

**Positive  
Ageing  
Month**

**October**

**Causeway Coast  
and Glens  
2024**





# Chatty Carriage

**WEDNESDAY**  
**16<sup>th</sup> October 2024**  
Meeting at Coleraine  
Train Station @ 10.30am

*Coleraine to Derry/Londonderry*

***“One of the most beautiful rail journeys in the world”***

***Michael Palin***

***Chatty Carriage aims to encourage connections & provide opportunities for people aged 60+ to hop on board the train to chat, connect & engage with each other, while helping to reduce social isolation & loneliness.***

***A Smart Pass is preferable but not essential***

***For further details or to book please contact Marian - 07500075419***

## Welcome

As Mayor of Causeway Coast and Glens Borough Council, I am delighted to introduce this programme of events for Positive Ageing Month, 2024.

Positive Ageing Month is an annual, month-long festival celebrating the role of older people in their communities and this year a wide range of opportunities for older people including health and exercise programmes, information sessions and many opportunities for social interaction are available in the Causeway Coast and Glens Borough Council area.

I look forward to seeing our older residents benefit from these programmes and I hope that participants make helpful connections throughout the month of October.

I'd like to thank all contributing partners for their continued work providing an extensive range of programming for Positive Ageing Month. Special word of thanks should go to the Public Health Agency as primary funders of the Age-Friendly Programme.

I am hopeful that the activities provided for Positive Ageing Month are well attended and provide incentive for increased participation, more social connection and active ageing.

**Councillor Ciarán McQuillan**

Mayor of Causeway Coast and Glens Borough Council



# Programme of Events

Tuesday 1st October 2024

## Launch of Christmas intergenerational small grants scheme

Linking Generations NI  
Launch of Christmas intergenerational small grants scheme  
Email Elaine at elaine.brownlee@bjf.org.uk

## Causeway Coast & Glens Museum Services Presents - Toys of Yesterday Reminiscence Session

Libraries NI  
11:00am - 12:00pm  
Coleraine Library  
Coleraine Library invites you to join us for a special themed reminiscence session hosted by Causeway Coast & Glens Museum Services, as we grandparents and grandchildren to come along and view a variety of vintage toys provided by the Museum Services and reflect on those childhood memories.  
No Booking Required  
Telephone 028 7034 2561 or Email coleraine.library@librariesni.org.uk

## Rhythm & Rhyme - Once Upon a Nursery Rhyme

Libraries NI  
2:15pm - 2:45pm  
Limavady Library  
Limavady Library invites you all to join our special themed Rhythm and Rhyme session, where we will be singing lots of classic and favourite songs together.  
Come along and join in the nostalgic fun.  
No Booking Required  
Telephone 028 7776 2540 or Email limavady.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 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

## Active Life Exercise Class

Council Active Life  
10am  
Roe Valley Lesiure Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3 person includes Active Life Racquets  
sportsdevelopment@causewaycoastandglens.gov.uk

Wednesday 2nd October 2024

## Alzheimer's Society drop in at Ballymoney Library

Alzheimer's Society and NI Libraries  
11am - 1pm  
Ballymoney Library  
Alzheimer's Society local Dementia Adviser Aoife McMaster will be visiting. You will have the opportunity to talk about dementia, ask questions and receive helpful information and advice.  
Drop in on the day  
Aoife McMaster - 077 1037 9947

Thursday 3rd October 2024

## 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 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 person includes Active Life Racquets  
sportsdevelopment@causewaycoastandglens.gov.uk

## Active Life Racquet Sport

Council Active Life  
10.30am  
Coleraine Leisure Centre  
Older adult racquet sports including Pickleball and Badminton  
No need to register - £3 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 person includes Active Life Racquets  
sportsdevelopment@causewaycoastandglens.gov.uk

Friday 4th October 2024

## Rhythm & Rhyme - Once Upon a Nursery Rhyme

Libraries NI  
10:30am - 11:00am  
Ballymoney Library  
Ballymoney Library invites you all to join our special themed Rhythm and Rhyme session, where we will be singing lots of classic and favourite songs together. Come along and join in the nostalgic fun.  
Booking Advisable  
Telephone 028 2766 3589 or Email ballymoney.library@librariesni.org.uk

## Go On Module - E-Clinic 1-2-1 Sessions

Libraries NI  
10:00am - 1:00pm  
Portstewart Library  
1-2-1 IT help sessions for beginners: help with your mobile device, general IT assistance, information about library e-services.  
Booking Essential  
Telephone 028 7083 2712 or Email portstewart.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 person  
sportsdevelopment@causewaycoastandglens.gov.uk

Monday 7th October 2024

## Rhythm & Rhyme - Once Upon a Nursery Rhyme

Libraries NI  
10:30am - 11:00am  
Dungiven Library  
Dungiven Library invites you all to join our special themed Rhythm and Rhyme session, where we will be singing lots of classic and favourite songs together.  
Come along and join in the nostalgic fun.  
No Booking Required  
Telephone 028 7774 1475 or Email dungiven.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 person includes Active Life Racquets  
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 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

#### Move More Live More (Session 1)

Age NI  
11.00am  
Online via Zoom  
Move More Live More is a falls prevention health and wellbeing programme. This consists of expert speakers such as physiotherapist on how to stay strong within our body and other experts talking on different aspects of health such as sleep, nutrition, and mental health and how this relates to falls. In each session we will finish off doing some strength and balance exercises which are for suitable for all abilities.  
Sign up online at [www.ageni.org/movemorelivemore](http://www.ageni.org/movemorelivemore)  
Claire.mckeown@ageni.org or 07773113544

#### Launch of Small Grants Programme

Causeway Loneliness Network  
Causeway Loneliness Network will launch their small grant programme on the 7th of October 24, closing on 21st October, for projects enhancing positive ageing.  
For guidance and application email:  
healthandwellbeingteam@northerntrust.hscni.net.

### Tuesday 8th October 2024

#### Alzheimer's Society drop in at Kilrea Library

Alzheimer's Society and NI Libraries  
2pm - 4pm  
Kilrea Library  
Alzheimer's Society local Dementia Adviser Aoife McMaster will be visiting. You will have the opportunity to talk about dementia, ask questions and receive helpful information and advice.  
Drop in on the day  
Aoife McMaster - 077 1037 9947

#### Rhythm & Rhyme - Once Upon a Nursery Rhyme

Libraries NI  
11:30am - 12:00pm  
Coleraine Library  
Coleraine Library invites you all to join our special themed Rhythm and Rhyme session, where we will be singing lots of classic and favourite songs together. Come along and join in the nostalgic fun.  
No Booking Required  
Telephone 028 7034 2561 or Email [coleraine.library@librariesni.org.uk](mailto:coleraine.library@librariesni.org.uk)

#### Causeway Coast & Glens Museum Services Presents - Toys of Yesterday Reminiscence Session

Libraries NI & CCG BC  
2:30pm - 3:30pm  
Portrush Library  
Portrush Library invites you to join us for a special themed reminiscence session hosted by Causeway Coast & Glens Museum Services, as we grandparents and grandchildren to come along and view a variety of vintage toys provided by the Museum Services and reflect on those childhood memories.  
No Booking Required  
Telephone 028 7082 3718 or Email [portrush.library@librariesni.org.uk](mailto: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 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

#### Active Life Exercise Class

Council Active Life  
10am  
Roe Valley Lesiure Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3 person includes Active Life Racquets  
sportsdevelopment@causewaycoastandglens.gov.uk

#### Meet & Eat

Age Concern Causeway  
2.00pm  
Herald's@22  
Meet & Eats run monthly, they are for over 55 who want to get out and meet new people. We have our lunch together and chat.  
Call 02870357966  
Mandy Corr - [manager@accuseway.org](mailto:manager@accuseway.org)

### Wednesday 9th October 2024

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

Alzheimer's Society  
7pm - 8pm  
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

#### Agenda for Residential Care Costs Talk

U3A  
2.00pm  
Online  
The online session is in relation to Planning Ahead for Future Care costs. The session will look at Residential Care Costs, types and costs of Care. Financial Assessment re your contribution to Care Costs. First look at what is meant by Capital - What is included as Capital? Then look at what is meant by Income -What is included as Income. Current Legislation and Future Legislation.  
Martin McDauid [martinmcdauid@hotmail.com](mailto:martinmcdauid@hotmail.com)

#### Coping with Cost Of Living and financial well-being

The Bank of Ireland  
11.00am  
Online  
Join the Bank of Ireland for an exclusive information session on Coping with Cost Of Living and fraud. Are you concerned about the rising cost of living and its impact on your financial well-being? Join our presentation to gain valuable insights into navigating the challenges of the cost of living.  
[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_ZDNIMjgwOWYtNWYzMi00NjE0LWJjNjQ0MTI2MDUyZDAXYTdh%40thread.v2/0?context=%7b%22Tid%22%3a%22abd7058b-3ab1-468b-a2f3-raisa.donnelly@midulstercouncil.org](https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZDNIMjgwOWYtNWYzMi00NjE0LWJjNjQ0MTI2MDUyZDAXYTdh%40thread.v2/0?context=%7b%22Tid%22%3a%22abd7058b-3ab1-468b-a2f3-raisa.donnelly@midulstercouncil.org) or 03000 132 132 / 07553379721

### Thursday 10th October 2024

#### NHSCT Health and Wellbeing Team - Wellbeing Information Session

Libraries NI  
10:00am - 11:30am  
Coleraine Library  
To celebrate World Mental Health Day, in partnership with Northern Health & Social Care Trust

(NHSCT), Coleraine Library is delighted to welcome the NHSCT Health & Wellbeing Team to host an information session on wellbeing and healthy living.  
No Booking Required  
Telephone 028 7034 2561 or Email coleraine.library@librariesni.org.uk

#### **Rhythm & Rhyme - Once Upon a Nursery Rhyme**

Libraries NI  
11:00am - 11:30am  
Cushendall Library

As part of Positive Ageing Month, Cushendall Library invites you all to join our special themed Rhythm and Rhyme session, where we will be singing lots of classic and favourite songs together. Come along and join in the nostalgic fun.

Booking Essential  
Telephone 028 2177 1297 or Email cushendall.library@librariesni.org.uk

#### **Green Lane Museum - Guided Tour**

Roe Valley Ancestral Researchers  
11am

Green Lane Museum, Roe Valley Country Park

Join the Roe Valley Ancestral Researchers to discover more about the history of the Roe Valley through the museum collections.

Roe Valley Ancestral Researchers rvaresearchers@gmail.com or museums@causewaycoastandglens.gov.uk 07565 659 444

Betty Ferguson, Roe Valley Ancestral Researchers,  
Museum Services

#### **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 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 person includes Active Life Racquets  
sportsdevelopment@causewaycoastandglens.gov.uk

#### **Active Life Racquet Sport**

Council Active Life  
10.30am

Coleraine Leisure Centre

Older adult racquet sports including Pickleball and Badminton

No need to register - £3 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 person includes Active Life Racquets  
sportsdevelopment@causewaycoastandglens.gov.uk

#### **BT Digital Voice Session**

BT  
4.00pm

Microsoft Teams

Come along and hear from BT in relation to the important changes that will be made to landline telephone service. BT's latest research shows that older people might not be fully aware of these updates and could be the most affected. The session will give people the to get their questions answered and concerns addressed.

Microsoft Teams Need help? Join the meeting now.  
Meeting ID: 311 897 791 663 Passcode: qfj52Q

### Friday 11th October 2024

#### **Go On Module - E-Clinic 1-2-1 Sessions**

Libraries NI

10:00am - 1:00pm

Ballymoney Library

1-2-1 IT help sessions for beginners: help with your mobile device, general IT assistance, information about library e-services.

Booking Essential

Telephone 028 2766 3589 or Email ballymoney.library@librariesni.org.uk

#### **Human Library Project**

Libraries NI

2:00pm - 3:00pm

Limavady Library

In partnership with Northern Health & Social Care Trust and as part of the Causeway Loneliness Network, Limavady Library invites you to attend the Human Library Project. 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 7776 2540 or Email limavady.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 person

sportsdevelopment@causewaycoastandglens.gov.uk

### Monday 14th October 2024

#### **Colourful Memories - Family Mindful Colouring Event**

Libraries NI

11:00am - 12:00pm

Coleraine Library

Colours are the smile of nature and at Coleraine Library, we invite all the family to come along and create new joyful memories together in our Colourful Memories - Family Mindful Colouring Event. Join us to colour a selection of mindful colouring for all the family, while having fun together.

No Booking Required

Telephone 028 7034 2561 or Email coleraine.library@librariesni.org.uk

#### **Rhythm & Rhyme - Once Upon a Nursery Rhyme**

Libraries NI

11:00am - 11:30am

Portstewart Library

Portstewart Library invites you all to join our special themed Rhythm and Rhyme session, where we will be singing lots of classic and favourite songs together.

Come along and join in the nostalgic fun.

Booking Advisable

Telephone 028 7083 2712 or Email portstewart.library@librariesni.org.uk

#### **Active Life Exercise Class**

Council Active Life

10.30am

Shesburn Recreation Centre

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

No need to register - £3 person includes Active Life Racquets

sportsdevelopment@causewaycoastandglens.gov.uk

#### **Active Life Racquet Sport**

Council Active Life

11.30am

Shesburn Recreation Centre

Older adult racquet sports including Pickleball and Badminton

No need to register - £3 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

### Tuesday 15th October 2024

#### Rhythm & Rhyme - Once Upon a Nursery Rhyme

Libraries NI  
10:30am - 11:30am  
Ballycastle Library  
Ballycastle Library invites you all to join our special themed Rhythm and Rhyme session, where we will be singing lots of classic and favourite songs together. Come along and join in the nostalgic fun.

Booking Essential  
Telephone 028 2076 2566 or Email ballycastle.library@librariesni.org.uk

#### Go On Module - Introduction to BFI Replay

Libraries NI  
2:00pm - 4:00pm  
Kilrea Library  
As part of Get Online Week, Kilrea Library invites you to come along to our introduction to BFI Replay. BFI Replay is a free streaming service for public libraries with 1000's of digitised videos and television programmes from the collections of the BFI National Archive (British Film Institute).

Come along to find out more.  
No Booking Required  
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 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

#### Active Life Exercise Class

Council Active Life  
10am  
Roe Valley Lesiure Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3 person includes Active Life Racquets  
sportsdevelopment@causewaycoastandglens.gov.uk

### Wednesday 16th October 2024

#### Causeway Coast & Glens Museum Services Presents - Toys of Yesterday Reminiscence Session

Libraries NI & CCG BC  
11:00am - 12:00pm  
Ballymoney Library  
Ballymoney Library invites you to join us for a special themed reminiscence session hosted by Causeway Coast & Glens Museum Services, as we grandparents and grandchildren to come along and view a variety of vintage toys provided by the Museum Services and reflect on those childhood memories.

No Booking Required  
Telephone 028 2766 3589 or Email ballymoney.library@librariesni.org.uk

#### Meet & Eat

Age Concern Causeway  
1.00pm  
Ann's Hot Bread Shop  
Meet & Eats run monthly, they are for over 55 who want to get out and meet new people. We have our lunch together and chat.  
Call 02870357966  
Mandy Corr - manager@accuseway.org

### Thursday 17th October 2024

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

Alzheimer's Society  
10.30am - 11.30am  
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

#### Go On Module - Introduction to iPad Camera

Libraries NI  
2:00pm - 4:00pm  
Garvagh Library  
As part of Get Online Week, Garvagh Library invites you to come along and learn how to take and edit photos using an iPad.  
No Booking Required  
Telephone 028 2955 8500 or Email garvagh.library@librariesni.org.uk

#### Ageing, Wellbeing and Dementia

Alzheimer's Society  
2.30pm-4.30pm  
Bethany Community Centre, Irish Green Street, Limavady BT49 9AB  
Dementia can affect anyone; while many of the risks cannot be avoided, there are things you can do to reduce your risk. This workshop will explore the relationship with ageing and dementia, the importance of wellbeing and maintaining a healthy lifestyle.  
To register, contact Paul Curran on 07725639918 or email paul.curran@alzheimers.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 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 person includes Active Life Racquets  
sportsdevelopment@causewaycoastandglens.gov.uk

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Council Active Life  
10.30am  
Coleraine Leisure Centre  
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#### 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 person includes Active Life Racquets  
sportsdevelopment@causewaycoastandglens.gov.uk

### Friday 18th October 2024

#### Go On Module - Internet Scams and How to Avoid Them

Libraries NI  
2:00pm - 4:00pm  
Limavady Library  
As part of Get Online Week, Limavady Library invites you to attend our internet scam awareness session and learn how to stay safe online.  
No Booking Required  
Telephone 028 7776 2540 or Email [limavady.library@librariesni.org.uk](mailto:limavady.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 person  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

#### The Menopause and Your Pension

MoneyHelper  
11.00am - 12.00  
Online Event  
Did you know that the menopause can have a negative impact on women's pensions? Some women struggle to deal with their symptoms during this crucial retirement saving period and often work less or reduce their hours. In this webinar, our MoneyHelper Pensions specialists will explain what impact the menopause could have on your pension and how you can focus on saving for your retirement. There will also be time for questions.  
<https://events.teams.microsoft.com/event/6e0abb75-b6a5-406e-af92-e0b3571597ca@bbe41032-8fce-4d42-bab5-44e21510886dpartners@maps.org.uk>

### Monday 21th October 2024

#### Rhythm & Rhyme - Once Upon a Nursery Rhyme

Libraries NI  
10:45am - 11:15am  
Portrush Library  
Portrush Library invites you all to join our special themed Rhythm and Rhyme session, where we will be singing lots of classic and favourite songs together. Come along and join in the nostalgic fun.  
Booking Advisable  
Telephone 028 7082 3718 or Email [portrush.library@librariesni.org.uk](mailto:portrush.library@librariesni.org.uk)

#### Go On Module - eBooks and eMagazines

Libraries NI  
10:30am - 12:30pm  
Ballymoney Library  
Ballymoney Library invites you to come along and find out how to access free eBooks and eMagazines on your mobile device in our fun filled digital session.  
No Booking Required  
Telephone 028 2766 3589 or Email [ballymoney.library@librariesni.org.uk](mailto:ballymoney.library@librariesni.org.uk)

#### Active Life Exercise Class

Council Active Life  
10.30am  
Shesburn Recreation Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3 person includes Active Life Racquets  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

#### Active Life Racquet Sport

Council Active Life  
11.30am  
Shesburn Recreation Centre

Older adult racquet sports including Pickleball and Badminton  
No need to register - £3 person includes Active Life Exercise Class  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

#### Move More Live More (Session 2)

Age NI  
11.00am  
Online via Zoom  
Move More Live More is a falls prevention health and wellbeing programme. This consists of expert speakers such as physiotherapist on how to stay strong within our body and other experts talking on different aspects of health such as sleep, nutrition, and mental health and how this relates to falls. In each session we will finish off doing some strength and balance exercises which are for suitable for all abilities.  
Sign up online at [www.ageni.org/movemorelivemore](http://www.ageni.org/movemorelivemore)  
[Claire.mckeown@ageni.org](mailto:Claire.mckeown@ageni.org) or 07773113544

### Tuesday 22nd October 2024

#### Take 5 Adult Mindful Colouring Event

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' Adult Mindful Colouring event  
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 person includes Active Life Exercise Class  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

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Council Active Life  
10am  
Roe Valley Lesiure Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3 person includes Active Life Racquets  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

### Wednesday 23rd October 2024

#### Colourful Memories - Family Mindful Colouring Event

Libraries NI  
12:00pm - 1:00pm  
Ballymoney Library  
Colours are the smile of nature and at Ballymoney Library, we invite all the family to come along and create new joyful memories together in our Colourful Memories - Family Mindful Colouring Event. Join us to colour a selection of mindful colouring for all the family, while having fun together.  
No Booking Required  
Telephone 028 2766 3589 or Email [ballymoney.library@librariesni.org.uk](mailto:ballymoney.library@librariesni.org.uk)

#### Meet & Eat

Age Concern Causeway  
2.00pm  
Antoinette's Café  
Meet & Eats run monthly, they are for over 55 who want to get out and meet new people. We have our lunch together and chat.  
Call 02870357966  
Mandy Corr - [manager@accuseway.org](mailto:manager@accuseway.org)

Thursday 24th October 2024

**Causeway Coast & Glens Museum Services Presents - Toys of Yesterday Reminiscence Session**

Libraries NI & CCG BC  
10:30am - 12:00pm  
Garvagh Library

Garvagh Library invites you to join us for a special themed reminiscence session hosted by

Causeway Coast & Glens Museum Services, as we grandparents and grandchildren to come along and view a variety of vintage toys provided by the Museum Services and reflect on those childhood memories.

No Booking Required  
Telephone 028 2955 8500 or Email [garvagh.library@librariesni.org.uk](mailto:garvagh.library@librariesni.org.uk)

**Human Library Project**

Libraries NI  
2:30pm - 3:30pm  
Kilrea Library

In partnership with Northern Health & Social Care Trust and as part of the Causeway Loneliness Network, Kilrea Library invites you to attend the Human Library Project. 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 2954 0630 or Email [kilrea.library@librariesni.org.uk](mailto:kilrea.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 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 person includes Active Life Racquets  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

**Active Life Racquet Sport**

Council Active Life  
10.30am  
Coleraine Leisure Centre

Older adult racquet sports including Pickleball and Badminton  
No need to register - £3 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 person includes Active Life Racquets  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

**Dr Mark Hammond - Creating Age-Friendly Developments Webinar**

Age Friendly Network NI  
10.00am - 11.00am  
Online via MS Teams

This session will explore how the needs and aspirations of older people can be better addressed by architects, planners and developers creating new residential developments. We will explore the different ways that built environment professions think about older people, what we mean by 'age-friendly' housing, and how we can mainstream it in the places we work.  
[stephanie.rock@armaghbanbridgescraigavon.gov.uk](mailto:stephanie.rock@armaghbanbridgescraigavon.gov.uk) 07825010630 or [hollandj@belfastcity.gov.uk](mailto:hollandj@belfastcity.gov.uk) 07827823998

Friday 25th October 2024

**Go On Module - Introduction to Galaxy Tablet**

Libraries NI  
10:30am - 12:30pm  
Ballycastle Library

If you have a Galaxy Tablet and want to learn more on how to use it, the Ballycastle Library invites you to join our fun filled introduction session to using your galaxy tablet.

No Booking Required  
Telephone 028 2076 2566 or Email [ballycastle.library@librariesni.org.uk](mailto:ballycastle.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 person  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

Saturday 26th October 2024

**North of Ireland Family History Society - Family History Day**

Libraries NI  
10:00am - 4:00pm  
Coleraine Library

Coleraine Library is delighted to welcome North of Ireland Family History Society into the library to hold a Family History Day, as part of our Positive Ageing Month activities. Everyone is welcome to come along and speak with members of the society to learn more about researching their family history, genealogy, advice and tips on how to avail of the Heritage Room resources within the library and help with any queries relating to family history.

No Booking Required  
Telephone 028 2766 3589 or Email [ballymoney.library@librariesni.org.uk](mailto:ballymoney.library@librariesni.org.uk)

**Rhythm & Rhyme - Once Upon a Nursery Rhyme**

Libraries NI  
10:00am - 10:30am  
Garvagh Library

Garvagh Library invites you all to join our special themed Rhythm and Rhyme session, where we will be singing lots of classic and favourite songs together. Come along and join in the nostalgic fun.

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

Monday 28th October 2024

**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 person includes Active Life Racquets  
[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 person includes Active Life Exercise Class  
[sportsdevelopment@causewaycoastandglens.gov.uk](mailto:sportsdevelopment@causewaycoastandglens.gov.uk)

Tuesday 29th October 2024

**Go On Module - E-Clinic 1-2-1 Sessions**

Libraries NI  
10:00am - 1:00pm  
Coleraine Library

1-2-1 IT help sessions for beginners: help with your mobile device, general IT assistance, information about library e-services.

Booking Essential  
Telephone 028 7034 2561 or Email [coleraine.library@librariesni.org.uk](mailto:coleraine.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 person includes Active Life Exercise Class  
sportsdevelopment@causewaycoastandglens.gov.uk

**Active Life Exercise Class**

Council Active Life  
10am  
Roe Valley Lesiure Centre  
Older adult exercise class designed to improve health, flexibility, balance and strength  
No need to register - £3 person includes Active Life Racquets  
sportsdevelopment@causewaycoastandglens.gov.uk

**Wednesday 30th October 2024**

**Alzheimer's Society drop in at Portstewart Library**

Alzheimer's Society and NI Libraries  
10am - 12pm  
Portstewart Library  
Alzheimer's Society local Dementia Adviser Aoife McMaster will be visiting. You will have the opportunity to talk about dementia, ask questions and receive helpful information and advice.  
Drop in on the day  
Aoife McMaster - 077 1037 9947

**Thursday 31st October 2024**

**Rhythm & Rhyme - Once Upon a Nursery Rhyme**

Libraries NI  
10:30am - 11:00am  
Kilrea Library  
Kilrea Library invites you all to join our special themed Rhythm and Rhyme session, where we will be singing lots of classic and favourite songs together. Come along and join in the nostalgic fun.  
Booking Essential  
Telephone 028 2954 0630 or Email kilrea.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 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 person includes Active Life Racquets  
sportsdevelopment@causewaycoastandglens.gov.uk

**Active Life Racquet Sport**

Council Active Life  
10.30am  
Coleraine Leisure Centre  
Older adult racquet sports including Pickleball and Badminton  
No need to register - £3 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 person includes Active Life Racquets  
sportsdevelopment@causewaycoastandglens.gov.uk



**Autumn Activities 2024  
Glens & Dalriada u3a**

Activities take place weekly in Shesburn Recreation Centre, Ballycastle, unless otherwise stated below.

**MONDAY AM 11.00 – 12.30**

**u3a Choir –**  
Glenariffe Centre  
Join us for a range of classic and new songs

**MONDAY PM 28<sup>th</sup> 4.00 – 5.00**

**Environmental Group**  
Come and find out what we're doing to improve the area

**TUESDAY AM 10.00 – 12.00**

**Social Bridge**  
New to bridge or needing to improve?  
Come and play.

**TUESDAY PM 2.00 – 3.30**

**u3a Specials**  
Changes each week

3.30 – 5.30

**Badminton**  
A social game for all abilities

**WEDNESDAY AM 9.30 – 10.30**

**Chair Yoga**  
Gentle exercise

**Wed 9<sup>th</sup> 10.30 – 12.00**

**Monthly Meeting**  
Glenariffe Centre  
"Avoiding Online Scams and Frauds"

11.30 – 12.30

**French Conversation**

**WEDNESDAY PM 2.00 – 5.30**

**Duplicate Bridge**  
For those wanting a competitive game of bridge

**THURSDAY AM 10.00 – 11.00**

**Puzzle Hour**  
Flex those grey cells!

11.00 – 12.00

**T'ai Chi**  
Flex everything else, gently!

12.30 – 2.00

**Pickleball Beginners**  
A great new sport – for beginners

**THURSDAY PM 2.30 – 4.00**

**Pickleball Returners**  
The same great sport, for more experienced players

**THURSDAY 17<sup>th</sup> & 31<sup>st</sup> 2.00 – 4.00**

**Floral Art**  
Presbyterian Hall

**FRIDAY AM 10.00 – 12.00**

**Painting Group**  
10.00 – 11.00

**Irish Experienced Speakers**  
Online

12.00 – 12.45

**Zumba**

**FRIDAY PM 2.30 – 3.30**

**Table Tennis**  
Join us for a social Friday afternoon game

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

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

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

For details of library opening hours go to [librariesni.org.uk](http://librariesni.org.uk) or telephone the library directly.

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

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

### For Adults

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

### For Children

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

To find out what happens in each library go to [librariesni.org.uk](http://librariesni.org.uk) or telephone the library directly.

### Ballycastle Library

028 2076 2566  
[ballycastle.library@librariesni.org.uk](mailto:ballycastle.library@librariesni.org.uk)

### Ballymoney Library

028 2766 3589  
[ballymoney.library@librariesni.org.uk](mailto:ballymoney.library@librariesni.org.uk)

### Coleraine Library

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

### Cushendall Library

028 2177 1297  
[cushendall.library@librariesni.org.uk](mailto:cushendall.library@librariesni.org.uk)

### Dungiven Library

028 7774 1475  
[dungiven.library@librariesni.org.uk](mailto:dungiven.library@librariesni.org.uk)

### Garvagh Library

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

### Kilrea Library

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

### Limavady Library

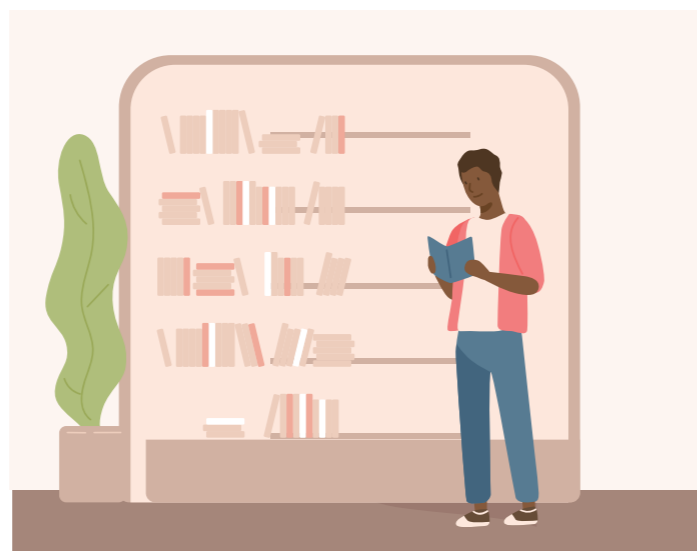
028 7776 2540  
[limavady.library@librariesni.org.uk](mailto:limavady.library@librariesni.org.uk)

### Portrush Library

028 7082 3718  
[portrush.library@librariesni.org.uk](mailto:portrush.library@librariesni.org.uk)

### Portstewart Library

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



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

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

*Interested in developing connections in the community you live, work or go to school to celebrate Positive Ageing Month 2024? Sign up to LGNI's free intergenerational network for lots of exciting opportunities including – networking, small grants, training and resources Sign Up – Linking Generations NI*

