



# Positive Ageing Month October 2023

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

Check out the Get Active ABC Website for more information about Positive Ageing Month Activities available throughout the Borough this October.

<https://getactiveabc.com/positiveageingmonth>

Some Over 50s Clubs may be free to Get Active ABC Members, please check at time of booking.

<b>Sun 1 Oct</b>	<p><b>International Older Persons Day</b> Launch of Positive Ageing Month - Address by Lord Mayor Alderman Margaret Tinsley</p>
<b>Mon 2 Oct</b>	<p><b>Over 50s Club - Gilford Community Centre, 10.00am – 12.00pm.</b> Programme to include Badminton, Chi Me, Pickle ball &amp; much more. Light refreshments included. For more information or to book call Reception <b>02838831708</b> Cost: <b>£3.10 per session</b></p> <p><b>GOGA FIT Armagh - Dobbin Street Community Centre Armagh, 10am – 11am.</b> Low intensity Inclusive Exercise class lookingw to develop balance, range of movement and cardio fitness. For more information or to book call Martin on <b>07392170746</b> or Email: <b>mquick@dsni.co.uk</b> Cost: <b>£2 per session.</b></p> <p><b>HIM Group – (Men only). The Fitzone Foundation, Legahory Centre, Brownlow, BT65 5BE. 10am.</b> Social Club across Verve Healthy Living Network for men only with light refreshments included. For more information or to book call <b>07780812312.</b> Cost: <b>£4 per session</b></p> <p><b>Verve Chatty Walks – Lurgan Park meeting at the water fountain, 10am – 11am.</b> Gentle walk and chat. Everyone welcome, light refreshments included. For more information call <b>02837563946</b> or email: <b>verve.network@southerntrust.hscni.net</b> Cost: <b>Free</b></p> <p><b>Walking Football - Rathfriland Community Centre, 11am -1pm.</b> Indoor walking football with light refreshments included. For more information or to book call Reception on <b>02840638188</b> Cost: <b>£2 per session</b></p>

## Mon 2 Oct

**Taghnevan Knitting Club – Taghnevan Youth & Community Centre, Glenholme Park, Lurgan, 2pm – 4pm.** Social Club across Verve Healthy Living Network. Come along and learn a new skill and have a chat with light refreshments included. For more information or to book call **02838324989** Cost: **£2 per session**

**More on the i-Pad - Banbridge Library, 2:00pm – 4:00pm.** Take another step and discover more ways to use your iPad. For more information or to book call **028 4062 3973** or Email: **banbridge.library@librariesni.org.uk** Cost: **Free**

**GOGA Tai Chi/ Chi me taster session - Dobbin Street Community Centre Armagh, 5pm-6pm.** Low impact Tai chi for arthritis and Chi/ Me which aims to improve balance core strength and range of motion. For more information or to book call Martin on **07392170746** or Email: **mquick@dsni.co.uk** Cost: **£2 per session**

**Intergenerational Christmas Small Grants Scheme Launch** - Linking Generations Northern Ireland are delighted to launch their Age Connected Christmas Small Grants Scheme as part of Positive Ageing Month 2023. 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. For more information, application pack, ideas and resources please visit the LGNI News page **www.linkinggenerationsni.com/news/** or contact Elaine on **07754846305** or Email **elaine.brownlee@bjf.org.uk** Cost: **Free**

## Tues 3 Oct

**Over 50s Club - Richhill Recreation Centre, 9.00am – 10.00am.** Low impact activity class. For more information or to book call Reception on **02838870719** Cost: **£3.10 per session**

**Over 50s Club (Badminton + Yoga) Orchard Leisure Centre Armagh Drop-in Badminton, 9am – 12noon. Yoga 12noon – 1pm.** For more information or to book call **02837515920**. Cost: **£3.10 per session**

**Guided Audio Nature Trail Tour – Lurgan Park, 10am – 11.30am.** Join us as we explore the Parks, learn more about the nature and the wildlife in the Park. The trails are suitable for all abilities, will take up to 90 minutes, and will cover a maximum distance of 2.2 miles. To book call Golf and Ski Centre on **02838 326606** or via **https://getactiveabc.com/positiveageingmonth** Cost: **Free**

**Bat and Chat – Banbridge Leisure Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

**Beauty Tips and Demonstrations with Dream Beauty – Ardmore Elders, Ardmore Community Hall, Ardmore, Craigavon, BT66 6QP, 1:45pm- 3:15pm.** Run in conjunction with Loughshore Care Partnership. Come along to this step by step skin care and make up tutorial where you will be shown ways to match colour skin and beauty tones to complement your complexion – followed by an opportunity to ask some questions along with a cup of tea. For more information or to book call Hazel on **07787933257** or Email: **Bolandhazel0@gmail.com** Cost: **Free**

## Tues 3 Oct

**Online Photo Class - Richhill Library, 2:00pm – 4:00pm.** Creative photos for fun: order prints and create photobooks online. For more information or to book call **028 3887 0639** or Email: [richhill.library@librariesni.org.uk](mailto:richhill.library@librariesni.org.uk) Cost: **Free**

**Buff Bones - Richhill Recreation Centre, 5pm – 5.45pm.** Health class promoting strength training & therapeutic exercise. For more information or to book call Reception on **02838870719** Cost: **£2 per session**

## Wed 4 Oct

**Over 50s Club - Richhill Recreation Centre, 9.00am – 10.00am.** Low impact activity class. For more information or to book call Reception on **02838870719** Cost: **£3.10 per session**

**Verve Chatty Walks – Oxford Island meeting at Lough Neagh Discovery Centre, 10am – 11am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: [verve.network@southerntrust.hscni.net](mailto:verve.network@southerntrust.hscni.net) Cost: **Free**

**Danceathon – South Lakes Leisure Centre, 10am – 12noon.** Dancing for fun and to improve health and wellbeing. For more information or to book call **03300564411** Cost: **£3.10 per session**

**Zen Tangling South Lakes Leisure Centre, 10am – 12noon.** Creative Art Session - an easy-to-learn, relaxing, and fun way to create beautiful images. Cost: **£3.10 per session**

**Bat and Chat – Dromore Community Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: [Amanda.mogey@armaghbanbridgecraigavon.gov.uk](mailto:Amanda.mogey@armaghbanbridgecraigavon.gov.uk) Cost: **£3 per session**

**Fall Awareness Workshop – Banbridge Leisure Centre, 10.30am – 12.30pm.** Come along and find out more about the Falls Fighter Campaign, get your fitness levels checked and take part in some gentle exercises. Light refreshments included. Places are limited so booking is essential. For further information or to book a place contact Stephanie Rock on **078250120630** or email: [Agefriendly@armaghbanbridgecraigavon.gov.uk](mailto:Agefriendly@armaghbanbridgecraigavon.gov.uk) Cost: **Free**

**Cairde Éireann Group – (every Wednesday) Victoria St, Lurgan, 11:00am – 1:00pm.** Social Clubs across Verve Healthy Living Network - Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to be added to the waiting list call Aileen **07443488064** or Email: [aileenlavery@live.co.uk](mailto:aileenlavery@live.co.uk). Cost **£4 per session**

**HOPE Group – Drumcree Community Centre, Portadown, 2pm – 4pm.** A peer support group for people living with chronic pain. Craft, relaxation, light exercise, information and support. Light refreshments included. For more information or to book call **02837563946**. Cost: **small contribution towards refreshments**

**Buff Bones – Tandragee Recreation Centre, 11.00am – 12.00pm.** Health class promoting strength training & therapeutic exercise. For more information or to book call Reception on **02838841110** Cost: **£2 per session**

**Thur 5 Oct**

**Verve Chatty Walks – South Lakes meet at Café Incredible, 10am-11am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**Bat and Chat – South Lake Leisure Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

**Social Pickleball – Rathfriland Community Centre, 10am – 12noon.** Pickleball is a fun and active sport that helps you improve your fitness while providing an opportunity to get out and be social. Light refreshments included. For more information or to book call Reception on **02840638188** **£2 per session**

**Friendly Club – Clan Na Gael, Davitt Park, Francis Street, Lurgan, 10.30am-12.30pm.** Social Club across Verve Healthy Living Network. Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to book call 07725179863. Cost: **£3 per session**

**Selected Poetry Readings – Diamond Club, Maghera Community Hall, 111 Maghera Road Dungannon, BT71 PA, 11:00 – 12:15pm.** Run in conjunction with Loughshore Care Partnership. Join us for a very relaxed morning of selected poetry recitals with a local historian from the recently published Heart and Soul of the Montiaghs – One Hundred Years by Paul Carville along with a warming cup of tea. For more information or to book call Hazel on **07787933257** or Email: **Bolandhazel0@gmail.com** Cost: **Free**

**Get Support With Hearing Loss Session – Free drop-in service – Visit RNID at The Old Town Hall, 1 Scarva Street, Banbridge, BT32 3DA, 11am – 1pm.** No appointment needed. Our friendly volunteers can support you with: Information on hearing loss and tinnitus, How to do a hearing check, Hearing aids, including basic repairs and maintenance of NHS hearing aids, How to access support and services in your area. For more information call Carolyn on **07407732106** or Email: Mariette Mulvenna & Lisa Stewart on **Volunteering.northernireland@rnid.org.uk** Cost: **Free**

**Community Strength and Balance Maintenance Classes – The Fitzone Foundation, Legahory Centre, Brownlow 1pm – 2pm.** Exercises to improve your strength and balance for those with limited mobility or have had/have a fear of falling. For more information, other locations or to book call Sean on **02837563952** or Email: **Sean.collins@southerntrust.hscni.net** Cost: **Free**

**Tai Chi - Richhill Recreation Centre 6pm – 7pm** Gentle exercise and moving meditation, with benefits to mental and physical health. For more information or to book call Reception on **02838870719** Cost: **£2 per session**

**Tai Chi – Richhill Recreation Centre 7pm – 8pm** Gentle exercise and moving meditation, with benefits to mental and physical health. For more information or to book call Reception on **02838870719** Cost: **£2 per session**

**Fri 6 Oct**

**Over 50s Club – Gilford Community Centre, 10.00am – 12.00pm.** Programme to include Badminton, Chi Me, Pickle ball & much more. Light refreshments included. For more information or to book call Reception **02838831708** Cost: **£3.10 per session**

**Positive Mindset Event – ABC Community Network Office, 82 Thomas Street Portadown. 11am – 2pm.** Activities to include: Activities: Yoga/Mindfulness, Walk & Talk, Wreath Making, Garden Crafts, Positive Talk finishing up with lunch. Limited numbers so booking is essential by telephoning **02838392777** on Thursday 21st and Friday 22nd September only. Cost: **Free**

**Over 50s Club – Tandragee Recreation Centre, 11am-12noon.** Assorted activities for anyone aged 50+. For more information or to book call Reception on 02838841110 Cost: **£2 per session**

**Taghnevan Over 50's – Taghnevan Youth & Community Centre, Glenholme Park, Lurgan Glenholme Park, Lurgan. 12pm – 2pm.** Social Club across Verve Healthy Living Network. Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to book call **02838324989** Cost: **£3 per session**

**Sun 8 Oct**

**Armagh Rambling Club invite you to a walk around Drum Manor Forest Park** – Meet at Armagh Palace gates to depart promptly at 2pm. For more information or to book call Tom on **07834 345114**, Email: **secretary@armaghrambling.com** or check out the website: **<https://armaghrambling.com/>** Cost: **First two walks are free**

**Mon 9 Oct**

**Over 50s Club – Gilford Community Centre, 10.00am – 12.00pm.** Programme to include Badminton, Chi Me, Pickle ball & much more. Light refreshments included. For more information or to book call Reception **02838831708** Cost: **£3.10 per session**

**GOGA FIT Armagh – Dobbin Street Community Centre Armagh. 10am-11am.** Low intensity Inclusive Exercise class looking to develop balance, range of movement and cardio fitness. With light refreshments included. For more information or to book call Martin on **07392170746** or Email: **mquick@dsni.co.uk** Cost: **£2 per session**

**HIM Group – (Men only). The Fitzone Foundation, Legahory Centre, Brownlow, BT65 5BE. 10am.** Social Club across Verve Healthy Living Network for men only with light refreshments included. For more information or to book call **07780812312**. Cost: **£4 per session**

**Verve Chatty Walks- Lurgan Park meeting at the water fountain. 10am-11am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**Nurture in Nature Walks The Palace Stables Armagh. Meeting at 10:45 am at the top of the main carpark for 11am start for a 40 min walk** (Chi Me will be offered as an alternative to the walk if the weather is poor) with light refreshments included. Places are limited so booking is essential. For more information or to book call Joan on **07515607472** or Email: **PITC@armaghbanbridgecraigavon.gov.uk** Cost: **Free**

**Walking Football – Rathfriland Community Centre, 11am -1pm.** Indoor walking football with light refreshments included. For more information or to book call Reception on **02840638188** Cost: **£2 per session**

**Taghnevan Knitting Club Taghnevan Youth & Community Centre, Glenholme Park, Lurgan Glenholme Park, Lurgan, 2pm – 4pm.** Social Club across Verve Healthy Living Network. Come along and learn a new skill and have a chat with light refreshments included. For more information or to book call **02838324989**. Cost: **£2 per session**



**Mon 9 Oct**

**GOGA Tai Chi/ Chi me taster session - Dobbin Street Community Centre Armagh.**

**5pm – 6pm.** Low impact Tai chi for arthritis and Chi/ Me which aims to improve balance core strength and range of motion. For more information or to book call Martin on **07392170746** or Email: **mquick@dsni.co.uk** Cost: **£2 per session**

**Tues 10 Oct**

**Over 50s Club Richhill Recreation Centre, 9.00am – 10.00am** Low impact activity class. For more information or to book call Reception on **02838870719** Cost: **£3.10 per session**

**Over 50s Club (Badminton + Yoga) Orchard Leisure Centre Armagh Drop-in Badminton between 9am – finishes at 12noon. Yoga 12noon – 1pm.** For more information or to book call **02837515920** Cost **£3.10**

**Bat and Chat – Banbridge Leisure Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

**Pilates – Dromore Community Centre, 10.30am-11.15am.** Pilates promotes flexibility, strength and conditioning. For more information or to book call Reception on **02892699070** Cost **£2 per session**

**Chi Me/Strength and Balance Session. Birches Cosy Club, Birches Cosy Club Building, 2 Clonmakate Road, Craigavon, BT62 1LP, 10:30 – 12noon.** Run in conjunction with Loughshore Care Partnership. Enjoy a welcoming cup of tea with an opportunity to learn some techniques to improve your balance and posture whilst strengthening muscles. Chi Me can help improve the muscular strength, balance, co-ordination, flexibility and relaxation, creating a wonderful sense of wellbeing. For more information or to book call Hazel on **07787933257** or Email: **Bolandhazel0@gmail.com** Cost: **Free**

**Yoga – Dromore Community Centre, 11.30am-12.15pm.** Yoga promotes flexibility, strength and conditioning. For more information or to book call Reception on **02892699070** Cost: **£2 per session**

**Buff Bones – Richhill Recreation Centre, 5pm - 5.45pm.** Health class promoting strength training & therapeutic exercise. For more information or to book call Reception on **02838841110** Cost: **£2 per per session**

**On Your Feet Taster Session Taghnevan Youth & Community Centre Lurgan, 1.30pm – 3pm.** Low impact activity involving simple movements that form basic dances. Light refreshments included. For more information or to book call Patreea on **02838324989/07787000160** Email: **patreea.long@armaghbanbridgecraigavon.gov.uk** Cost: **Free**

**Wed 11 Oct**

**Verve Chatty Walks – Oxford Island meeting at Lough Neagh Discovery Centre, 10am – 11am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**Online NEA Energy Efficiency in the Home, 10am – 11.30am: delivered via zoom** Find out from National Energy Action 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** Cost: **Free**

## Wed 11 Oct

**Laughter Yoga – 1. South Lakes Leisure Centre, 10am – 112noon.** Practising Laughter Yoga each day increases a person's memory, thinking abilities, and intellectual capacity. It provides people taking part the ability to laugh without a reason. For more information or to book call **03300564411** Cost **£3.10 per session**

**Water Based Activity – 1. South Lakes Leisure Centre, 10am – 12noon.** Increases flexibility and improves heart and lung function, whilst building strength with gentle resistance from the water. Relieves joint pain as well as symptoms of arthritis and blood circulatory problems. For more information or to book call **03300564411** Cost: **£3.10 per session**

**Bat and Chat – Dromore Community Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost **£3 per session**

**Chair Yoga Taster Session – 1. Ashgrove Community Centre, Portadown 2pm – 13.30pm.** Light refreshments included. For more information or to book call Patee on **02838324989/07787000160** Email: **patreea.long@armaghbanbridgecraigavon.gov.uk** Cost: **Free**

**HOPE Group – 1. Drumcree Community Centre, Portadown, 2pm – 14pm.** A peer support group for people living with chronic pain. Craft, relaxation, light exercise, information and support. Light refreshments included. For more information or to book call **02837563946.** Cost: **small contribution towards refreshments**

**Press Reader – 1. Tandragee Library, 2:00pm – 14:00pm.** Come along and find out how to use the Libby App to access free online newspapers. For more information or to book call **028 3884 0694** or Email: **tandragee.library@librariesni.org.uk** Cost: **Free**

**Buff Bones – 1. Tandragee Recreation Centre, 11.00am – 12.00pm.** Health class promoting strength training & therapeutic exercise. For more information or to book call Reception on **02838841110** Cost: **£2 per session**

## Thurs 12 Oct

**Verve Chatty Walks – 1 South Lakes meet at Café Incredible, 10am – 111am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**Bat and Chat – South Lake Leisure Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

**Social Pickleball – Rathfriland Community Centre, 10am-12noon.** Pickleball is a fun and active sport that helps you improve your fitness while providing an opportunity to get out and be social. Light refreshments included. For more information or to book call Reception on **02840638188** **£2 per session**

**Friendly Club – Clan Na Gael, Davitt Park, Francis Street, Lurgan, 10.30am – 12.30pm.** Social Club across Verve Healthy Living Network. Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to book call **07725179863.** Cost: **£3 per session**

**Thurs 12 Oct**

**Community Strength and Balance Maintenance Classes – The Fitzone Foundation, Legahory Centre, Brownlow 1pm-2pm.** Exercises to improve your strength and balance for those with limited mobility or have had/have a fear of falling. For more information, other locations or to book call Sean on **02837563952** or Email: **Sean.collins@southerntrust.hscni.net** Cost: **Free**

**Tai Chi – Richhill Recreation Centre, 6pm – 7pm.** Gentle exercise and moving meditation, with benefits to mental and physical health. For more information or to book call Reception on **02838870719** Cost: **£2 per session**

**Tai Chi – Richhill Recreation Centre, 7pm – 8pm.** Gentle exercise and moving meditation, with benefits to mental and physical health. For more information or to book call Reception on **02838870719** Cost: **£2 per session**

**Fri 13 Oct**

**Over 50s Club – Gilford Community Centre, 10.00am – 12.00pm.** Programme to include Badminton, Chi Me, Pickle ball & much more. Light refreshments included. For more information or to book call Reception **02838831708** Cost **£3.10 per session**

**Chi Me Taster Session – Brownlow Community Hub Craigavon, 10am – 11.30am.** Light refreshments included. For more information or to book call Patreea on **02838324989/07787000160** Email: **patreea.long@armaghbanbridgecraigavon.gov.uk** Cost: **Free**

**Guided Audio Tree Trail Tour – Lurgan Park, 10am – 11.30am.** Join us as we explore the Parks, learn more about the different types of trees in the Park. The trails are suitable for all abilities, will take up to 60 minutes, and will cover a maximum distance of 1.1 miles. To book call Golf and Ski Centre on **02838 326606** or via **https://getactiveabc.com/positiveageingmonth** Cost: **Free**

**Over 50s Club – Tandragee Recreation Centre, 11am – 12noon.** Assorted activities for anyone aged 50+. For more information or to book call Reception on **02838841110** Cost: **£2 per class**

**Taghnevan Over 50's – Taghnevan Youth & Community Centre, Taghnevan Glenholme Park, Lurgan, 12pm – 2pm.** Social Club across Verve Healthy Living Network. Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to book call **02838324989** Cost: **£3 per session**

**Online Photo Class – Rathfriland Library, 2:00pm – 4:00pm.** Creative photos for fun: order prints and create photobooks online. For more information or to book call **028 4063 0661** or Email: **rathfriland.library@librariesni.org.uk** Cost: **Free**

**Virtual Tea dance via Zoom, 3pm – 4pm.** For more information or to book email: **seniorsinfo@belfastcity.gov.uk** Cost: **Free**

**Sat 14 Oct**

**Armagh Rambling Club invite you to a Moderate ability walk in Castlewellan – Meet at Armagh Palace gates to depart promptly at 9am.** For more information or to book call Tom on **07834 345114**, Email: **secretary@armaghrambling.com** or check out the website: **https://armaghrambling.com/** Cost: **First two walks are free**

**Mon 16 Oct**

**Over 50s Club – Gilford Community Centre, 10.00am – 12.00pm.** Programme to include Badminton, Chi Me, Pickle ball & much more. Light refreshments included. For more information or to book call Reception **02838831708** Cost **£3.10 per session**



## Mon 16 Oct

**GOGA FIT Armagh Dobbin Street Community Centre Armagh, 10am – 11am.** Low intensity Inclusive Exercise class looking to develop balance, range of movement and cardio fitness, light refreshments included. For more information or to book call Martin on **07392170746** or Email: **mquick@dsni.co.uk** Cost: **£2 per session**

**HIM Group – (Men only) The Fitzone Foundation, Legahory Centre, Brownlow, BT65 5BE, 10am.** Social Club across Verve Healthy Living Network for men only with light refreshments included. For more information or to book call **07780812312**. Cost: **£4 per session**

**Verve Chatty Walks – Lurgan Park meeting at the water fountain, 10am – 11am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**Nurture in Nature Walks – Lough Neagh Discovery Centre. Meeting at 10:45 am** at the Discovery Centre for 11am start for a 40 min walk (Chi Me will be offered as an alternative to the walk if the weather is poor). Light refreshments included. Places are limited so booking is essential. For more information or to book call Joan on **07515607472** or Email: **PITC@armaghbanbridgecraigavon.gov.uk** Cost: **Free**

**Walking Football – Rathfriland Community Centre, 11am – 1pm.** Indoor walking football with light refreshments included. For more information or to book call Reception on **02840638188** **£2 per session**

**Taghnevan Knitting Club Taghnevan Youth & Community Centre, Glenholme Park, Lurgan, 2pm – 4pm.** Social Club across Verve Healthy Living Network. Come along and learn a new skill and have a chat with light refreshments included. For more information or to book call **02838324989**. Cost: **£2 per session**

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## Tues 17 Oct

**Over 50s - Club Richhill Recreation Centre, 9.00am – 10.00am** Low impact activity class. For more information or to book call Reception on **02838870719** Cost: **£3.10pp**

**Over 50s Club (Badminton + Yoga) Orchard Leisure Centre Armagh Drop-in Badminton between 9am – finishes at 12noon. Yoga 12noon – 1pm.** For more information or to book call **02837515920**. Cost: **£3.10**

**Guided Audio Nature Trail Tour – Solitude Park Banbridge, 10am – 11.00am.** Join us as we explore the Parks, learn about and connect with nature and the wildlife. The trails are suitable for all abilities, will take up to 45 minutes, and will cover a maximum distance of 0.5 miles. To book call Golf and Ski Centre on **02838 326606** or via **<https://getactiveabc.com/positiveageingmonth>** Cost: **Free**

**Bat and Chat - Banbridge Leisure Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

## Tues 17 Oct

**Pilates - Dromore Community Centre, 10.30am – 11.15am.** Pilates promotes flexibility, strength and conditioning. For more information or to book call Reception on **02892699070** Cost **£2 per session**

**Intergenerational Halloween Party – Derrytrasna Club, Sarsfields Community Hall, 10-18 Hall Rampart Craigavon BT66 6QN, 10:30 – 12:15pm** run in conjunction with Loughshore Care Partnership. A fun-filled intergenerational morning with the local primary school to include crafts, mask painting, traditional Halloween games and music to suit everyone, followed with home-cooked apple pie and savoury treats along with a cup of tea and chat. For more information or to book call Hazel on **07787933257** or Email: **Bolandhazel0@gmail.com** Cost: **Free**

**Chair Yoga with Sayon – Cranagh & Aghagallon Club, Cranagh Hall, 18 Whitehall Road, Aghagallon, Craigavon, BT67 OAE, 11 – 12:15pm.** Run in conjunction with Loughshore Care Partnership. Join us in a tea and chat then participate in this gentle form of yoga that enhances flexibility combined with some breathing and relaxation techniques that reduces stress and improves clear thinking and focus. No previous experience needed. For more information or to book call Hazel on **07787933257** or Email: **Bolandhazel0@gmail.com** Cost: **Free**

**Online Money & Pensions Service Talk, 11am – 12 noon.** Delivered via Microsoft Teams. General overview of pensions, state pensions, options on retirement, scams etc. Join on your computer, mobile app or room device. Click here to join the meeting Meeting ID: **392 141 323 32** Passcode: **kebr25** Cost: **Free**

**Yoga – Dromore Community Centre, 11.30am – 12.15pm.** Yoga promotes flexibility, strength and conditioning. For more information or to book call Reception on **02892699070** Cost: **£2 per session**

**Buff Bones - Richhill Recreation Centre, 5pm - 5.45pm.** Health class promoting strength training & therapeutic exercise. For more information or to book call Reception on **02838870719** **£2 per session**

## Wed 18 Oct

**Verve Chatty Walks – Oxford Island meeting at Lough Neagh Discovery Centre, 10am – 11am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**Special Olympics Event – South Lakes Leisure Centre, 10am – 12noon.** Mini Team Games. For more information or to book call **03300564411** Cost: **£3.10 per session**

**Mindfulness & Relaxation – South Lakes Leisure Centre, 10am – 12noon.** Mindfulness meditation helps keep you in the moment and provides physical and mental health benefits. For more information or to book call **03300564411** Cost: **£3.10 per session**

**Introduction to using Kindle Fire – Dromore Library, 10.30am – 12.30pm.** If you'd like to find out more on how to use Kindle tablet. For more information or to book call **028 9269 2280** or Email: **dromore.library@librariesni.org.uk** Cost: **Free**

**Bat and Chat – Dromore Community Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

## Wed 18 Oct

**HOPE Group – Drumcree Community Centre, Portadown, 2pm – 4pm.** A peer support group for people living with chronic pain. Craft, relaxation, light exercise, information and support. Light refreshments included. For more information or to book call **02837563946**. Cost: **small contribution towards refreshments**

**Buff Bones – Tandragee Recreation Centre, 11.00am – 12.00pm..** Health class promoting strength training & therapeutic exercise. For more information or to book call Reception on 02838841110 Cost: **£2 per session**

**Positive Ageing Month Quiz via Zoom 3pm - 4pm.** For more information or to book email: **seniorsinfo@belfastcity.gov.uk** Cost: **Free**

## Thurs 19 Oct

**Verve Chatty Walks- South Lakes meet at Café Incredible, 10am-11am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**IT help for beginners, 1-2-1 eClinic – Lurgan Library 10:30am-4:00pm.** IT help for beginners, get help with your mobile device, general IT assistance, information about library e-services. For more information or to book call **028 3832 3912** or Email: **lurgan.library@librariesni.org.uk** Cost: **Free**

**Online Allstate Cyber Safety for Older Adults, 10.30-11.30. Delivered via Zoom.** The training covers common online scams, fraud protection, and cybersecurity awareness, including password protection and privacy setting. To register, click on the link below; Register to attend an Allstate Cyber Safety for Older Adults session (office.com). For further information, contact Stephanie Rock on **078250120630** or email: **Agefriendly@armaghbanbridgecraigavon.gov.uk** Cost: **Free**

**Bat and Chat – South Lake Leisure Centre, 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

**Friendly Club – Clan Na Gael, Davitt Park, Francis Street, Lurgan, 10.30am – 12.30pm.** Social Club across Verve Healthy Living Network. Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to book call **07725179863**. Cost: **£3 per session**

**Social Pickleball – Rathfriland Community Centre, 10am – 12noon.** Pickleball is a fun and active sport that helps you improve your fitness while providing an opportunity to get out and be social. Light refreshments included. For more information or to book call Reception on **02840638188** Cost: **£2 per session**

**Community Strength and Balance Maintenance Classes – The Fitzone Foundation, Legahory Centre, Brownlow, 1pm – 2pm.** Exercises to improve your strength and balance for those with limited mobility or have had/have a fear of falling. For more information, other locations or to book call Sean on **02837563952** or Email: **Sean.collins@southerntrust.hscni.net** Cost: **Free**

**Tai Chi - Richhill Recreation Centre, 6pm - 7pm.** Gentle exercise and moving meditation, with benefits to mental and physical health. For more information or to book call Reception on **02838870719** Cost: **£2 per session**

<b>Thurs 19 Oct</b>	<b>Tai Chi - Richhill Recreation Centre, 7pm - 8pm.</b> Gentle exercise and moving meditation, with benefits to mental and physical health. For more information or to book call Reception on <b>02838870719</b> Cost <b>£2 per session</b>
<b>Fri 20 Oct</b>	<p><b>Over 50s Club - Gilford Community Centre, 10.00am – 12.00pm.</b> Programme to include Badminton, Chi Me, Pickle ball &amp; much more. Light refreshments included. For more information or to book call Reception <b>02838831708</b> Cost: <b>£3.10 per session</b></p> <p><b>Over 50s Club - Tandragee Recreation Centre, 11am-12noon.</b> Assorted activities for anyone aged 50+. For more information or to book call Reception on <b>02838841110</b> Cost: <b>£2 per session</b></p> <p><b>Taghnevan Over 50's - Taghnevan Youth &amp; Community Centre, Glenholme Park, Lurgan, 12pm – 2pm.</b> Social Club across Verve Healthy Living Network. Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to book call <b>02838324989</b> Cost: <b>£3 per session</b></p>
<b>Sun 22 Oct</b>	<b>Armagh Rambling Club invite you to a walk around Windmill Wood Dungannon – Meet at Armagh Palace gates to depart promptly at 2pm.</b> For more information or to book call Tom on <b>07834 345114</b> , Email: <b>secretary@armaghrambling.com</b> or check out the website: <b>https://armaghrambling.com/</b> Cost: <b>First two walks are free</b>
<b>Mon 23 Oct</b>	<p><b>Over 50s Club - Gilford Community Centre, 10.00am – 12.00pm.</b> Programme to include Badminton, Chi Me, Pickle ball &amp; much more. Light refreshments included. For more information or to book call Reception <b>02838831708</b> Cost: <b>£3.10 per session</b></p> <p><b>GOGA FIT Armagh &amp; Light refreshments – Dobbin Street Community Centre Armagh. 10am – 11am.</b> Low intensity Inclusive Exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book call Martin on <b>07392170746</b> or Email: <b>mquick@dsni.co.uk</b> Cost: <b>£2 per session</b></p> <p><b>HIM Group – (Men only).The Fitzone Foundation, Legahory Centre, Brownlow, BT65 5BE. 10am.</b> Social Club across Verve Healthy Living Network for men only with light refreshments included. For more information or to book call 07780812312. Cost: <b>£4 per session</b></p> <p><b>Verve Chatty Walks - Lurgan Park meeting at the water fountain. 10am – 11am.</b> Gentle walk and chat. Everyone welcome, light refreshments included. For more information call 02837563946 or email: <b>verve.network@southerntrust.hscni.net</b> Cost: <b>Free</b></p> <p><b>IT help for beginners, 1-2-1 eClinic – Armagh Library 10:00am – 4:00pm.</b> IT help for beginners, get help with your mobile device, general IT assistance, information about library e-services. For more information or to book call <b>028 3752 4072</b> or Email: <b>armagh.library@librariesni.org.uk</b> Cost: <b>Free</b></p> <p><b>Nurture in Nature Walks – Banbridge Leisure Centre. Meeting at 10:45 am at the main entrance for 11am start for a 40 min walk</b> (Chi Me will be offered as an alternative to the walk if the weather in poor). Light refreshments included. Places are limited so booking is essential. For more information or to book call Joan on <b>07515607472</b> or Email: <b>PITC@armaghibanbridgecraigavon.gov.uk</b> Cost: <b>Free</b></p> <p><b>Walking Football – Rathfriland Community Centre 11am – 1pm.</b> Indoor walking football with light refreshments included. For more information or to book call Reception on <b>02840638188</b> <b>£2 per session</b></p>

## Mon 23 Oct

**Taghnevan Knitting Club Taghnevan Youth & Community Centre, Glenholme Park, Lurgan. 2pm-4pm.** Social Club across Verve Healthy Living Network. Come along and learn a new skill and have a chat with light refreshments included. For more information or to book call **02838324989**. Cost **£2 per session**

**Online Move More Live More Information Session 2 – 3pm.** Delivered via Zoom. 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** Cost: **Free**

**GOGA Tai Chi/ Chi me taster session – Dobbin Street Community Centre Armagh. 5pm – 6pm.** Low impact Tai chi for arthritis and Chi/ Me which aims to improve balance core strength and range of motion. For more information or to book call Martin on **07392170746** or Email: **mquick@dsni.co.uk** Cost: **£2 per session**

## Tues 24 Oct

**Over 50s – Club Richhill Recreation Centre, 9.00am – 10.00am.** Low impact activity class. For more information or to book call Reception on **02838870719** Cost: **£3.10 per session**

**Over 50s Club (Badminton + Yoga) – Orchard Leisure Centre Armagh.** Drop-in Badminton between 9am-finishes at 12noon. Yoga 12noon – 1pm. For more information call **02837515920**. Cost **£3.10 per session**

**Guided Audio Historical Trail Tour – Lurgan Park 10am– 11.30am.** Join us as we explore the Parks, learn more about the area's history and connect with nature and wildlife. The trails are suitable for all abilities, will take up to 60 minutes, and will cover a maximum distance of 1.1 miles. To book call Golf and Ski Centre on **02838 326606** or via **<https://getactiveabc.com/positiveageingmonth>** Cost: **Free**

**Bat and Chat– Banbridge Leisure Centre: 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

**Buff Bones – Richhill Recreation Centre 5pm– 5.45pm.** Health class promoting strength training & therapeutic exercise. For more information or to book call Reception on **02838870719** Cost: **£3.10 per session**

**Pumpkin Carving (Ladies only) The Fitzone Foundation, Legahory Centre, Brownlow. 7.15pm– 9pm.** Light refreshments included. For more information or to book call Sean on **02837563952** or Email: **Sean.collins@southerntrust.hscni.net** Cost: **Free**

## Wed 25 Oct

**Verve Chatty Walks – Oxford Island meeting at Lough Neagh Discovery Centre. 10am – 11am.** Gentle walk and chat. Everyone welcome, refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**Dance Session – South Lakes Leisure Centre 10am - 12noon.** Take part in some Halloween themed dance moves. For more information or to book call **03300564411** Cost: **£3.10 per session**

**Pumpkin Carving & Flower Arranging Workshop- South Lakes Leisure Centre 10am - 12noon.** Halloween themed with hot drink provided by Café Incredible. For more information or to book call **03300564411** Cost: **£6 per session**



## Wed 25 Oct

**Bat and Chat – Dromore Community Centre: 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

**Family History Session – Portadown Library. 10:30am – 12:30pm** Family History: Irish birth, death and marriage civil records online for beginners. For more information or to book call **028 3833 6122** or Email: **portadown.library@librariesni.org.uk** Cost: **Free**

**HOPE Group – Drumcree Community Centre, Portadown. 2pm – 4pm.** A peer support group for people living with chronic pain. Craft, relaxation, light exercise, information and support. Light refreshments included. For more information or to book call **02837563946**. Cost: **small contribution towards refreshments**

**A basic introduction to the iPad. Brownlow Library. 2:30pm – 4:30pm.** If you have an iPad or are thinking of getting one and want to learn how to use it, then this is for you! For more information or to book call **028 3834 1946** or Email: **brownlow.library@librariesni.org.uk** Cost: **Free**

**Buff Bones – Tandragee Recreation Centre, 11.00am – 12.00pm.** Health class promoting strength training & therapeutic exercise. For more information or to book call Reception on **02838841110** Cost: **£2 per session**

## Thurs 26 Oct

**Verve Chatty Walks – South Lakes meet at Café Incredible. 10am – 11am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

**Social Pickleball – Rathfriland Community Centre 10am – 12noon.** Pickleball is a fun and active sport that helps you improve your fitness while providing an opportunity to get out and be social. Light refreshments included. For more information or to book call Reception on **02840638188** **£2 per session**

**Bat and Chat – South Lake Leisure Centre: 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**

**Friendly Club – Clan Na Gael, Davitt Park, Francis Street, Lurgan, 10.30am – 12.30pm.** Social Club across Verve Healthy Living Network. Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to book call **07725179863**. Cost: **£3 per session**

**SCAM & Crime Prevention Presentation – Killicomaine Jubilee Community Centre, Portadown. 10.30am – 11.30am.** Limited Spaces available. For more information please contact David on **02838336816** or Email: **David.Crawford@armaghbanbridgecraigavon.gov.uk** Cost: **Free**

**Community Strength and Balance Maintenance Classes – The Fitzone Foundation, Legahory Centre, Brownlow 1pm – 2pm.** Exercises to improve your strength and balance for those with limited mobility or have had/have a fear of falling. For more information, other locations or to book call Sean on **02837563952** or Email: **Sean.collins@southerntrust.hscni.net** Cost: **Free**

**Thurs 26 Oct**

**Tai Chi - Richhill Recreation Centre 6pm – 7pm.** Gentle exercise and moving meditation, with benefits to mental and physical health. For more information or to book call Reception on **02838870719** Cost: **£2 per session**

**Tai Chi - Richhill Recreation Centre 7pm – 8pm.** Gentle exercise and moving meditation, with benefits to mental and physical health. For more information or to book call Reception on **02838870719** Cost: **£2 per session**

**Fri 27 Oct**

**Over 50s Club – Gilford Community Centre, 10.00am – 12.00pm.** Programme to include Badminton, Chi Me, Pickle ball & much more. Light refreshments included. For more information or to book call Reception **02838831708** Cost: **£3.10 per session**

**IT help for beginners, 1-2-1 eClinic – Keady Library 10:00am – 1:00pm.** IT help for beginners, get help with your mobile device, general IT assistance, information about library e-services. For more information or to book call **028 3753 1365** or Email: **keady.library@librariesni.org.uk** Cost: **Free**

**An introduction to Chair Yoga – North Lurgan Community Centre, 10.30am – 12pm.** Light refreshments provided. Limited places available. For more information or to book contact Catherine/ Vicky/ Damian on **02838 316394** or Email: **catherine.magennis@armaghbanbridgecraigavon.gov.uk** Cost: **Free**

**Over 50s Club – Tandragee Recreation Centre 11am – 12noon. Assorted activities for anyone aged 50+.** For more information or to book call Reception on **02838841110** Cost: **£2 per session**

**Taghnevan Over 50's – Taghnevan Youth & Community Centre, Taghnevan, Glenholme Park, Lurgan. 12pm-2pm.** Social Club across Verve Healthy Living Network. Programmes include a wide variety of activities for wellbeing and time for a chat with light refreshments included. For more information or to book call **02838324989** Cost: **£3 per session**

**Sat 28 Oct**

**Armagh Rambling Club invite you to a Moderate ability walk in TBC –** Meet at Armagh Palace gates to depart promptly at 9am. For more information or to book call Tom on **07834 345114**, Email: **secretary@armaghrambling.com** or check out the website: **https://armaghrambling.com/** Cost: **First two walks are free**

**Mon 30 Oct**

**Over 50s Club – Gilford Community Centre, 10.00am – 12.00pm.** Programme to include Badminton, Chi Me, Pickle ball & much more. Light refreshments included. For more information or to book call Reception **02838831708** Cost: **£3.10 per session**

**GOGA FIT Armagh Dobbin Street Community Centre Armagh, 10am – 11am.** Low intensity Inclusive Exercise class looking to develop balance, range of movement and cardio fitness. Light refreshments included. For more information or to book call Martin on **07392170746** or Email: **mquick@dsni.co.uk** Cost: **£2 per session**

**HIM Group – (Men only). The Fitzone Foundation, Legahory Centre, Brownlow, BT65 5BE. 10am.** Social Club across Verve Healthy Living Network for men only with light refreshments included. For more information or to book call **07780812312**. Cost: **£4 per session**

**Verve Chatty Walks- Lurgan Park meeting at the water fountain, 10am – 11am.** Gentle walk and chat. Everyone welcome, light refreshments included. For more information call **02837563946** or email: **verve.network@southerntrust.hscni.net** Cost: **Free**

## Mon 30 Oct

**Walking Football - Rathfriland Community Centre 11am -1pm.** Indoor walking football with light refreshments included. For more information or to book call Reception on **02840638188 £2 per session**

**Get Support With Hearing Loss - Free drop-in service – Visit RNID at 11a Dobbin Street Armagh, BT61 7QQ. 11.30am to 1.30pm.** 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 Carolyn on **07407732106** or Email: Mariette Mulvenna & Lisa Stewart on **Volunteeringnorthernireland@rnid.org.uk** Cost: **Free**

**Taghnevan Knitting Club Taghnevan Youth & Community Centre, Glenholme Park, Lurgan. 2pm-4pm.** Social Club across Verve Healthy Living Network. Come along and learn a new skill and have a chat with light refreshments included. For more information or to book call **02838324989** Cost: **£2 per session**

**GOGA Tai Chi/ Chi me taster session - Dobbin Street Community Centre Armagh. 5pm-6pm.** Low impact **Tai chi** for arthritis and Chi/ Me which aims to improve balance core strength and range of motion. For more information or to book call Martin on **07392170746** or Email: **mquick@dsni.co.uk** Cost: **£2 per session**

## Tues 31 Oct

**Happy Halloween!**

**Bat and Chat - Banbridge Leisure Centre: 10.30am – 12noon.** Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly and relaxed environment. The sessions are ideal for everyone, from beginners who want to learn as well as more experienced players. All equipment is provided. For more information or to book call Amanda on **07816341112** or Email: **Amanda.mogey@armaghbanbridgecraigavon.gov.uk** Cost: **£3 per session**