

Derry • Londonderry • Strabane • Limavady • 2018

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

As soon  
as you  
feel too old  
to do a  
thing,  
do it!



Margaret Deland.  
Novelist, short story writer & poet.

#positiveageingwest

# Positive Ageing Month

## October

The Western Health & Social Care Trust in partnership with Derry City & Strabane District Council, Developing Healthy Communities, & Community Voluntary organisations would like to welcome you to Positive Ageing Month.

As part of Positive Ageing Month we are encouraging older people to take the 5 steps to Wellbeing everyday!



### Monday 1st October

**Limavady Mens Shed**  
Monday – Thursday  
9.30am-5pm



Friday  
9.30am-1pm

**Tel: 028 7776 9829**  
[www.besafebewell.co.uk](http://www.besafebewell.co.uk)

**Cosy Club**  
Health Checks. Habinteg  
Common Room Inch view,  
Hazelbank. Derry.  
11am-12noon.  
**Tel: 028 7127 1977**

**Tai Chi - A Gentle way to get fit**  
Bogside & Brandywell  
Health Forum, Gasyard,  
12pm-1pm.  
**Tel: 028 7136 5330**

**Monday Club**  
Bogside & Brandywell  
Health Forum, Gasyard  
2.30pm to 4.30pm. £2.00  
**Tel: 028 7136 5330**

**Cookery Programme Week 1**  
North West Regional  
College, Limavady, 1pm-3pm  
**Tel: 028 7136 5330**

**Specialist Stop Smoking Service Drop in Clinic**  
6.00pm-7.30pm  
Carnhill Resource Centre  
Derry/Londonderry  
**Helpline 0800 9179388**

### Tuesday 2nd October

**Volunteering Opportunities**  
Brooke Park  
**Tel: 028 71262664**

**Foreglen Mens Shed**

Foreglen Community Centre,  
Dungiven. Every Tuesday &  
Thursday, 10am-3pm.

**Tel: 028 7776 9829 ww-  
w.besafebewell.co.uk**

**Everybody Active  
(50+) Group**

Foyle Arena, Derry/Londonderry

11am-12.30pm

**Tel: Ryan 028 7125 3253**



**Everybody Active  
(50+) Group**

Riversdale Leisure Centre,  
Strabane, 11-12.30pm

**Tel: Ryan 028 7125 3253**



**Everybody Active Chair  
Based Activities**

Melvin Sports Complex

11.00am-12noon

**Tel: Ryan 028 7125 3253**



**Senior Citizens Bowls**

Derg Valley Leisure Centre  
11.00am-1pm, £1

**Tel: 028 8167 0727**

**Mens Shed**

Bogside & Brandywell  
Health Forum

Gasyard, 11am-2pm

**Tel: 028 7136 5330**



**Mayor's Tea Dance  
Guildhall, Derry, 2-4pm**

**Tel: 028 7137 6508**

**Human Being Myself Arts  
Workshops**

Strabane, Alley Arts  
& Conference Centre

2.30pm-4.15pm

**Drink Wise Age Well 028  
8283 9240**



**Get Online for Beginners**

Grassroots Café, Strabane  
10am-12noon. Booking  
essential

**Tel: Drink Wise Age Well  
028 8283 9240**

**Keep Learning – IT/Mobile  
Sessions (Every Tuesday)**

7.30pm-9.30pm  
Learmount Resource  
Centre, Park Village.  
Booking Essential.

£3 per session

**Tel: 028 7778 1881**

**Enagh Seniors Group**

Strathfoyle Library  
10.30am-12noon

**Tel: 078 7563 5808**

**Older People's  
Welcome Day**

Old Library Trust, Healthy  
Living Centre. Creggan.

**Tel: 028 7137 3870**

**Wednesday 3rd October**

**Hen's Shed for Ladies**

Brooke Park, 10am-2pm.

**Tel: 028 7126 2664**

**Get Online for Beginners!**

Habinteg Housing  
Association, Limavady.  
10am-12noon.

Booking essential.

**Drink Wise Age Well 028  
8283 9240**

**"You are never too old to  
learn" Art Project**

Sion Mills, 11am-1pm

**Andy 077 7474 7298**

**St Theresa's Hall Sion Mills**

**Mens Shed**

Bogside & Brandywell  
Health Forum, Gasyard

11am to 2pm

**Tel: 028 7136 5330**



**U3AS Take A Peek Event**

9.30am -10.30am-  
Introduction to Nordic  
Walking. Poles provided.

Wear sturdy shoes.

10.30am-11.30am Positive  
ageing all year round. See  
how you can keep fit, active,  
informed and happy through  
becoming a member of U3A.  
10.30am-11.30am



**'Positive Ageing all Year Round'.**

U3A Foyle Building, Pascal McDonald House, Gransha Park, Derry BT47 6TG  
Tel: 028 718 60123



**ALLY Foyle Accessible Ramble**

11am. Meet at Shopmobility Foyle, Foyleside Shopping Centre. Ramble from City side to St Columbs Park for Lunch. Suitable for everyone. For further info re: transport tel: Angelina 028 71265098 Mob: 07419987095



**Eden Memory Club**

Shantallow Community Centre, 10.30am-1.30pm.  
Tel: 028 7128 0250



**Active Citizens Engaged Social Gathering**

Alexander House, Bishop St L/Derry, 11am-1pm.  
Tel: 075 1473 3175

**Archery**

The Bogside & Brandywell Health Forum, Gasyard, 2pm to 3pm.  
Tel: 028 7136 5330

**Specialist Stop Smoking Service Drop in Clinic**

5.00pm-7.00pm  
Limavady Health Centre



5.00pm-6.30pm  
Strabane Health Centre

Helpline 0800 9179388

**Adult Reading Group**

Limavady Library, 6.30-7.30pm.  
Tel: 028 7776 2540

**Thursday 4th October**

**Specialist Stop Smoking Service Drop in Clinic**

10.00am – 12noon  
Shared Future Centre  
Derry/Londonderry  
Helpline 0800 9179388

**Everybody Active (50+) Group**

Foyle Arena, Derry/Londonderry  
11.00am-12.30pm  
Tel: Ryan 028 7125 3253



**Everybody Active (50+) Group**

Riversdale Leisure Centre, Strabane, 11.00am-12.30pm.  
Tel: Ryan 028 7125 3253



**Everybody Active (50+)**

**Aqua Aerobics**  
Foyle Arena  
Derry/Londonerry  
Tel: Ryan 028 7125 3253



**Light Exercises**

Gasyard, 11am to 12.15pm.

**Cookery Programme Week 1**

North West Regional College, Derry, 1pm to 3pm.



**Reminiscence Group**

Limavady Library  
2.30pm-3.30pm  
Tel: 028 7776 2540



**Danderball**

Every Thursday, Roe Valley Leisure Centre, 11.30am-12.30pm.  
Tel: 028 7776 4009



**October Socials, Dance, Supper & Socialising**

Every Thurs, Older People North West, Malvern House, 8pm-10pm, £2. Transport available cost: £2 return fare.  
Tel: 028 71347 478  
Email: Development@old erpeoplenorthwest.org

**Everybody Active (50+) Soccer**

Melvin Sports Complex  
Strabane, 9pm-10pm.  
Tel: 028 7125 3253



**Friday 5th October**

**Men's Shed**

Bogside & Brandywell Health Forum, Gasyard, 11am to 2pm.  
Tel: 028 7136 5330



**Reminiscence Group**

12noon-1pm  
Dungiven Library  
Tel: 028 7774 1475



### Limavady Library

Come along for assistance with your tablet, laptop or smart phone.

Tel: 028 7776 2540

### Cookery Programme Week 1

NW Regional College, Strabane, 1pm- 3pm.

FREE EVENT

### Mens Club

Bogside & BrandyWell Health Forum, Gasyard, 1pm-3pm, including hot dinner - £4.

### Saturday 6th October

#### Derry City Park Run 5km

9.30am

[www.parkrun.org.uk/derrycity/](http://www.parkrun.org.uk/derrycity/)

FREE EVENT

#### Limavady Park Run 5km

9.30am, Blackburn Park, Greystone Road, Limavady.

[www.parkrun.org.uk/limavady](http://www.parkrun.org.uk/limavady)

FREE EVENT

### Sunday 7th October

#### Tea Room Fundraiser For Dementia

Learmount Resource Centre, Park Village Caroline Lynch, 1-4pm.

Tel: 028 7778 1881

### Monday 8th October

#### Limavady Mens Shed

Monday – Thursday 9.30am-5pm

Friday

9.30am-1pm

Tel: 028 7776 9829

[www.besafebewell.co.uk](http://www.besafebewell.co.uk)

FREE EVENT

### Cosy Club

Boccia 11am-12 noon

Tel: 028 7127 1977

[Gary.bhcp@btconnect.com](mailto:Gary.bhcp@btconnect.com)

FREE EVENT

### 5 Steps to Wellbeing Reminiscence

Learmount Resource Centre, Park Village Caroline Lynch, 12noon-2.30pm. Booking Essential, £3 per session.

Tel: 028 7778 1881

### Tai Chi - A gentle way to get fit

Bogside & Brandywell Health Forum, Gasyard 12pm-1pm.

Tel: 028 7136 5330

FREE EVENT

### Monday Club

Bogside & Brandywell Health Forum, Gasyard.

2.30pm-4.30pm, £2.00.

Tel: 028 7136 5330

FREE EVENT

### Cookery Programme Week 2

North West Regional College, Limavady, 1pm-3pm.

Tel: 028 7136 5330

### Specialist Stop Smoking Service Drop in Clinic

Carnhill Resource Centre Derry/Londonderry. 6.00pm-7.30pm.

Helpline 0800 917 9388

### Tuesday 9th October

#### Volunteering Opportunities

The Conservation Volunteers, Brooke Park.

Tel: 028 7126 2664

### Foreglen Mens Shed

Foreglen Community Centre, Dungiven every Tuesday & Thursday, 10am-3pm.

Tel: 028 7776 9829

[www.besafebewell.co.uk](http://www.besafebewell.co.uk)

### Everybody Active (50+) Group

Foyle Arena, Derry /Londonderry, 11am-12.30pm

Tel: Ryan 028 7125 3253

FREE EVENT

### Everybody Active (50+) Group

Riversdale Leisure Centre, Strabane, 11.00am-12.30pm.

Tel: 028 7125 3253

FREE EVENT

### Everybody Active Chair Based Activities

Melvin Sports Complex 11.00am-12noon

Tel: 028 7125 3253

FREE EVENT

### Senior Citizens Bowls

Derg Valley Leisure Centre, 11am-1pm, £1.

Tel: 028 8167 0727

### Mens Shed

Bogside & Brandywell Health Forum, Gasyard, 11am to 2pm.

Tel: 028 7136 5330

### Human Being Myself – Arts Workshops

Strabane, Alley Arts & Conference Centre, 2.30pm-4.15pm.

Tel: 028 7138 4444

FREE EVENT

### Get Online for Beginners

Grassroots Café, Strabane 10am-12 noon, booking essential.

Drink Wise Age Well 028 8283 9240

FREE EVENT

### Keep Learning

#### IT/Mobile Sessions

Learmount Resource Centre, Park Village. Every Tuesday, 7.30pm-9.30pm. Booking essential, £3 per session.  
**Tel: 028 7778 1881**

### Enagh Seniors Group Social Get together

Strathfoyle Library every Tuesday, 10.30am-12noon.  
**Tel: 078 7563 5808**

### SAFETALK – Suicide

#### Alertness for Everyone

Roe Valley Arts & Cultural Centre, Limavady, 9.30am –12.30pm  
**Tel: 028 718 65127**



### Wednesday 10th October World Mental Health Day!

### Hen's Shed for Ladies

Brooke Park, 10am-2pm.  
**Tel: 028 7126 2664**

### Get Online for Beginners!

Habinteg Housing Association, Limavady 10am-12noon. Booking essential.

**Tel: Drink Wise Age Well 028 8283 9240**

### “You are Never too old to Learn” Art Project

Sion Mills, 11am-1pm.  
**Tel: Andy 07774747298**



### Mens Shed

Bogside & Brandywell Health Forum, Gasyard, 11am to 2pm.  
**Tel: 028 7136 5330**

### Eden Memory Club

Shantallow Community Centre, 10.30am-1.30pm.  
**Tel: 028 7128 0250**

### Active Citizens Engaged

Social Gathering, Alexander House, Bishop St L/Derry, 11am-1pm.  
**Tel: 075 1473 3175**



### Archery

The Bogside & Brandywell Health Forum, Gasyard, 2pm to 3pm.  
**Tel: 028 7136 5330**



### Specialist Stop Smoking Service Drop in Clinic

Limavady Health Centre 5pm-7pm

Strabane Health Centre 5pm-6.30pm

**Helpline 0800 9179388**

### Adult Reading Group

Limavady Library 6.30pm-7.30pm  
**Tel: 028 7776 2540**

### Thursday 11th October

### Specialist Stop Smoking Service Drop in Clinic

Shared Future Centre Derry/Londonderry, 10am – 12noon.  
**Helpline 0800 9179388**

### Everybody Active (50+) Group

Foyle Arena, Derry /Londonderry, 11am-12.30pm.  
**Tel: 028 7125 3253**

### Everybody Active (50+) Group

Riversdale Leisure Centre, Strabane, 11am-12.30pm.  
**Tel: 028 7125 3253**



### Everybody Active (50+) Aqua Aerobics

Foyle Arena, Derry /Londonderry.  
**Tel: Ryan 028 7125 3253**



### Light Exercises

The Bogside & Brandywell Gasyard, 11am to 12.15pm.



### Cookery Programme Week 2

North West Regional College, Derry, 1pm to 3pm.



### Reminiscence Group

Limavady Library, 2.30pm-3.30pm.  
**Tel: 028 7776 2540**



### Danderball

Roe Valley Leisure Centre, 11.30am-12.30pm.  
**Tel: 028 7776 4009**



### October Socials Dance, Supper & Socialising

Malvern House, Chapel Road. BT47 2AM. 8pm-10pm. £2.00. Transport available, booking in advance essential Cost: £2 return fare.

**Tel: 028 71347 478 or Development @olderpeoplenorthwest.org**

### Everybody Active (50+) Soccer

Melvin Sports Complex Strabane, 9pm-10pm.  
**Tel: Ryan 028 7125 3253**



**Derg Valley Healthy Living Centre Luncheon Club**

Drink Wise Age Well Talk, 1pm.

Tel: 078 6875 5735



**Mindfulness**

Learmount Resource Centre, Park Village

7.30pm-8.30pm

£3 per session

Booking Essential.

Tel: 028 7778 1881

**Friday 12th October**

**Men's Shed**

Bogside & Brandywell Health Forum, Gasyard, 11am-2pm.

Tel: 028 7136 5330

**Reminiscence Group**

Dungiven Library, 12noon-1pm

Tel: 028 7774 1475



**Limavady Library**

Come along for assistance with your tablet, laptop or smart phone.

Tel: 028 7776 2540

**Cookery Programme Week 2**

North West Regional College, Strabane, 1pm to 3pm.



**Mens Club**

Bogside & BrandyWell Health Forum, Gasyard. 1pm to 3pm. Including hot dinner, £4.

**Saturday 13th October**

**Derry City Park Run 5km**

9.30am

[www.parkrun.org.uk/derrycity/](http://www.parkrun.org.uk/derrycity/)



**Limavady Park Run 5km**

Blackburn Park, Greystone Road, Limavady, 9.30am.

[www.parkrun.org.uk/limavady](http://www.parkrun.org.uk/limavady)



**Family Yoga**

Learmount Resource Centre, Park Village.

11am-12 noon. Booking essential, £3 per session.

Tel: 028 7778 1881

**Monday 15th October**

**Limavady Mens Shed**

110 Roemill Road, Limavady.

Mon-Thurs, 9.30am-5pm

Friday, 9.30am-1pm

Tel: 028 7776 9829

[www.besafebewell.co.uk](http://www.besafebewell.co.uk)



**Cosy Club, Long Term Health Conditions & Healthy Living**

Inch View, Hazelbank, 11am-12noon.

Tel 028 7127 1977

[Gary.bhcp@btconnect.com](mailto:Gary.bhcp@btconnect.com)



**Tai Chi - A Gentle way to get fit**

Bogside & Brandywell Health Forum, Gasyard.

12pm to 1pm.

Tel: 028 7136 5330



**Monday Club**

Bogside & Branywell Health Forum, Gasyard.

2.30pm to 4.30pm, £2.

Tel: 028 7136 5330

**Cookery Programme Week 3**

North West Regional College, Limavady, 1pm-3pm.

Tel: 028 7136 5330



**Specialist Stop Smoking Service Drop in Clinic**

Carnhill Resource Centre Derry/Londonderry, 6.00pm-7.30pm.

Helpline 0800 9179 388

**Tuesday 16th October**

**Volunteering Opportunities**

The Conservation Volunteers, Brooke Park.

Tel: 028 7126 2664

**Foreglen Mens Shed**

Foreglen Community Centre, every Tuesday & Thursday, 10am-3pm.

Tel: 028 7776 9829

[www.besafebewell.co.uk](http://www.besafebewell.co.uk)



**Everybody Active  
(50+) Group**

Foyle Arena, Derry/  
Londonderry, 11am-12.30pm.  
Tel: 028 7125 3253



**Everybody Active  
(50+) Group**

Riversdale Leisure Centre,  
Strabane, 11am-12.30pm.  
Tel: 028 7125 3253



**Everybody Active Chair  
Based Activities**

Melvin Sports Complex,  
11am-12noon. Refreshments  
Tel: 028 7125 3253



**Senior Citizens Bowls**

Derg Valley Leisure Centre  
11am-1pm, £1.  
Tel: 028 8167 0727

**Mens Shed**

Bogside & Brandywell  
Health Forum, Gasyard,  
11am-2pm.  
Tel: 028 7136 5330

**Human Being Myself  
Arts Workshops**

Strabane, Alley Arts &  
Conference Centre,  
2.30pm-4.15pm  
Tel: 028 7138 4444



**Get Online for Beginners**

Grassroots Café, Strabane  
10am-12 noon. Booking  
essential.

Tel: Drink Wise Age Well  
028 82839240



**Enagh Seniors Group  
Social Get together**

Strathfoyle Library,  
10.30am-12noon.  
Tel: 078 7563 5808

**Wednesday 17th October**

**Hen's Shed for Ladies**

Brooke Park, 10am-2pm.  
Tel: 028 7126 2664

**Get Online for Beginners!**

Habinteg Housing Associatio  
Limavady, 10am-12noon.  
Booking essential.

Tel: Drink Wise Age Well  
028 8283 9240



**"You are never too old to  
learn" Art Project**

Sion Mills, 11am-1pm.  
Tel: Andy 077 7474 7298

**Mens Shed**

Bogside & Brandywell  
Health Forum, Gasyard.  
11am to 2pm.  
Tel: 028 7136 5330



**Eden Memory Club**

The Shantallow Community  
Centre, 10.30am-1.30pm.  
Light lunch provided.  
Tel: 028 7128 0250

**Active Citizens Engaged**

Social Gathering , Alexander  
House, Bishop St L/Derry,  
11am-1pm.  
Tel: 075 1473 3175



**Archery**

The Bogside & Brandywell  
Health Forum, Gasyard,  
2pm to 3pm.  
Tel: 028 7136 5330



**Specialist Stop Smoking  
Service Drop in Clinic**

Limavady Health Centre  
5pm-7pm

Strabane Health Centre  
5pm-6.30pm  
Helpline 0800 9179388

**Adult Reading Group**

Limavady Library,  
6.30-7.30pm.  
Tel: 028 7776 2540



**Carers Support Group  
for Carers Effected by  
Dementia**

Derg Valley Care Healthy  
Living Centre, Castlederg  
7.00pm-8.30pm.  
Refreshments provided.  
Tel: Julie - Anne Casson  
028 7138 4570

**Thursday 18th October**

**Cookery Programme  
Week 3**

North West Regional  
College, Derry, 1pm-3pm.





**Specialist Stop Smoking Service Drop in Clinic**

Shared Future Centre  
Derry/Londonderry,  
10am-12noon.

**Helpline 0800 9179388**

**Everybody Active (50+) Group**

Foyle Arena, Derry/  
Londonderry, 11am-12.30pm.

**Tel: 028 7125 3253**



**Everybody Active (50+) Group**

Riversdale Leisure Centre,  
Strabane, 11am-12.30pm.

**Tel: 028 7125 3253**



**Everybody Active (50+) Aqua aerobics**

Foyle Arena, Derry  
/Londonderry.

**Tel: 028 7125 3253**



**Light Exercises**

The Bogside & Brandywell  
Gasyard, 11am to 12.15pm.



**Reminiscence Group**

Limavady Library,  
2.30pm-3.30pm.

**Tel: 028 7776 2540**



**Danderball**

Roe Valley Leisure Centre,  
11.30am-12.30pm.

**Tel: 028 7776 4009**



**October Socials, Dance, Supper & Socialising**

Malvern House, Chapel  
Road, BT47 2AM.  
8pm-10pm, £2.00  
transport available, booking  
essential, £2 return fare.

**Tel: 028 71347 478**

**Development@olderpeop  
lenorthwest.org**

**Everybody Active (50+) Soccer**

Melvin Sports Complex  
Strabane, 9pm-10pm.

**Tel: 028 7125 3253**



**Boccia Leaders Award Training**

Lecture Theatre 1, MDEC,  
Altnagelvin, L/Derry.  
1pm-4.30pm.

**Tel: 028 7186 5127**



**Derg Valley Healthy Living Centre, Luncheon Club**

First Aid with Red Cross,  
1pm.

**Tel: 078 6875 5735**

**Board Games Afternoon**

Limavady Library, 2.30pm.

**Tel: 028 7776 2540**



**Friday 19th October**

**Men's Shed**

Bogside & Brandywell  
Health Forum, Gasyard,  
11am to 2pm.

**Tel: 028 7136 5330**

**Reminiscence Group**

Dungiven Library,  
12noon-1pm.

**Tel: 028 7774 1475**



**Limavady Library**

Come along for assistance  
with your tablet, laptop of  
smart phone.

**Tel: 028 7776 2540**

**Cookery Programme Week 3**

North West Regional  
College, Strabane,  
1pm-3pm



**Mens Club**

Bogside & Brandywell Health  
Forum, Gasyard, including hot  
dinner, £4.  
1pm-3pm.

**Saturday 20th October**

**Derry City Park Run 5km**

9.30am

**www.parkrun.org.uk/  
derrycity/**



**Limavady Park Run 5km**

Blackburn Park, Greystone  
Road, Limavady, 9.30am.

**www.parkrun.org.uk/  
limavady**



**Monday 22nd October**

**Limavady Mens Shed**

Monday – Thursday  
9.30am-5pm

**Friday**

9.30am-1pm

**Tel: 028 7776 9829**

**www.besafebewell.co.uk**

**Cosy Club**

**Chair Based Aerobics**

Inch View, Hazelbank  
Derry, 11am-12 noon.

**Tel: 02871271977**

**Gary.bhpc@btconnect.com**



**Tai Chi**

**A Gentle way to get fit**

Bogside & Brandywell Health  
Forum, Gasyard.

12pm to 1pm

**Tel: 028 7136 5330**



**Monday Club**

Bogside & Brandywell Health  
Forum, Gasyard.

2.30pm-4.30pm. £2

**Tel: 028 7136 5330**

### **Cookery Programme Week 4**

North West Regional College,  
Limavady, 1pm-3pm  
Tel: 028 7136 5330

**FREE  
EVENT**

### **Specialist Stop Smoking Service Drop in Clinic**

Carnhill Resource Centre  
Derry/Londonderry  
6pm-7.30pm  
Helpline 0800 9179388

### **Tuesday 23rd October**

#### **Volunteering Opportunities**

Tel: 028 7126 2664

#### **Foreglen Mens Shed**

Foreglen Community Centre,  
Dungiven. Every Tuesday &  
Thursday, 10am-3pm.

Tel: 028 7776 9829

[www.besafebewell.co.uk](http://www.besafebewell.co.uk)

**FREE  
EVENT**

#### **Everybody Active (50+) Group**

Foyle Arena, Derry/  
Londonderry, 11am-12.30pm.

Tel: 028 7125 3253

**FREE  
EVENT**

#### **Everybody Active (50+) Group**

Riversdale Leisure Centre,  
Strabane, 11am-12.30pm.

Tel: 028 7125 3253

**FREE  
EVENT**

#### **Everybody Active Chair Based Activities**

Melvin Sports Complex  
11am-12noon

Tel: Ryan 028 7125 3253

**FREE  
EVENT**

#### **Senior Citizens Bowls**

Derg Valley Leisure Centre  
11.00am-1pm, £1.

Tel: 028 8167 0727

### **Mens Shed**

Bogside & Brandywell Health  
Forum, Gasyard, 11am-2pm.

Tel: 028 7136 5330

### **Human Being Myself Arts Workshops**

Strabane Alley Arts &  
Conference centre  
2.30pm-4.15pm

Tel: 028 7138 4444

**FREE  
EVENT**

### **Get Online for Beginners**

Grassroots Café, Strabane  
10am-12 noon. Booking  
essential.

Tel: Drink Wise Age Well  
028 8283 9240

### **Enagh Seniors Group Social Get Together**

Strathfoyle Library  
10.30am-12noon

Tel: 078 7563 5808

### **Wednesday 24th October**

#### **Hen's Shed for Ladies**

Brooke Park, 10am-2pm.

Tel: 028 7126 2664

#### **Get Online for Beginners!**

Habinteg Housing Association,  
Limavady, 10am-12noon.  
Booking essential.

Tel: Drink Wise Age Well  
028 8283 9240

**FREE  
EVENT**

#### **"You are never too old to learn" Art Project**

Sion Mills, 11am-1pm.

Tel: 077 7474 7298

**FREE  
EVENT**

### **Mens Shed**

Bogside & Brandywell Health  
Forum, Gasyard, 11am-2pm.

Tel: 028 7136 5330

### **Eden Memory Club**

The Shantallow Community  
Centre, 10.30am-1.30pm.

Tel: 028 7128 0250

### **Active Citizens Engaged Social Gathering**

Alexander House, Bishop St,  
L/Derry, 11am-1pm.

Tel: 075 1473 3175

### **Archery**

The Bogside & Brandywell  
Health Forum, Gasyard,  
2pm to 3pm.

Tel: 028 7136 5330

**FREE  
EVENT**

### **Specialist Stop Smoking Service Drop in Clinic**

Limavady Health Centre  
5.00pm-7.00pm.

Strabane Health Centre  
5.00pm-6.30pm.

Helpline 0800 9179388

### **Adult Reading Group**

Limavady Library,  
6.30-7.30pm.

Tel: 028 7776 2540

**FREE  
EVENT**

### **Thursday 25th October**

#### **OCTAFEST: Arts & Crafts, Chair Exercise, Bollywood Dancing & Tea Party**

Strabane & District Caring  
Services, 10am-1pm.

Tel: 028 7188 4986

**FREE  
EVENT**

### **Specialist Stop Smoking Service Drop in Clinic**

Shared Future Centre  
Derry/Londonderry  
10am – 12noon

Helpline 0800 9179388

### **Everybody Active (50+) Group**

Foyle Arena, Derry  
/Londonderry, 11am-12.30pm.

Tel: 028 7125 3253

**FREE  
EVENT**



**Everybody Active (50+) Group**

Riversdale Leisure Centre, Strabane, 11am-12.30pm.  
Tel: 028 7125 3253



**Everybody Active (50+) Aqua aerobics**

Foyle Arena, Derry /Londonerry  
Tel: 028 7125 3253



**Light Exercises**

The Bogside & Brandywell Gasyard, 11am-12.15pm.



**Cookery Programme Week 4**

North West Regional College, Derry, 1pm-3pm.



**Reminiscence Group**

Limavady Library, 2.30pm-3.30pm.  
Tel: 028 7776 2540

**Danderball**

Roe Valley Leisure Centre 11.30am-12.30pm.  
Tel: 028 7776 4009



**October Socials, Dance, Supper & Socialising**

Older People North West, Chapel Road, BT47 2AM. 8pm-10pm, £2. Transport available, booking essential, £2 return fare.

Tel: 028 71347 478

Development @olderpeop lenorthwest.org

**Everybody Active (50+) Soccer**

Melvin Sports Complex Strabane, 9pm-10pm.  
Tel: 028 7125 3253



**Friday 26th October**

**Mens Shed Bogside & Brandywell**  
Health Forum, Gasyard 11am-2pm.  
Tel: 028 7136 5330

**Connect Café**  
All Saints Hall, Glendermott Road, 12-2pm.  
Tel: 028 7134 2959



**Reminiscence Group**  
Dungiven Library 12noon-1pm.  
Tel: 028 7774 1475



**Limavady Library**  
Come along for assistance with your tablet, laptop of smart phone.  
Tel: 028 7776 2540



**Cookery Programme Week 4**  
North West Regional College, Strabane, 1pm-3pm.



**Mens Club**  
Bogside & BrandyWell Health Forum, Gasyard, 1pm-3pm. Including hot dinner, £4.

**Saturday 27th October**

**Derry City Park Run 5km**  
9.30am  
[www.parkrun.org.uk/derrycity/](http://www.parkrun.org.uk/derrycity/)



**Limavady Park Run 5km**  
9.30am  
[www.parkrun.org.uk/limavady](http://www.parkrun.org.uk/limavady)



**Monday 29th October**

**Cosy Club Celebration event**  
Inch View, Hazelbank, Derry. 11am-12 noon.  
Tel 028 7127 1977  
[Gary.bhcp@btconnect.com](mailto:Gary.bhcp@btconnect.com)



**Tai Chi**  
A Gentle way to get fit  
Bogside & Brandywell Health Forum, Gasyard, 12pm-1pm.  
Tel: 028 7136 5330



**Monday Club**  
Bogside & Brandywell Health Forum, Gasyard. 2.30pm-4.30pm, £2.  
Tel: 028 7136 5330

**Cookery Programme  
Week 5**

North West Regional College,  
Limavady. 1pm-3pm  
Tel: 028 7136 5330



**Specialist Stop Smoking  
Service Drop in Clinic**  
Carnhill Resource Centre  
Derry/Londonderry  
6.00pm-7.30pm  
Helpline 0800 9179388

**Tuesday 30th October**

**Volunteering Opportunities**  
Tel: 028 7126 2664

**Foreglen Mens Shed**  
Foreglen Community Centre,  
Dungiven. Every Tuesday &  
Thursday, 10am-3pm.  
Tel: 028 7776 9829  
[www.besafebewell.co.uk](http://www.besafebewell.co.uk)



**Everybody Active  
(50+) Group**  
Foyle Arena, Derry  
/Londonderry, 11am-12.30pm.  
Tel: 028 7125 3253



**Everybody Active  
(50+) Group**  
Riversdale Leisure Centre,  
Strabane, 11am-12.30pm.  
Tel: Ryan 028 7125 3253



**Everybody Active Chair  
Based Activities**  
Melvin Sports Complex  
11am-12noon.  
Tel: 028 7125 3253



**Senior Citizens Bowls**  
Derg Valley Leisure Centre  
11am-1pm, £1.  
Tel: 028 8167 0727

**Mens Shed**

Bogside & Brandywell Health  
Forum, Gasyard, 11am-2pm.  
Tel: 028 7136 5330

**Human Being Myself  
Arts Workshops**  
Strabane Alley Arts &  
Conference Centre,  
2.30pm-4.15pm.  
Tel: 028 7138 4444



**Get Online for Beginners**  
Grassroots Café, Strabane  
10am-12noon, booking  
essential.  
Tel: 028 8283 9240

**Enagh Seniors Group  
Social Get together**  
Strathfoyle Library  
10.30am-12noon  
Tel: 078 7563 5808

**Wednesday 31st October**

**Hen's Shed for Ladies**  
Brooke Park, 10am-2pm.  
Tel: 028 7126 2664

**Get Online for Beginners**  
Habinteg Housing  
Association, Limavady,  
10am-12noon, booking  
essential.  
Tel: Drink Wise Age Well  
028 8283 9240



**“You are never too old to  
Learn” Art Project**  
Sion Mills, 11am-1pm.  
Tel: 077 7474 7298



**Mens Shed**  
Bogside & Brandywell Health  
Forum, Gasyard,  
11am-2pm.  
Tel: 028 7136 5330

**Eden Memory Club**

The Shantallow Community  
Centre, 10.30am-1.30pm,  
light lunch provided.  
Tel: Hayleigh 028 7128 0250



**Active Citizens Engaged  
Social Gathering**  
Alexander House, Bishop  
St, L/Derry, 11am-1pm.  
Tel: 075 1473 3175

**Archery**  
The Bogside & Brandywell  
Health Forum, Gasyard,  
2pm-3pm.  
Tel: 028 7136 5330



**Specialist Stop Smoking  
Service Drop in Clinic**  
Limavady Health Centre  
5.00pm-7.00pm

Strabane Health Centre  
5.00pm-6.30pm  
Helpline 0800 9179388

**Adult Reading Group**  
Limavady Library,  
6.30-7.30pm.  
Tel: 028 7776 2540



**Halloween Street  
Carnival Parade**  
Fireworks display 8.15pm  
followed with live music in  
the Guildhall Square.



**Reading Rooms in  
Care Homes**

**Brooklands  
Edenballymore Lodge**  
Monday 2pm – 3pm

**Owen Mor**  
Monday 3pm – 4pm

**Seven Oaks Tuesday**  
11.30am – 12.30pm

**Longfield**  
Wednesday 2.30pm –  
3.30pm

Reading and Conversation  
on a range of short stories  
and poems with Residents.  
Friends and Family  
welcome. Aims to reduce  
loneliness as well as build

relationships between  
residents and staff, family and  
friends.

**Reading Rooms:  
Older People  
Community Programme**

**Learmount Community  
Centre, Park**  
Mondays on a monthly basis

**Rathmor 50+ (Rathmore  
Centre, Creggan)**  
Tuesday on a monthly basis

A chance to come and hear  
great literature read aloud and  
join in the conversation. This  
gives participants a chance to  
tell their own story too. The  
programme aims to help ease  
isolation and loneliness as  
well as build relationships for  
older people.

**Tel: 028 71 266 946**  
**readingrooms@theverbal.co**

**Knit & Natter**



**libraries ni**  
[www.librariesni.org.uk](http://www.librariesni.org.uk)

A group for anyone who  
enjoys knitting, crochet, cross  
stitch and other crafts. Share  
hints and tips, swap patterns,  
meet new people and learn  
new skills.

Free Event. Find a group near  
you. You don't need to book,  
just turn up!

**Castlederg**  
Every Thursday, 11-1pm  
6pm-7.50pm  
**Tel: 028 8167 1419**

**Strabane**  
Every Friday, 2pm-4pm  
**Tel: 028 7188 3686**

**Derry Central**  
Every Tuesday, 2pm-4pm  
Every Thursday, 7pm-8pm  
**Tel: 028 7122 9990**

**Shantallow**  
Every Monday & Thursday  
2pm-4pm  
**Tel: 028 7135 4185**

**Strathfoyle**  
Every Monday 2.00pm  
**Tel: 028 7186 0385**

**Dungiven**  
Every Tuesday,  
11am-12.30pm  
**Tel: 028 7774 1475**

Limavady  
Every Thursday  
10.30am-11.30am  
**Tel: 028 7776 2540**



# Take5

steps to wellbeing

Be active



Give



Connect



Keep learning



Take notice



# Ten Winter Warming Tips

- 1 HOT DRINKS.** Consume frequent hot drinks, these can include, tea, coffee, hot chocolate, herbal teas and milky drinks.
- 2 EAT REGULAR MEALS.** Be sure to eat regularly to maintain energy levels.
- 3 FILL UP A FLASK.** When boiling the kettle, fill up a flask of hot water to make regular hot drinks.
- 4 AVOID ALCOHOL.** Despite making you feel warm, alcohol actually lowers your body temperature.
- 5 HAVE AT LEAST ONE HOT MAIN MEAL.** To help keep the body warm.
- 6 COOK IN BULK.** Make extra portions of meals to reheat later.
- 7 MAKE USE OF A MICROWAVE.** A quick and easy method of reheating meals and warming up drinks.
- 8 REHEATING.** Food should be reheated to 63°C until it is piping hot the whole way through.
- 9 STORE CUPBOARD.** Keep essential store cupboard items in stock e.g. pasta, canned vegetables, canned meat, herbs and spices.
- 10 KEEP ACTIVE AND WEAR WARM CLOTHING.**





**#positiveageingwest**

**Derry • Londonderry • Strabane • Limavady • 2018**