

AUTUMN 2026 | EDITION 14

ABC Seniors Newsletter

Positive Ageing Month
October



COMMUNITY FUND

This newsletter was made possible thanks to #NationalLottery players



Help Us Grow the ABC Age Friendly Family

If you are aged 50+ and live in the Armagh City, Banbridge and Craigavon (ABC) Borough, a whole world of opportunities is waiting for you through the ABC Age Friendly Programme.

As a reader of this newsletter, you may already be enjoying the benefits of being part of our Age Friendly community. Now we are asking for your help to spread the word by encouraging family members, friends and neighbours aged 50 and over to sign up to our mailing list.

ABC Age Friendly provides a range of services, information, advice and events designed to help older people stay happy, healthy and connected. By joining our email list, you will receive regular updates on:

By joining our email list, you will receive regular updates on:

- Activities and events in your local area
- Health and wellbeing advice
- IT skills and new technology training opportunities
- New services and support relevant to people aged 50+
- Opportunities to discover new hobbies and interests
- Information and advice on reducing loneliness and staying connected
- Consultations and updates on policies and services affecting older people

Lord Mayor of ABC Borough, Councillor Mary O'Dowd, who is also an Age Friendly Champion, encouraged residents to get involved.

"As we all know, more and more of us are living longer lives, which is fantastic. To help people make the most of these years, the ABC Age Friendly Programme promotes a wide range of activities, events and services.

Even if you have only recently turned 50, there is something for everyone, whether it is finding a new hobby, making new connections or learning new IT skills. I would encourage everyone to sign up to the email list. You never know what opportunities and benefits it might bring."

Join the ABC Age Friendly Email List
Signing up is easy: ✉ 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



Don't rule yourself out...

Even if you already claim benefits, own your own home, work, claim a pension, or have some savings, you could be entitled to additional support.

- Have you been diagnosed with an illness, condition or disability?
- Are you caring for someone?
- Have you reached retirement age?
- Are you unemployed or looking for work?
- Are you confused about benefits?

Whatever your situation Don't miss out... Find out!

Contact Make the Call for a **free and confidential** assessment. A friend or relative can make the call on your behalf (with your consent), providing they are with you when you call. We also **offer an outreach service where we can visit you in your home** to help you complete application forms.



Department for
Communities
www.communities-ni.gov.uk

An Roinn
Pobal

Department for
Communities

*network charges may apply

make the call

0800 232 1271*

Quick Call, Lasting Difference.

Talk to us about accessing benefits, supports and services you may be entitled to.

Text: **ADVICE to 079 8440 5248*** | Visit: **nidirect.gov.uk/makethecall** | Email: **makethecall@dfcni.gov.uk**



CONNECTING the COMMUNITY

Helping Older People Stay Connected

Across Lurgan, Portadown, Banbridge, Craigavon and surrounding areas



If you, or someone you know, is experiencing loneliness or social isolation, we'd love to help. Our friendly community volunteers provide free one-to-one support to help older people stay connected and build confidence. Anyone can refer to us, get in touch to find out more.

We offer 1-1 support with

Technology

Help building confidence with using everyday technology. For example, setting up a phone and using the internet.

Befriending

Having a bit of company at your home with a volunteer visitor to either have a chat, do an activity, go for a cuppa or out for a dander.

Time out for Carers

Supporting much valued carers and those they care for to have a couple of hours to themselves.

Volunteer with us

Could you spare a few hours every couple of weeks to make a huge difference in someone's life?

Befriending

You might visit someone at home for a chat and/or take them out for a cuppa or share similar hobbies.

Giving a family member/carer some time out

A short, planned time for family carers through befriending the person they care for.

Helping with ICT

You might show them how to use their phone or explain online safety.

Contact Us Today

✉ cc@lltca.com 028 4062 3770 [f/LaurencetownLLTCA](https://www.facebook.com/LaurencetownLLTCA)





Lone Pensioner Allowance

If you are the Ratepayer and are aged 70 or over and live alone, you may be entitled to a discount of 20% on your rates with Lone Pensioner Allowance.

Lone Pensioner Allowance is not means tested, so we won't ask you to provide information about your income and savings. If you are eligible, you can make an application at any time during the rating year. You may still be entitled to Lone Pensioner Allowance if you are over 70 and don't live alone if you:

- live with a carer who is not your spouse or partner
- provide care for someone who lives with you who is not your spouse or partner
- live with anyone who is under the age of 18
- live with someone who has a severe mental impairment including your spouse or partner

Further information is available at nidirect.gov.uk/articles/lone-pensioner-allowance and www.nidirect.gov.uk/rates-help | ☎ 0300 200 7801



Disabled Person's Allowance

If you live in a property that has been internally adapted or has additional internal features to accommodate the needs of a disabled person living there, you might be entitled to a discount of 25% on your rates with Disabled Person's Allowance.

Disabled Person's Allowance is not means tested, so we won't ask you to provide information about your income and savings. The property must be adapted to meet the needs of a person with a disability who lives in your home. Types of adaptations that qualify are:

- a room, other than a kitchen, bathroom or toilet, which is wholly used by the person with a disability for treatment or therapy
- an extra kitchen for the person with a disability
- an extra toilet for the person with a disability (including an ensuite)
- an extra bathroom (including extra toilets and an ensuite)
- extra floor space to use a wheelchair easily inside the property (wheelchairs for outdoor use only are excluded)

Further information is available at nidirect.gov.uk/articles/disabled-persons-allowance | www.nidirect.gov.uk/rates-help | ☎ 0300 200 7801



Margaret's Cookery Corner

Granny P's Old-Fashioned Traditional Gingernut Biscuits



Despite the name, Gingernut biscuits contain no nuts. The name is believed to have originated in the 18th century, when the biscuits resembled a walnut in size and were hard and crunchy like a nut. These biscuits have been enjoyed for generations and are delicious.

Dry Ingredients

- 12 oz self-raising flour
- 2 tablespoons ground ginger
- 3½ oz caster sugar
- 3½ oz brown sugar
- 2 teaspoons baking soda

Mix all the dry ingredients together in a large bowl.

Wet Ingredients

- 4 oz butter
- 1 tablespoon golden syrup
- 1 tablespoon treacle
- 2 eggs, beaten

A Family Favourite

These biscuits were a particular favourite of my grandfather, who always enjoyed dunking a Gingernut biscuit into a hot cup of tea. As with all baking, remember that ovens can vary slightly, so you may need to adjust the baking time to suit your own oven.

Makes 24-30 biscuits

Method

1. Place the butter, golden syrup and treacle in a saucepan and melt gently over a low heat.
2. Tip: Dip the measuring spoon into a cup of hot water before measuring the syrup and treacle. This helps them slide off the spoon easily.
3. Allow the melted mixture to cool slightly.
4. Add the beaten eggs to the cooled mixture and whisk together.
5. Pour the wet ingredients into the bowl of dry ingredients and mix well to form a dough.
6. Roll the mixture into small balls and place on lined baking trays, leaving 1-2 inches between each biscuit to allow for spreading.
7. Bake at 165°C (325°F/Gas Mark 3) for approximately 20 minutes.
8. When removed from the oven, the biscuits will still feel soft. Leave them on the baking tray until completely cold.
9. As they cool, they will become firm and develop the characteristic cracked top that Gingernut biscuits are known for.





Policing & Community
Safety Partnership

making Armagh, Banbridge
& Craigavon safer



Home Security Scheme

COMMUNITY CRIME ALERT PROJECT



IS YOUR HOME AS SAFE AS HOUSES?

- Are you aged 65 or over?
- Do you live in the ABC area?
- Are you frightened of becoming a victim of a domestic burglary or bogus caller?
- Are you living with a fear of crime?

Our home security scheme for older people aims to reduce fear of crime and improve the security and peace of mind for people aged 65 and over.

You will receive a visit from a member of the PCSP team who will carry out a security survey of your home and advise you how to make it more secure.

Including:

- Lighting
- Front Door and Back Door security
- Windows and locks
- General interior and external security

We can also provide and fit, if appropriate, items such as peepholes and door bars. If you would like a free home security survey please send us an email on homesecurity@armaghbanbridgecraigavon.gov.uk or call us on **07919 306 281** to arrange a suitable date and time for us to come and visit you.

For more information contact:

T: 07919 306 281

E: homesecurity@armaghbanbridgecraigavon.gov.uk

www.facebook.com/armaghbanbridgecraigavonpcsp



A FREE
home security
assessment
for people aged 65+

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What is My Care?

My Care is a secure platform that enables you to access certain parts of your medical records.

Available via mobile app (My Chart) or website, it enables you to take control of your healthcare.

Anyone living in Northern Ireland who uses Health and Social Care services can access My Care.

Important Information

- My Care does not include primary care records (GP records or results of tests requested by your GP) or historical medical information before encompass (the electronic patient record system) was implemented in your Trust.
- Some test results are released automatically and some are released after your clinician has seen and acted on them. You can ask for your specialist to release results for you too.
- Social Care records are currently not available but will be added in the future.



SCAN ME



KEY FEATURES

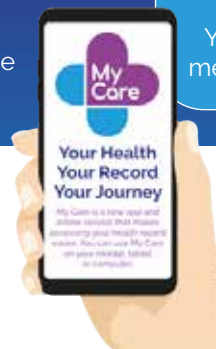
- View upcoming and past appointments
-
- Access some test results.
-
- View shared letters about your care after each visit
-
- Access trusted health information resources
-
- Your data is safe - strict security measures protect your information

For more information contact the My Care helpdesk

✉ mycarehelpdesk@hscni.net

📞 028 9536 8180

For more information visit the website on dhcni.hscni.net/my-care/ or scan the QR code



BASIC DIGITAL SKILLS COURSES

Computer and tablet courses for adults to help with everyday tasks.

Cost: **FREE**

Where?

LibrariesNI locations across Northern Ireland

When?

Visit www.librariesni.org.uk/events or contact your local library for further information

How to book?

Contact your local library via telephone or call into any branch to book a course

A list of available courses can be found overleaf.



ABC Seniors Newsletter

Expect to:

- Develop your digital skills
- Get online and use the internet safely
- Learn how to use your device confidently

For more information please visit - www.nidirect.gov.uk/go-on OR contact your local Library



1-2-1 Digital Support

IT help for beginners: help with your mobile device, general IT assistance, information about library e-services.



Online Safety Courses

Internet Scams
Privacy and Security Online
Moneysaving



Mobile Device & Tablet Courses

eBooks and eMagazines
Introduction to the Galaxy Tablet
Introduction to Cloud storage
Media Literacy
Facebook
Travel



Online Shopping Courses

Shopping Online
Selling Online through the Handmade Market Place
Creative Photos for Fun - ordering prints and creating photobooks online



iPad Courses

Introduction to the iPad
More on the iPad
iPad Camera
iPad iMovie App
Art on your iPad



Other Digital Courses

BFI Replay - a free streaming service for public libraries with 1,000s of digitised videos and television programmes from the collections of the BFI National Archive (British Film Institute)

Family History - Learn how to use the 1901 and 1911 census of Ireland to search for Irish birth, death and marriage civil records online or learn how to trace the history of your house and see what stories you'll uncover

Carer's First Service



The Carer's First Service will provide support to adult carers living within the Southern Health & Social Care Trust Area



Our Carers Support staff can provide help and support with:

- Education & Training
- Social Activities
- Health & Wellbeing
- Personal Development
- General Information
- Listening Ear Phone Support
- Referrals for Financial & Benefits Advice



LOCATION - THE SOUTHERN TRUST AREA

If you wish to know more about this service contact us on
☎ 028 3089 8119 | ✉ info@clanryegroup.com



For more information

☎ 028 3089 8119

✉ info@clanryegroup.com

FIND US ON



Southern Health
and Social Care Trust

Would you like a FREE overnight stay at a hotel in Northern Ireland or the UK?

Carers First has partnered with Carefree Space. Which means we can refer Carers for an overnight stay for 1 or 2 nights with breakfast for up to 2 people!

You will have a choice of available hotel rooms across the UK with Carefree Space. With an additional hotel in NI added to the list, the Maldron.

Criteria:

- Aged 18 or over
- Full-time unpaid carer (30+ hours per week)
- Must be registered with Carers First

Please note: in order to take a break with us, carers must be able to arrange interim care and pay for extras (admin fee, transport, food, travel insurance etc).

TWO STAYS PER YEAR PER CARER



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Positive Ageing Month

October 2026

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

For more programmes taking place during and after October check out FUSE the Verve Healthy Living Centre Newsletter that shares ways to connect with others and take part in activities across the Verve Network 🌐 verve-network.co.uk/news-and-reports

Thurs 1 Oct

International Older Persons Day
Launch of Positive Ageing Month Online Address by Lord Mayor Councillor Mary O'Dowd via Council Facebook 🌐 www.facebook.com/armaghbanbridgecraigavon

Portadown: Verve Chatty Walk
Drumcree Centre | 9.30am | FREE
Meet at Drumcree Centre at 9.30am. No registration required, just drop in for a walk, chat and a cuppa. For further information 📧 verve.network@southerntrust.hscni.net | ☎ 028 3868 0081

Craigavon: Verve Chatty Walk
Café IncredABLE, South Lake Leisure Centre | 10am | £2
Meet at Café IncredABLE at 10am. 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: Thursday Morning Womens Group Drop In
The Fitzone Foundation, Legahory Centre, Craigavon | 10am-2pm | £3
Opportunity to meet other women and take part in activities with light refreshments included

Armagh: Young at Heart Club
Abbey Street Armagh BT61 7DX | 10.30am -12noon | £10 pa (Membership)
Meet 1st Thursday of every month except Jul & Aug. For more information contact Brian Gilbert on ☎ 028 3752 8779 | 📧 brianandeileen@gmail.com

Portadown: Richmount Elders (Richmount Rural Community Association)
Richmount Centre, 2 Derrylettiff Road, Scotch Street, Portadown | 10.30am-3.30pm | £8
Drop in any Thursday for morning tea/coffee, traditional home cooked 2 course lunch with tea/coffee and morning and afternoon activities. For more information drop in any Thursday or phone ☎ 07934186635 (text and WhatsApp) 📧 joegar@hotmail.co.uk

Banbridge: The Thursday Club for over 50s
Banbridge Leisure Centre | 2pm-3.30pm | Taster is Free then membership required
Activities include line dancing, recreational games, professional speakers, outings and social events, friendly and welcoming. Contact Banbridge Leisure Centre for further info or call in any Thursday at 2pm asking to speak to a Thursday Club member. Cost no charge for a Taster Session but if you wish to join, membership for 10 months is £50 one off payment or pay £25 for 5 months.

Armagh: Positive Ageing Month Tea Dance
Armagh City Hotel | 2pm-4pm | FREE
Ark Housing, SHSCT and ABC Council invite you to an Afternoon Tea Dance in celebration of older people and the valuable contribution they make to our community. Come along for an enjoyable afternoon of music, dancing, light refreshments, and socialising. For more information or to book 📧 ben.siron@armaghbanbridgecraigavon.gov.uk | ☎ 07557 930 556 or contact Claire McCann on 📧 Claire.McCann@armaghbanbridgecraigavon.gov.uk | ☎ 07818 419 948. Please note: Bookings only accepted from 9am on Tuesday 15 September with a maximum of 2 places per booking.

Fri 2 Oct	Craigavon: Dementia Café St Anthony's Centre, Legahory, Craigavon Every Thursday from 1pm-3pm 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 📧 boyleursula22@gmail.com ☎ 07393 630 533
	Armagh: The Friends of the Folly River Walk Folly Glen, Barrack Hill entrance 6.30pm-7pm FREE Join us for a short walk in the beautiful Folly Glen in Armagh. For more info Cheryl ☎ 07515 719 231 📧 cherylj2780@gmail.com 🌐 walkingforall.com/walks/friends-of-folly-river-walk-co-armagh
	Loughgall: Loughgall Striders Walking Group Loughgall Country Park 9.30am-10.30am FREE Join us on Friday mornings for a brisk walk in the beautiful surroundings of Loughgall Country Park For more information contact Victoria ☎ 07858 139 997 📧 v.dodds84@gmail.com 🌐 walkingforall.com/walks/loughgall-amblers-co-armagh
	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 ☎ 073921 707 467 📧 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 info or to book contact Martin Quick ☎ 073921 707 467 📧 mquick@dsni.co.uk
	Portadown: Chair Yoga ABC Community Network Office, 82 Thomas St Portadown 11am-12noon FREE For more information or to book call Emma ☎ 028 3839 2777 📧 emma@abccommunitynetwork.com
	Annaghmore: Shed Life Taster Session Annaghmore Mens Shed, 39 Tartaraghan Road Anytime from 11am-2pm FREE All visitors are welcome to come along, meet members, and experience the benefits of Shed Life firsthand. This is a drop in opportunity so no booking required, if you would like more information, please call Ian on ☎ 07887 951 733
	Portadown: Verve Chatty Walk Portadown People's Park 11am FREE Meet at Mayfair Business Centre. No registration required, just drop in for a walk, chat and a cuppa For more information ☎ 07485 325 861
	Laurencetown: Strength & Balance Class Laurencetown Community Centre 12noon-1.15pm £4 For more information 📧 enquiries@lltca.com ☎ 028 4062 3770
	Banbridge: Walking Netball Banbridge Leisure Centre 12.30pm - 1.30pm £12.50 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

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

**Mon
5 Oct**

Various locations: **U3A Monday Walk Group**
Various locations across the ABC Borough | 9.45am-1.45am | Cost: the first few walks are free. Thereafter, membership costs £20 per year. To find out the starting point for each week's walk, contact Paddy Haughian ☎ 07568 936969 or ✉ paddyhaughian@protonmail.com

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 info or to book contact Martin Quick on ☎ 07392 170 746 | ✉ mquick@dsni.co.uk

Craigavon: **HIM Mens Group Drop In**
The Fitzone Foundation, Legahory Centre, Craigavon | 10am-1pm | £4.70
Opportunity to meet other men take part in activities with breakfast included. For more information contact Sean Collins ☎ 07780 812 312

Craigavon: **LIFT Project Launch**
Craigavon Civic Centre | 10am | FREE
Join us to hear more about LIFT, our exciting new dementia-support transport project and the only service of its kind in NI. On the day, you can see the new LIFT dementia-friendly bus, hear from guest speakers, meet the team, visit information stands, experience the SHSCT VR dementia experience and connect with local support organisations. We will also be recruiting volunteer befrienders to assist and provide companionship to people living with dementia as they travel on the LIFT bus. Light refreshments included. For more info contact Jules at DART on ☎ 028 3831 7810 | ✉ julie@dartpartnership.org.uk

Armagh: **Carers Walking Group**
The Palace Stables | 10.30am-12noon | FREE
Take some time for yourself and connect with fellow carers. Enjoy a relaxed walk, friendly conversation, and a well-deserved cuppa afterwards. Drop in anytime. All carers welcome. For more information ✉ info@clanryegroup.com | ☎ 028 3005 0200

Loughgall: **Loughgall Amblers Walking Group**
Loughgall Country Park | 10.30am-11am | FREE
Join us for a gentle stroll at Loughgall Country Park to start your week. For more information contact Victoria on ☎ 07858139997 | ✉ v.dodds84@gmail.com 🌐 walkingforall.com/walks/loughgall-ambblers-co-armagh

Lurgan: **Verve Chatty Walk**
Lurgan Park | 10am | FREE
Meet at Windsor Ave gate. 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: **Verve Chatty Walk**
Meet at Drummellan Community Centre, Craigavon | 1pm | FREE
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, Armagh | 4.15pm-5.15pm | £2.50
Low impact Tai Chi to improve balance, core strength and range of motion. For more info or to book contact Martin Quick on ☎ 07392 170 746 | ✉ mquick@dsni.co.uk

**Tues 6
Oct**

Craigavon: **Health Checks (Chest Heart & Stroke Health Screening)**
Brownlow Hub | FREE Blood Pressure & Atrial Fibrillation Checks available for people aged 50+ Booking is essential. To book a slot call Brownlow Hub ☎ 028 3831 3630

Richhill: **Nifty Fifties**
Richhill Recreation Centre | 9.15am-10.30am | £3.50
Low impact activity followed by tea and coffee.
For more information or to book a place call Richhill reception ☎ 028 3887 0718

Richhill: **Chair Based Exercise**
Richhill Recreation Centre | 10.30am-11.15am | £2.50
Chair based exercise to improve blood flow, increase joint flexibility and elevate heart rate for cardio health safely. For more information or to book contact Richhill reception on ☎ 028 3887 0718. Places are limited.

Portadown: **Verve Chatty Walk**
Meet at Drumcree Centre | 9.30am | FREE
No registration required, just drop in for a walk, chat and a cuppa. For further information ☎ 028 3868 0081

Banbridge: **Banbridge Walking Together**
Banbridge Leisure Centre | 10.30am-11.30am | FREE
Join us for a walk from Banbridge Leisure Centre along the River Bann to Havelock Park and back. For more info call Ryan on ☎ 07500 099 243 | ✉ walkingforall@armaghbanbridgescraigavon.gov.uk



Wed 7 Oct	Banbridge: Bat and Chat Banbridge Leisure Centre 10.30am-12.30pm £3 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, 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
	Portadown: Carers Walking Group Clanrye Offices in Mayfair Business Park, Portadown 10.30am-12noon FREE Take some time for yourself and connect with fellow carers. Enjoy a relaxed walk, friendly conversation, and a well-deserved cuppa afterwards. Drop in anytime. All carers welcome. For more information ✉ info@clanryegroup.com ☎ 028 3005 0200
	Craigavon: Chatty Walk with Verve and Libraries NI Brownlow Library, Craigavon 10.30am FREE No registration required, join us for a walk, chat and a cuppa. For more info ✉ verve.network@southerntrust.hscni.net ☎ 028 3756 3946
	Annaghmore: Shed Life Taster Session Annaghmore Mens Shed, 39 Tartaraghan Road Anytime from 11.00am-2.00pm FREE All visitors are welcome to come along, meet members, and experience the benefits of Shed Life firsthand. This is a drop in opportunity so no booking required, if you would like more info call Ian on ☎ 07887 951 733
	Dromore: Walking for All Dromore Park 11am-11.30am FREE Join us for a gentle stroll around Dromore Park. For more information call Nigel on ☎ 07735 132 464 ✉ nigel_martina@hotmail.com
	Craigavon: GOGA FIT South Lake Leisure Centre 11.30am-12.30p £2.50 Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio. For more info or to book contact Martin Quick on ☎ 07392 170 746 ✉ mquick@dsni.co.uk
	Craigavon: Advanced Tai Chi South Lake Leisure Centre from 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
	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
	Portadown: Soul Brothers Mens Club St Marys YC, Obins Street, Portadown, BT621BT 10am-1pm FREE Opportunity to meet other men take part in activities with light refreshments. For more information contact Sean Collins ☎ 0778 0812 312
	Lurgan: Verve Chatty Walk Meet at Lough Neagh Discovery Centre 10am FREE No registration required, just drop in for a walk, chat and a cuppa. For further info ✉ erve.network@southerntrust.hscni.net ☎ 028 3756 3946
	Lurgan: Verve Chatty Walk Meet at Sailing Club Kinnego Marina 10am FREE No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net ☎ 028 3756 3946
	Portadown: Dementia Navigator Drop In Clinic Portadown Library 10am-12noon FREE A free drop-in clinic for carers, family and friends of people living with dementia or anyone who is concerned about memory issues. The Dementia Navigators are available to talk to you and answer any questions and signpost you to information and resources if needed.
	Portadown: Portadown: Pride of Edgarstown Senior citizens group, 18-19 Union Street, Portadown, BT62 4AD 10am-12noon £3 Come along to socialise, learn new skills, arts & crafts, exercise, health & wellbeing, cooking, Take 5 and much more. To enquire or to sign up contact Ruth ☎ 07732 103 210
	Portadown: Don't be a Statistic - Safety Event Portadown Town Hall 10.30am-12.30pm FREE (Limited Places) This event includes advice on Road Safety, Scam Awareness, Crime prevention & Falls prevention. While the event is delivered in an enjoyable and interactive way, it also shares important messages to help you stay safe and reduce the risks we can all face in everyday life. Tea/Coffee will be available prior to the event, and it will conclude with lunch. For more info or to book ✉ gwen.bartley@armaghbanbridgecraigavon.gov.uk ☎ 07826 854 728 or ✉ william.stewart@armaghbanbridgecraigavon.gov.uk ☎ 07919 306 281

	Portadown: 1-2-1 eClinic IT Help for Beginners Portadown Library 10.30am-12.45pm FREE Help with your mobile device, general IT assistance, information about library e-services. For more information 📧 portadown.library@librariesni.org.uk ☎ 028 3833 6122
	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 info or to book contact Martin Quick on ☎ 07392 170 746 📧 mquick@dsni.co.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 info or to book contact Martin Quick on ☎ 07392 170 746 📧 mquick@dsni.co.uk
	Richhill: Tai Chi for beginners Richhill Recreation Centre 12noon-12.45pm £2.50 Low impact Tai Chi to improve balance, core strength and range of motion. For more info or to book contact Martin Quick on ☎ 07392 170 746 📧 mquick@dsni.co.uk
	Craigavon: Bat and Chat South Lake Leisure Centre 12.15pm to 2.15pm £3 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, social and relaxed environment. All equipment is provided. For more information or to book please contact Arnold on ☎ 07740983676 📧 banttc@gmail.com or book via 🌐 getactiveabc.com/pam
	Banbridge: Carers Walking Group Solitude Park 12.30pm-1.30pm FREE Take some time for yourself and connect with fellow carers. Enjoy a relaxed walk, friendly conversation, and a well-deserved cuppa afterwards. Drop in anytime. All carers welcome. For more information contact 📧 info@clanryegroup.com ☎ 028 3005 0200
	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 info or to book contact Martin Quick on ☎ 07392 170 746 📧 mquick@dsni.co.uk
	Portadown: Ballyoran Seniors Group Ashgrove Community Centre, 156 Garvaghy Road Portadown 2pm-3.30pm £3 Come along to a welcoming space to socialise, enjoy activities, make new friendships and stay connected with the local community. For more information contact Suzanne on 07738 730 614
Thurs 8 Oct	Tandragee: Local History Session Tandragee Library 2.00pm-4.00pm FREE Local History: learn how to trace the history of a place online. For more info 📧 tandragee.library@librariesni.org.uk or call ☎ 028 3884 0694
	Portadown: Verve Chatty Walk Meet at Drumcree Centre 9.30am FREE No registration required, just drop in for a walk, chat and cuppa. For further info ☎ 028 3868 0081
	Craigavon: Verve Chatty Walk Meet at Café IncredABLE 10am FREE No registration required, just drop in for a walk, chat and a cuppa. For further info 📧 verve.network@southerntrust.hscni.net ☎ 028 3756 3946
	Craigavon: Thursday Morning Womens Group Drop In The Fitzone Foundation, Legahory Centre, Craigavon BT65 5BE 10am-2pm £3 Opportunity to meet other women and take part in activities with light refreshments included
	Portadown: Richmount Elders (Richmount Rural Community Association) Richmount Centre, 2 Derrylettiff Road, Scotch Street, Portadown 10.30am-3.30pm £8 Drop in any Thursday for morning tea/coffee, traditional home cooked 2 course lunch with tea/coffee and morning and afternoon activities. Contact details for anyone looking more information or can people just drop in. Drop in any Thursday or ☎ 07934186635 (text and WhatsApp) 📧 joegar@hotmail.co.uk
	Rathfriland: Don't be a Statistic – Safety Event Rathfriland Community Centre 10.30am - 12.30pm FREE (Limited Places) This event includes advice on road safety, scam awareness, crime prevention & falls prevention. While the event is delivered in an enjoyable and interactive way, it also shares important messages to help you stay safe and reduce the risks we can all face in everyday life. Tea/Coffee will be available prior to the event, and it will conclude with lunch. For more info or to book 📧 gwen.bartley@armaghbanbridgecraigavon.gov.uk ☎ 07826 854 728 or 📧 william.stewart@armaghbanbridgecraigavon.gov.uk ☎ 07919 306 281



	Craigavon: Dementia Café St Anthony's Centre, Legahory, Craigavon Every Thursday from 1pm-3pm 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 ☎ boyleursula22@gmail.com 📞 07393630533
	Banbridge: The Thursday Club for over 50's Banbridge Leisure Centre from 2pm-3.30pm Cost no charge for a Taster Session but if you wish to join, membership for 10 months is £50 one off payment or pay £25 for 5 months. Activities include line dancing, recreational games, professional speakers, outings and social events, friendly and welcoming. Contact Banbridge Leisure Centre for further info or call in any Thursday at 2pm asking to speak to a Thursday Club member.
	Armagh: The Friends of the Folly River Walk Folly Glen, Barrack Hill entrance 6:30pm-7pm FREE Join us for a short walk in the beautiful Folly Glen in Armagh. For more inf contact Cheryl on 📞 07515 719231 ☎ cherylj2780@gmail.com 🌐 walkingforall.com/walks/friends-of-folly-river-walk-co-armagh
Fri 9 Oct	Loughgall: Loughgall Striders Walking Group Loughgall Country Park 9:30am-10:30am FREE Join us on Friday mornings for a brisk walk in the beautiful surroundings of Loughgall Country Park. For more info contact Victoria on 📞 07858 139 997 ☎ v.dodds84@gmail.com 🌐 walkingforall.com/walks/loughgall-amblers-co-armagh
	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 📞 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 info or to book contact Martin Quick 📞 07392 170 746 ☎ mquick@dsni.co.uk
	Portadown: Chair Yoga ABC Community Network Office, 82 Thomas Stree Portadown 11am-12noon FREE For more info or to book call Emma 📞 028 3839 2777 ☎ emma@abccommunitynetwork.com
	Annaghmore: Shed Life Taster Session Annaghmore Mens Shed, 39 Tartaraghan Road Anytime from 11:00am-2:00pm FREE All visitors are welcome to come along, meet members, and experience the benefits of Shed Life firsthand. This is a drop in opportunity so no booking required, if you would like more info call Ian on 📞 07887 951 733
	Armagh: Healing Herbs of the Celts Navan Centre Armagh 11am £15 Discover the fascinating world of Celtic herbal medicine in this engaging session exploring how plants, herbs and natural ingredients were used in everyday life for traditional remedies, food and wellbeing. Participants will explore herbs and foods from Celtic times, with tea and a seasonal scone. To book 📞 028 3752 9644 or ☎ navan@armaghbanbridgecraigavon.gov.uk
	Portadown: Verve Chatty Walk Portadown People's Park 11am FREE Meet at Mayfair Business Centre. No registration required, just drop in for a walk, chat and a cuppa. For more information call 07485 325 861
	Laurencetown: Strength & Balance Class Laurencetown Community Centre 12noon-1.15pm £4 For more info ☎ enquiries@lltca.com 📞 028 4062 3770
	Banbridge: Walking Netball Banbridge Leisure Centre 12.30pm-1.30pm Cost £12.50 for 5 week programme Walking Netball is for anyone who wants to become more active and enjoy playing netball at a slower pace with modified rules. The sessions will include a 'shooter of the week' competition, provide a warmup, a recap on rules, skills and drills and finishes with match play Booking via getactiveabc.com/pam For more information, please contact Sarah Aiken on 07733596612
	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 info or to book contact Martin Quick 📞 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 info or to book contact Martin Quick 📞 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

**Mon
12 Oct**

Various locations: **U3A Monday Walk Group**
Various locations across the ABC Borough | 9.45am-11.45am | Cost: the first few walks are free. Thereafter, membership costs £20 per year. To find out the starting point for each week's walk, contact Paddy Haughian on ☎ 07568 9369 696 | ✉ paddyhaughian@protonmail.com

Armagh: **GOGA FIT Armagh**
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 info or to book contact Martin Quick ☎ 07392 170 746 | ✉ mquick@dsni.co.uk

Craigavon: **HIM Mens Group**
The Fitzone Foundation, Legahory Centre, Craigavon | 10am-1pm | £4.70
 Opportunity to meet other men take part in activities with breakfast included. For more information contact Sean Collins ☎ 07780 812 312

Loughgall: **Loughgall Amblers Walking Group**
Loughgall Country Park | 10:30am-11am | FREE
 Join us for a gentle stroll at Loughgall Country Park to start your week. For more info contact Victoria on ☎ 07858 139 997 | ✉ v.dodds84@gmail.com 🌐 walkingforall.com/walks/loughgall-ambblers-co-armagh

Armagh: **Carers Walking Group**
Meeting at The Palace Stables | 10.30am-12noon | FREE
 Take some time for yourself and connect with fellow carers. Enjoy a relaxed walk, friendly conversation, and a well-deserved cuppa afterwards. Drop in anytime. All carers welcome.
 For more information contact ✉ info@clanryegroup.com | ☎ 028 3005 0200

Lurgan: **Verve Chatty Walk**
Lurgan Park at 10am | FREE
 Meet at Windsor Ave gate. 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: **Verve Chatty Walk**
Meet at Drummellan Community Centre, Craigavon | 1pm | FREE
 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 | 4.15pm-5.15 pm | £2.50 Low impact Tai Chi to improve balance, core strength and range of motion. To book contact Martin Quick ☎ 07392 170 746 | ✉ mquick@dsni.co.uk

**Tues
13 Oct**

Banbridge: **Health Checks (Chest Heart & Stroke Health Screening)**
Banbridge Leisure Centre | FREE Blood Pressure & Atrial Fibrillation Checks available for people aged 50+. Booking is essential. To book a slot call Banbridge Leisure Centre on ☎ 028 4062 8800

Richhill: **Nifty Fifties**
Richhill Recreation Centre | 9.15am-10.30am | £3.50 Low impact activity followed by tea and coffee. For more information or to book a place call Richhill reception on ☎ 028 3887 0718

Richhill: **Chair Based Exercise**
Richhill Recreation Centre | 10.30am-11.15am | £2.50 (Places Limited)
 Chair based exercise to improve blood flow, increase joint flexibility and elevate heart rate for cardio health safely. For more information or to book contact Richhill reception on ☎ 028 3887 0718.

Portadown: **Verve Chatty Walk**
Meet at Drumcree Centre | 9.30am | FREE
 No registration required, just drop in for a walk, chat and a cuppa. For further information ☎ 028 3868 0081

Armagh: **Fun based Boccia Tournament**
Ardmore Recreation Centre | 10.45am-12.15pm | FREE
 Running for 6 weeks from Tuesday 13 October - Tuesday 18 November tea, coffee and biscuits on arrival. 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. No experience of Boccia needed.
 For more information or to book ✉ tracey.powell@southerntrust.hscni.net | ☎ 02837564495

Banbridge: **Bat and Chat**
Banbridge Leisure Centre | 10.30am-12.30pm | £3 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, social and relaxed environment. All equipment is provided. For more information or to book please contact Arnold on ☎ 07740983676 | ✉ banttc@gmail.com or book 🌐 getactiveabc.com/pam

Portadown: **Carers Walking Group**
Meeting at Clanrye Offices in Mayfair Business Park, Portadown | 10.30am-12noon | FREE
 Take some time for yourself and connect with fellow carers. Enjoy a relaxed walk, friendly conversation, and a well-deserved cuppa afterwards. Drop in anytime. All carers welcome.
 For more info contact ✉ info@clanryegroup.com | ☎ 028 3005 0200

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

Dromore: **Walking for All**
Dromore Park | 11am-11:30am | FREE Join us for a gentle stroll around Dromore Park. For more information call Nigel on ☎ 07735 132 464 | 📧 nigel_martina@hotmail.com

Annaghmore: **Shed Life Taster Session**
Annaghmore Mens Shed, 39 Tartaraghan Road | Anytime from 11.00am-2.00pm | FREE
 All visitors are welcome to come along, meet members, and experience the benefits of Shed Life firsthand. This is a drop in opportunity so no booking required. For more information, call Ian on ☎ 07887 951 733

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 info or to book contact Martin Quick ☎ 07392 170 746 | 📧 mquick@dsni.co.uk

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 ☎ 07392 170 746 | 📧 mquick@dsni.co.uk

Craigavon: **Tai Chi for beginners**
South Lake Leisure Centre from 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 ☎ 07392 170 746 | 📧 mquick@dsni.co.uk

**Wed
14 Oct**

Portadown: **Soul Brothers Mens Club**
St Marys YC, Obins Street, Portadown, BT621BT | 10am-1pm | FREE
 Opportunity to meet other men take part in activities with light refreshments. For more information contact Sean Collins ☎ 07780 812 312

Lurgan: **Verve Chatty Walk**
Meet at Lough Neagh Discovery Centre | 10am | FREE No registration required, just drop in for a walk, chat and a cuppa. For further information 📧 verve.network@southerntrust.hscni.net | ☎ 0283 756 3946

Lurgan: **Verve Chatty Walk**
Meet at Sailing Club, Kinnego Marina | 10am | FREE No registration required, just drop in for a walk, chat and a cuppa. For further information 📧 verve.network@southerntrust.hscni.net | ☎ 0283 756 3946

Portadown: **Portadown: Pride of Edgarstown**
Senior citizens group, 18-19 Union Street, Portadown | 10am-12noon | £3
 Come along to socialise, learn new skills, arts & crafts, exercise, health & wellbeing, cooking, Take 5 and much more. To enquire or to sign up contact Ruth ☎ 07732 103 210

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 info or to book contact Martin Quick ☎ 07392 170 746 | 📧 mquick@dsni.co.uk

Craigavon: **Fun based Boccia Tournament**
Brownlow Hub | 10.30am-12noon tea, coffee and biscuits on arrival | FREE
 Running for 6 weeks from Wednesday 14 October – Wednesday 18 November from 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. No experience of Boccia needed. To register: email Emma.Sharkey@arbourhousing.org or Tammy.Rountree@choice-housing.org or call 02838339795

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 info or to book contact Martin Quick ☎ 07392 170 746 | 📧 mquick@dsni.co.uk

Richhill: **Tai Chi for beginners**
Richhill Recreation Centre | 12noon-12.45pm | £2.50 Low impact Tai Chi to improve balance, core strength and range of motion. For more info or to book contact Martin Quick ☎ 07392 170 746 | 📧 mquick@dsni.co.uk

Craigavon: **Bat and Chat**
South Lake Leisure Centre | 12.15pm to 2.15pm | £3 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, social and relaxed environment. All equipment is provided. For more information or to book please contact Arnold on 07740983676 or email: banttc@gmail.com or book via www.getactiveabc.com/pam

	Banbridge: Carers Walking Group Meeting at Solitude Park 12.30pm-1.30pm FREE Take some time for yourself and connect with fellow carers. Enjoy a relaxed walk, friendly conversation, and a well-deserved cuppa afterwards. Drop in anytime. All carers welcome. For more info contact ☎ info@clanryegroup.com ☎ 02830050200
	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 info or to book contact Martin Quick ☎ 07392 170 746 ✉ mquick@dsni.co.uk
	Glenanne: Glenanne Garden Walkers Walking Group Glenanne Community Association Hut from 2.30pm-3pm FREE Join us for a gentle stroll around our beautiful community garden. For more information contact Kara on ☎ 07783 382 459 ✉ glenannecommunityassociation@gmail.com 🌐 walkingforall.com/walks/glenanne-garden-walkers-co-armagh
	Portadown: Ballyoran Seniors Group Ashgrove Community Centre, 156 Garvaghy Road Portadown 2pm-3.30pm £3 Come along to a welcoming space to socialise, enjoy activities, make new friendships and stay connected with the local community. For more information contact Suzanne on ☎ 07738 730 614
	Craigavon: Positive Ageing Month Tea Dance Brownlow Hub 2pm-4pm FREE ABC Seniors Network invite you to an afternoon of music, dancing, movement, light refreshments, and socialising in a warm and welcoming atmosphere. Whether you'd like to take to the dance floor or simply enjoy the entertainment, there's something for everyone. For more information or to book ✉ abcseniorsevents@hotmail.com or call Blanche on ☎ 07716 210 897. Please note: Bookings only accepted from 9am on Tuesday 15 September with a maximum of 2 places per booking.
Thurs 15 Oct	Portadown: Verve Chatty Walk Meet at Drumcree Centre 9.30am FREE No registration required, just drop in for a walk, chat and a cuppa. For further infor call ☎ 028 3868 008
	Craigavon: Verve Chatty Walk Meet at Café IncredABLE 10am FREE No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net ☎ 02837563946
	Craigavon: Thursday Morning Womens Group Drop In The Fitzone Foundation, Legahory Centre, Craigavon BT65 5BE 10am-2pm £3 Opportunity to meet other women and take part in activities with light refreshments included
	Banbridge: Fun based Boccia Tournament Banbridge Leisure Centre 10.30am-12noon tea, coffee and biscuits on arrival FREE Running for 6 weeks from Thursday 15 October – Thursday 19 November 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. No experience of Boccia needed. For more information or to book ✉ patrice@arbourhousing.org or ☎ 028 3833 9795
	Portadown: Richmount Elders (Richmount Rural Community Association) Richmount Centre, 2 Derrylettiff Road, Scotch Street, Portadown 10.30am-3.30pm £8 Drop in any Thursday for morning tea/coffee, traditional home cooked 2 course lunch with tea/coffee and morning and afternoon activities. Contact details for anyone looking more information or can people just drop in. Drop in any Thursday or ☎ 07934 186 635 (text and WhatsApp) ✉ joegar@hotmail.co.uk
	Craigavon: Dementia Café St Anthony's Centre, Legahory, Craigavon Every Thursday 1pm-3pm 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 ✉ boyleursula22@gmail.com ☎ 07393 630 533
	Banbridge: The Thursday Club for over 50's Banbridge Leisure Centre 2pm-3.30pm Cost no charge for a Taster Session but if you wish to join, membership for 10 months is £50 one off payment or pay £25 for 5 months. Activities include line dancing, recreational games, professional speakers, outings and social events, friendly and welcoming. Contact Banbridge Leisure Centre for further info or call in any Thursday at 2pm asking to speak to a Thursday Club member.
	Armagh: The Friends of the Folly River Walk Folly Glen, Barrack Hill entrance 6.30pm-7pm FREE Join us for a short walk in the beautiful Folly Glen in Armagh. For more information contact Cheryl on ✉ 07515 719 231 ✉ cherylj2780@gmail.com 🌐 walkingforall.com/walks/friends-of-folly-river-walk-co-armagh



**Fri 16
Oct**

Loughgall: **Loughgall Striders Walking Group**
Loughgall Country Park | 9:30am-10:30am | FREE
 Join us on Friday mornings for a brisk walk in the beautiful surroundings of Loughgall Country Park
 🌐 <https://walkingforall.com/walks/loughgall-amblers-co-armagh>
 For more information contact Victoria on ☎ 07858 139 997 | ✉ v.dodds84@gmail.com

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 ☎ 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 info or to book contact Martin Quick ☎ 07392 170 746 | ✉ mquick@dsni.co.uk

Portadown: **Chair Yoga**
ABC Community Network Office, 82 Thomas Stree Portadown | 11am-12noon | FREE
 For more info or to book call Emma ☎ 028 3839 2777 | ✉ emma@abccommunitynetwork.com

Annaghmore: **Shed Life Taster Session**
Annaghmore Mens Shed, 39 Tartaraghan RD | Anytime from 11.00am-2.00pm | FREE
 All visitors are welcome to come along, meet members, and experience the benefits of Shed Life firsthand. This is a drop in opportunity so no booking required, if you would like more information, please call Ian on ☎ 07887 951 733

Portadown: **Verve Chatty Walk**
Portadown People's Park | 11am | FREE
 Meet at Mayfair Business Centre. No registration required, just drop in for a walk, chat and a cuppa. For more information call ☎ 07485 325 861

Laurencetown: **Strength & Balance Class**
Laurencetown Community Centre | 12noon-1.15pm | £4
 For more information 🌐 enquiries@lltca.com | ☎ 028 4062 3770

Banbridge: **Walking Netball**
Banbridge Leisure Centre | 12.30pm-1.30pm | £12.50 for 5 week programme
 Walking Netball is for anyone who wants to become more active and enjoy playing netball at a slower pace with modified rules. The sessions will include a 'shooter of the week' competition, provide a warmup, a recap on rules, skills and drills and finishes with match play Booking via 🌐 getactiveabc.com/pam For more information, please contact Sarah Aiken on ☎ 07733596612

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 info or to book contact Martin Quick ☎ 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 info or to book contact Martin Quick ☎ 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

**Mon
19 Oct**

Various locations: **U3A Monday Walk Group**
Various locations across the ABC Borough | 9.45am-11.45am | Cost: the first few walks are free. Thereafter, membership costs £20 per year. To find out the starting point for each week's walk, contact Paddy Haughian on 07568 936969 or email paddyhaughian@protonmail.com

Armagh: **GOGA FIT**
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 info or to book contact Martin Quick ☎ 07392 170 746 | ✉ mquick@dsni.co.uk

Craigavon: **HIM Mens Group**
The Fitzone Foundation, Legahory Centre, Craigavon | 10am-1pm | £4.70
 Opportunity to meet other men take part in activities with breakfast included. For more information contact Sean Collins 07780812312

Loughgall: **Loughgall Amblers Walking Group**
Loughgall Country Park | 10.30am-11am | FREE Join us for a gentle stroll at Loughgall Country Park to start your week. For more information contact Victoria on ☎ 07858139997 | ✉ v.dodds84@gmail.com
 🌐 walkingforall.com/walks/loughgall-amblers-co-armagh



Armagh: **Carers Walking Group**
Meeting at The Palace Stables | 10.30am-12noon | FREE
Take some time for yourself and connect with fellow carers. Enjoy a relaxed walk, friendly conversation, and a well-deserved cuppa afterwards. Drop in anytime. All carers welcome.
For more information ☎ info@clanryegroup.com | ☎ 02830050200

Lurgan: **Verve Chatty Walk in Lurgan Park**
Meet at Windsor Ave Gate | 10am | FREE
No registration required, just drop in. No registration required, just drop in for a walk, chat and a cuppa. For further information ☎ verve.network@southerntrust.hscni.net or call 02837563946

Craigavon: **Verve Chatty Walk**
Meet at Drummellan Community Centre | 1pm | FREE
No registration required, just drop in for a walk, chat and a cuppa
For further information ☎ verve.network@southerntrust.hscni.net or call 028 3756 3946

Armagh: **Tai Chi**
Dobbin Street Community Centre | 4.15pm-5.15pm | £2.50
Low impact Tai Chi to improve balance, core strength and range of motion.
For more info or to book contact Martin Quick ☎ 07392 170 746 | ✉ mquick@dsni.co.uk

**Tues
20 Oct**

Richhill: **Nifty Fifties**
Richhill Recreation Centre | 9.15am-10.30am | £3.50
Low impact activity followed by tea and coffee.
For more information or to book a place call Richhill reception on ☎ 028 3887 0718

Richhill: **Chair Based Exercise**
Richhill Recreation Centre | 10.30am-11.15am | £2.50 (Limited Places)
Chair based exercise to improve blood flow, increase joint flexibility and elevate heart rate for cardio health safely. For more information or to book contact Richhill reception on 02838870718.

Portadown: **Verve Chatty Walk**
Meet at Drumcree Centre | 9.30am | FREE
No registration required, just drop in for a walk, chat and a cuppa. For more info ☎ 028 3868 0081

Banbridge: **Bat and Chat**
Banbridge Leisure Centre | 10.30am-12.30pm | £3 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, social and relaxed environment. All equipment is provided. For more information or to book please contact Arnold on ☎ 07740983676 | ✉ banttc@gmail.com or book via 🌐 getactiveabc.com/pam

Portadown: **Carers Walking Group**
Meeting at Clanrye Offices in Mayfair Business Park, Portadown | 10.30am-12noon | FREE
Take some time for yourself and connect with fellow carers. Enjoy a relaxed walk, friendly conversation, and a well-deserved cuppa afterwards. Drop in anytime. All carers welcome.
For more information contact info@clanryegroup.com or call 028 3005 0200

Craigavon: **Chatty Walk with Verve and Libraries NI**
Meet at Brownlow Library, Craigavon | 10.30am | FREE
No registration required, join us for a walk, chat and a cuppa.
For further information email:verve.network@southerntrust.hscni.net or call 028 3756 3946

Armagh: **Fun based Boccia Tournament**
Ardmore Recreation Centre | 10.45am-12.15pm tea, coffee and biscuits on arrival | FREE
Running for 6 weeks from Tuesday 14 October – Tuesday 18 November. 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. No experience of Boccia needed.
For more information or to book ✉ tracey.powell@southerntrust.hscni.net | ☎ 028 3756 4495

Dromore: **Walking for All**
Dromore Park | 11am-11.30am | FREE Join us for a gentle stroll around Dromore Park. For more information call Nigel on ☎ 07735 132 464 | ✉ nigel_martina@hotmail.com

Banbridge: **Banbridge Walking Together**
Banbridge Leisure Centre | 10.30am-11.30am | FREE
Join us for a walk from Banbridge Leisure Centre along the River Bann to Havelock Park and back. For more information call Ryan on ☎ 07500 099 243 | ✉ walkingforall@armaghbanbridgecraigavon.gov.uk

Annaghmore: **Shed Life Taster Session**
Annaghmore Mens Shed, 39 Tartaraghan Road | Anytime from 11:00am-2:00pm | FREE
All visitors are welcome to come along, meet members, and experience the benefits of Shed Life firsthand. This is a drop in opportunity so no booking required, if you would like more information, please call Ian on ☎ 07887 951 733

**Wed
21 Oct**

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 info or to book contact Martin Quick ☎ 07392 170 746 | ✉ mquick@dsni.co.uk

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 info or to book contact Martin Quick ☎ 07392 170 746 | ✉ mquick@dsni.co.uk

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 info or to book contact Martin Quick ☎ 07392 170 746 | ✉ mquick@dsni.co.uk

Portadown: **Soul Brothers Mens Club**
St Marys YC, Obins Street, Portadown | 10am-1pm | FREE
 Opportunity to meet other men take part in activities with light refreshments.
 For more information contact Sean Collins ✉ 07780 812 312

Lurgan: **Verve Chatty Walk**
Meet at Lough Neagh Discovery Centre | 10am | FREE
 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 | FREE
 No registration required, just drop in for a walk, chat and a cuppa.
 For further information ✉ verve.network@southerntrust.hscni.net | ☎ 028 3756 3946

Portadown: **Portadown: Pride of Edgarstown**
Senior citizens group, 18-19 Union Street, Portadown | 10am-12noon | £3
 Come along to socialise, learn new skills, arts & crafts, exercise, health & wellbeing, cooking, Take 5 and much more. To enquire or to sign up contact Ruth ☎ 07732 103 210

Craigavon: **Fun based Boccia Tournament**
Brownlow Hub | 10.30am-12noon tea, coffee and biscuits on arrival | FREE
 Running for 6 weeks from Wednesday 14 October – Wednesday 18 November. 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. No experience of Boccia needed. To register: ✉ Emma.Sharkey@arbourhousing.org or ✉ Tammy.Rountree@choice-housing.org | ☎ 028 3833 9795

Lurgan: **Open House Coffee Morning**
Abbeyfield House, Sloan Street | 10.30am - 12noon | FREE Enjoy a warm welcome, a cuppa and some treats and find out about what Abbeyfield supportive housing has to offer. To let us know you're coming or for more info phone Sonia ☎ 028 3832 4952 | ✉ Lurgan@abbeyfieldandwesley.org.uk

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 info or to book contact Martin Quick ☎ 07392 170 746 | ✉ mquick@dsni.co.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 info or to book contact Martin Quick ☎ 07392 170 746 | ✉ mquick@dsni.co.uk

Richhill: **Tai Chi for beginners**
Richhill Recreation Centre | 12noon-12.45pm | £2.50
 Low impact Tai Chi to improve balance, core strength and range of motion.
 For more info or to book contact Martin Quick ☎ 07392 170 746 | ✉ mquick@dsni.co.uk

Craigavon: **Bat and Chat**
South Lake Leisure Centre | 12.15pm to 2.15pm | £3 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, social and relaxed environment. All equipment is provided. For more information or to book please contact Arnold on ☎ 07740983676 | ✉ banttc@gmail.com or book via 🌐 getactiveabc.com/pam

Banbridge: **Carers Walking Group**
Solitude Park | 12.30pm-1.30pm | FREE
 Take some time for yourself and connect with fellow carers. Enjoy a relaxed walk, friendly conversation, and a well-deserved cuppa afterwards. Drop in anytime. All carers welcome.
 For more information contact ✉ info@clanryegroup.com | ☎ 028 3005 0200



	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 or ✉ mquick@dsni.co.uk
	Craigavon: IndepeDance Session & Community Connector Awareness Training Brownlow Hub Craigavon 2pm-4pm FREE Motivating fun filled dance session including targeted strength & balance exercises. Also, the opportunity become part of the 'Community Connector Movement' helping you to create connections in your community. For more info or to book contact Ben on ☎ 07557 930 556 ✉ ben.siron@armaghbanbridgecraigavon.gov.uk
	Portadown: Ballyoran Seniors Group Ashgrove Community Centre, 156 Garvaghy Road 2pm-3.30pm £3 Come along to a welcoming space to socialise, enjoy activities, make new friendships and stay connected with the local community. For more information contact Suzanne on ☎ 07738 730 614
	Armagh: Walking for All Walk Leader Training City of Armagh Cricket Club 6:30pm-9pm FREE If you enjoy walking and would like to help others feel confident and included, why not become a walk leader? It's a great way to support your community. Full training and support are provided. For more information contact Ryan on ☎ 07500099243 or ✉ Ryan.mcquillan@armaghbanbridgecraigavon.gov.uk
	Craigavon: Community Health and Wellbeing Event South Lake Leisure Centre 6pm-8pm FREE Connect with local organisations offering support on health, wellbeing, alcohol, drugs, mental health and much more. Free Health checks and guest speakers. Light refreshments included. To book your place ✉ Sherene.livingstone@start360.org or ☎ 07545929274.
	Armagh: Link Café Coffee Morning Armagh Baptist Church, 2 Ardmore Road Armagh 10am-12noon Come along and enjoy some tea, coffee, scones and traybakes in a relaxed and friendly atmosphere. This is a drop in and everyone is welcome but if you would like more information ✉ paul.mcgilton@btinternet.com or call ☎ 07748 983 505
Thurs 22 Oct	Portadown: Verve Chatty Walk Meet at Drumcree Centre 9.30am FREE No registration required, just drop in for a walk, chat and a cuppa. For further info call ☎ 028 3868 0081
	Craigavon: Verve Chatty Walk Meet at Café IncREDABLE at 10am FREE No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net or call ☎ 028 3756 3946
	Craigavon: Thursday Morning Womens Group Drop In The Fitzone Foundation, Legahory Centre 10am-2pm £3 Opportunity to meet other women and take part in activities with light refreshments included
	Banbridge: Fun based Boccia Tournament Banbridge Leisure Centre 10.30am-12noon tea, coffee and biscuits on arrival FREE Running for 6 weeks from Thursday 15 October – Thursday 19 November 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. No experience of Boccia needed. For more information or to book ✉ patrice@arbourhousing.org or call ☎ 028 3833 9795
	Portadown: Richmount Elders (Richmount Rural Community Association) Richmount Centre, 2 Derrylettiff Road, Scotch Street 10.30am-3.30pm £8 Drop in any Thursday for morning tea/coffee, traditional home cooked 2 course lunch with tea/coffee and morning and afternoon activities. Contact details for anyone looking more information or can people just drop in. Drop in any Thursday or ☎ 07934 186 635 (text and WhatsApp) ✉ joegar@hotmail.co.uk
	Portadown: Paint & Sip Magharee House, 82 Thomas Street, Portadown 11.00am-1.00pm FREE Join us for a relaxing and creative Paint & Sip session, with a non-alcoholic twist. Spaces are limited, so advance booking is essential. To book your place, please call ☎ 028 9252 8010
	Online via Zoom: Residential Care Costs 2pm-3pm FREE 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. First look at what is meant by Capital and what is meant by Income. Current Legislation and Future Legislation ✉ agefriendly@armaghbanbridgecraigavon.gov.uk for zoom link



**Craigavon: Dementia Café****St Anthony's Centre, Legahory, Craigavon | Every Thursday from 1pm-3pm | 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 ☎ boyleursula22@gmail.com | 📞 07393 630 533

Banbridge: The Thursday Club for over 50's**Banbridge Leisure Centre | 2pm-3.30pm | Cost no charge for a Taster Session but if you wish to join, membership for 10 months is £50 one off payment or pay £25 for 5 months.**

Activities include line dancing, recreational games, professional speakers, outings and social events, friendly and welcoming. Contact Banbridge Leisure Centre for further info or call in any Thursday at 2pm asking to speak to a Thursday Club member.

Armagh: The Friends of the Folly River Walk

Folly Glen, Barrack Hill entrance | 6.30pm-7.00pm | FREE Join us for a short walk in the beautiful Folly Glen in Armagh. For more information contact Cheryl on 📞 07515 719231 | ✉ cherylj2780@gmail.com 🌐 walkingforall.com/walks/friends-of-folly-river-walk-co-armagh

**Fri 23
Oct****Loughgall: Loughgall Striders Walking Group****Loughgall Country Park | 9.30am-10.30am | FREE**

Join us on Friday mornings for a brisk walk in the beautiful surroundings of Loughgall Country Park. For more information contact Victoria on 📞 07858 139 997 | ✉ v.dodds84@gmail.com | 🌐 walkingforall.com/walks/loughgall-amblers-co-armagh

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: 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 info or to book contact Martin Quick on 📞 07392 170 746 | ✉ mquick@dsni.co.uk

Portadown: Chair Yoga**ABC Community Network Office, 82 Thomas Stree Portadown | 11am-12noon | FREE**

For more information or to book call Emma on 📞 028 3839 2777 | ✉ emma@abccommunitynetwork.com

Annaghmore: Shed Life Taster Session**Annaghmore Mens Shed, 39 Tartaraghan Road | Anytime from 11.00am-2.00pm | FREE**

All visitors are welcome to come along, meet members, and experience the benefits of Shed Life firsthand. This is a drop in opportunity so no booking required, if you would like more information, please call Ian on 📞 07887 951 733

Portadown: Verve Chatty Walk

Portadown People's Park | 11am | FREE Meet at Mayfair Business Centre. No registration required, just drop in for a walk, chat and a cuppa. For more information call 📞 07485325861

Banbridge: Walking Netball**Banbridge Leisure Centre | 12.30pm-1.30pm | £12.50 for 5 week programme**

Walking Netball is for anyone who wants to become more active and enjoy playing netball at a slower pace with modified rules. The sessions will include a 'shooter of the week' competition, provide a warmup, a recap on rules, skills and drills and finishes with match play. Booking via 🌐 getactiveabc.com/pam For more information, please contact Sarah Aiken on 📞 07733596612

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 📞 07392170746 | ✉ 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 📞 07392170746 | ✉ mquick@dsni.co.uk

Portadown: 20% Discount**Portadown Wellness Centre Community Cafe, Armagh Road Portadown**

20% discount to anyone aged 55+ every Friday





**Mon
26 Oct**

Various locations: **U3A Monday Walk Group**
Meets at locations across the ABC Borough | 9.45am-11.45am | Cost: the first few walks are free. Thereafter, membership costs £20 per year. To find out the starting point for each week's walk, contact Paddy Haughian on ☎ 07568 936 969 | ✉ paddyhaughian@protonmail.com

Armagh: **GOGA FIT**
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 info or to book contact Martin Quick on ☎ 07392 170 746 or ✉ mquick@dsni.co.uk

Craigavon: **HIM Mens Group**
The Fitzone Foundation, Legahory Centre, Craigavon | 10am-1pm | £4.70
Opportunity to meet other men take part in activities with breakfast included. For more information contact Sean Collins ☎ 07780 812 312

Loughgall: **Loughgall Amblers Walking Group**
Loughgall Country Park | 10:30am-11am | FREE
Join us for a gentle stroll at Loughgall Country Park to start your week.
<https://walkingforall.com/walks/loughgall-amblers-co-armagh> For more information contact Victoria on ☎ 07858 139 997 | ✉ v.dodds84@gmail.com

Armagh: **Carers Walking Group**
Meeting at The Palace Stables | 10.30am-12noon | FREE
Take some time for yourself and connect with fellow carers. Enjoy a relaxed walk, friendly conversation, and a well-deserved cuppa afterwards. Drop in anytime. All carers welcome.
For more information contact ✉ info@clanryegroup.com or call ☎ 028 3005 0200

Lurgan: **Verve Chatty Walk**
Lurgan Park | 10am - Meet at Windsor Ave gate | FREE
No registration required, just drop in for a walk, chat and a cuppa.
For further information ✉ verve.network@southerntrust.hscni.net or call ☎ 028 3756 3946

Craigavon: **Verve Chatty Walk**
Meet at Drummellan Community Centre | 1pm | FREE
No registration required, just drop in for a walk, chat and a cuppa.
For further information ✉ verve.network@southerntrust.hscni.net or call ☎ 028 3756 3946

Armagh: **Tai Chi**
Dobbin Street Community Centr | 4.15pm-17.15 pm | £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 ✉ mquick@dsni.co.uk

**Tues
27 Oct**

Keady: **Health Checks (Chest Heart & Stroke Health Screening)**
Tommy Makem Centre | FREE Blood Pressure & Atrial Fibrillation Checks available for people aged 50+.
Booking is essential. To book a slot call the TMAC on ☎ 028 3752 1810

Richhill: **Nifty Fifties**
Richhill Recreation Centre | 9.15am-10.30am | £3.50
Low impact activity followed by tea and coffee. For more information or to book a place call Richhill reception on ☎ 028 3887 0718

Richhill: **Chair Based Exercise**
Richhill Recreation Centre | 10.30am-11.15am | £2.50 (Limited Places)
Chair based exercise to improve blood flow, increase joint flexibility and elevate heart rate for cardio health safely. For more information or to book contact Richhill reception on ☎ 028 3887 0718

Portadown: **Verve Chatty Walk**
Meet at Drumcree Centre | 9.30am | FREE
No registration required, just drop in for a walk, chat and a cuppa. For further info call ☎ 028 3868 0081

Banbridge: **Bat and Chat**
Banbridge Leisure Centre from 10.30am-12.30pm | £3 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, social and relaxed environment. All equipment is provided. For more information or to book please contact Arnold on ☎ 07740983676 | ✉ banttc@gmail.com or book via 🌐 www.getactiveabc.com/pam

Portadown: **Carers Walking Group**
Meeting at Clanrye Offices in Mayfair Business Park, Portadown | 10.30am-12noon | FREE
Take some time for yourself and connect with fellow carers. Enjoy a relaxed walk, friendly conversation, and a well-deserved cuppa afterwards. Drop in anytime. All carers welcome.
For more information contact ✉ info@clanryegroup.com or call ☎ 028 3005 0200



	Craigavon: Chatty Walk with Verve and Libraries NI Meet at Brownlow Library, Craigavon 10.30am FREE No registration required, join us for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net or call ☎ 028 3756 3946
	Armagh: Fun based Boccia Tournament Ardmore Recreation Centre 10.45am-12.15 tea, coffee and biscuits on arrival FREE Running for 6 weeks from Tuesday 14 October – Tuesday 18 November 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. No experience of Boccia needed. For more information or to book ✉ tracey.powell@southerntrust.hscni.net or call ☎ 028 3756 4495
	Dromore: Walking for All Dromore Park 11am-11:30am FREE Join us for a gentle stroll around Dromore Park. For more information call Nigel on ☎ 07735 132 464 or ✉ nigel_martina@hotmail.com
	Annaghmore: Shed Life Taster Session Annaghmore Mens Shed, 39 Tartaraghan Road Anytime from 11:00am-2:00pm FREE All visitors are welcome to come along, meet members, and experience the benefits of Shed Life firsthand. This is a drop in opportunity so no booking required, if you would like more information, please call Ian on ☎ 07887 951 733
	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 info or to book contact Martin Quick on ☎ 07392 170 746 or ✉ mquick@dsni.co.uk
	Armagh: Get Support with Hearing Loss Free drop-in service Visit RNID at 11a Dobbin Street Armagh 1.30pm-3.30pm 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 Rachael on ☎ 0748 394 1623 or ✉ Rachael.McAleenon@rnid.org.uk
	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 ☎ 07392170746 or ✉ mquick@dsni.co.uk
Wed 28 Oct	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 ☎ 07392170746 or ✉ mquick@dsni.co.uk
	Banbridge: Positive Ageing Month Tea Dance Parish Centre, (beside St Therese's Church) 2pm-4pm FREE ABC Seniors Network invite you to an afternoon of music, dancing, movement, light refreshments, and socialising in a warm and welcoming atmosphere. Whether you'd like to take to the dance floor or simply enjoy the entertainment, there's something for everyone. For more information or to book ✉ abcseniorsevents@hotmail.com or call Blanche on ☎ 07716 210 897. Please note: Bookings only accepted from 9am on Tuesday 15 Sept with a maximum of 2 places per booking.
	Portadown: Soul Brothers Mens Club St Marys YC, Obins Street, Portadown 10am-1pm FREE Opportunity to meet other men take part in activities with light refreshments. For more information contact Sean Collins ☎ 07780 812 312
	Lurgan: Verve Chatty Walk Meet at Lough Neagh Discovery Centre 10am FREE No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net or call ☎ 028 3756 3946
	Lurgan: Verve Chatty Walk Meet at Sailing Club, Kinnego Marina 10am FREE No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net or call ☎ 028 3756 3946
	Portadown: Portadown: Pride of Edgarstown Senior citizens group, 18-19 Union Street, Portadown 10am-12noon £3 Come along to socialise, learn new skills, arts & crafts, exercise, health & wellbeing, cooking, Take 5 and much more. To enquire or to sign up contact Ruth: ☎ 07732 103 210

	Craigavon: Fun based Boccia Tournament Brownlow Hub 10.30am-12noon tea, coffee and biscuits on arrival FREE Running for 6 weeks from Wednesday 14 October – Wednesday 18 November. 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. No experience of Boccia needed. To register: 📧 Emma.Sharkey@arbourhousing.org or 📧 Tammy.Rountree@choice-housing.org or ☎ 028 3833 9795
	Armagh: Our stories, Our memories, Our lives Market Place Theatre, Armagh 10.30-1pm FREE Join us for a welcoming reminiscence session celebrating positive ageing and the stories that shape our lives. Through memories, music, photographs and conversation, connect, reflect and celebrate with others. Facilitated by author and creative writer Fionnuala Boyle from Story Weaver. Registration required as places are limited to 40, on our webpage 🌐 armaghruraltransport.com or through our face book page 📘 /ArmaghRuralTransport?locale=en_GB or call our office on ☎ 028 3751 8151. Please note: Bookings will open at 9.00am on Thursday, 1 October, and cannot be accepted before this time.
	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
	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
	Lurgan: Intergenerational Event Lough Neagh Discovery Centre 10.30am-2pm FREE fun for everyone of all ages TADA are inviting you along for some arts and crafts, fun activities, games, light exercise, nutritional mindfulness and more. Food and refreshments available. For more information or to book 📧 info@tadarsn.com ☎ 028 3839 8888
	Richhill: Tai Chi for beginners Richhill Recreation Centre 12noon-12.45pm £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
	Craigavon: Bat and Chat South Lake Leisure Centre 12.15pm-2.15pm £3 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, social and relaxed environment. All equipment is provided. For more information or to book please contact Arnold on 07740983676 or email: banttc@gmail.com or book via www.getactiveabc.com/pam
	Banbridge: Carers Walking Group Meeting at Solitude Park 12.30pm-1.30pm FREE Take some time for yourself and connect with fellow carers. Enjoy a relaxed walk, friendly conversation, and a well-deserved cuppa afterwards. Drop in anytime. All carers welcome. For more information contact info@clanryegroup.com ☎ 028 3005 0200
	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 ☎ 07392170746 📧 mquick@dsni.co.uk
Thurs 29 Oct	Glenanne: Glenanne Garden Walkers Walking Group Glenanne Community Association Hut 2.30pm-3pm FREE Join us for a gentle stroll around our beautiful community garden. For more information contact Kara on ☎ 07783 382 459 📧 glenannecommunityassociation@gmail.com 🌐 walkingforall.com/walks/glenanne-garden-walkers-co-armagh
	Portadown: Ballyoran Seniors Group Ashgrove Community Centre, 156 Garvaghy Road Portadown 2pm-3.30pm £3 Come along to a welcoming space to socialise, enjoy activities, make new friendships and stay connected with the local community. For more information contact Suzanne on ☎ 07738 730 614
	Portadown: Verve Chatty Walk Meet at Drumcree Centre at 9.30am FREE No registration required, just drop in for a walk, chat and a cuppa. For further info ☎ 028 3868 0081
	Craigavon: Verve Chatty Walk Meet at Café IncrEDABLE 10am FREE No registration required, just drop in for a walk, chat and a cuppa. For further information 📧 verve.network@southerntrust.hscni.net or call ☎ 028 3756 3946





Craigavon: **Thursday Morning Womens Group Drop In**
The Fitzzone Foundation, Legahory Centre, Craigavon | 10am-2pm | £3
 Opportunity to meet other women and take part in activities with light refreshments included

Banbridge: **Fun based Boccia Tournament**
Banbridge Leisure Centre | 10.30am-12noon tea, coffee and biscuits on arrival | FREE
 Running for 6 weeks from Thursday 15 October – Thursday 19 November 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. No experience of Boccia needed. For more information or to book 📧 patrice@arbourhousing.org or call ☎ **028 3833 9795**

Portadown: **Richmount Elders (Richmount Rural Community Association)**
Richmount Centre, 2 Derrylettiff Road, Scotch Street | 10.30am-3.30pm | £8
 Drop in any Thursday for morning tea/coffee, traditional home cooked 2 course lunch with tea/coffee and morning and afternoon activities. Contact details for anyone looking more information or can people just drop in. Drop in any Thursday or phone ☎ **07934186635 (text and WhatsApp)** | 📧 joegar@hotmail.co.uk

Craigavon: **Dementia Café**
St Anthony's Centre, Legahory, Craigavon | Every Thursday from 1pm-3pm | 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 📧 boyleursula22@gmail.com or call ☎ **07393630533**

Banbridge: **The Thursday Club for over 50'**
Banbridge Leisure Centre from 2pm-3.30pm | Cost no charge for a Taster Session but if you wish to join, membership for 10 months is £50 one off payment or pay £25 for 5 months.
 Activities include line dancing, recreational games, professional speakers, outings and social events, friendly and welcoming. Contact Banbridge Leisure Centre for further info or call in any Thursday at 2pm asking to speak to a Thursday Club member.

Armagh: **The Friends of the Folly River Walk**
Folly Glen, Barrack Hill entrance | 6:30pm-7pm | FREE Join us for a short walk in the beautiful Folly Glen in Armagh. For more information contact Cheryl on ☎ **07515 719231** | 📧 cherylj2780@gmail.com
 🌐 walkingforall.com/walks/friends-of-folly-river-walk-co-armagh

Fri 30 Oct

Loughgall: **Loughgall Striders Walking Group**
Loughgall Country Park | 9:30am-10:30am | FREE Join us on Friday mornings for a brisk walk in the beautiful surroundings of Loughgall Country Park 🌐 walkingforall.com/walks/loughgall-amblers-co-armagh For more info contact Victoria on ☎ **07858139997** | 📧 v.dodds84@gmail.com

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 ☎ **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 info or to book contact Martin Quick ☎ **07392 170 746** | 📧 mquick@dsni.co.uk

Annaghmore: **Shed Life Taster Session**
Annaghmore Mens Shed, 39 Tartaraghan Road | Anytime from 11.00am-2:00pm | FREE
 All visitors are welcome to come along, meet members, and experience the benefits of Shed Life firsthand. This is a drop in opportunity so no booking required, if you would like more info call Ian on ☎ **07887 951 733**

Portadown: **Verve Chatty Walk**
Portadown People's Park | 11am | FREE
 Meet at Mayfair Business Centre. No registration required, just drop in for a walk, chat and a cuppa. For more information call ☎ **07485 325 861**

Laurencetown: **Strength & Balance Class**
Laurencetown Community Centre | 12noon-1.15pm | £4
 For more information 📧 enquiries@lltca.com or call ☎ **028 4062 3770**

Banbridge: **Walking Netball**
Banbridge Leisure Centre | 12.30pm-1.30pm | £12.50 for 5 week programme
 Walking Netball is for anyone who wants to become more active and enjoy playing netball at a slower pace with modified rules. The sessions will include a 'shooter of the week' competition, provide a warmup, a recap on rules, skills and drills and finishes with match play Booking 🌐 www.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 ☎ **07392170746** | 📧 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 ☎ **07392170746** | ✉ **mquick@dsni.co.uk**

Portadown: 20% Discount

Portadown Wellness Centre Community Cafe, Armagh Road Portadown

20% discount to anyone aged 55+ every Friday



HISTORY QUIZ

Answers on back cover

1. What was the primary purpose of the Newry Canal when it opened in the 18th century?
2. What important scientific institution, founded in 1790, is located in Armagh?
3. What was the traditional industry that helped Portadown become one of the most prosperous towns in Ulster during the 19th century?
4. Which village is renowned for its historic orchards and is often regarded as the centre of apple production in the Orchard County?
5. Which local town was once known for its manufacture of handloom linen and later developed a strong engineering industry?
6. During the Plantation of Ulster, many settlers arrived from which country to settle in the Armagh area?
7. Richhill Castle was built during which century?
8. What was the name of the railway that once connected Armagh with the towns of Portadown and Dungannon?
9. Armagh is one of only a few cities in the world that has two cathedrals dedicated to which saint?
10. Which famous fruit-growing county is Armagh widely known as?





Do you support someone living with dementia?

Carers Information & Support Programme 1
(All sessions are online Zoom Meetings)

1. The Impact of Dementia
2. Providing Support & Care
3. Legal & Financial Guidance & Planning for Future
4. The Impact of Caring

September 2026 | 6.30pm - 8pm

Mon 7th & Tues 8th, Mon 14th & Tues 15th

October 2026 | 6.30pm - 8pm

Tuesday evenings - 6th, 13th, 20, 27th

November 2026 | 6.30pm - 8pm

Wednesday evenings - 5th, 12th, 19th, 26th

December 2026 | 6.30pm - 8pm

Monday evenings - 1st, 8th, 15th, 22nd



Family sessions in your home can be arranged (min 6 people) spread over 2 weeks. Please call to discuss.

Alzheimer's Society Carers Information and Support Programme (CrISP) aims to improve the knowledge, skills and understanding of people caring for someone living with dementia by providing effective support and up to date relevant information.

This course is specifically for carers living in the Southern Trust Area: Craigavon & Banbridge, Newry & Mourne, Armagh & Dungannon Contact Carole

To register your place

✉ southern@alzheimers.org.uk

✉ carole.murray@alzheimers.org.uk

or ☎ 07918 706 095



**It's not just a walk.
It's a feeling.**

Take part in Memory Walk this autumn and walk to fund faster diagnosis and vital support.

The buzz of the crowd, quiet moments of remembrance, the hug of a stranger who gets it - whatever you feel you won't be alone. Join thousands of others, all walking to fund vital dementia support and research in Autumn 2026.

Location: BELFAST

Venue: ORMEAU PARK

Date: SAT 26 SEPT 2026

Sign up today

memorywalk.org.uk | 0300 330 5452



Alzheimer's Society

Memory Walk

Autumn 2025 | 27



WALKING
FOR ALL

JOIN OR LEAD A WALK



**Join a free weekly walk
in your community**

Make new friends | Improve your fitness
Get outdoors | Boost your mood

**Train as a Walk Leader
in your community**

Learn new skills | Help others get active
Support your community | Make a difference

**Scan the QR code or contact
Ryan (07500 099243)
www.walkingforall.com**



Armagh City
Banbridge
& Craigavon
Borough Council

A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB)

Keep Moving

*Every step counts.
Every moment matters.*

A walk around the block
each day, can keep the aches
and blues away.

Stretch a little, chat a while
and exercise with a smile.

Whether gardening, dance,
or swim, you don't have to
be sporty or trim.

Just keep moving, take
your time and enjoy your
active prime.

Take the stairs instead of
the lift, give body and mind
a gentle lift.

Meet a friend and share a
chat, a little movement can
help with that.

Plant some flowers, rake
some leaves or stroll
beneath the autumn trees.

Every step, both big and
small, helps us stay strong
through it all.



Stay active.
Stay happy.
Stay you.



MOVE MORE & FEEL GOOD

WITH GETACTIVEABC

Whatever your stage in life - it's never too late to work towards a healthier you!

If you're completely new to fitness, want to pick up a new hobby, get back into working out or exercise to manage a health condition, we're here to help you start slow, make it fun, set goals and make it social.

From walking sports and low intensity activities to over 50's clubs and swimming (free for those aged 66 and over and £1 for those aged 60-65), we have lots on offer to help you get active, moving and outdoors!

To find out more, visit getactiveabc.com/getsocial or call into your local leisure facility in Armagh, Banbridge, Craigavon, Dromore, Gilford, Keady, Rathfriland, Richhill and Tandragee.

getactiveabc.com/getsocial



SOCIAL EVENTS | FUN CLASSES | ALL ABILITIES



Armagh City
Banbridge
& Craigavon
Borough Council

Boccia Programmes Aim to Help Older People Stay Active and Connected

Older people across Armagh, Banbridge and Craigavon are being encouraged to take part in new six-week Boccia programmes launching this autumn as part of Positive Ageing Month.

Boccia is a fun and inclusive sport, similar to bowls, that is suitable for all abilities and mobility levels. As well as providing gentle physical activity, it can help improve coordination, balance and concentration while offering valuable opportunities to socialise and make new friends.

The programmes aim to support healthy ageing by encouraging older adults to stay active, connected and involved in their local communities.



Ardmore Recreation Centre Armagh

13 October - 17 November | 10.45am to 12.15pm

To register: ✉ tracey.powell@southerntrust.hscni.net

☎ 028 3756 4495

Banbridge Leisure Centre

14 October to 18 November | 10.30am to 12noon

To register: ✉ patrice@arbourhousing.org

☎ 028 3833 9795

Craigavon Brownlow Hub

15 October to 19 November | 10.30am to 12noon

To register: ✉ Emma.Sharkey@arbourhousing.org

✉ Tammy.Rountree@choice-housing.org

☎ 028 3833 9795

Places are limited and early registration is recommended.





Important update for Open Fit Hearing Aid Users

Southern Health & Social Care Trust

We are currently unable to replace tubing and domes during RNID Near You sessions. If you need new tubing or domes, please contact your Audiology department and ask them to post these directly to you. Once you have received them, we will be happy to fit them for you at your next RNID Near You drop-in session. Thank you for your understanding.



Audiology contacts

Craigavon Audiology Department: 028 3756 0872
Daisy Hill Audiology Department: 028 3756 3118
South Tyrone Audiology Department: 028 3756 5438



Department of
Health
An Roinn Sláinte
Máinistrie O Póistie
www.health-ni.gov.uk



Health and
Social Care

Rosie's Trust - Who We Are and What We Do



Rosie's Trust is the only charity in Northern Ireland dedicated to caring for people by caring for their pets. We support people undergoing cancer treatment, receiving end-of-life care, or older people with mobility issues by helping them keep their beloved companion dogs and cats during some of life's most difficult times. Our services include in-home pet care, temporary fostering during hospital or hospice stays, pet rehoming when necessary, and pet bereavement support. All of our services are provided free of charge, 365 days a year.

For many of our beneficiaries, their pet is a vital source of comfort, companionship and emotional support. When illness or reduced mobility makes it difficult to care for a pet, the worry can be overwhelming, and some people even consider delaying treatment because they have no one to care for their beloved pet. Rosie's Trust provides peace of mind by ensuring pets receive the care they need, allowing owners to focus on their own health and wellbeing.

Our work is delivered by more than 200 trained volunteers who provide practical pet care, including feeding, grooming, exercising and veterinary visits, while also offering valuable social contact and helping to identify any additional support beneficiaries may need. Since 2015, we have supported hundreds of people and pets across Northern Ireland through referrals from Health and Social Care Trusts, Macmillan Cancer Support and other organisations, as well as self-referrals.

If you or someone you know could benefit from Rosie's Trust, you can get in touch with us or make an online referral. Our number is ☎ **028 9164 1340** or visit our website at rosiestrust.org.



Staying Safe at Home

Northern Ireland Fire & Rescue Service are committed to keeping everyone safe from fire. One of the ways we do this is by providing fire safety advice to try and stop fires from occurring in the home.



STOP FIRE

One of the easiest ways to prevent a fire is to follow our 'STOP Fire' message:

- S** - make sure you have **smoke alarms** on every floor of your home.
- T** - **test smoke alarms** weekly to make sure they're working.
- O** - be aware of the **obvious dangers** in your home.
- P** - **plan your escape** route should a fire occur.

Smoke alarms

- A smoke alarm should be fitted on every floor. For those with impaired mobility, fit an additional smoke alarm in the room in which they sleep
- Smoke alarms should be tested weekly. Replace the battery once a year if the alarm is designed for battery replacement

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
- Do not charge devices on a flammable surface such as bedding as this increases the risk of fire spread. Always unplug before going to sleep.

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

- 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

- Plan your escape route and keep this route clear from obstructions
- Everyone needs to know where the door keys are kept
- Close doors behind you, on the way out - Then call 999 and ask for the Fire Service
- NEVER go back into the house until NIFRS has informed you it is safe to do so

HOME FIRE SAFETY CHECK

To help keep everyone safe from fire, we offer free online Home Fire Safety Checks. This gives you tailored fire safety advice and lets us know if you would benefit from an in-person check. Please visit

nifrs.org/home/staying-safe/community-safety/home-fire-safety/home-fire-safety

Alternatively, we encourage you to contact us, for a free Home Fire Safety Check by calling 📞 028 9266 4221



AUTUMN WORD SEARCH PUZZLE

Find all 28 HIDDEN WORDS in the word search puzzle below. Good luck! The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.

WORD LIST

- ACORN
- AUTUMN
- BONFIRE
- BRISK
- CIDER
- CORN
- CRISP
- EQUINOX
- FALL
- FESTIVAL
- FOLIAGE
- FOOTBALL
- GOURD
- HALLOWEEN
- HARVEST
- HAYSTACK
- JACKET
- LEAVES
- NOVEMBER
- OCTOBER
- PINE CONE
- PUMPKIN
- SCHOOL
- SEPTEMBER
- SQUASH
- SWEATER
- THANKSGIVING
- TREES

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

HISTORY QUIZ ANSWERS

PAGE 26

1. Transporting goods between Newry and Lough Neagh
2. Armagh Observatory
3. Linen manufacturing
4. Loughgall
5. Banbridge
6. Scotland
7. 17th Century
8. Great Northern Railway (or Ulster Railway accepted)
9. St Patrick
10. The Orchard County

SCORING

- 10: Local History Expert
 8-9: Heritage Champion
 6-7: Local Knowledge Keeper
 4-5: Community Explorer
 0-3: Time for a Trip to the Museum!

What do you call cheese that isn't yours?
Nacho cheese!

What do you call a pig that does karate? **A pork chop!**

What's orange and sounds like a parrot?
A carrot!

What's blue and not very heavy?
Light blue!

What's the difference between a guitar and a fish?
You can't tuna fish!

What do you call an alligator in a waistcoat?
An investigator!