

Positive Ageing Month

October

Causeway Coast and Glens

2023



 Public Health Agency

 Causeway Coast & Glens Borough Council

 Age Friendly Network NI

 Age Friendly CAUSEWAY

Welcome

As Mayor of Causeway Coast and Glens Borough Council, I am delighted to introduce this programme of events for Positive Ageing Month, 2023.

The Age-Friendly Programme in Causeway Coast and Glens Borough Council aims to engrain the inclusion of older people in all aspects of community life, remove barriers to participation, ensure access to services and make sure our Borough is an enjoyable place for older people to live. Positive Ageing Month is an annual month-long festival, which contributes to achieving these aims by celebrating the role of older people in their communities.



Partnership working is key to the success of Positive Ageing Month as highlighted by the wide range of events being developed and delivered by Council departments and partner organisations. I would like to thank all contributing organisations for putting together such an extensive and varied range of events. As primary funders of the Age-Friendly Programme, I'd especially like to thank the Public Health Agency.

Positive Ageing Month offers a wide range of opportunities for older people including health and exercise programmes, information sessions, inter-generational activities and many opportunities for social interaction. We are hopeful that there will be something for everyone and I am optimistic that events will be well attended. I look forward to seeing our older residents benefit from these programmes and I hope that participants make helpful connections throughout the month of October and indeed into the future.

I wish all our residents an enjoyable and informative Positive Ageing Month and hope these events act as a catalyst for future participation and social connection. I'd like to thank all contributing partners for their continued work providing an extensive range of programming for Positive Ageing Month.

Councillor Steven G Callaghan QPM

Mayor Causeway Coast and Glens Borough Council

Programme of Events

Monday 2nd October

Launch of Intergenerational Christmas Small Grants Scheme

Applications will open on 2nd October 2023 and close on the 27th October 2023. They are inviting community groups, schools, care settings, nurseries, housing settings and more to apply for small grants of £125 to bring generations together during the month of December to spread some festive cheer, make connections and enjoy each-others company.

www.linkinggenerationsni.com/news/ or contact elaine.brownlee@bjf.org.uk

10.45am - 11.15am **Gran' Rhythm & Rhyme at Portrush Library**

Grandparents & Carers come along to join in with Rhymes to suit all generations.

Booking required Tel: 028 7082 3718 Email: portrush.library@librariesni.org.uk

9.00am **G Spin at Roe Valley Leisure Centre**

Spin class Email: gareth.scott@causewaycoastandglens.gov.uk Phone: 07749722091

10.00am **Men's Hour at Roe Valley Leisure Centre**

Indoor Football

7.00pm **Zumba at Limavady Community Development Initiative**

Zumba is a fitness program that involves cardio and Latin-inspired dance.

Email: gareth.scott@causewaycoastandglens.gov.uk Phone: 07749722091

Tuesday 3rd October

11.30am - 12.00pm **Gran' Rhythm & Rhyme at Coleraine Library**

Grandparents & Carers come along to join in with Rhymes to suit all generations

Booking required Tel: 028 7034 2561 Email: coleraine.library@librariesni.org.uk

2.00pm - 4.00pm **Autumn Tea Dance at Ballymoney Town Hall**

This is a cabaret style seated event. Take a trip down memory lane in this special Autumn tea dance. This event is for our local senior citizens to enjoy an afternoon of tea, sandwiches, traybakes and nostalgia from days gone by.

Free, Booking essential Email: museums@causewaycoastandglens.gov.uk Tel: 028 2766 0230 to book

12.00pm - 1.00pm **Get Support with Hearing Loss at Hands That Talk**

Get Support with Hearing Loss. Visit our free drop-in service. 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. Hands That Talk, 116 Main Street, Dungiven, BT47 4LD No appointment needed - Drop in service

9.30am **Active Life (Racquet Sports) at Roe Valley Leisure Centre**

Active Life (Raquet Sports): Older adult physical activity programme

Open to public (£2.75 charge per person)

Email: sportsdevelopment@causewaycoastandglens.gov.uk

Programme of Events

10.30am **Active Life (Exercise Classes) at Roe Valley Leisure Centre**
Active Life (Exercise Classes): Older adult physical activity programme.
Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk

7.00pm **FIT2RUN at Roe Valley Leisure Centre**
Fun Run Project

Wednesday 4th October

10.30am - 12.30pm **Organise Your Life Online - Go On Session at Coleraine Library**
Find out more about online banking, paying bills and websites offering money advice and benefits information. Booking required Tel: 028 7034 2561
Email: coleraine.library@librariesni.org.uk

2.00pm - 4.00pm **Scam Awareness - Go On Session at Ballymoney Library**
Tips on how to stay safe online and avoid scams. Booking required
Tel: 028 028 2766 3589 Email: ballymoney.library@librariesni.org.uk

9.00am **Restorative Yoga at Roe Valley Leisure Centre**
Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

10.00am **Stay Loose Women at Roe Valley Leisure Centre**
Mixed exercise class. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

10.30am **Walking Club at Roe Valley Leisure Centre**
Walking is one of the easiest ways to get more active, lose weight and become healthier. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

Thursday 5th October

10.30am - 12.30pm **Your Health Online - Go On Session at Cushendall Library**
Useful tips and hints on keeping mind and body healthy, including self-help techniques. Source reliable online information on health issues. Booking required Tel: 028 2177 1297 Email: cushendall.library@librariesni.org.uk

2.30pm - 4.30pm **Creative Photos for Fun - Go On Session at Ballycastle Library**
Find out how to order prints and create photobooks online. Booking required
Tel: 028 2076 2566 Email: ballycastle.library@librariesni.org.uk

7.30pm **Historical Talk - The Chronicle and Constitution at Coleraine Museum at Coleraine Town Hall**
As part of Coleraine Museum's People and Places exhibition, featuring articles by the popular columnist Speedy Moore, join us at a talk on the history of the Chronicle & Constitution newspapers by Maurice Bradley. Refreshments provided. Free Email: museums@causewaycoastandglens.gov.uk Tel: 028 2766 0230 to book

Programme of Events

10.00am - **Get Support With Hearing Loss at The Sandel Centre**
 12.00pm Get Support with Hearing Loss. Visit our free drop-in service. 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. No appointment needed - Drop in service. Mariette Mulvenna and Lisa Stewart, volunteering.northernireland@nid.org.uk

9.00am **Active Life (Racquet Sports) at Joey Dunlop Leisure Centre**
 Active Life (Raquet Sports): Older adult physical activity programme. Open to public (£2.75 charge per person).
 Email: sportsdevelopment@causewaycoastandglens.gov.uk

10.30am **Active Life (Racquet Sports) at Coleraine Leisure Centre**
 Active Life (Raquet Sports): Older adult physical activity programme. Open to public (£2.75 charge per person)
 Email: sportsdevelopment@causewaycoastandglens.gov.uk

9.45am **Active Life (Exercise Classes) at Joey Dunlop Leisure Centre**
 Active Life (Exercise Classes): Older adult physical activity programme. Open to public (£2.75 charge per person)
 Email: sportsdevelopment@causewaycoastandglens.gov.uk

11.15am **Active Life (Exercise Classes) at Coleraine Leisure Centre**
 Active Life (Exercise Classes): Older adult physical activity programme. Open to public (£2.75 charge per person)
 Email: sportsdevelopment@causewaycoastandglens.gov.uk

9.30am **Yoga at Roe Valley Leisure Centre**
 Traditional Yoga Email: gareth.scott@causewaycoastandglens.gov.uk
 Phone: 07749722091

Friday 6th October

10.30am - **Tea & Newspapers with Photographs of Times Gone By at Dungiven Library**
 12.00pm Tea and Newspapers with photographs of times gone by. Booking required
 Tel: 028 777 41475 Email: dungiven.library@librariesni.org.uk

11.00am - **Bank of Ireland Financial Wellbeing Webinar**
 12.30pm Bank of Ireland Financial Wellbeing Webinar via Microsoft Teams Meeting
 Please contact Raisa Donnelly on raisa.donnelly@midulstercouncil.org for session link

11.00am **Active Life (Racquet Sports) at Dungiven Sports Centre**
 Active Life (Raquet Sports): Older adult physical activity programme. Open to public (£2.75 charge per person)
 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Programme of Events

12.00pm **Active Life (Exercise Classes) at Dungiven Sports Centre**
Active Life (Exercise Classes): Older adult physical activity programme. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk

9.00am **Weekend Fitness Club at Roe Valley Leisure Centre**
Exercise Circuit Class
Email: sportsdevelopment@causewaycoastandglens.gov.uk

9.30am **FIT2RUN at Roe Valley Leisure Centre**
Fun Run Project Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

Green Lane Museum Guided Tour at Green Lane Museum, Roe Valley Country Park

Explore the history of the Roe Valley with a guided tour of Green Lane Museum with the Roe Valley Ancestral Researchers. Share your stories and explore the artefacts on display. Light refreshments provided.
Email: museums@causewaycoastandglens.gov.uk Tel: 028 2766 0230

Saturday 7th October

2.00pm - **Grandad's and Grandma's Storytime & Craft at Coleraine Library**
3.00pm Storytime & Crafts with Grandad's & Grandma's bringing along family members to have the traditional fairy-tale stories told. Booking required Tel: 028 7034 2561 Email: coleraine.library@librariesni.org.uk

Monday 9th October

9.00am **G Spin at Roe Valley Leisure Centre**
Spin class. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

10.00am **Men's Hour at Roe Valley Leisure Centre**
Indoor Football. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

7.00pm **Zumba at Limavady Community Development Initiative**
Zumba is a fitness program that involves cardio and Latin-inspired dance.
Email: gareth.scott@causewaycoastandglens.gov.uk Phone: 07749722091

Tuesday 10th October

2.30pm **Meet & Eat at Herald @22 Café Coleriane**
Meet and Eat social Group for over 55's. £4 each which includes lunch. Booking is essential by phone. Mandy Corr: 028 7035 7966

2.00pm-
3.30pm **Exhibition and Library Tour at Coleraine Museum at Coleraine Town Hall**
Take a guided tour of the People and Places exhibition, featuring photographs and articles by the popular columnist Speedy Moore, followed by a tour of the Heritage Room resources in Coleraine Library. Free. Booking essential
Email: museums@causewaycoastandglens.gov.uk Tel: 028 2766 0230 to book

Programme of Events

10.00am - **GET SUPPORT WITH HEARING LOSS at Ramoan Parish Centre**
 12.00pm Get Support with Hearing Loss. Visit our free drop-in service. 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. Ramoan Parish Centre, 3 Station Road, Ballycastle, BT54 6AP. Mariette Mulvenna and Lisa Stewart, volunteering.northernireland@rnid.org.uk No appointment needed - Drop in service.

9.30am **Active Life (Racquet Sports) at Roe Valley Leisure Centre**
 Active Life (Raquet Sports): Older adult physical activity programme. Open to public (£2.75 charge per person)
 Email: sportsdevelopment@causewaycoastandglens.gov.uk

10.30am **Active Life (Exercise Classes) at Roe Valley Leisure Centre**
 Active Life (Exercise Classes): Older adult physical activity programme. Open to public (£2.75 charge per person)
 Email: sportsdevelopment@causewaycoastandglens.gov.uk

7.00pm **FIT2RUN at Roe Valley Leisure Centre**
 Fun Run Project. Open to public (£2.75 charge per person)
 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Wednesday 11th October 2022

10.00am - **E-Clinics One to One at Coleraine Library (45min Sessions)**
 4.00pm IT Help for beginners including help with your mobile device and other electronic devices. Booking required Tel: 028 7034 2561
 Email: coleraine.library@librariesni.org.uk

9.00am **Restorative Yoga at Roe Valley Leisure Centre**
 Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Email: gareth.scott@causewaycoastandglens.gov.uk
 Phone: 07749722091

10.00am **Stay Loose Women at Roe Valley Leisure Centre**
 Mixed exercise class. Email: gareth.scott@causewaycoastandglens.gov.uk
 Phone: 07749722091

10.30am **Walking Club at Roe Valley Leisure Centre**
 Walking is one of the easiest ways to get more active, lose weight and become healthier. Email: gareth.scott@causewaycoastandglens.gov.uk
 Phone: 07749722091

Thursday 12th October 2022

10.30am - **Gran' Rhythm & Rhyme at Kilrea Library**
 11.30am Grandparents & Carers come along to join in with Rhymes to suit all generations.
 Booking required Tel: 028 2954 0630 Email: kilrea.library@librariesni.org.uk

Programme of Events

7.00pm **NI Digital Screen presentation at Ballymoney Museum**
To coincide with the newly opened Uncharted Histories of the Causeway Coast exhibition at Ballymoney Museum by Causeway Coast and Glens Heritage Trust, there will be a screening of films from the Northern Ireland Screen Digital Film. This archive has over 126 years of moving images from Northern Ireland, featuring amateur and professional films from 1897 to 2023. Booking essential
Email: rachael@ccght.org Tel: 07957975410

9.00am **Active Life (Racquet Sports) at Joey Dunlop Leisure Centre**
Active Life (Raquet Sports): Older adult physical activity programme. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk

10.30am **Active Life (Racquet Sports) at Coleraine Leisure Centre**
Active Life (Raquet Sports): Older adult physical activity programme. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk

9.45am **Active Life (Exercise Classes) at Joey Dunlop Leisure Centre**
Active Life (Exercise Classes): Older adult physical activity programme. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk

11.15am **Active Life (Exercise Classes) at Coleraine Leisure Centre**
Active Life (Exercise Classes): Older adult physical activity programme. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk

9.30am **Yoga at Roe Valley Leisure Centre**
Traditional Yoga. Email: gareth.scott@causewaycoastandglens.gov.uk Phone: 07749722091

Friday 13th October 2022

3.00pm - **Virtual Tea Dance (Online)**
4.00pm Email: HollandJ@BelfastCity.gov.uk

11.00am - **GET SUPPORT WITH HEARING LOSS at Limavady Community**
12.00pm **Development Initiative**
Get Support with Hearing Loss. Visit our free drop-in service. 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. No appointment needed - Drop in service. Mariette Mulvenna and Lisa Stewart, volunteering.northernireland@rnid.org.uk

11.00am **Active Life (Racquet Sports) at Dungiven Sports Centre**
Active Life (Raquet Sports): Older adult physical activity programme. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk

Programme of Events

12.00pm **Active Life (Exercise Classes) at Dungiven Sports Centre**
 Active Life (Exercise Classes): Older adult physical activity programme. Open to public (£2.75 charge per person)
 Email: sportsdevelopment@causewaycoastandglens.gov.uk

9.00am **Weekend Fitness Club at Roe Valley Leisure Centre**
 Exercise Circuit Class. Email: gareth.scott@causewaycoastandglens.gov.uk
 Phone: 07749722091

9.30am **FIT2RUN at Roe Valley Leisure Centre**
 Fun Run Project. Email: gareth.scott@causewaycoastandglens.gov.uk Phone: 07749722091

Saturday 14th October 2022

2.00pm - **Grandad's and Grandma's Storytime & Craft at Ballymoney Library**
 3.00pm Storytime & Crafts with Grandad's & Grandma's bringing along family members to have the traditional fairy-tale stories told. Booking required Tel: 028 2766 3589 Email: ballymoney.library@librariesni.org.uk

Monday 16th October 2022

10.00am - **Tea & Newspapers with Photographs of Times Gone By at Limavady Library**
 12.00pm Tea and Newspapers with photographs of times gone by. Booking required Tel: 028 777 62540 Email: limavady.library@librariesni.org.uk

9.00am **G Spin at Roe Valley Leisure Centre**
 Spin class. Email: gareth.scott@causewaycoastandglens.gov.uk
 Phone: 07749722091

10.00am **Men's Hour at Roe Valley Leisure Centre**
 Indoor Football. Email: gareth.scott@causewaycoastandglens.gov.uk
 Phone: 07749722091

7.00pm **Zumba at Limavady Community Development Initiative**
 Zumba is a fitness program that involves cardio and Latin-inspired dance.
 Email: gareth.scott@causewaycoastandglens.gov.uk Phone: 07749722091

Tuesday 17th October 2022

9.30am **Active Life (Racquet Sports) at Roe Valley Leisure Centre**
 Active Life (Raquet Sports): Older adult physical activity programme. Open to public (£2.75 charge per person)
 Email: sportsdevelopment@causewaycoastandglens.gov.uk

10.00am - **CCG Community Development Event at Ballymoney Town Hall**
 12.00pm CCG Community Development event for older people and groups in the Council area. Email: Community.Development@causewaycoastandglens.gov.uk
 Tel: (028) 7034 7034

Programme of Events

10.30am **Active Life (Exercise Classes) at Roe Valley Leisure Centre**
Active Life (Exercise Classes): Older adult physical activity programme. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk

7.00pm **FIT2RUN at Roe Valley Leisure Centre**
Fun Run Project. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk

Wednesday 18th October 2022

3.00pm - **Big Zoom Quiz (Online)**
4.00pm Email: HollandJ@BelfastCity.gov.uk

9.00am **Restorative Yoga at Roe Valley Leisure Centre**
Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

10.00am **Stay Loose Women at Roe Valley Leisure Centre**
Mixed exercise class. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

10.30am **Walking Club at Roe Valley Leisure Centre**
Walking is one of the easiest ways to get more active, lose weight and become healthier. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

Thursday 19th October

10.30am - **Allstate Cyber Safety Session (Online)**
11.30am Learn to safely navigate the internet with Allstate Cyber Safety for Older Adults! Our interactive training covers common online scams, fraud protection, and cybersecurity awareness, including password protection and privacy settings.
Stephanie Rock: 078 2501 0630

11.00am - **Exhibition and Library Tour at Coleraine Museum at Coleraine Town Hall**
12.30pm Take a guided tour of the People and Places exhibition, featuring photographs and articles by the popular columnist Speedy Moore, followed by a tour of the Heritage Room resources in Coleraine Library. Booking essential. Free.
Email: museums@causewaycoastandglens.gov.uk Tel: 028 2766 0230 to book

9.00am **Active Life (Racquet Sports) at Joey Dunlop Leisure Centre**
Active Life (Racquet Sports): Older adult physical activity programme. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk

10.30am **Active Life (Racquet Sports) at Coleraine Leisure Centre**
Active Life (Racquet Sports): Older adult physical activity programme. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk

Programme of Events

9.45am **Active Life (Exercise Classes) at Joey Dunlop Leisure Centre**
 Active Life (Exercise Classes): Older adult physical activity programme. Open to public (£2.75 charge per person)
 Email: sportsdevelopment@causewaycoastandglens.gov.uk

11.15am **Active Life (Exercise Classes) at Coleraine Leisure Centre**
 Active Life (Exercise Classes): Older adult physical activity programme. Open to public (£2.75 charge per person)
 Email: sportsdevelopment@causewaycoastandglens.gov.uk

9.30am **Yoga at Roe Valley Leisure Centre**
 Traditional Yoga. Email: gareth.scott@causewaycoastandglens.gov.uk
 Phone: 07749722091

11.00am – 12.00pm **Falls Awareness Session at Limavady Community Development Initiative**
 Falls Awareness Session covering why falls occur, prevention methods and coping strategies if a fall does happen. Limavady Community Development Initiative, Daycare, 24 Benevenagh Dr, Limavady, BT49 0AQ. Please call or email Ashleen Schenning to register interest 02877765438 or volunteers@lcdi.co.uk

Friday 20th October

11.00am - 11.30am **Gran' Rhythm & Rhyme at Limavady Library**
 Grandparents & Carers come along to join in with Rhymes to suit all generations. Booking required Tel: 028 777 62540 Email: limavady.library@librariesni.org.uk

10.30am - 11.00am **Gran' Rhythm & Rhyme at Ballymoney Library**
 Grandparents & Carers come along to join in with Rhymes to suit all generations.
 Booking required Tel: 028 2766 3589 Email: ballymoney.library@librariesni.org.uk

2.00pm - 3.00pm **Storytelling with Liz Weir and Friends - Lore of the Land: Local Stories from the Past at Ramoan Parish Centre, Ballycastle**
 Join Liz Weir and Friends for an afternoon of storytelling and reminiscence. Booking essential. Free. Email: museums@causewaycoastandglens.gov.uk
 Tel: 028 2766 0230 to book

11.00am **Active Life (Racquet Sports) at Dungiven Sports Centre**
 Active Life (Racquet Sports): Older adult physical activity programme. Open to public (£2.75 charge per person)
 Email: sportsdevelopment@causewaycoastandglens.gov.uk

12.00pm **Active Life (Exercise Classes) at Dungiven Sports Centre**
 Active Life (Exercise Classes): Older adult physical activity programme. Open to public (£2.75 charge per person)
 Email: sportsdevelopment@causewaycoastandglens.gov.uk

Programme of Events

9.00am **Weekend Fitness Club at Roe Valley Leisure Centre**
Exercise Circuit Class. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

9.30am **FIT2RUN at Roe Valley Leisure Centre**
Fun Run Project. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

Saturday 21st October

2.00pm - **Grandad's and Grandma's Storytime & Craft at Limavady Library**
3.00pm Storytime & Crafts with Grandad's & Grandma's bringing along family members to have the traditional fairy-tales stories told. Booking required Tel: 028 777 62540 Email: limavady.library@librariesni.org.uk

Monday 23rd October

2.00pm - **Move More Live More (Online)**
3.00pm Regional online session to promote falls prevention messages and inform individuals how they can access the 6 week Move More Live More programme. To get Zoom link for session: email move-more@ageni.org

9.00am **G Spin at Roe Valley Leisure Centre**
Spin class. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

10.00am **Men's Hour at Roe Valley Leisure Centre**
Indoor Football. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

7.00pm **Zumba at Limavady Community Development Initiative**
Zumba is a fitness program that involves cardio and Latin-inspired dance. Email: gareth.scott@causewaycoastandglens.gov.uk Phone: 07749722091

Tuesday 24th October

9.30am **Active Life (Racquet Sports) at Roe Valley Leisure Centre**
Active Life (Raquet Sports): Older adult physical activity programme. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk

10.30am **Active Life (Exercise Classes) at Roe Valley Leisure Centre**
Active Life (Exercise Classes): Older adult physical activity programme. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk

7.00pm **FIT2RUN at Roe Valley Leisure Centre**
Fun Run Project. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk

Programme of Events

Wednesday 25th October

- 2.30pm **Meet & Eat at Antoinette's Café Limavady**
Meet and Eat social Group for over 55's. £4 each which includes lunch. Booking is essential by phone. Mandy Corr: 028 7035 7966
- 9.00am **Restorative Yoga at Roe Valley Leisure Centre**
Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091
- 10.00am **Stay Loose Women at Roe Valley Leisure Centre**
Mixed exercise class. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091
- 10.30am **Walking Club at Roe Valley Leisure Centre**
Walking is one of the easiest ways to get more active, lose weight and become healthier. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091
- 10.00am - 1.00pm **'A step in a new direction' at The Lodge Hotel**
This event by Causeway Coast and Glens Labour Market Partnership will provide information on support and funding available to help those aged 50+ take a step towards new training, learning or employment opportunities. Local employers and support organisations will be in attendance on the day to answer any questions you might have! Email: Imp@causewaycoastandglens.gov.uk or call (028 7034 7034)

Thursday 26th October

- 9.00am **Active Life (Racquet Sports) at Joey Dunlop Leisure Centre**
Active Life (Raquet Sports): Older adult physical activity programme. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk
- 10.30am **Active Life (Racquet Sports) at Coleraine Leisure Centre**
Active Life (Raquet Sports): Older adult physical activity programme. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk
- 2.00pm - 4.00pm **Active Life (Exercise Classes) at Joey Dunlop Leisure Centre**
Active Life (Exercise Classes): Older adult physical activity programme. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk
- 12.00pm - 2.00pm **Active Life (Exercise Classes) at Coleraine Leisure Centre**
Active Life (Exercise Classes): Older adult physical activity programme. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk

Programme of Events

9.30am **Yoga at Roe Valley Leisure Centre**
Traditional Yoga. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

Friday 27th October

11.00am **Active Life (Racquet Sports) at Dungiven Sports Centre**
Active Life (Raquet Sports): Older adult physical activity programme. Open to public (£2.75 charge per person)
Email: sportsdevelopment@causewaycoastandglens.gov.uk

12.00pm **Active Life (Exercise Classes) at Dungiven Sports Centre**
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Email: sportsdevelopment@causewaycoastandglens.gov.uk

9.00am **Weekend Fitness Club at Roe Valley Leisure Centre**
Exercise Circuit Class. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

9.30am **FIT2RUN at Roe Valley Leisure Centre**
Fun Run Project. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

Saturday 28th October

11.00am - 12.00pm **Halloween Grandad's and Grandma's Storytime & Craft at Dungiven Library**
Halloween Storytime & Crafts with Grandad's & Grandma's bringing along family members to have fun together. Booking required Tel: 028 777 41475
Email: dungiven.library@librariesni.org.uk

10.00am - 10.30pm **Gran' Rhythm & Rhyme at Garvagh Library**
Grandparents & Carers come along to join in with Rhymes to suit all generations. Booking required Tel: 028 2955 8500 Email: garvagh.library@librariesni.org.uk

Monday 30th October

9.00am **G Spin at Roe Valley Leisure Centre**
Spin class. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

10.00am **Men's Hour at Roe Valley Leisure Centre**
Indoor Football. Email: gareth.scott@causewaycoastandglens.gov.uk
Phone: 07749722091

7.00pm **Zumba at Limavady Community Development Initiative**
Zumba is a fitness program that involves cardio and Latin-inspired dance.
Email: gareth.scott@causewaycoastandglens.gov.uk Phone: 07749722091

Programme of Events

Tuesday 31st October

11.00am - 12.00pm **NEA Energy Efficiency in the home (Online Session)**
 Find out about energy efficient heating, lighting, and appliances, keeping the heat where it is needed, comparing, and switching energy suppliers, advice, and support in Northern Ireland. Booking is essential. Please register via this link <https://www.eventbrite.co.uk/e/energy-efficiency-in-the-home-in-northern-ireland-tickets-684994566187>
 For more information email: Nichola.macdougall@nea.org.uk

9.30am - **Active Life (Racquet Sports) at Roe Valley Leisure Centre**
 Active Life (Raquet Sports): Older adult physical activity programme. Open to public (£2.75 charge per person)
 Email: sportsdevelopment@causewaycoastandglens.gov.uk

10.30am **Active Life (Exercise Classes) at Roe Valley Leisure Centre**
 Active Life (Exercise Classes): Older adult physical activity programme. Open to public (£2.75 charge per person)
 Email: sportsdevelopment@causewaycoastandglens.gov.uk

7.00pm **FIT2RUN at Roe Valley Leisure Centre**
 Fun Run Project. Open to public (£2.75 charge per person)
 Email: sportsdevelopment@causewaycoastandglens.gov.uk



There are ten libraries in the Causeway Coast and Glens Council area.

The libraries and the services they provide are free for everyone to access. They offer safe and welcoming spaces where anyone can visit, browse the collections of books and newspapers, make use of the computer equipment and free Wi-Fi/ Broadband access, take part in one of the many activities or simply meet and connect with others.

You don't have to be a member to visit and take part in library activities although if you are a member, you can borrow books, use computers and access the internet for free. A member of staff will provide you with a membership card if you ask to join.

For details of library opening hours go to librariesni.org.uk or telephone the library directly.

Each library has a programme of regular events and these offer great ways to learn new skills, pursue interests and feel part of the local community.

Check out this list of activities to find something that suits you:

For Adults

- Reading Groups - For anyone who loves books and chats
- Mindful Colouring - A gentle way to reduce stress using intricate colouring
- Knit and Natter - For anyone who enjoys knitting, crochet and cross stitch
- Tea and Newspapers - Enjoy tea and biscuits while reading or discussing the daily newspapers
- Go ON computer and tablet skills classes to help with daily tasks

For Children

- Rhythm and Rhyme - Nursery rhymes, singing and play for children age 0-4
- Junior and Teenage Reading Groups - Make new friends, talk about books, discuss favourite authors, and join in fun activities
- Storytime Fun with stories for children 4-8
- Lego Clubs Lego building fun! Suitable for children age 5+

To find out what happens in each library go to librariesni.org.uk or telephone the library directly.

Ballycastle Library

028 2076 2566
ballycastle.library@librariesni.org.uk

Ballymoney Library

028 2766 3589
ballymoney.library@librariesni.org.uk

Coleraine Library

028 7034 2561
coleraine.library@librariesni.org.uk

Cushendall Library

028 2177 1297
cushendall.library@librariesni.org.uk

Dungiven Library

028 7774 1475
dungiven.library@librariesni.org.uk

Garvagh Library

028 2955 8500
garvagh.library@librariesni.org.uk

Kilrea Library

028 2954 0630
kilrea.library@librariesni.org.uk

Limavady Library

028 7776 2540
limavady.library@librariesni.org.uk

Portrush Library

028 7082 3718
portrush.library@librariesni.org.uk

Portstewart Library

028 7083 2712
portstewart.library@librariesni.org.uk



