



# POSITIVE AGEING MONTH OCTOBER 2021



Welcome to Positive Ageing Month 2021! This is a month-long festival of events and activities for older people. It celebrates the contribution older people make to their communities. Unfortunately, due to Covid-19 and the current restrictions in place to keep people safe, we are unable to bring everyone together this year. Instead, we have worked in partnership with other organisations to bring an online calendar of events that you can participate in free of charge. They range from;

- Exercise classes
- Cookery demonstrations,
- Health messages
- Discussion panels
- Virtual Tea Dance (Plus many more)

Some of the events require pre-booking so do read through what is on offer and plan your chosen activities – there is a handy calendar at the back which may help you decide. The events can be accessed by clicking on the link within this document but you may want to download Zoom in advance to make things easier (although it will take you through the steps the first time you click on Zoom to join).

<p>Mon 4<sup>th</sup> Oct</p>	<p><b>Irish Linen Centre &amp; Lisburn Museum Walking Tour 11am &amp; 3pm</b> Join our expert guides face to face and explore Lisburn's rich history, from significant buildings and streets, to the graves and monuments of some of Lisburn's most famous residents. Tours last around 45 minutes at a gentle pace. Come on, join us! Complimentary takeaway refreshments available after tours. Contact <a href="mailto:emma.breadon@lisburncastlereagh.gov.uk">emma.breadon@lisburncastlereagh.gov.uk</a> or 028 9266 3377 <b><i>Must be booked in advance</i></b></p> <p><b>Scams 11am -12pm</b> It seems that every other day we hear about someone who's been scammed: in this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and some simple tips to help you avoid being tricked. Forewarned is forearmed! Via zoom. To book call 07912 296790 or email <a href="mailto:david.bridges@librariesni.org.uk">david.bridges@librariesni.org.uk</a></p> <p><b>Cookery Demo 2pm</b> Alex Connell, Roving Chef from Vegetarian for Life is going to do a cookery demo. Come along and watch and be inspired. This time Alex has a new set of dishes to share. Chef Alex will be making Courgette Fritters, Iman Biyaldi and Cranachan. <a href="https://vegetarianforlife.org.uk/recipes/lighter-meals/greek-fritters-with-tzatziki">https://vegetarianforlife.org.uk/recipes/lighter-meals/greek-fritters-with-tzatziki</a> <a href="https://vegetarianforlife.org.uk/recipes/main-meals/imam-biyaldi-the-priest-fainted">https://vegetarianforlife.org.uk/recipes/main-meals/imam-biyaldi-the-priest-fainted</a> <a href="https://vegetarianforlife.org.uk/recipes/cakes-and-puddings/simple-cranachan">https://vegetarianforlife.org.uk/recipes/cakes-and-puddings/simple-cranachan</a> "The Greek Fritters make an ideal starter, light lunch or part of a buffet. The Imam Biyaldi although simple, is quite delicious. If you are not familiar with Cranachan, it's essentially whipped cream, fruit and a touch of whiskey, what's not to like?" Come along and watch and be inspired Via Zoom To book call 07713684705 or email <a href="mailto:postiveageingmonth@belfastcity.gov.uk">postiveageingmonth@belfastcity.gov.uk</a></p> <p><b>WhatsApp – (Part 1) 2pm – 3pm</b> What is WhatsApp? If you haven't used this social media app before, then now's the time to find out! Join our Zoom session to see what's involved including some of the more advanced features such as groups and photo messages. Via zoom. To book call 07843 339159 or email <a href="mailto:Joanne.Brown@librariesni.org.uk">Joanne.Brown@librariesni.org.uk</a></p>
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<p>Tues 5<sup>th</sup> Oct</p>	<p><b>Dementia Awareness Session 10am-11am</b> A short awareness talk for anyone who wants to understand more about what it is like to live with dementia or care for someone living with dementia. Learn about types of dementia, signs and symptoms, and small things you can do in your community to make a positive difference for people living with the condition. To book, or for more information, please email: <a href="mailto:julie.morton@alzheimers.org.uk">julie.morton@alzheimers.org.uk</a></p> <p><b>Active Ageing 1.30pm-2.30pm</b> Low intensity circuit class (<b>in person session</b>) at Lagan Valley Leisureplex 1.30pm please contact Gareth Coleman to book as places are limited Gareth Coleman 02892448004 or Email <a href="mailto:Gareth.Coleman@lisburncastlereagh.gov.uk">Gareth.Coleman@lisburncastlereagh.gov.uk</a></p> <p><b>WhatsApp – (Part 2) 2pm – 3pm</b> On social media it's important that you know your information is protected. This final WhatsApp Zoom session takes a closer look at Privacy and Security settings, and gives you helpful tips on how to stay safe. Via zoom. To book call 07843 339159 or email <a href="mailto:Joanne.Brown@librariesni.org.uk">Joanne.Brown@librariesni.org.uk</a></p> <p><b>Privacy 11am – 12pm</b> Now that people are spending so much time online, it's more important than ever to know how to keep your personal information secure and private. This Zoom session offers you hints and tips on how to protect your data. Via zoom To book call 07912 296830 or email <a href="mailto:niall.mcveigh@librariesni.org.uk">niall.mcveigh@librariesni.org.uk</a></p> <p><b>Irish Linen Centre &amp; Lisburn Museum Walking Tour 11am &amp; 3pm</b> Join our expert guides face to face and explore Lisburn's rich history, from significant buildings and streets, to the graves and monuments of some of Lisburn's most famous residents. Tours last around 45 minutes at a gentle pace. Come on, join us! Complimentary takeaway refreshments available after tours. Contact <a href="mailto:emma.breadon@lisburncastlereagh.gov.uk">emma.breadon@lisburncastlereagh.gov.uk</a> or 028 9266 3377 <i><b>Must be booked in advance</b></i></p> <p><b>Falls Prevention &amp; Home Safety 10.30am</b> Come and join the Falls Prevention team and Home Safety team for a live zoom information session to provide advice on how to reduce your risk of falling and prevent other accidents such as poisoning, burns, scalds and fire occurring in your home. Join Zoom Meeting <a href="https://us02web.zoom.us/j/85632051514?pwd=bDAyL3h3QUhOTUZ6cUR5Zm9SWXBQQT09">https://us02web.zoom.us/j/85632051514?pwd=bDAyL3h3QUhOTUZ6cUR5Zm9SWXBQQT09</a> Meeting ID: 856 3205 1514 Passcode: 977320 Please contact Charlene Piggott Home Safety Coordinator 07961 460 785 for more information and to register.</p>
<p>Wed 6<sup>th</sup> Oct</p>	<p><b>Linking Generations NI 10.30am</b> Come and find out more about Linking generations and how they can support you with intergenerational work. Delivered via Zoom, To book: <a href="https://forms.office.com/r/LGkTAVELP7">https://forms.office.com/r/LGkTAVELP7</a> More information at: <a href="https://www.linkinggenerationsni.com/event/igni-positive-generations-showcase/">https://www.linkinggenerationsni.com/event/igni-positive-generations-showcase/</a></p> <p><b>Outdoor Walking Group 10.30am-12.30pm</b> Enjoy a leisurely stroll leaving from Lagan Valley Leisureplex please contact Gareth Coleman to book as places are limited Gareth Coleman 02892448004 <a href="mailto:Gareth.Coleman@lisburncastlereagh.gov.uk">Gareth.Coleman@lisburncastlereagh.gov.uk</a></p> <p><b>Introduction to iPad – (Part 1) 11am – 12pm</b> Mystified by your iPad? Join us for our Zoom session when we'll explain some of the basics: find out how to turn your iPad on and off, discover what the buttons do, and learn to tap and swipe like a pro! We will also do some exploring: navigate successfully through screens, apps and settings. Via zoom To book call 07912 296811 or email <a href="mailto:Karen.Maginess@librariesni.org.uk">Karen.Maginess@librariesni.org.uk</a></p>



	<p><b>Entertainment 2pm - 3pm</b> Missed your favourite television programme? There are several free and subscription applications which allow you to watch programmes at your leisure or on the go. Come along and learn all about them. Via zoom. To book call 07843 339159 or email <a href="mailto:Joanne.Brown@librariesni.org.uk">Joanne.Brown@librariesni.org.uk</a></p> <p><b>Irish Linen Centre &amp; Lisburn Museum Walking Tour 11am &amp; 3pm</b> Join our expert guides face to face and explore Lisburn's rich history, from significant buildings and streets, to the graves and monuments of some of Lisburn's most famous residents. Tours last around 45 minutes at a gentle pace. Come on, join us! Complimentary takeaway refreshments available after tours. Contact <a href="mailto:emma.breadon@lisburncastlereagh.gov.uk">emma.breadon@lisburncastlereagh.gov.uk</a> or 028 9266 3377</p>
Thurs 7 <sup>th</sup> Oct	<p><b>Active Ageing 10.30am – 11.30am</b> Low intensity circuit class (in person session at Lagan Valley Leisureplex) please contact Gareth Coleman to book as places are limited due to Covid restrictions. To book contact Gareth Coleman 02892448004 <a href="mailto:Gareth.Coleman@lisburncastlereagh.gov.uk">Gareth.Coleman@lisburncastlereagh.gov.uk</a></p> <p><b>Moneysaving – (Part 1) 11am – 12pm</b> Join our Zoom session to explore some of the great free advice sites on the internet that help you make your money go further. There is a wealth of knowledge out there if you know where to look. Also, see what you can do with cashback sites when you shop online. To book call 07912 296790 or email <a href="mailto:david.bridges@librariesni.org.uk">david.bridges@librariesni.org.uk</a></p> <p><b>Spotify 2pm – 3pm</b> Join our Zoom session to find out how to access a wide range of music on your iPad, tablet or smartphone. Find out about the many free and paid for music streaming apps available, including Spotify. To book call 07912 296830 or email <a href="mailto:niall.mcveigh@librariesni.org.uk">niall.mcveigh@librariesni.org.uk</a></p> <p><b>Chocolate Bingo 7.30pm -8.30pm</b> Eyes down, let's play Bingo. Every winner wins chocolate. Via "Zoom" video call. To register call Eamon Quinn on 90735696 or email <a href="mailto:Eamon.quinn@engagewithage.org.uk">Eamon.quinn@engagewithage.org.uk</a></p> <p><b>Irish Linen Centre &amp; Lisburn Museum Walking Tour 11am &amp; 3pm</b> Join our expert guides face to face and explore Lisburn's rich history, from significant buildings and streets, to the graves and monuments of some of Lisburn's most famous residents. Tours last around 45 minutes at a gentle pace. Come on, join us! Complimentary takeaway refreshments available after tours. Contact <a href="mailto:emma.breadon@lisburncastlereagh.gov.uk">emma.breadon@lisburncastlereagh.gov.uk</a> or 028 9266 3377 <b><i>Must be booked in advance</i></b></p>
Fri 8 <sup>th</sup> Oct	<p><b>Listen Share Change- Taster Session 11am-12pm</b> We are inviting you to take part in digital Listen Share Change. We use storytelling to help people start a conversation, have a laugh and make new friendships. Delivered via Zoom or by phone using a Freephone number. To book contact Holly through Verbal Verbal LSC Team – ask for Holly (Belfast rep) 028 7126 6946 or email <a href="mailto:lscbelfast@theverbal.co">lscbelfast@theverbal.co</a></p> <p><b>Irish Linen Centre &amp; Lisburn Museum Walking Tour 11am &amp; 3pm</b> Join our expert guides face to face and explore Lisburn's rich history, from significant buildings and streets, to the graves and monuments of some of Lisburn's most famous residents. Tours last around 45 minutes at a gentle pace. Come on, join us! Complimentary takeaway refreshments available after tours. Contact <a href="mailto:emma.breadon@lisburncastlereagh.gov.uk">emma.breadon@lisburncastlereagh.gov.uk</a> or 028 9266 3377 <b><i>Must be booked in advance</i></b></p> <p><b>Virtual Sing for Victory workshop 2pm -3pm</b> Sing for Victory is a dementia friendly singing and reminiscence workshop we offer virtually. Participants sing songs from the 1940s and reminisce about the past with our Outreach Officer and Music Therapist Karen Diamond. Via Zoom Via Zoom To book email <a href="mailto:outreach@niwarmemorial.org">outreach@niwarmemorial.org</a></p>

	<p><b>Scams 2pm – 3pm</b> It seems that every other day we hear about someone who's been scammed: in this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and some simple tips to help you avoid being tricked. Forewarned is forearmed! To book call 07912 296798 or 028 9050 9150 or email <a href="mailto:Gary.Patterson@librariesni.org.uk">Gary.Patterson@librariesni.org.uk</a></p>
Mon 11 <sup>th</sup> Oct	<p><b>Privacy 11am – 12pm</b> Now that people are spending so much time online, it's more important than ever to know how to keep your personal information secure and private. This Zoom session offers you hints and tips on how to protect your data. To book call 07843 339159 or email <a href="mailto:Joanne.Brown@librariesni.org.uk">Joanne.Brown@librariesni.org.uk</a></p> <p><b>Moneysaving – (Part 2) 2pm – 3pm</b> In this Zoom session, compare the price comparison sites! Are they all that they seem? Also, check out some specialist sites that can offer you huge discounts. To book call 07912 296790 or email <a href="mailto:david.bridges@librariesni.org.uk">david.bridges@librariesni.org.uk</a></p>
Tues 12 <sup>th</sup> Oct	<p><b>iPad Camera – (Part 1) 11am – 12pm (Class delivered on Zoom)</b> Join our Zoom session to check out your iPad camera settings: live, time lapse, panoramic and more. To book call 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p> <p><b>Scams 2pm – 3pm</b> It seems that every other day we hear about someone who's been scammed: in this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and some simple tips to help you avoid being tricked. Forewarned is forearmed! To book call 07912 296790 or email <a href="mailto:david.bridges@librariesni.org.uk">david.bridges@librariesni.org.uk</a></p> <p><b>Be Ready NI 2.30pm-3.30pm TBC</b> Come and hear from Claire Carlton Resilience Manager Belfast Emergency Preparedness Group on being prepared for all types of emergencies from severe weather warnings, flood and other crisis situations. Via Zoom To book call 07713684705 or email <a href="mailto:postiveageingmonth@belfastcity.gov.uk">postiveageingmonth@belfastcity.gov.uk</a></p>
Wed 13 <sup>th</sup> Oct	<p><b>Dying To Talk Webinar (The importance of being prepared) 10.30am- 12pm</b> A range of speakers to help you positively plan for your end of life. We plan for the beginning of lives so why not the end? This conference is a regional event as part of Positive Ageing October month as part of the Age Friendly NI Network. Delivered collaboratively between Fermanagh and Omagh District Council, Compassionate Communities, Integrated Care Partnership, Western Health and Social Care Trust and funded by Public Health Agency. Please see details for regional event on 13 October. Registration via Eventbrite: <a href="https://bit.ly/DyingToTalkTickets">https://bit.ly/DyingToTalkTickets</a></p> <p><b>Introduction to iPad – (Part 2) 11am – 12pm</b> In iPad Zoom Session 2, you'll discover more about how to set up your iPad to suit you: we'll look at display and brightness, wallpaper, accessibility settings, and the Control Centre. To book call 07912 296811 or email <a href="mailto:Karen.Maginess@librariesni.org.uk">Karen.Maginess@librariesni.org.uk</a></p> <p><b>War Memorial Museum Virtual Reminiscence workshop 2pm</b> In our reminiscence workshops we use objects and photographs from the museum collection to stimulate conversation about the past. Reminiscence workshops are based on the home front in Northern Ireland during the Second World War. Our Outreach Officer Michael is connecting with groups virtually to offer workshops which would normally take place in our museum. Using museum objects and a PowerPoint presentation, Michael encourages conversations about topics including the Belfast Blitz, the US presence, and evacuees and rationing. Via Zoom To book email <a href="mailto:outreach@niwarmemorial.org">outreach@niwarmemorial.org</a></p>

<p>Thurs 14<sup>th</sup> Oct</p>	<p><b>Scams 11am – 12pm</b> It seems that every other day we hear about someone who's been scammed: in this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and some simple tips to help you avoid being tricked. Forewarned is forearmed! To book call 07843 339159 or email <a href="mailto:Joanne.Brown@librariesni.org.uk">Joanne.Brown@librariesni.org.uk</a></p> <p><b>Shop well, store well, eat well ideas session 2pm</b> Join Grainne, a Dietitian from Active Belfast Team to learn about what good staples to have in cupboards and how to eat well when shopping less. Via Zoom To book call 07713684705 or email <a href="mailto:agefriendly@lisburncastlereagh.gov.uk">agefriendly@lisburncastlereagh.gov.uk</a></p> <p><b>Hourglass 10:00-11:00am</b> Join Elizabeth Lunn, Community Response Coordinator from Hourglass, Northern Ireland in a session to understand the abuse issues facing older people in Northern Ireland; recognise the signs and risk factors; and learn how Hourglass can offer support to someone experiencing or at risk of abuse. Join Zoom Meeting <a href="https://us06web.zoom.us/j/89857177399?pwd=Rm1zTTdGUDZmb1Jaa1lxVFpwY2Rldz09">https://us06web.zoom.us/j/89857177399?pwd=Rm1zTTdGUDZmb1Jaa1lxVFpwY2Rldz09</a> Meeting ID: 898 5717 7399 Passcode: 362818</p>
<p>Fri 15<sup>th</sup> Oct</p>	<p><b>iPad Camera – (Part 2) 11am</b> In this Zoom session, find out how you can edit your photographs or put them into albums. To book call or email 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p> <p><b>Practice Using Zoom 2pm – 3pm</b> Have you used Zoom yet? Would you like to familiarise yourself with the tools and tricks of Zoom in a safe learning environment? Join our Zoom meeting where we explain the various settings and give you a chance to practice some of its features. We will also talk you through how to set up your own Zoom meeting. To book call 07912 296790 or email <a href="mailto:david.bridges@librariesni.org.uk">david.bridges@librariesni.org.uk</a></p>
<p>Mon 18<sup>th</sup> Oct</p>	<p><b>Privacy 11am -12pm</b> Now that people are spending so much time online, it's more important than ever to know how to keep your personal information secure and private. This Zoom session offers you hints and tips on how to protect your data. To book call 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p> <p><b>Zoom cook a long session 2pm</b> Alex Connell, Roving Chef from Vegetarian for Life is going to do a cook along. Alex will be encouraging you to actually cook along with him and make Borlotti Bean Chestnut Stew, followed by Sticky Toffee Pudding. For those wanting to cook along, pop to the shops, grab your ingredients and put your aprons on! Alex will guide you step by step on how to prepare the dishes. Feel free just to watch if you fancy that too. <a href="https://vegetarianforlife.org.uk/recipes/main-meals/borlotti-bean-and-chestnut-stew1">https://vegetarianforlife.org.uk/recipes/main-meals/borlotti-bean-and-chestnut-stew1</a> <a href="https://vegetarianforlife.org.uk/recipes/cakes-and-puddings/sticky-toffee-pudding">https://vegetarianforlife.org.uk/recipes/cakes-and-puddings/sticky-toffee-pudding</a> Via Zoom To book call 07713684705 or email <a href="mailto:agefriendly@lisburncastlereagh.gov.uk">agefriendly@lisburncastlereagh.gov.uk</a></p> <p><b>Irregular heartbeat checks 18<sup>th</sup> Oct – Enler Community Centre</b> Free Atrial Fibrillation (irregular heartbeat) and Blood Pressure health checks To book an appointment use the following booking link: <a href="http://book.wellcheck.nichs.org.uk">book.wellcheck.nichs.org.uk</a> and code CAFBP or for any queries contact Hannah via <a href="mailto:hwilliamson@nichs.org.uk">hwilliamson@nichs.org.uk</a> or call 07807589694</p>
<p>Tuesday 19<sup>th</sup> Oct</p>	<p><b>Your Health Online 11am – 12pm</b> Find out about reliable websites giving expert up to date information, help and support on health issues, with useful hints and tips to improve your health and wellbeing. To book call 07912 296798 or 028 9050 9150 or email <a href="mailto:Gary.Patterson@librariesni.org.uk">Gary.Patterson@librariesni.org.uk</a></p> <p><b>Pressreader 2pm – 3pm</b> Did you know that you can get free access to around 3,000 national and world newspapers through the Libraries NI Libby app? Join this Zoom session to find out how to use PressReader. To book call 07912296830 or email <a href="mailto:niall.mcveigh@librariesni.org.uk">niall.mcveigh@librariesni.org.uk</a></p>

<p>Wed 20<sup>th</sup> Oct</p>	<p><b>Energy Efficiency in the Home 11am</b> Overview of fuel poverty and the impact of cold homes Energy efficient heating, lighting, and appliances, keeping the heat where it is needed, comparing and switching energy suppliers, advice and support in Northern Ireland Delivered via Zoom. To book email <a href="mailto:agefriendly@lisburncastlereagh.gov.uk">agefriendly@lisburncastlereagh.gov.uk</a> or phone 077713684705</p> <p><b>Free Atrial Fibrillation (irregular heartbeat) and Blood Pressure health checks</b> Hill Hall Community and Resource Centre To book an appointment use the following booking link: <a href="http://book.wellcheck.nichs.org.uk">book.wellcheck.nichs.org.uk</a> and code CAFBP or for any queries contact Hannah via <a href="mailto:hwilliamson@nichs.org.uk">hwilliamson@nichs.org.uk</a> or call 07807589694</p> <p><b>Making the most of your slow cooker 10.30am</b> Join this free session to find out the benefits of using slow cookers to make tasty, nutritious meals. Register using this link, after registration participants will be emailed the zoom meeting ID and passcode. <a href="https://setrust-hscninet.zoom.us/webinar/register/WN_x_Bsy4cWQGGNeoSWJgqApQ">https://setrust-hscninet.zoom.us/webinar/register/WN_x_Bsy4cWQGGNeoSWJgqApQ</a></p> <p><b>Interactive Dementia Awareness training 7pm</b> The training happens via Zoom, and participants are taken to a range of locations including a home, a shop, out and about, and more. Participants learn how to make life more dementia friendly with a range of top tips. Participants are broken into small groups and get mix of specially filmed short videos (made in Belfast) alongside discussion, questions and answers This training is suitable for anyone affected by dementia or any member of the public hoping to make their community more dementia friendly. Participants also receive follow-up resources by email. To book click here <a href="https://www.eventbrite.co.uk/e/online-interactive-dementia-training-tickets-167709988089">https://www.eventbrite.co.uk/e/online-interactive-dementia-training-tickets-167709988089</a></p>
<p>Thurs 21<sup>st</sup> Oct</p>	<p><b>Taking the fear out of on-line banking 11am</b> Richard Gill, Community Banker from Ulster Bank will give you advice on safely using and the benefits of online banking, and purchasing online, there will be an opportunity for you to ask questions. Delivered via Zoom To book email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> or phone 077713684705</p> <p><b>Libby E- Magazines 2pm – 3pm</b> If you haven't yet discovered the amazing <b>FREE</b> eMagazine offer from Libraries NI, then this is the Zoom session for you! Learn how to download the Libby app and sign up for the opportunity to borrow over 3000. Explore the app and discover features like search, place hold, bookmarks and reading settings. To book call 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p> <p><b>Chocolate Bingo 7.30pm -8.30pm</b> Eyes down, let's play Bingo. Every winner wins chocolate. Via "Zoom" video call. To register call Eamon Quinn on 90735696 or email <a href="mailto:Eamon.quinn@engagewithage.org.uk">Eamon.quinn@engagewithage.org.uk</a></p> <p><b>Free Atrial Fibrillation (irregular heartbeat) and Blood Pressure health checks</b> At Hill RESURGAM Healthy Living Centre To book an appointment use the following booking link: <a href="http://book.wellcheck.nichs.org.uk">book.wellcheck.nichs.org.uk</a> and code CAFBP or for any queries contact Hannah via <a href="mailto:hwilliamson@nichs.org.uk">hwilliamson@nichs.org.uk</a> or call 07807589694</p>
<p>Fri 22 Mon 25<sup>th</sup> Oct</p>	<p><b>Scams 2pm – 3pm (Class delivered on Zoom)</b> It seems that every other day we hear about someone who's been scammed: in this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and some simple tips to help you avoid being tricked. Forewarned is forearmed! To book call 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p>

Tues 26 <sup>th</sup> Oct	<p><b>Recycling and Reducing food waste 11am – 12pm</b> Come and hear from Belfast City Council about reducing waste and recycling and get your questions answered. To book email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> or phone 077713684705</p> <p><b>Pinterest and Instagram 2pm – 3pm</b> In this session we take a look at two popular image-sharing social networking sites. Find out how to create a profile, post your own images and link with others. To book call 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p>
Wed 27 <sup>th</sup> Oct	<p><b>Big Quiz 3pm</b> Join us via zoom for a quiz with a difference To book email <a href="mailto:agefriendly@lisburncastlereagh.gov.uk">agefriendly@lisburncastlereagh.gov.uk</a> or phone 077713684705</p> <p><b>Eating well as you age 11.00-11.45am</b> This free session is for anyone who is interested in finding out how to eat well in later life. This could be for yourself, a relative or a friend. Register using the link, after registration participants will be emailed the zoom meeting ID and passcode: <a href="https://setrust-hscni-net.zoom.us/webinar/register/WN_T1SBydEdTIGqtpIS3xbSBA">https://setrust-hscni-net.zoom.us/webinar/register/WN_T1SBydEdTIGqtpIS3xbSBA</a> or contact Fiona Armstrong Health Development Dietitian. Email <a href="mailto:Training.dietitians@setrust.hscni.net">Training.dietitians@setrust.hscni.net</a>. Tel02890411792</p>
Thurs 28 <sup>th</sup> Oct	<p><b>Bowel Cancer Screening 11am</b> The Women's Resource and Development Agency will raises awareness of bowel cancer screening, signs and symptoms to look out for, ways to reduce your risk of developing bowel cancer and how to take the screening Delivered via Zoom To book email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> or phone 077713684705</p> <p><b>Spooky Halloween Chocolate Bingo 7.30pm -8.30pm</b> Eyes down, let's play Bingo. Every winner wins chocolate. Via zoomTo register call Eamon Quinn on 90735696 or email <a href="mailto:Eamon.quinn@engagewithage.org.uk">Eamon.quinn@engagewithage.org.uk</a></p>
Fri 29 <sup>th</sup> Oct	<p><b>Biggest ever virtual tea dance 2 30pm – 4pm</b> Join people across Northern Ireland and beyond, live bands and plenty of kitchen dancing To book email <a href="mailto:agefriendly@lisburncastlereagh.gov.uk">agefriendly@lisburncastlereagh.gov.uk</a> or phone 077713684705</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Scams 11am Cookery Demo 11am What's App 2pm Walking Tour 11am & 3pm	5 Dementia Session 10am Active Ageing 1.30pm What's App 2pm Home Safety 10.30am Privacy 11am Walking Tour 11am&3pm	6 Linking Generations NI 10.30am Outdoor Walking Group at 10.30am Walking Tour 11am&3pm IPad Introduction 11am Entertainment 2pm	7 Active Ageing 10.30am Money Saving 11am Spotify 2pm Chocolate Bingo 7.30pm Walking Tour 11am&3pm	8 Listen Share Change 11am Virtual Sing for Victory workshop 2pm Scams 2pm Walking Tour 11am &3pm	9
10	11 Privacy 11am Money Saving 2pm	12 I Pad Camera 11am Be Ready NI 2.30pm Scams 2pm	13 Dying To Talk 10.30am Virtual Reminiscence workshop 2pm	14 Hourglass 10am Scams 11am Shop well, store well, eat well 2pm	15 IPAD Camera 11am Zoom Practice 2pm	16
17	18 Privacy 11am Zoom cook a long session 2pm Irregular heartbeat and Blood Pressure health checks @ Enler Community Centre	19 Your health Online 11am Press Reader 2pm	20 Making the most of your slow cooker 10.30am Energy Efficiency in the Home 11am Irregular heartbeat and Blood Pressure health checks @ Hill Hall Community Centre Dementia Awareness training 7pm	21 Fear of on-Line banking 11am Chocolate Bingo 7.30pm - 8.30pm Irregular heartbeat and Blood Pressure health checks @ RESURGAM Chocolate Bingo 7.30pm - 8.30pm	22	23
24	25 Scams Sessions 2pm	26 Recycling & Food Waste 11am Pinterest and Instagram 11am	27 Eating well as you age 11.00am Big Quiz 3pm	28 Bowel Cancer Screening 11am Spooky Halloween Chocolate Bingo 7.30pm -8.30pm	29 Biggest ever virtual tea dance 2.30pm	30
31						

## NOTES

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