

**Positive  
Ageing  
Month**  
**October**

**Causeway Coast  
and Glens  
2025**



# Lone Pensioner Allowance

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

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

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

**Further information is available at:**

[www.nidirect.gov.uk/articles/lone-pensioner-allowance](http://www.nidirect.gov.uk/articles/lone-pensioner-allowance)  
and [www.nidirect.gov.uk/rates-help](http://www.nidirect.gov.uk/rates-help)  
or by calling 0300 200 7801



## Welcome

As Mayor of Causeway Coast and Glens, I am excited to welcome you to the 2025 Positive Ageing Month programme. This annual celebration, dedicated to honouring the vital contributions of older individuals to our communities, offers a wealth of opportunities designed to engage, support, and empower older residents throughout our area.

This year's programme features a diverse range of events, from health and wellness initiatives to informative sessions and plenty of chances for social connection. It is my hope that our older residents will take full advantage of these opportunities, fostering new friendships and gaining valuable insights that enhance their lives.

I would like to extend my sincere gratitude to all the partners who have worked tirelessly to bring this programme to life, and to the Public Health Agency, whose funding of the Age-Friendly Programme continues to be essential in making this initiative possible.

I look forward to seeing the positive impact that Positive Ageing Month will have, and I encourage a all of our community members to participate, connect, and embrace the joy of active ageing throughout October.

**Councillor Oliver McMullan**

Mayor of Causeway Coast and Glens Borough Council





# Programme of Events

Wednesday 1st October 2025 CLOSED EVENT



## Castle Community Group Positive Ageing Lunch

### Castle Community Group

11.00am-12.30pm  
Castle Community Group, Ballymoney  
Celebrate Castle Community Group Luncheon Club

## Connect North Drop In Session

### Connect North & Libraries NI

10:00am - 12:00pm  
Portstewart Library  
Portstewart Library is delighted to welcome a member of the Connect North Team into the library, to host the monthly drop-in session where they can connect you to beneficial services and supports within your community to address your practical, social or emotional needs for adults living in the Northern Health and Social Care Trust area. Everyone welcome to attend.  
No Booking Required  
Telephone 028 7083 2712 or Email [portstewart.library@librariesni.org.uk](mailto:portstewart.library@librariesni.org.uk)

## Connect North Drop In Session

### Connect North & Libraries NI

3:00pm - 5:00pm  
Ballymoney Library  
Ballymoney Library is delighted to welcome a member of the Connect North Team into the library, to host the monthly drop-in session where they can connect you to beneficial services and supports within your community to address your practical, social or emotional needs for adults living in the Northern Health and Social Care Trust area. Everyone welcome to attend.  
No Booking Required  
Telephone 028 2766 3589 or Email [ballymoney.library@librariesni.org.uk](mailto:ballymoney.library@librariesni.org.uk)

## On Growing Old by Harry McMahon Exhibition

### Flowerfield Arts Centre

1-25 October  
Mon-Fri 9.30-5/Sat 10-1  
Flowerfield Arts Centre, 185 Coleraine Road, Portstewart BT55 7HU  
Featuring selected art, Professor and artist Harry McMahon explores the growth and creative development of an artist over time.  
Free admission  
Tel:02870 831400

Thursday 2nd October 2025

## RNID Near You Hearing Aid User Support Service

### Libraries NI

10:00am - 12:00pm  
Coleraine Library  
Coleraine Library is delighted to welcome RNID Near You to host their monthly free drop in sessions that can assist customers with hearing aids, including basic repairs and maintenance of NHS hearing aids, information on hearing loss and tinnitus, how to do a hearing check and how to access support and services in your area.  
No Booking Required  
Telephone 028 7034 2561 or Email [coleraine.library@librariesni.org.uk](mailto:coleraine.library@librariesni.org.uk)

## Connect North Drop In Session

### Connect North & Libraries NI

2:00pm - 4:00pm  
Coleraine Library  
Coleraine Library is delighted to welcome a member of the Connect North Team into the library, to host the monthly drop-in session where they can connect you to beneficial services and supports within your community to address your practical, social or emotional needs for adults living in the Northern Health and Social Care Trust area. Everyone welcome to attend.  
No Booking Required  
Telephone 028 7034 2561 or Email [coleraine.library@librariesni.org.uk](mailto:coleraine.library@librariesni.org.uk)

## Active Life Racquet Sport

### Council Active Life

9am  
Joey Dunlop Leisure Centre  
Older adult racquet sports including Pickleball and Badminton  
No need to register - £3.10 person includes Active Life Exercise Class  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

## Active Life Exercise Class

### Council Active Life

9.45am  
Joey Dunlop Leisure Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3.10 person includes Active Life Exercise Class  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

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[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

## Active Life Exercise Class

### Council Active Life

11.30am  
Coleraine Leisure Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3.10 person includes Active Life Exercise Class  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

Friday 3rd October 2025

## Active Life Racquet and Exercise Class

### Council Active Life

10.30am  
Dungiven Sport Centre  
Older adult racquet sports including Pickleball, Badminton and exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3.10 person  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

Saturday 4th October 2025

## Further Your Family

### CYPSP & Anti-Poverty Group

11am-3pm  
Coleraine Leisure Centre  
This is a free event aimed at supporting local families to access a healthier lifestyle on a budget and make savings during the Autumn/Winter months which can be more expensive in terms of heating, electricity and preparation for Christmas.  
No Booking Required  
[healthandwellbeingteam@northerntrust.hscni.net](mailto:healthandwellbeingteam@northerntrust.hscni.net)

## Watercolour for Well-being

### Roe Valley Arts & Cultural Centre

11am-1pm  
Roe Valley Arts & Cultural Centre, 24 Main Street, Limavady BT49 0FJ  
Unwind with expressive watercolour painting and learn techniques with tutor Leona Devine.  
Cost £35 full/£30 concession via [roevalleyarts.com](http://roevalleyarts.com) or Tel: 028 7776 0650

### Active Life Exercise Class Council Active Life

10.30am  
Sheskburn Recreation Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Active Life Racquet Sport Council Active Life

11.30am  
Sheskburn Recreation Centre  
Older adult racquet sports including Pickleball and Badminton  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Alzheimer's Society - Singing for the Brain

**Alzheimer's Society**  
Afternoons  
By appointment only - if interested please get in touch.  
Sing and socialise with other people affected by dementia. Our Singing for the Brain sessions use singing to bring people with dementia together in a friendly and stimulating activity.  
Contact Aoife for information  
Aoife McMaster - 077 1037 9947

Tuesday 7th October 2025

### Armstrong Storytelling Trust - Storytelling with Kate Murphy

**Libraries NI**  
2:30pm - 3:30pm  
Portrush Library  
Portrush Library is delighted to welcome Kate Murphy from Armstrong Storytelling Trust to hold a wonderful afternoon of storytelling as part of our SWELL Festival celebrations and in support of Positive Ageing Month. Come along and join in all the fun. Everyone Welcome.  
No Booking Required  
Telephone 028 7082 3718 or Email portrush.library@librariesni.org.uk

### Active Life Racquet Sport

**Council Active Life**  
10am  
Roe Valley Lesiure Centre  
Older adult racquet sports including Pickleball and Badminton  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Active Life Exercise Class

**Council Active Life**  
11am  
Roe Valley Lesiure Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Alzheimer's Society - Carer Support Group - Online

**Alzheimer's Society**  
7pm  
Online via Zoom  
Meet other people who are also supporting someone with dementia. Have the opportunity to talk about your caring role in a safe and relaxed environment. You will also receive helpful information and advice from our experienced staff.  
Contact Aoife for information  
Aoife McMaster - 077 1037 9947

Thursday 9th October 2025

### Take5 Steps to Wellness 'Wool Wrapped Fox Decoration' Craft'

**Libraries NI**  
2:30pm - 3:30pm  
Cushendall Library  
In partnership with Northern Area Community Network (NACN), Causeway Rural and Urban Network (CRUN) and PHA, Cushendall Library invites you to join our Take 5 Steps to Wellness 'Wool Wrapped Fox' Adult Craft session as part of 'Positive Ageing Month'. Come along and enjoy a fun filled afternoon where we will use our craft materials to make.  
Booking Essential  
Telephone 028 2177 1297 or Email cushendall.library@librariesni.org.uk

### Active Life Racquet Sport

**Council Active Life**  
9am  
Joey Dunlop Leisure Centre  
Older adult racquet sports including Pickleball and Badminton  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Active Life Exercise Class

**Council Active Life**  
9.45am  
Joey Dunlop Leisure Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Active Life Racquet Sport

**Council Active Life**  
10am  
Coleraine Leisure Centre  
Older adult racquet sports including Pickleball and Badminton  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Active Life Exercise Class

**Council Active Life**  
11.30am  
Coleraine Leisure Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Stolen Documentary Screening

**Flowerfield Arts Centre**  
7:15pm  
Flowerfield Arts Centre. 185 Coleraine Road, Portstewart BT55 7HU  
This acclaimed documentary tells the story of several survivors of mother and baby home institutions across Ireland.  
Tickets £8 full/£6 concession via flowerfield.org  
Tel: 028 70831400

### Bat Walk for World Mental Health Day

**Roe Valley Arts & Cultural Centre**  
7-9pm  
Roe Valley Arts & Cultural Centre, 24 Main Street, Limavady BT49 0FJ  
A special walk exploring the connection between art, nature and well-being for World Mental Health Day at the Arts Centre and Roe Valley Country Park.  
Cost £20 full/£15 concession via roevalleyarts.com  
Tel: 028 7776 0650

Friday 10th October 2025

**Causeway Museum Services presents ‘Old School Day’s’ Children’s and Grandparents**

**Reminiscence Workshop**

Libraries NI  
10:30am - 11:30am  
Portstewart Library  
Portstewart Library is delighted to welcome Causeway Museum Services to host their ‘Old School Day’s’ Reminiscence Workshop as part of Positive Ageing Month to local Primary 7 pupils and invite grandparents/carers to come along for all the fun. Developed for children aged 10-11 years, this reminiscence workshop is an opportunity to look back on old school days from times gone by and for both children and adults to share their experiences and reflect on the changing landscape of our schools today.  
No Booking Required  
Telephone 028 7083 2712 or Email [portstewart.library@librariesni.org.uk](mailto:portstewart.library@librariesni.org.uk)

**Human Library Project CLN Toolkit Workshop**

Libraries NI  
2:15pm - 3:15pm  
Portrush Library  
Our SWELL Festival and Positive Ageing Month celebrations continue as, in partnership with Northern Health & Social Care Trust and part of the Causeway Loneliness Network, Portrush Library is delighted to welcome you to our Human Library Project Toolkit Workshop, where attendees will be guided by the Causeway Coast and Glens District Officer and NHSCT Health and Wellbeing Officer to learn how to develop and deliver their own Human Library Projects. The Human Library is a way for people to reach out and connect with individuals in their community that they might not normally engage with. Human libraries promote tolerance, celebrate differences and encourage understanding of people who come from varied cultural or lifestyle backgrounds.  
No Booking Required  
Telephone 028 7082 3718 or Email [portrush.library@librariesni.org.uk](mailto:portrush.library@librariesni.org.uk)

**Active Life Racquet and Exercise Class**

**Council Active Life**  
10.30am  
Dungiven Sport Centre  
Older adult racquet sports including Pickleball, Badminton and exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3.10 person  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

Monday 13th October 2025

**Active Life Exercise Class**

**Council Active Life**  
10.30am  
Sheskburn Recreation Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3.10 person includes Active Life Exercise Class  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

**Active Life Racquet Sport**

**Council Active Life**  
11.30am  
Sheskburn Recreation Centre  
Older adult racquet sports including Pickleball and Badminton  
No need to register - £3.10 person includes Active Life Exercise Class  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

**Alzheimer’s Society - Singing for the Brain**

**Alzheimer’s Society**  
Afternoons  
By appointment only - if interested please get in touch.

Sing and socialise with other people affected by dementia. Our Singing for the Brain singing to bring people with dementia together in a friendly and stimulating activity.  
Contact Aoife for information  
Aoife McMaster - 077 1037 9947

Tuesday 14th October 2025

**Connect North Information Session**

**Connect North & Libraries NI**  
2:00pm - 3:00pm  
ilrea Library  
Kilrea Library is delighted to welcome a member of the Connect North Team into the library, as part of Positive Ageing Month, to host an information session and provide further advice on Connect North, which has been developed with service users to offer a social prescribing service for adults living in the Northern Health and Social Care Trust area. Everyone welcome to attend.  
No Booking Required  
Telephone 028 2954 0630 or Email [kilrea.library@librariesni.org.uk](mailto:kilrea.library@librariesni.org.uk)

**Active Life Racquet Sport**

**Council Active Life**  
10am  
Roe Valley Lesiure Centre  
Older adult racquet sports including Pickleball and Badminton  
No need to register - £3.10 person includes Active Life Exercise Class  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

**Active Life Exercise Class**

**Council Active Life**  
11am  
Roe Valley Lesiure Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3.10 person includes Active Life Exercise Class  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

Thursday 16th October 2025

**RNID Near You Hearing Aid User Support Service**

**Libraries NI**  
12:30pm - 2:30pm  
Ballymoney Library  
Ballymoney Library is delighted to welcome RNID Near You to host their monthly free drop in sessions that can assist customers with hearing aids, including basic repairs and maintenance of NHS hearing aids, information on hearing loss and tinnitus, how to do a hearing check and how to access support and services in your area.  
No Booking Required  
Telephone 028 2766 3589 or Email [ballymoney.library@librariesni.org.uk](mailto:ballymoney.library@librariesni.org.uk)

**Positive Ageing Month - Limavady Library’s Wellbeing Information Fair**

**Libraries NI**  
2:00pm - 3:30pm  
Limavady Library  
As part of Positive Ageing Month, Limavady Library is delighted to be hosting our very own Wellbeing Information Fair with organisations from the Causeway Coast and Glens area attending to set up information stands including COAST, PSNI, Northern Ireland Fire and Rescue Service, Alzheimer’s Society and many more. Come along and speak to our partners as you find out more about healthy lifestyles, positive wellbeing and services/support available within the Causeway Coast and Glens area. Everyone Welcome.  
No Booking Required  
Telephone 028 7776 2540 or Email [limavady.library@librariesni.org.uk](mailto:limavady.library@librariesni.org.uk)



### Active Life Racquet Sport Council Active Life

9am  
Joey Dunlop Leisure Centre  
Older adult racquet sports including Pickleball and Badminton  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Active Life Exercise Class Council Active Life

9.45am  
Joey Dunlop Leisure Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Active Life Racquet Sport Council Active Life

10am  
Coleraine Leisure Centre  
Older adult racquet sports including Pickleball and Badminton  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Active Life Exercise Class Council Active Life

Thursday  
11.30am  
Coleraine Leisure Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Vietnamese Culinary Skills Roe Valley Arts & Cultural Centre

7-9pm  
Roe Valley Arts & Cultural Centre, 24 Main Street, Limavady BT49 0FJ  
Learn the culinary art of balancing flavour, texture and colour in this Vietnamese cookery session.  
Cost £45 full/£40 concession via roevalleyarts.com  
Tel: 028 7776 0650

### Alzheimer's Society - Carer Support Group - In Person Alzheimer's Society

10.30am  
Maine Business Centre, Cullybackey  
Meet other people who are also supporting someone with dementia. Have the opportunity to talk about your caring role in a safe and relaxed environment. You will also receive helpful information and advice from our experienced staff.  
Contact Aoife for information  
Aoife McMaster - 077 1037 9947

Friday 17th October 2025

### Active Life Racquet and Exercise Class Council Active Life

10.30am  
Dungiven Sport Centre  
Older adult racquet sports including Pickleball, Badminton and exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3.10 person  
sportsdevelopment@causewaycoastandglens.gov.uk

### Chatty Carriage Causeway Loneliness Network & MDT team

TBC  
Train Station  
Hop on board our Chatty Carriage – enjoy a journey of conversation, connection, and community on the train!  
Free event, booking required  
marian.doherty@northerntrust.hscni.net

Saturday 18th October 2025

### Creative Landscapes – Painting Local Places Enterprise Causeway

10.30am-12.30pm  
The Courthouse Bushmills, 75 Main Street, Bushmills  
painting local landmarks using oil-based techniques. Led by artist Maud McArthur, participants will explore colour mixing, underpainting, and layering to create depth and texture in their work.  
Booking required: aged 60+  
cathy@enterprisecauseway.co.uk or call 07889 497 298

### Creative Landscapes – Painting Local Places Enterprise Causeway

2.00pm-4.00pm  
The Courthouse Bushmills, 75 Main Street, Bushmills  
painting local landmarks using oil-based techniques. Led by artist Maud McArthur, participants will explore colour mixing, underpainting, and layering to create depth and texture in their work.  
Booking required: aged 60+  
cathy@enterprisecauseway.co.uk or call 07889 497 298

### Heritage Jigsaws Roe Valley Ancestral Researchers with Museum Services

11am - 3pm  
Green Lane Museum  
Join us at the museum and explore our new jigsaw puzzles of objects within the Green Lane collection.  
Free, no booking necessary  
museums@causewaycoastandglens.gov.uk or 028 2766 0230

Sunday 19th October 2025

### Heritage Jigsaws Roe Valley Ancestral Researchers with Museum Services

11am - 3pm  
Green Lane Museum  
Join us at the museum and explore our new jigsaw puzzles of objects within the Green Lane collection.  
Free, no booking necessary  
museums@causewaycoastandglens.gov.uk or 028 2766 0230

Monday 20th October 2025

### Community Book Swap Morning Libraries NI

10:30am - 12:00pm  
Limavady Library  
Limavady Library is ready to kick off Book Week NI celebrations with our 'Community Book Swap' morning and as part of Positive Ageing Month. Inviting all members of the local community, we are encouraging you to bring along any unwanted books and swap these for someone else's old reads. Plus, if you can't find anything to your taste you can always sign up and borrow some of ours! Everyone Welcome.  
No Booking Required  
Telephone 028 7776 2540 or Email limavady.library@librariesni.org.uk

## Active Life Exercise Class

### Council Active Life

10.30am

Sheskburn Recreation Centre

Older adult exercise class designed to improve health, flexibility, balance and strength

No need to register - £3.10 person includes Active Life Exercise Class

sportsdevelopment@causewaycoastandglens.gov.uk

## Active Life Racquet Sport

### Council Active Life

11.30am

Sheskburn Recreation Centre

Older adult racquet sports including Pickleball and Badminton

No need to register - £3.10 person includes Active Life Exercise Class

sportsdevelopment@causewaycoastandglens.gov.uk

## Alzheimer's Society - Young Onset Carer Support Group - Online

### Alzheimer's Society

7pm

Online via Zoom

Carer Support Group specifically for those caring for someone with young onset dementia (diagnosed before the age of 65). Meet and talk to other people about your caring role in a safe and relaxed environment. You will also receive helpful information and advice from our experienced staff.

Contact Aoife for information

Aoife McMaster - 077 1037 9947

## Alzheimer's Society - Singing for the Brain

### Alzheimer's Society

Afternoons

By appointment only - if interested please get in touch.

Sing and socialise with other people affected by dementia. Our Singing for the Brain sessions use singing to bring people with dementia together in a friendly and stimulating activity.

Contact Aoife for information

Aoife McMaster - 077 1037 9947

Tuesday 21st October 2025

## Causeway Museum Services presents 'Old School Day's' Children's and Grandparents Reminiscence Workshop

### Libraries NI

10:30am - 11:30am

Dungiven Library

Dungiven Library is delighted to welcome Causeway Museum Services to host their 'Old School Day's' Reminiscence Workshop as part of Positive Ageing Month to local Primary 7 pupils and invite grandparents/carers to come along for all the fun. Developed for children aged 10-11 years, this reminiscence workshop is an opportunity to look back on old school days from times gone by and for both children and adults to share their experiences and reflect on the changing landscape of our schools today.

No Booking Required

Telephone 028 7774 1475 or Email dungiven.library@librariesni.org.uk

## Book Recommendation Group

### Libraries NI

3:30pm - 4:30pm

Garvagh Library

Join us in Garvagh Library for a special book group with a twist this Book Week NI and as part of Positive Ageing Month. Rather than reading a pre-set book, we welcome all adult readers to come and recommend a book they have recently read and enjoyed. Led by a member of our library staff, book enthusiasts will come together to share their latest literary loves and maybe find a new favourite book in the process. Everyone Welcome.

No Booking Required

Telephone 028 2955 8500 or Email garvagh.library@librariesni.org.uk

## Let's Talks Books' Discussion Evening

### Libraries NI

6:30pm - 7:15pm

Kilrea Library

During Positive Ageing Month, what better way to kick start Book Week NI than popping along to Kilrea Library and talking all things books over a nice cuppa. Join us for an evening of discussion, as we share with each other favourite reads, recommendations and remember fond memories associated with the books we enjoyed over the years.

Booking Advisable

Telephone 028 2954 0630 or Email kilrea.library@librariesni.org.uk

## Active Life Racquet Sport

### Council Active Life

10am

Roe Valley Lesiure Centre

Older adult racquet sports including Pickleball and Badminton

No need to register - £3.10 person includes Active Life Exercise Class

sportsdevelopment@causewaycoastandglens.gov.uk

## Active Life Exercise Class

### Council Active Life

11am

Roe Valley Lesiure Centre

Older adult exercise class designed to improve health, flexibility, balance and strength

No need to register - £3.10 person includes Active Life Exercise Class

sportsdevelopment@causewaycoastandglens.gov.uk

## Autumn Tea Dance

### Museum Services

2 - 4pm

Ballymoney Town Hall

Join us in the main hall in Ballymoney Town Hall for an afternoon of dancing and music by Francis Faulkner. Light refreshments will be available.

Free event, booking essential

museums@causewaycoastandglens.gov.uk or 028 2766 0230

Wednesday 22nd October 2025

## Connect North Information Session

### Connect North & Libraries NI

11:00am - 12:00pm

Portrush Library

Portrush Library is delighted to welcome a member of the Connect North Team into the library, as part of Positive Ageing Month, to host an information session and provide further advice on Connect North, which has been developed with service users to offer a social prescribing service for adults living in the Northern Health and Social Care Trust area. Everyone welcome to attend.

No Booking Required

Telephone 028 7082 3718 or Email portrush.library@librariesni.org.uk

## "It seemed like only yesterday when...." Adults Interactive Storytelling Session

### Libraries NI

3:30pm - 4:30pm

Limavady Library

As part of Book Week NI and to celebrate Book Week NI, Limavady Library invites you to come along and join all the fun with our 'Adults Interactive Storytelling' Session. Kicking the storytelling fun off, our friendly library staff member will begin the story with "It seemed like only yesterday when..." then it's over to you and everyone in attendance to build a story master piece by adding your own line. Will it be a comedy, thriller or romance special - the choice is all yours. Everyone Welcome.

No Booknig Required

Telephone 028 7776 2540 or Email limavady.library@librariesni.org.uk

## 'A Taste of Reading' Recipe Books Discussion Group Libraries NI

11:45am - 12:30pm

Portstewart Library

Let's kick start Book Week NI and continue our Positive Ageing Month activities with a tasty treat here at Portstewart Library. From Joanne Harris's "Chocolate" to Nigel Slater's "Toast", join us for a special 'A Taste of Reading' Recipe Books Discussion Group where we will discuss "foodie" fiction, memoir, and cookery books. Don't forget to bring your favourite recipes to exchange with those in attendance and share all your recipe tips, even those secret ingredients.

Booking Advisable

Telephone 028 7083 2712 or Email [portstewart.library@librariesni.org.uk](mailto:portstewart.library@librariesni.org.uk)

Thursday 23rd October 2025

### Active Life Racquet Sport

#### Council Active Life

9am

Joey Dunlop Leisure Centre

Older adult racquet sports including Pickleball and Badminton

No need to register - £3.10 person includes Active Life Exercise Class

[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

### Active Life Exercise Class

#### Council Active Life

9.45am

Joey Dunlop Leisure Centre

Older adult exercise class designed to improve health, flexibility, balance and strength

No need to register - £3.10 person includes Active Life Exercise Class

[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

### Active Life Racquet Sport

#### Council Active Life

10am

Coleraine Leisure Centre

Older adult racquet sports including Pickleball and Badminton

No need to register - £3.10 person includes Active Life Exercise Class

[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

### Active Life Exercise Class

#### Council Active Life

11.30am

Coleraine Leisure Centre

Older adult exercise class designed to improve health, flexibility, balance and strength

No need to register - £3.10 person includes Active Life Exercise Class

[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

Friday 24th October 2025

### Storytelling with Paddy O'Brien and Liz Weir

#### Armstrong Storytelling Trust

2pm-3.30pm

Ramoan Parish Centre

In conjunction with the Glens Storytelling Festival, join Paddy O'Brien and Liz Weir for an afternoon exploring folklore and heritage through stories.

Free event, no booking necessary.

For more details, contact [clare@armstory.org.uk](mailto:clare@armstory.org.uk)

### Tea Dance for Health & Wellbeing

#### Causeway Lonliness Network

2.00pm-4.00pm

Flowerfield Arts Centre, 185 Coleraine Road, Portstewart BT55 7HU

Put on your dancing shoes and join us for tea, tunes, and togetherness at our Health & Wellbeing

Tea Dance!

Free event, booking required

[Geraldine.quinn@northerntrust.hscni.net](mailto:Geraldine.quinn@northerntrust.hscni.net)

Monday 27th October 2025

### Active Life Exercise Class

#### Council Active Life

10.30am

Sheskburn Recreation Centre

Older adult exercise class designed to improve health, flexibility, balance and strength

No need to register - £3.10 person includes Active Life Exercise Class

[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

### Active Life Racquet Sport

#### Council Active Life

11.30am

Sheskburn Recreation Centre

Older adult racquet sports including Pickleball and Badminton

No need to register - £3.10 person includes Active Life Exercise Class

[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

### Alzheimer's Society - Singing for the Brain

#### Alzheimer's Society

Afternoons

By appointment only - if interested please get in touch.

Sing and socialise with other people affected by dementia. Our Singing for the Brain sessions use singing to bring people with dementia together in a friendly and stimulating activity.

Contact Aoife for information

Aoife McMaster - 077 1037 9947

Tuesday 28th October 2025

### Positive Ageing Month - Coleraine Library's Wellbeing Information Fair

#### Libraries NI

10:30am - 12:00pm

Coleraine Library

As part of Positive Ageing Month, Coleraine Library is delighted to be hosting our very own Wellbeing Information Fair with organisations from the Causeway Coast and Glens area attending to set up information stands including COAST, PSNI, Northern Ireland Fire and Rescue Service, Alzheimer's Society and many more. Come along and speak to our partners as you find out more about healthy lifestyles, positive wellbeing and services/support available within the Causeway Coast and Glens area. Everyone Welcome.

No Booking Required

Telephone 028 7034 2561 or Email [coleraine.library@librariesni.org.uk](mailto:coleraine.library@librariesni.org.uk)

### Take5 Steps to Wellness 'Autumn Wreath Making Craft'

#### Libraries NI

2:30pm - 3:30pm

Kilrea Library

In partnership with Northern Area Community Network (NACN), Causeway Rural and Urban Network (CRUN) and PHA, Kilrea Library invites you to join our Take 5 Steps to Wellness 'Autumn Wreath Making' Adult Craft session as part of 'Positive Ageing Month'. Come along and enjoy a fun filled afternoon where we will use our craft materials to make.

Booking Essential

Telephone 028 2954 0630 or Email [kilrea.library@librariesni.org.uk](mailto:kilrea.library@librariesni.org.uk)

### Connect North Information Session

#### Connect North & Libraries NI

2:00pm - 3:00pm

Garvagh Library

Garvagh Library is delighted to welcome a member of the Connect North Team into the library, as part of Positive Ageing Month, to host an information session and provide further advice on Connect North, which has been developed with service users to offer a social prescribing service for adults living in the Northern Health and Social Care Trust area. Everyone welcome to attend.

No Booking Required

Telephone 028 2955 8500 or Email [garvagh.library@librariesni.org.uk](mailto:garvagh.library@librariesni.org.uk)



### Active Life Racquet Sport Council Active Life

10am  
Roe Valley Lesiure Centre  
Older adult racquet sports including Pickleball and Badminton  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Active Life Exercise Class Council Active Life

11am  
Roe Valley Lesiure Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Alzheimer's Society - Dementia Voice Group Alzheimer's Society

11am  
By appointment only - if interested please get in contact.  
Your experience can help us to understand what it's like to live with dementia. Your insights as well as your knowledge and skills, can help us to get it right for everyone affected by dementia, both now and in the future.  
Contact Aoife for information  
Aoife McMaster - 077 1037 9947

Thursday 30th October 2025

### Active Life Racquet Sport Council Active Life

9am  
Joey Dunlop Leisure Centre  
Older adult racquet sports including Pickleball and Badminton  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Active Life Exercise Class Council Active Life

9.45am  
Joey Dunlop Leisure Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Active Life Racquet Sport Council Active Life

10am  
Coleraine Leisure Centre  
Older adult racquet sports including Pickleball and Badminton  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Active Life Exercise Class Council Active Life

11.30am  
Coleraine Leisure Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3.10 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

Friday 31st October 2025

### Active Life Racquet and Exercise Class Council Active Life

10.30am  
Dungiven Sport Centre  
Older adult racquet sports including Pickleball, Badminton and exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3.10 person  
sportsdevelopment@causewaycoastandglens.gov.uk

### Regional Rapid Run Down

ONE OFF

Wednesday 8th October | 11.00am to 12.00pm Venue: Online

Discover how organisations across Northern Ireland are supporting older people and how they support you. Don't miss this quick informative session packed with vaulable insights and connections.

#### Mid and East Antrim Age Well Partnership

T: 028 2565 8604

W: [www.meaap.co.uk/regionalrapidrundown](http://www.meaap.co.uk/regionalrapidrundown)

### Interactive Online Dementia Training

ONE OFF

Wednesday 8th October | 7.00pm to 9.00pm Venue: Online - Zoom

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

#### Engage with Age for Dementia Friendly East Belfast

W: [InteractiveDementiaTrainingOct2025.eventbrite.co.uk](https://InteractiveDementiaTrainingOct2025.eventbrite.co.uk)

### STOP-CHECK-ASK. Scam Aware with TV Licensing

ONE OFF

Friday 17th October | 11.30am to 12.00pm Venue: Online - Microsoft Teams

Scams using false TV Licensing communications have become a regular occurence throughout Northern Ireland since 2020. TV Licensing asks that everyone follow the STOP-CHECK-ASK procedure for all TV Licensing materials before sharing personal details and financial information.

#### Cavendish Consulting on behalf of TV Licensing

E: [edward.ferrin@cavendishconsulting.com](mailto:edward.ferrin@cavendishconsulting.com)

[tvlicensing@cavendishconsulting.com](mailto:tvlicensing@cavendishconsulting.com)

T: 07860 822 416

Meeting ID: 318 945 941 246 6 Passcode: CE77Dj2L

### Bank of Ireland Financial Wellbeing Session

ONE OFF

Thursday 23rd October | 11.00am Venue: Online - Microsoft Teams

Nearly 1 in 5 people in the UK are over State Pension age (65+) and we can expect the average person to spend a quarter of their lifetime retired. We know that when it comes to finances, the main focus for retired people is on managing existing resources rather than accumulating them. They are doing this in an increasingly complex financial world, whilst being more likely to experience changes associated with health, capacity and bereavement.

Booking is essential, a link will be emailed to you.

#### Bank of Ireland

E: [pauline.oneill@derrystrabane.com](mailto:pauline.oneill@derrystrabane.com)

### Get online with Go ON NI: Digital Skills Training

ONGOING

Thursday 30th October\* Venue: Online

The Go ON NI team works in partnership with Libraries NI to provide free digital training and support to help you get online. Training courses take place in your local library and include learning basic digital skills or improving your existing digital skills in an individual or group setting.

\*For more info, dates and times by contacting your local Library by telephone or by visiting [www.librariesni.org.uk/go-on-events/](http://www.librariesni.org.uk/go-on-events/)

#### Department of Finance - Go ON NI

E: [future@finance-ni.gov.uk](mailto:future@finance-ni.gov.uk)

Connect North can connect you to beneficial services and supports within your community to address your practical, social or emotional needs.

Come along to a Connect North Drop-in session:

**Portstewart Library**

1<sup>st</sup> October  
from 10am to 12 noon

**Coleraine Library**

2nd October  
from 2pm to 4pm

**Kilrea Library**

Connect North Information Session  
14th October from 2pm to 3pm

**Coleraine Library**

Libraries NI Information Fair - 28th October from 10:30am to 12noon

**Garvagh Library**

Connect North Information Session - 28th October from 2pm to 3pm

**Ballymoney Library**

1st October  
from 3pm to 5pm

**Ballycastle Library**

7th October from 2pm to 4pm  
\*This may be subject to change if closed for refurbishment

**Portrush Library**

22nd October  
from 11am to 1pm

You can also contact your local Connect North Link Worker who will be happy to help.

**Mandy Wilson**

☎ 074 3658 1438

✉ [mandy.wilson@ageni.org](mailto:mandy.wilson@ageni.org)

Find us on  and  **@ConnectNorthSP**

You must be over 18 years of age and live in the NHSCT area.

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**Get involved!**  
**Sign up to your local**  
**LGNi**  
**Network Now!**

[www.linkinggenerationsni.com/sign-up/](http://www.linkinggenerationsni.com/sign-up/)



Are you interested in connecting generations as part of Positive Ageing Month 2025 or want to find out more about developing intergenerational connections in your community or setting? LGNi can help! Call or email Joyce on 07480613931 [joyce.savage@bjf.org.uk](mailto:joyce.savage@bjf.org.uk) or Vicki on 07732875409 [vicki.titterington@bjf.org.uk](mailto:vicki.titterington@bjf.org.uk)

