30pm | FREE
 Free "DrumTastic" taster session and Healthy Eating Tips. Light refreshments served. For more information or to book contact Orla Lamph on ☎ 07785 533 039 | ✉ orla.lamph@armaghbanbridgecraigavon.gov.uk





Armagh: GO ON Library Online Books and Magazines 1-2-1 e-clinic

Armagh Library | 1pm-4.30pm | FREE

Get support with downloading our free library apps and using them for free e-books, audio-books and e-magazines. Booking is essential ✉ armagh.library@librariesni.org.uk | ☎ **028 3752 4072**

Lurgan: Free Chi Me Session with Verve and Libraries NI

Lurgan Library | 2pm-3pm | FREE

Improve your strength, balance and mental well-being with some gentle exercise. Booking is essential ✉ lurgan.library@librariesni.org.uk | **028 3832 3912**

Lurgan: Positive Ageing Month Tea Dance

Lurgan Town Hall | 2pm-4pm | FREE

Ark and ABC Council 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 ✉ orla.lamph@armaghbanbridgecraigavon.gov.uk | ☎ **07785 533 039**

Online via Zoom: Residential Care Costs

Online Session at 2pm | FREE

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. First look at what is meant by Capital and what is meant by Income. Current Legislation and Future Legislation.

✉ raisa.donnelly@midulstercouncil.org for zoom link

Lurgan: Verve - Wild Wanders Sunset Walk

Meet at Windsor Ave gate | 7pm-8pm | FREE

This walks teach aspects of forest bathing and mindfulness to de-stress and connect with nature on your doorstep. To register ✉ verve.network@southerntrust.hscni.net | ☎ **028 3756 3946**

Portadown: Dementia Café

Portadown Wellness Centre Community Café | 2pm-4pm | FREE

The Dementia café offers, a calm, safe, and friendly environment where people living with dementia, along with their carers and loved ones, can come together to relax, socialise, and feel supported. For more information ✉ enquiries@portadownwellnesscentre.com | ☎ **0754 537 3413**

**Fri 24
Oct**

Armagh: New Walking Football

Orchard Leisure Centre | 9.15am-10.15am | £12.50 for 5 week programme

A slower paced version of the beautiful game. If you played football before (or not!) and perhaps retired due to age, injury or family commitments, this may just be the perfect solution to get you match fit once again. Booking available at 🌐 getactiveabc.com/pam or for more information

✉ john.boyle@armaghbanbridgecraigavon.gov.uk or call Eimear ☎ **0300 0300 900 Ext. 6158**

Banbridge: GOGA FIT

Banbridge Leisure Centre | 11am-12noon | £2.50

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** | ✉ mquick@dsni.co.uk

Portadown: Verve Chatty Walk

Portadown People's Park | 12noon | FREE

Meet at Clanrye, Mayfair Business Centre. (Social café afterwards) For more information or to book call Contact: Emma McCormick ☎ **07485 325 861** | ✉ emma.mccormick@clanryegroup.com

Lurgan: Wild Wanderers Nature Walk in partnership with Loughshore Care Partnership Oxford Island Sailing Club, Kinnego Marina | 10.00am-12 noon | FREE

Walk-Connect- Destress. Short mindful walks, suitable for all levels of ability – followed with tea/ coffee and chats. For more information or to book call our Community Health Trainer: Hazel on ☎ **07787 933 257**

Banbridge: Walking Netball

Banbridge Leisure Centre | 12.30pm – 1.30pm | £10 for 4 week programme

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

	<p>Banbridge: Tai Chi Banbridge Leisure Centre 1pm-2pm £2.50 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 ✉ mquick@dsni.co.uk</p>
	<p>Banbridge: Tai Chi for beginners Banbridge Leisure Centre 2.15pm-3.15pm £2.50 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 ✉ mquick@dsni.co.uk</p>
	<p>Portadown: 20% Discount Portadown Wellness Centre Community Cafe, Armagh Road Portadown 20% discount to anyone aged 55+ every Friday</p>
Sat 25 Oct	<p>Craigavon: Social Community Bike Ride South Lake Leisure Centre 9am FREE Aimed at those with minimal recent cycling experience but should be able to ride a bike. A social community bike ride riding on the cycle paths and quieter roads. Bring your own bike (in good working condition), helmet and suitable clothes for the weather. No bike? You can hire one from South Lake Leisure Centre for £8.20. Ride time is approximately 1 – 1.1.5hrs Sessions can be booked individually or attend all four. To book please visit 🌐 getactiveabc.com/pam For more information, please contact Kelley Rushton ☎ 07767 167 497</p>
Mon 27 Oct	<p>Armagh: GOGA FIT Armagh Dobbin Street Community Centre 10am-11am £2.50 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 ✉ mquick@dsni.co.uk</p>
	<p>Portadown: Carers Walking Group Meet at Clanrye Offices in Mayfair Business Park 10.30am FREE Gentle walk around Peoples Park, followed by tea/coffee and treats afterwards until 12pm All Carers welcome. Fore information contact Nicole on ☎ 07870 506 353 ✉ nicole.dynes@clanryegroup.com</p>
	<p>Lurgan: Verve Chatty Walk Meet at Windsor Ave gate, Lurgan Park 10am FREE Moderate & relaxed pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net ☎ 028 3756 3946</p>
	<p>Dromore: Dancing in the Daylight Dromore Community Centre 10am - 11am £2.50 Get moving with our Dancing in the Daylight classes! The classes are a wonderful way to maintain an active lifestyle, excellent for strengthening muscles and balance and most importantly are great fun! To book please visit 🌐 getactive/pam For more information, please contact Christie at ✉ Christie.McMahon@armaghbanbridgecraigavon.gov.uk ☎ 07500 961 296</p>
	<p>Banbridge: Dancing in the Daylight Banbridge Leisure Centre 12noon-1pm £2.50 Get moving with our Dancing in the Daylight classes! The classes are a wonderful way to maintain an active lifestyle, excellent for strengthening muscles and balance and most importantly are great fun! To book please visit 🌐 getactive/pam For more information, please contact Christie at ✉ Christie.McMahon@armaghbanbridgecraigavon.gov.uk ☎ 07500 961 296</p>
	<p>Craigavon: Verve Chatty Walk Meet at Drummellan Community Centre 1pm FREE Relaxed pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net ☎ 028 3756 3946</p>



	<p>Banbridge: Bat and Chat Banbridge Leisure Centre 10.30am to 12noo £3 Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly, social and relaxed environment. All equipment is provided. For more information or to book please contact Arnold on ☎ 07740 983 676 ✉ banttc@gmail.com or book via 🌐 getactiveabc.com/pam</p>
	<p>Craigavon: Chatty Walk with Verve and Libraries NI Meet Brownlow Library 10.30am FREE No registration required, join us for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net ☎ 028 3756 3946</p>
	<p>Armagh: The Market Place is Your Place – 25 Years of the Market Place Market Place Theatre Armagh 11.00am to 12.30pm FREE In the theatre's 25th birthday year, see how the theatre works behind the scenes and learn some of the facts & figures about the venue's history. Members of staff will welcome you with tea, coffee, biscuits, newspapers, board games, playing cards and chat. No booking required, drop in session.</p>
	<p>Craigavon: GOGA FIT South Lake Leisure Centre 11.30am-12.30pm £2.50 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 ✉ mquick@dsni.co.uk</p>
	<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 ☎ 07483 941 623 ✉ Carolyn.ritchie@rnid.org.uk</p>
	<p>Craigavon: Advanced Tai Chi South Lake Leisure Centre 1.30pm-2.30pm £2.50 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 ✉ mquick@dsni.co.uk</p>
Wed 29 Oct	<p>Craigavon: Tai Chi for beginner South Lake Leisure Centre 2.45pm-3.45pm £2.50 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 ✉ mquick@dsni.co.uk</p>
	<p>Keady: Health Checks (Chest Heart & Stroke Health Screening) Tommy Makem Centre, appointments available between 9am - 4.15pm FREE FREE Blood Pressure & Atrial Fibrillation Checks available for people aged 55 and over. Booking is essential. To book an appointment click on the link 🌐 book.wellcheck.nichs.org.uk or call the TMAC on ☎ 028 3752 1810</p>
	<p>Lurgan: Verve Chatty Walk Meet at Lough Neagh Discovery Centre 10am FREE Moderate to brisk pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net ☎ 028 3756 3946</p>
	<p>Lurgan: Verve Chatty Walk Meet at Sailing Club, Kinnego Marina 10am £2 Relaxed pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net ☎ 028 3756 3946</p>
	<p>Richhill: Tai Chi Richhill Recreation Centre 10am-11am £2.50 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 ✉ mquick@dsni.co.uk</p>





Rathfriland: Drumgath Ladies Coffee Morning

Loft 56 restaurant, (above the Milestone supermarket) | £2.50

Are you aged 50+? Why not join us for coffee, scones and a chat. Last Wednesday in every month. For more information or to book contact Mary Brannigan on ☎ 07813 808 558 for catering purposes

Richhill: Tai Chi for beginners

Richhill Recreation Centre | 11am-12noon | £2.50

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 | ✉ mquick@dsni.co.uk

Armagh: Dancing in the Daylight

Orchard Leisure Centre | 11.45am-12.45pm | £2.50

Get moving with our Dancing in the Daylight classes! The classes are a wonderful way to maintain an active lifestyle, excellent for strengthening muscles and balance and most importantly are great fun! To book please visit 🌐 getactive/pam For more information, please contact Christie at ✉ Christie.McMahon@armaghbanbridgecraigavon.gov.uk | ☎ 07500 961 296

Craigavon: Bat and Chat

South Lake Leisure Centre from 12.15pm to 1.45pm | £3

Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly, social and relaxed environment. All equipment is provided. For more information or to book please contact Arnold on ☎ 07740 983 676 | ✉ banttc@gmail.com or book via 🌐 getactiveabc.com/pam

Craigavon: Nordic walking

South Lakes Leisure Centre | 1.30pm-2.30pm | £2

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 | ✉ mquick@dsni.co.uk

**Thurs
30
Oct**

Craigavon: Verve Chatty Walk

Meet at Café IncredABLE | 10am | FREE

Moderate pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net | ☎ 028 3756 3946

Banbridge: Eat Well Beat Well Roadshow

Banbridge Leisure Centre | 11am-1.30pm | FREE

Free "DrumTastic" taster session and Healthy Eating Tips. Light refreshments served. For more information or to book contact Orla Lamph on ☎ 07785 533 039 | ✉ orla.lamph@armaghbanbridgecraigavon.gov.uk

Lurgan: Free Chi Me Session with Verve and Libraries NI

Lurgan Library | 2pm-3pm | FREE

Improve your strength, balance and mental well-being with some gentle exercise. Booking is essential ✉ lurgan.library@librariesni.org.uk | 028 3832 3912

Online via Zoom: Spooky Online Chocolate Bingo from 7.30pm-8.30pm

It's online bingo, but not as you know it. Eyes down for an evening of music with Victor Mawhinney, games and bingo fun. Fancy dress encouraged. For the Zoom link ☎ info@engagewithage.org.uk | ☎ 028 9073 5696

Lurgan: Verve - Wild Wanders Sunset Walk

Meet at Windsor Ave gate. 7pm-8pm | FREE

This walks teach aspects of forest bathing and mindfulness to de-stress and connect with nature on your doorstep. To register ✉ verve.network@southerntrust.hscni.net | ☎ 028 3756 3946

Portadown: Dementia Café

Portadown Wellness Centre Community Café | 2pm-4pm | FREE

The Dementia café offers, a calm, safe, and friendly environment where people living with dementia, along with their carers and loved ones, can come together to relax, socialise, and feel supported. For more information ✉ enquiries@portadownwellnesscentre.com | ☎ 0754 537 3413



**Fri 31
Oct**



Armagh: New Walking Football

Orchard Leisure Centre | 9.15am-10.15am | £12.50 for 5 week programme

A slower paced version of the beautiful game. If you played football before (or not!) and perhaps retired due to age, injury or family commitments, this may just be the perfect solution to get you match fit once again. Booking available at getactiveabc.com/pam or for more information

✉ john.boyle@armaghbanbridgecraigavon.gov.uk or call Eimear ☎ **0300 0300 900 Ext. 6158**

Banbridge: GOGA FIT

Banbridge Leisure Centre | 11am-12noon | £2.50

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** | ✉ mquick@dsni.co.uk

Portadown: Verve Chatty Walk

Portadown People's Park | 12noon | FREE

Meet at Clanrye, Mayfair Business Centre. (Social café afterwards) For more information or to book call Contact: Emma McCormick on ☎ **07485 325 861** | ✉ emma.mccormick@clanryegroup.com

Banbridge: Walking Netball

Banbridge Leisure Centre | 12.30pm – 1.30pm | £10 for 4 week programme

Suitable for anyone who wants to become more active and enjoy playing netball at a slower pace. These sessions will provide a warmup, a recap on rules, passing and shooting activities followed by walking netball games. Booking via getactiveabc.com/pam

For more information, please contact Sarah Aiken on ☎ **07733 596 612**

Banbridge: Tai Chi

Banbridge Leisure Centre | 1pm - 2pm | £2.50

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** | ✉ mquick@dsni.co.uk

Banbridge: Tai Chi for Beginners

Banbridge Leisure Centre | 2.15pm - 3.15pm | £2.50

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** | ✉ mquick@dsni.co.uk

Portadown: 20% Discount

Portadown Wellness Centre Community Cafe, Armagh Road Portadown

20% discount to anyone aged 55+ every Friday





Become a volunteer at one of the borough's

Parkrun events take place every Saturday and Sunday morning between 9:30 am and 11 am. Everyone is welcome to volunteer.

There are plenty of opportunities to try new roles, apply your skills or learn new ones, be with friends and family, meet people and be a part of the parkrun community. You don't need any experience of parkrun, junior parkrun or of volunteering. There are a range of roles to choose from, and many of them can be combined with walking or running too. You can volunteer alone or team up with someone else, and there are always people on hand if you have any questions.

How to get involved

In advance: If you know in advance that you would like to volunteer (either the next weekend or a future date) please email the parkrun of your choice and we will be in touch – we'd love to hear from you! Please include your full name and, if you know it, your parkrun ID found on your barcode.

On the day: If you're not sure of your weekend plans and don't want to commit in advance, just turn up and talk to the volunteers when you arrive – we can never have too many volunteers!

Interested in volunteering regularly? You can sign up to receive volunteering emails in your parkrun profile.

Register: If you've not yet registered for parkrun, please register via the website of your chosen run, you can then keep track of your parkrun progress as you work towards the various milestones. You do not need to register separately for volunteering. <https://www.parkrun.org.uk/register/>

What can I do at the event?

There is something for everyone at parkrun, you could be setting up the course, scanning people's barcodes at the finish or ensuring everyone gets safely around the route as a marshal. You can find a full list of the roles on the website. We never ask anybody to do anything they're not comfortable with and if you want to do a particular volunteer role, please let us know and we'll try to accommodate. On the day, you are always supported by other volunteers.

For more information, please email the event of your choice:

Citypark parkrun, Craigavon ✉ citypark@parkrun.com
Armagh parkrun ✉ armagh@parkrun.com
Lurgan Park parkrun ✉ lurganpark@parkrun.com
Lurgan Park junior parkrun ✉ lurganjuniors@parkrun.com





What types of activities should I do?



Be active

Anything that makes you huff & puff a little.



Muscle Strengthening

Activities that make your muscles work harder than usual at least 2 days per week.



Balance activities

Add in some balance activities to support daily tasks, prevent falls and stay steady on your feet.



Break up time spent being still

Add some movement breaks.

Get Moving for Life

Try a range of activities from each activity type like dancing, chi me, strength & balance to help your body stay strong and lower your risk of falls.



Being active can make life easier! It's one of the most important things you can do for your health and is vital for healthy aging.

As we get older, we lose muscle mass and bone density, which can affect strength, balance and mobility. Moving can help you stay mobile, independent and steady on your feet. The Southern Trust in partnership with ABC Council have recently launched their Movement for Life Campaign which aims to encourage and support over 50's to be active in a way that suits them. No matter what your age, health condition or ability there is an activity out there for you to enjoy. The Physical Activity Guidelines for health recommend older adults aim for 150 minutes of moderate to

vigorous physical activity per week for good health and wellbeing. If you are not meeting this, don't worry even light intensity activity can benefit your health & wellbeing.

More than two hours may sound like a lot of time, but it doesn't have to be done all at one. Everyday activities like cleaning, gardening and walking up the stairs can get the heart beating and strengthen muscles.

Through the Get Moving ABC Framework, the Council's Sport Development Team have a range of Get Moving Programmes aimed at older adults from Dance to Nordic Walking. Why not check out the calendar of events on pages 8-26 for something that you will enjoy and make a start today, it's never too late! What's your move?

Every Move Counts!

**SCAN
HERE**
TO FIND
OUT MORE



Are you fit for life?

Try the strength & balance challenge!

As we get older, we naturally lose muscle mass & strength, to help slow the progression, strengthening is the key! Are you fit for life?



Balance Challenge



One Leg Stand:

Find a safe place - close to a chair or wall for support, if needed

- Stand tall with your arms by your sides
- Take one foot off the floor and start counting

Stop when you:

- Count to 30 seconds
- Need to put your foot down
- Need to grab something for support
- Need to rest one leg against the other

How did you do?

Balance Challenge

Did you manage to keep your balance for 30 seconds?

If not, use the strength & balance fit for life exercises.



Strength Challenge - Sit to stand for 30 seconds



Sit to Stand:

- Sit tall near the front of the chair
- Place your feet flat on the floor and hip width apart
- Stand up and sit down as many times as you can in 30 seconds without using your arms to help (place your arms in an X across your chest).

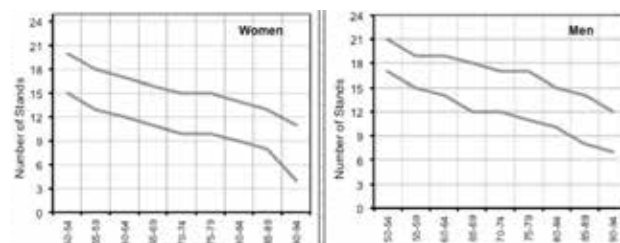
Stop when you:

- Reach 30 seconds
- Need to or feel unsteady or tired



How did you do?

How many times did you manage to stand and sit in 30 seconds for your age? Check out the graphs below to get your score:



Fit for Life

To help you stay fit and strong, try these 6 exercises, twice per week. Try to combine these with aerobic activity such as walking/wheeling - something that makes you huff & puff a bit, but you can still hold a conversation.

1 Sit to Stand

1. Shuffle forward on a chair, feet behind your knees as you sit.
2. Lean forwards over your knee's and push up to stand up.



Try not to use your arms to push up out of the chair. Use your legs instead to push up.

Place arms across your chest in an X if you can.

2 Heel & Toe Raises

1. Place your feet hip width apart.
2. Slowly raise your heels off the ground.
3. Lower your heels back down.
4. Slowly raise your toes off the ground and hold a few seconds.
5. Lower to your starting position. Repeat 20 times.



This exercise can also be done while sitting.

3 Knee Bends

1. Squat down by bending the knees so that the knees move over the feet and the heels do not lift.
2. Slowly straighten up into start position.
3. Repeat 10 times.



Use a sturdy chair, worktop or wall for support if needed.

4 Hip Strengthening

1. Raise one leg straight out to the side, keeping both hips facing forwards.
2. Lower the leg back to starting position and repeat 10 times.



Use a sturdy chair or wall for support if needed.

5 Heel Toe Standing

1. Place left foot directly in front of the right so they form a straight line.
2. Hold for 10 seconds.
3. Change position to place the left foot behind the right. Hold for 10 seconds
4. Repeat 10 times.



Use a sturdy chair, worktop or wall for support if needed.

6 Single Leg Stand

1. Stand up tall lift one foot and stand on one leg.
2. Balance on one leg, keeping your support leg straight but your knee soft.
3. Hold for 10 seconds, repeat with the other leg.



Use a sturdy chair or wall for support if needed.

Safety Check:

- Use a sturdy table/chair/worktop for support.
- Wear comfortable and supportive clothes.
- If you feel any pain in your muscles or joints - stop and check how you're performing the exercise.
- Feeling some muscle soreness the next day is normal.
- If you feel chest pain/shortness of breath or dizziness stop immediately and contact your health professional.
- Breathe normally throughout each exercise.

Strength for Life

Are you fit for life?

Strength training is not just for athletes, it's for everyone & its so important for over 50's!

Why strengthening matters?



As we get older we naturally lose muscle mass and strength which effects:

- Mobility
- Independence & ability to do every day tasks
- Balance
- Increases the risk of falls

Strength training is key to a healthy & independent life

Did you know strengthening can:

- Build and maintain strong muscles
- Improve bone health & reduce risk of falls
- Improve balance & mobility
- Help you do daily tasks
- Sharpen thinking and memory
- Boost mood
- Better sleep
- Support brain health



What can you do?



Take the fit for life strength and balance challenge. Start by trying strength & balance exercises, twice per week and combine this with aerobic activity to stay strong and steady and keep doing what you enjoy.

Stay strong & steady for life

Need help when it comes to the TV licence?

If you need a TV Licence or care for someone who requires a TV Licence? We can help support you in a number of ways.

You need to be covered by a TV Licence if you:


- Watch or record programmes as they're being shown on TV or streamed live online
- Watch BBC programmes on BBC iPlayer – whether that's live, on demand or on download.

This applies to any device, including a TV, computer, laptop, phone, tablet, games console or digital box.

Concessions

There are a number of concessions available for the TV Licence. If you are:

- Aged 75 or over and receive Pension Credit you can apply for a free TV Licence.
- Blind (severely sight impaired), you may be eligible to receive a 50% concession.
- Living in qualifying residential care and are disabled or over 60 and retired you may qualify for a discounted licence of £7.50 per year.

Find out more about concessions by watching this video  [youtube.com/watch?v=ZjDaN8OMIbc](https://www.youtube.com/watch?v=ZjDaN8OMIbc)


Vulnerable Customers

TV Licensing recognises that some of its customers will be vulnerable, due to their personal circumstances. For example, it may be someone who has dementia, is a full-time carer, is living with a terminal illness or does not speak English as a first language.

TV Licensing is committed to taking appropriate steps to consider the situation of any individual and will aim to make reasonable adjustments and provide appropriate additional support. We work on the basis that every customer has different circumstances and therefore cases will be considered on an individual basis.

Carers

If you are caring for someone, you have the ability to manage the administration side of the TV Licence on their behalf. If the person already has a TV Licence in their name they can transfer this responsibility across to you by:

- Providing written authorisation by emailing  enquiries@tvlicensing.co.uk
- Changing the corresponding postal address and/or email

Scams

Sadly, scams are on the increase and TV Licensing is one of the organisations that scammers may try and impersonate.


Stop

If you receive something that says it's from TV Licensing that you're not sure about, the first thing to do is stop. Don't rush into giving away any of your personal information.



Check

Is your name spelt correctly and are there any grammatical mistakes? You should also make sure the correct licence number is included.

Ask

If you're ever unsure about a communication you've received, it's always best to ask someone – perhaps a friend or trusted advisor. You can also go to the TV Licensing website and sign in to your licence at  [tvl.co.uk/yourlicence](https://www.tvl.co.uk/yourlicence) to check if anything needs addressed.

Watch this short video to help protect yourself from scammers –  youtu.be/FtlfXRHBk3I

The TV Licence currently costs £174.50 per year. If you need further information, visit  [tvlicensing.co.uk](https://www.tvlicensing.co.uk) or call  0300 790 6130.

OCTOBER

WORD SEARCH PUZZLE

Find all 25 HIDDEN WORDS in the word search puzzle below. Good luck! The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.



- ACORN
- COSTUME
- HAYRIDE
- SCARECROW
- APPLES
- FIELDS
- JACKET
- SCENIC
- AUTUMN
- FULL MOON
- LEAVES
- TRAILS
- CANDY
- GOURDS
- PICKING
- WAGON
- CIDER
- HALLOWEEN
- PUMPKIN
- WOODS
- COBWEB
- HARVEST
- RAKE
- YARDWORK
- CORNSTALKS

HELLO OCTOBER - THE SEASON OF LETTING GO

And so begins the season of letting go,
when Mother Nature shows us all, how it's done.

Let go, free yourself, shake it off,
drop it, give way for the new.

Create space for new thoughts, new ideas,
new adventures and new connections,
by shedding the dead weight
you've been carrying around, for so long.

And whilst you are there, being reborn and renewed,
let go of old anxieties too.

Let go of any doubts, fears or beliefs
which no longer serve you well.

Release bitterness or past hurts
which feast on your beauty.

Be brave, don't fear the nakedness
as your leaves slip away.

Mother Nature doesn't,
watch and learn.

Donna Ashworth

Why is sleeping so easy?
Because you can do it with
your eyes shut!

What do you call
a woodcutter who
fell asleep?
A slumberjack!

Why did the scarecrow
win a Nobel Prize?
Because he was
outstanding in his field!