



## Positive Ageing Month October 2021

<p>Fri 1<sup>st</sup></p>	<p style="text-align: center;"><b>*INTERNATIONAL OLDER PERSONS DAY*</b></p> <p><b>Launch of Mid Ulster Positive Ageing Month/Mid Ulster Agewell</b></p> <p><b>Age-friendly Belfast Convention 10.30am -12pm</b>          When: Thursday 1st October          Where: Zoom          Time: 10:30am – 12:00pm          To register call 07713684705 or email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> and you will receive details of how to log on.</p>
<p>Sun 3<sup>rd</sup></p>	<p><b>Silver Sunday Age-friendly Museums Day</b>          10.30pm to 1pm          Come along to the Ulster Museum for a socially distanced visit refreshments and a chance to chat and find out what's going on over October, have a walk in Botanic gardens and make a day off it. Call 02890440000 to book in.</p>
<p>Mon 4<sup>th</sup></p>	<p><b>Falls Session-Part 1</b>          10:30-11:30          To book call or email the Age Friendly Co-ordinator on 07553379721 or <a href="mailto:raisa.donnelly@midulstercouncil.org">raisa.donnelly@midulstercouncil.org</a></p> <p><b>Better connected-Over 50's Zoom fitness sessions</b>          Time:11.30-12.15          For more information contact Rebecca Greenaway on <a href="tel:07871279017">07871279017</a></p> <p><b>Scams 11am -12pm</b>          It seems that every other day you hear about someone who's been scammed: in this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and some simple tips to help you avoid being tricked. Forewarned is forearmed!          Via zoom          To book call 07912 296790 or email <a href="mailto:david.bridges@librariesni.org.uk">david.bridges@librariesni.org.uk</a></p> <p><b>Walking Group</b>          Location: Pomeroy Forest          10:30-11:30          Any enquires contact: 02887757800</p> <p><b>WhatsApp - Part 1 2pm – 3pm</b>          What is WhatsApp? If you haven't used this social media app before, then now's the time to find out! Join our Zoom session to see what's involved including some of the more advanced features such as groups and photo messages.          Via zoom          To book call 07843 339159 or email <a href="mailto:Joanne.Brown@librariesni.org.uk">Joanne.Brown@librariesni.org.uk</a></p>

	<p><b>Cookery Demo 2pm</b>  We are pleased to announce that Roving Chef Alex from Vegetarian for Life will be joining us to give a cookery demonstration and a cook along.  Chef Alex will be making Courgette Fritters, Imam Biyaldi and Cranachan.  <a href="https://vegetarianforlife.org.uk/recipes/lighter-meals/greek-fritters-with-tzatziki">https://vegetarianforlife.org.uk/recipes/lighter-meals/greek-fritters-with-tzatziki</a>  <a href="https://vegetarianforlife.org.uk/recipes/main-meals/imam-biyaldi-the-priest-fainted">https://vegetarianforlife.org.uk/recipes/main-meals/imam-biyaldi-the-priest-fainted</a>  <a href="https://vegetarianforlife.org.uk/recipes/cakes-and-puddings/simple-cranachan">https://vegetarianforlife.org.uk/recipes/cakes-and-puddings/simple-cranachan</a>  “The Greek Fritters make an ideal starter, light lunch or part of a buffet. The Imam Biyaldi although simple, is quite delicious. If you are not familiar with Cranachan, it’s essentially whipped cream, fruit and a touch of whiskey, what’s not to like?”  Come along and watch and be inspired Via Zoom  To book call 07713684705 or email <a href="mailto:postiveageingmonth@belfastcity.gov.uk">postiveageingmonth@belfastcity.gov.uk</a></p>
<p>Tues 5<sup>th</sup></p>	<p><b>Dementia Friendly Communities awareness workshop 10-11am</b>  A short awareness talk for anyone who wants to understand more about what it is like to live with dementia or care for someone living with dementia. Learn about types of dementia, signs and symptoms, and small things you can do in your community to make a positive difference for people living with the condition.  To book, or for more information, please email: <a href="mailto:julie.morton@alzheimers.org.uk">julie.morton@alzheimers.org.uk</a></p> <p><b>Better Connected-Over 50’s Fitness</b>  Time: 11-12pm  Location: Dungannon Leisure Centre  For more information contact Rebecca Greenaway on <a href="tel:07871279017">07871279017</a></p> <p><b>Light chair-based exercise-11am to 12:45</b>  Knocknagin Hall, 53 Knocknagin Rd, Desertmartin BT45 5LQ  Limited numbers contact Olive Walls to book a space 07887614094  Face to Face Activity</p> <p><b>Privacy 11am – 12pm</b>  Now that people are spending so much time online, it’s more important than ever to know how to keep your personal information secure and private. This Zoom session offers you hints and tips on how to protect your data.  Via zoom  To book call 07912 296830 or email <a href="mailto:niall.mcveigh@librariesni.org.uk">niall.mcveigh@librariesni.org.uk</a></p> <p><b>WhatsApp - Part 2 2pm – 3pm</b>  On social media it’s important that you know your information is protected. This final WhatsApp Zoom session takes a closer look at Privacy and Security settings, and gives you helpful tips on how to stay safe.  Via zoom  To book call 07843 339159 or email <a href="mailto:Joanne.Brown@librariesni.org.uk">Joanne.Brown@librariesni.org.uk</a></p> <p><b>Libraries NI- Chair Yoga 2-3pm</b>  This is a gentle form of exercise suitable for everyone. It helps improve your flexibility and also supports concentration and strength, while boosting your mood, and reducing stress and joint strain. Join in the session with our Chair yoga facilitator John Bell and feel good for the rest of the day.</p>

	<p>To register in advance use the link below. After registering, you will receive a confirmation email containing information about joining the event.  <a href="https://bit.ly/3wVMfpm">https://bit.ly/3wVMfpm</a></p>
Wed 6 <sup>th</sup>	<p><b>Chatty Walks with Rebecca Greenaway Active Recreation Officer</b>  Meeting time: 09:30-10:30  Location: Clonoe Community Centre</p> <p>Meeting time: 11:15-12:15  Location: Mid Ulster Sports Arena</p> <p>Meeting time: 14:00-15:00  Location: Polepatrick</p> <p><b>Linking Generations NI 10.30am</b>  Come and find out more about Linking generations and how they can support you with intergenerational work  Delivered via Zoom  To book <a href="mailto:Infolgni@bjf.org.uk">Infolgni@bjf.org.uk</a></p> <p><b>Introduction to iPad - Part 1 11am – 12pm</b>  Mystified by your iPad? Join us for our Zoom session when we'll explain some of the basics: find out how to turn your iPad on and off, discover what the buttons do, and learn to tap and swipe like a pro! We will also do some exploring: navigate successfully through screens, apps and settings.  Via zoom  To book call 07912 296811 or email <a href="mailto:Karen.Maginess@librariesni.org.uk">Karen.Maginess@librariesni.org.uk</a></p> <p><b>Entertainment 2pm - 3pm</b>  Missed your favourite television programme? There are several free and subscription applications which allow you to watch programmes at your leisure or on the go. Come along and learn all about them.  Via zoom  To book call 07843 339159 or email <a href="mailto:Joanne.Brown@librariesni.org.uk">Joanne.Brown@librariesni.org.uk</a></p>
Thurs 7 <sup>th</sup>	<p><b>Deafblind Convention 2021 - Living better with sight and hearing loss</b>  <b>9am - 5pm</b>  <b>Free – follow the link to register by entering your email address</b>  <a href="https://e5845.hubilo.com/community/-/login">https://e5845.hubilo.com/community/-/login</a>  Deafblind UK is hosting the UK's first virtual deafblind convention and we'd love you to join us from the comfort of your own home.  Featuring world class speakers from across the globe, all with the shared interest of helping people to live better with sight and hearing loss.</p> <p><b>Moneysaving - Part 1 11am – 12pm</b>  Join our Zoom session to explore some of the great free advice sites on the internet that help you make your money go further. There is a wealth of knowledge out there if you know where to look. Also, see what you can do with cashback sites when you shop online.  To book call 07912 296790 or email <a href="mailto:david.bridges@librariesni.org.uk">david.bridges@librariesni.org.uk</a></p>

	<p><b>Spotify 2pm – 3pm</b> Join our Zoom session to find out how to access a wide range of music on your iPad, tablet or smartphone. Find out about the many free and paid for music streaming apps available, including Spotify. To book call 07912 296830 or email <a href="mailto:niall.mcveigh@librariesni.org.uk">niall.mcveigh@librariesni.org.uk</a></p> <p><b>Chocolate Bingo 7.30pm -8.30pm</b> Eyes down, let's play Bingo. Every winner wins chocolate. Via "Zoom" video call. To register call Eamon Quinn on 90735696 or email <a href="mailto:Eamon.quinn@engagewithage.org.uk">Eamon.quinn@engagewithage.org.uk</a></p>
Fri 8 <sup>th</sup>	<p><b>Listen Share Change Taster Session 11am</b> We are inviting you to take part in digital Listen Share Change. We use storytelling to help people start a conversation, have a laugh and make new friendships. Delivered via Zoom or by phone using a Freephone number. To book contact Holly through Verbal Verbal LSC Team – ask for Holly (Belfast rep) 028 7126 6946 <a href="mailto:lscbelfast@theverbal.co">lscbelfast@theverbal.co</a></p> <p><b>Together with Music 11:30am</b> – Virtual regional sing a long event for older people within Northern Ireland. Delivered by zoom. To register contact <a href="mailto:caitlyn@togetherwithmusic.org.uk">caitlyn@togetherwithmusic.org.uk</a> or 07951736905.</p> <p><b>Creative Photos for Fun 11am -12pm</b> Join our Zoom session to get more out of your digital photos – learn about online services that allow you to print as well as make photobooks, calendars and gifts. To book call 07912 296811 or email <a href="mailto:Karen.Maginess@librariesni.org.uk">Karen.Maginess@librariesni.org.uk</a></p> <p><b>Virtual Sing for Victory workshop 2pm -3pm</b> Sing for Victory is a dementia friendly singing and reminiscence workshop we offer virtually. Participants sing songs from the 1940s and reminisce about the past with our Outreach Officer and Music Therapist Karen Diamond. Via Zoom Via Zoom To book email <a href="mailto:outreach@niwarmemorial.org">outreach@niwarmemorial.org</a></p> <p><b>Scams 2pm – 3pm</b> It seems that every other day you hear about someone who's been scammed: in this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and some simple tips to help you avoid being tricked. Forewarned is forearmed! To book call 07912 296798 or 028 9050 9150 or email <a href="mailto:Gary.Patterson@librariesni.org.uk">Gary.Patterson@librariesni.org.uk</a></p>
Mon 11 <sup>th</sup>	<p><b>Falls Session-Part 2</b> 10:30-11:30 To book call or email the Age Friendly Co-ordinator on 07553379721 or <a href="mailto:raisa.donnelly@midulstercouncil.org">raisa.donnelly@midulstercouncil.org</a></p> <p><b>Better connected-Over 50's Zoom fitness sessions</b> Time: 11.30-12.15 For more information contact Rebecca Greenaway on <a href="tel:07871279017">07871279017</a></p>

	<p><b>Walking Group</b>  Location: Pomeroy Forest  10:30-11:30  Any enquires contact: 02887757800</p> <p><b>Privacy 11am – 12pm</b>  Now that people are spending so much time online, it’s more important than ever to know how to keep your personal information secure and private. This Zoom session offers you hints and tips on how to protect your data.  To book call 07843 339159 or email <a href="mailto:Joanne.Brown@librariesni.org.uk">Joanne.Brown@librariesni.org.uk</a></p> <p><b>Moneysaving - Part 2 2pm – 3pm</b>  In this Zoom session, compare the price comparison sites! Are they all that they seem? Also, check out some specialist sites that can offer you huge discounts.  To book call 07912 296790 or email <a href="mailto:david.bridges@librariesni.org.uk">david.bridges@librariesni.org.uk</a></p>
Tues 12	<p><b>Northern Ireland Chest, Heart and Stroke-Zoom session 11am</b>  For over 75-years NICHHS have provided a range of services from stroke to cardiac and respiratory. We would love to invite the people of Mid Ulster to an information session, organised by one of our care co-ordinators to discuss our services and how we may help you or your family manage and control a health condition.  <b>Zoom Link:</b>  <a href="https://us02web.zoom.us/j/87463971703?pwd=SkRFMFFnd3NrVEx2SC9KbDdHd0pkUT09">https://us02web.zoom.us/j/87463971703?pwd=SkRFMFFnd3NrVEx2SC9KbDdHd0pkUT09</a>  <b>Contact:</b> Emma Fallon- breathing better co-ordinator for Southern Trust Area:  07538792684</p> <p><b>Better Connected-Over 50’s Fitness</b>  Time: 11-12pm  Location: Dungannon Leisure Centre  For more information contact Rebecca Greenaway on <a href="tel:07871279017">07871279017</a></p> <p><b>iPad Camera -Part 1 11am – 12pm  (Class delivered on Zoom)</b>  Join our Zoom session to check out your iPad camera settings: live, time lapse, panoramic and more.  To book call 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p> <p><b>Scams 2pm – 3pm</b>  It seems that every other day you hear about someone who’s been scammed: in this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and some simple tips to help you avoid being tricked. Forewarned is forearmed!  To book call 07912 296790 or email <a href="mailto:david.bridges@librariesni.org.uk">david.bridges@librariesni.org.uk</a></p> <p><b>Light chair-based exercise-11am to 12:45</b>  Knocknagin Hall, 53 Knocknagin Rd, Desertmartin BT45 5LQ  Limited numbers contact Olive Walls to book a space 07887614094  Face to Face Activity</p>

**Be Ready NI 3pm- 4pm**

Come and hear from Claire Carlton Resilience Manager Belfast Emergency Preparedness Group on being prepared for all types of emergencies from severe weather warnings, flood and other crisis situations

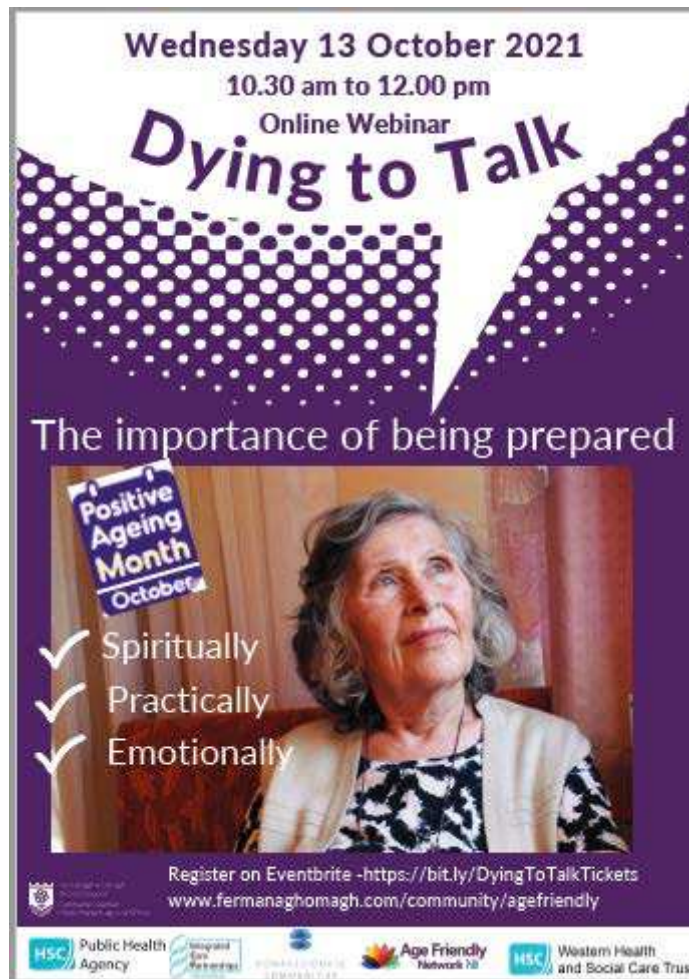
Via Zoom

To book call 07713684705 or email [postiveageingmonth@belfastcity.gov.uk](mailto:postiveageingmonth@belfastcity.gov.uk)

Wed  
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**Dying to talk conference 10:30am**

Registration via eventbrite: <https://bit.ly/DyingToTalkTickets>



**Introduction to iPad -Part 2 11am – 12pm**

In iPad Zoom Session 2, you'll discover more about how to set up your iPad to suit you: we'll look at display and brightness, wallpaper, accessibility settings, and the Control Centre.

To book call 07912 296811 or email [Karen.Maginess@librariesni.org.uk](mailto:Karen.Maginess@librariesni.org.uk)

**Chatty Walks with Rebecca Greenaway Active Recreation Officer**

Meeting time: 09:30-10:30

Location: Clonoe Community Centre

Meeting time: 11:15-12:15

Location: Mid Ulster Sports Arena

	<p>Meeting time:: 14:00-15:00 Location: Polepatrick</p> <p><b>Virtual Reminiscence workshop 2pm</b> In our reminiscence workshops we use objects and photographs from the museum collection to stimulate conversation about the past. Reminiscence workshops are based on the home front in Northern Ireland during the Second World War. Our Outreach Officer Michael is connecting with groups virtually to offer workshops which would normally take place in our museum. Using museum objects and a PowerPoint presentation, Michael encourages conversations about topics including the Belfast Blitz, the US presence, evacuees and rationing. Via Zoom To book email <a href="mailto:outreach@niwarmemorial.org">outreach@niwarmemorial.org</a></p>
Thurs 14 <sup>th</sup>	<p><b>Scams 11am – 12pm</b> It seems that every other day you hear about someone who's been scammed: in this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and some simple tips to help you avoid being tricked. Forewarned is forearmed! To book call 07843 339159 or email <a href="mailto:Joanne.Brown@librariesni.org.uk">Joanne.Brown@librariesni.org.uk</a></p> <p><b>Shop well, store well, eat well ideas session 2pm</b> Join Grainne, a Dietitian from Active Belfast Team to learn about what good staples to have in cupboards and how to eat well when shopping less. Via Zoom To book call 07713684705 or email <a href="mailto:postiveageingmonth@belfastcity.gov.uk">postiveageingmonth@belfastcity.gov.uk</a></p>
Fri 15 <sup>th</sup>	<p><b>Cyber Safety for Older Adults 10-11am</b> Allstate NI is offering free cyber safety training sessions to protect older consumers from online scams. The interactive sessions, will cover everything from fraud and identity protection to email and telephone scams, will help those over 60 navigate the internet with confidence. To book call or email the Age Friendly Co-ordinator on 07553379721 or <a href="mailto:raisa.donnelly@midulstercouncil.org">raisa.donnelly@midulstercouncil.org</a></p> <p><b>iPad Camera - Part 2 11am</b> In this Zoom session, find out how you can edit your photographs or put them into albums. To book call or email 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p> <p><b>Practice Using Zoom 2pm – 3pm</b> Have you used Zoom yet? Would you like to familiarise yourself with the tools and tricks of Zoom in a safe learning environment? Join our Zoom meeting where we explain the various settings and give you a chance to practice some of its features. We will also talk you through how to set up your own Zoom meeting. To book call 07912 296790 or email <a href="mailto:david.bridges@librariesni.org.uk">david.bridges@librariesni.org.uk</a></p>
Mon 18 <sup>th</sup>	<p><b>Falls Session-Part 3</b> 10:30-11:30 To book call or email the Age Friendly Co-ordinator on 07553379721 or <a href="mailto:raisa.donnelly@midulstercouncil.org">raisa.donnelly@midulstercouncil.org</a></p>

	<p><b>Better connected-Over 50's Zoom fitness sessions</b>  Time: 11.30-12.15  For more information contact Rebecca Greenaway on <a href="tel:07871279017">07871279017</a></p> <p><b>Walking Group</b>  Location: Pomeroy Forest  10:30-11:30  Any enquires contact: 02887757800</p> <p><b>Privacy 11am -12pm</b>  Now that people are spending so much time online, it's more important than ever to know how to keep your personal information secure and private. This Zoom session offers you hints and tips on how to protect your data.  To book call 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p> <p><b>Zoom cook a long session 2pm</b>  Alex will be encouraging you to actually cook along with him and make Borlotti Bean Chestnut Stew, followed by Sticky Toffee Pudding.  "These two hearty dishes are easy to make and will add a layer of warmth to your ribs! I have made these dishes quite a few times and they are a firm favourite in our household".  For those wanting to cook along, pop to the shops, grab your ingredients and put your aprons on! Alex will guide you step by step on how to prepare the dishes. Feel free just to watch if you fancy that too.  <a href="https://vegetarianforlife.org.uk/recipes/main-meals/borlotti-bean-and-chestnut-stew1">https://vegetarianforlife.org.uk/recipes/main-meals/borlotti-bean-and-chestnut-stew1</a>  <a href="https://vegetarianforlife.org.uk/recipes/cakes-and-puddings/sticky-toffee-pudding">https://vegetarianforlife.org.uk/recipes/cakes-and-puddings/sticky-toffee-pudding</a>  Vegetarian for life is a UK charity dedicated to supporting older vegans and vegetarians. You'll find plenty of recipes and publications on their website including cooking for one, nutrition guidelines and veggie meals to your door. They also run a pen-and-phone-pal scheme, a great way to meet new, likeminded people and form some new friendships. They also run a monthly vegan lunch club via Zoom. It runs on the 4<sup>th</sup> Tuesday of every month, you cook the recipes in advance and join the chef and the rest of the attendees for a nice chat while enjoying the dishes you've prepared, meeting people from across the UK. You can find more information on their website <a href="https://vegetarianforlife.org.uk/">https://vegetarianforlife.org.uk/</a></p> <p>Via Zoom  To book call 07713684705 or email <a href="mailto:postiveageingmonth@belfastcity.gov.uk">postiveageingmonth@belfastcity.gov.uk</a></p>
Tues 19 <sup>th</sup>	<p><b>Better Connected-Over 50's Fitness</b>  Time: 11-12pm  Location: Dungannon Leisure Centre  For more information contact Rebecca Greenaway on <a href="tel:07871279017">07871279017</a></p> <p><b>Light chair-based exercise-11am to 12:45</b>  Knocknagin Hall, 53 Knocknagin Rd, Desertmartin BT45 5LQ  Limited numbers contact Olive Walls to book a space 07887614094  Face to Face Activity</p> <p><b>Libraries NI-Tai Chi</b>  11-12pm  Join in this graceful form of exercise that is used to support reducing stress and anxiety. It also helps increase flexibility and balance. Our facilitator Jane Burke will guide you through a series of movements performed in a slow focused manner and accompanied by breathing techniques.</p>



	<p>To register in advance use the link below. After registering, you will receive a confirmation email containing information about joining the event.  <a href="https://bit.ly/3kG8FbL">https://bit.ly/3kG8FbL</a></p> <p><b>Your Health Online 11am – 12pm</b>  Find out about reliable websites giving expert up to date information, help and support on health issues, with useful hints and tips to improve your health and wellbeing.  To book call 07912 296798 or 028 9050 9150 or email <a href="mailto:Gary.Patterson@librariesni.org.uk">Gary.Patterson@librariesni.org.uk</a></p> <p><b>Pressreader 2pm – 3pm</b>  Did you know that you can get free access to around 3,000 national and world newspapers through the Libraries NI Libby app? Join this Zoom session to find out how to use PressReader.  To book call 07912296830 or email <a href="mailto:niall.mcveigh@librariesni.org.uk">niall.mcveigh@librariesni.org.uk</a></p>
Wed 20 <sup>th</sup>	<p><b>Making the most of your slow cooker</b>  Join this session to find out the benefits of using slow cookers to make tasty, nutritious meals.  Register using this link and you will be sent zoom details  <a href="https://setrust-hscni-net.zoom.us/webinar/register/WN_x_Bsy4cWQGGNeoSWJgqApQ">https://setrust-hscni-net.zoom.us/webinar/register/WN_x_Bsy4cWQGGNeoSWJgqApQ</a></p> <p><b>Chatty Walks with Rebecca Greenaway Active Recreation Officer</b>  Meeting time: 09:30-10:30  Location: Clonoe Community Centre</p> <p>Meeting time: 11:15-12:15  Location: Mid Ulster Sports Arena</p> <p>Meeting time:: 14:00-15:00  Location: Polepatrick</p> <p><b>Energy Efficiency in the Home 11am</b>  Getting the most from the Energy we use  Overview of fuel poverty and the impact of cold homes  Energy efficient heating, lighting, and appliances, keeping the heat where it is needed, comparing and switching energy suppliers, advice and support in Northern Ireland  Delivered via Zoom  To book email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> or phone 077713684705</p> <p><b>Hearing loss-RNID (Royal National Institute for Deaf People)</b>  Hearing loss affects 12 million people in the UK. Find out about the different types of hearing loss, how to get your hearing tested, and what can help you hear better and overcome communication challenges. Come along to our <b>free online session</b></p> <p><b>Time: 2.00pm to 3.00pm</b>  <b>Register your interest <a href="#">here</a> or to find out more, call 028 90239619 or by email <a href="mailto:information.nireland@rnid.org.uk">information.nireland@rnid.org.uk</a></b></p> <p><b>Interactive Dementia Awareness training 7pm</b>  The training happens via Zoom, and participants are taken to a range of locations including a home, a shop, out and about, and more. Participants learn how to make life more dementia friendly with a range of top tips. Participants are broken into small groups and</p>

	<p>get mix of specially filmed short videos (made in Belfast) alongside discussion, questions and answers</p> <p>This training is suitable for anyone affected by dementia or any member of the public hoping to make their community more dementia friendly.</p> <p>Participants also receive follow-up resources by email.</p> <p>To book click here <a href="https://www.eventbrite.co.uk/e/online-interactive-dementia-training-tickets-167709988089">https://www.eventbrite.co.uk/e/online-interactive-dementia-training-tickets-167709988089</a></p>
Thurs 21 <sup>st</sup>	<p><b>Taking the fear out of on-line banking 11am</b> Richard Gill, Community Banker from Ulster Bank will give you advice on safely using and the benefits of online banking, and purchasing online, there will be an opportunity for you to ask questions. Delivered via Zoom To book email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> or phone 077713684705</p> <p><b>Libby eMagazines 2pm – 3pm</b> If you haven't yet discovered the amazing FREE eMagazine offer from Libraries NI, then this is the Zoom session for you! Learn how to download the Libby app and sign up for the opportunity to borrow over 3000. Explore the app and discover features like search, place hold, bookmarks and reading settings. To book call 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p> <p><b>Chocolate Bingo 7.30pm -8.30pm</b> Eyes down, let's play Bingo. Every winner wins chocolate. Via "Zoom" video call. To register call Eamon Quinn on 90735696 or email <a href="mailto:Eamon.quinn@engagewithage.org.uk">Eamon.quinn@engagewithage.org.uk</a></p>
Fri 22 <sup>nd</sup>	<p><b>Reminiscence session with Heather Montgomery</b> Time: 11am Location: Burnavon, Cookstown Heather will present and reminisce about the Local areas in N. Ireland, plus Ireland, UK and Europe that she has travelled to over the years, come along and hear of all the areas Heather has been on her travels. Limited numbers, please register with Heather on <a href="mailto:heather_janemontgomery@hotmail.co.uk">heather_janemontgomery@hotmail.co.uk</a> or contact via telephone on 028 8555 7473/07542 510102</p> <p><b>Get support with hearing aids-RNID (Royal National Institute for Deaf People)</b> Get support if you think you may have hearing loss, are thinking about getting hearing aids or have hearing aids and want to get the most out of them. Come along to our free online session and we can help you covering:</p> <ul style="list-style-type: none"> <li>- How to look after and clean your hearing aids</li> <li>- What to try if you are having a problem with your hearing aids</li> <li>- Hearing loss and the assistive devices and technology that can help</li> </ul> <p><b>Time: 2.00pm to 3.00pm</b> Register your interest <a href="#">here</a> or to find out more, call 028 90239619 or by email <a href="mailto:information.nireland@rnid.org.uk">information.nireland@rnid.org.uk</a></p>
Mon 25 <sup>th</sup>	<p><b>Falls Session–Part 4</b> 10:30-11:30</p>

	<p>To book call or email the Age Friendly Co-ordinator on 07553379721 or <a href="mailto:raisa.donnelly@midulstercouncil.org">raisa.donnelly@midulstercouncil.org</a></p> <p><b>Better connected-Over 50's Zoom fitness sessions</b> Time:11.30-12.15 For more information contact Rebecca Greenaway on <a href="tel:07871279017">07871279017</a></p> <p><b>Walking Group</b> Location: Pomeroy Forest 10:30-11:30 Any enquires contact: 02887757800</p> <p><b>Scams 2pm – 3pm (Class delivered on Zoom)</b> It seems that every other day you hear about someone who's been scammed: in this Zoom session we aim to help you protect yourself against some of the most common scams around. Learn what to look out for and some simple tips to help you avoid being tricked. Forewarned is forearmed! To book call 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p>
Tues 26 <sup>th</sup>	<p><b>Digital Day in Cookstown Library</b> Face to face &amp; online sessions Information stands from local organisations including MUDC, MidUlster Agewell &amp; PSNI</p> <p><b>Better Connected-Over 50's Fitness</b> Time: 11-12pm Location: Dungannon Leisure Centre For more information contact Rebecca Greenaway on <a href="tel:07871279017">07871279017</a></p> <p><b>Light chair-based exercise-11am to 12:45</b> Knocknagin Hall, 53 Knocknagin Rd, Desertmartin BT45 5LQ Limited numbers contact Olive Walls to book a space 07887614094 Face to Face Activity</p> <p><b>Pinterest and Instagram 2pm – 3pm</b> In this session we take a look at two popular image-sharing social networking sites. Find out how to create a profile, post your own images and link with others. To book call 07912 296792 or email <a href="mailto:Sheila.Mclean@librariesni.org.uk">Sheila.Mclean@librariesni.org.uk</a></p>
Wed 27 <sup>th</sup>	<p><b>'Eating well as you age'</b>- 11.00-11.45am This free session is for anyone who is interested in finding out how to eat well in later life. This could be for yourself, a relative or a friend. Register using the link, after registration participants will be emailed the zoom meeting ID and passcode: <a href="https://setrust-hscni-net.zoom.us/webinar/register/WN_T1SBydEdTIGqtpIS3xbSBA">https://setrust-hscni-net.zoom.us/webinar/register/WN_T1SBydEdTIGqtpIS3xbSBA</a></p> <p><b>Chatty Walks with Rebecca Greenaway Active Recreation Officer</b> Meeting time: 09:30-10:30 Location: Clonoe Community Centre</p> <p>Meeting time: 11:15-12:15 Location: Mid Ulster Sports Arena</p> <p>Meeting time: 14:00-15:00</p>

	<p>Location: Polepatrick</p> <p><b>Big Quiz 3pm</b>  Join us via zoom for a quiz with a difference  To book email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> or phone 077713684705</p>
<p>Thurs 28<sup>th</sup></p>	<p><b>Bowel Cancer Screening 11am</b>  The Women’s Resource and Development Agency will raises awareness of bowel cancer screening, signs and symptoms to look out for, ways to reduce your risk of developing bowel cancer and how to take the screening Delivered via Zoom  To book email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> or phone 077713684705</p> <p><b>Spooky Halloween Chocolate Bingo 7.30pm -8.30pm</b>  Eyes down, let’s play Bingo. Every winner wins chocolate.  Via zoom  To register call Eamon Quinn on 90735696 or email <a href="mailto:Eamon.quinn@engagewithage.org.uk">Eamon.quinn@engagewithage.org.uk</a></p> <p><b>Libby eBooks and Audiobooks 2pm – 3pm</b>  If you haven’t yet discovered the amazing FREE audio and eBook offer from Libraries NI, then this is the Zoom session for you! Learn how to download the Libby app and sign up for the opportunity to borrow over 17,000 eBooks and audiobooks. Explore the app and discover features like search, place hold, bookmarks and reading settings.  To book call 07912 296790 or <a href="mailto:david.bridges@librariesni.org.uk">david.bridges@librariesni.org.uk</a></p>
<p>Fri 29<sup>th</sup></p>	<p><b>Biggest ever virtual tea dance 2 30pm – 4pm</b>  <b>Join people across Northern Ireland and beyond, live bands and plenty of kitchen dancing</b>  To book email <a href="mailto:positiveageingmonth@belfastcity.gov.uk">positiveageingmonth@belfastcity.gov.uk</a> or phone 077713684705</p>

