

Positive Ageing Month

October 2026



Welcome to Positive Ageing Month 2026!

Age Friendly Ards and North Down, in partnership with the Public Health Agency, is delighted to welcome you to Positive Ageing Month 2026. Throughout the month we will celebrate the valuable contribution that older people make to our communities and showcase the wide range of opportunities available across the Borough.

This year's theme, **“What's On Your Doorstep?”**, encourages people to discover and enjoy the activities, services, groups, and attractions available in their local area. Whether you are interested in keeping active, meeting new people, learning something new, exploring local heritage, or simply spending time in your community, there is something for everyone. The programme highlights opportunities that are easily accessible within Ards and North Down and aims to inspire people to stay connected, engaged, and involved in the places where they live.

Some events require pre-booking, so please take time to explore the programme and plan which activities you would like to attend. While every effort has been made to ensure the information is accurate at the time of publication, we recommend checking with the event organiser before attending in case of any changes.

We hope you enjoy Positive Ageing Month 2026 and take the opportunity to discover what's on your doorstep.

You can contact us at agefriendly@ardsandnorthdown.gov.uk



Connect



Keep learning



Be active



Take notice



Give

Stay Connected, Stay Active

Are you interested in meeting
new people and staying active?



Exciting opportunity to sign up to a **FREE**
6-week programme run by Community
Development and Community Halls ►



6-week programme for over 65s suitable for all levels of mobility



- ✓ Fostering inclusion
- ✓ Building relationships
- ✓ Encouraging mobility

45 min light armchair exercise class followed
by 1 hour socialising with information talk on
support available in your area.

Refreshments will be provided

Ballygowan Community Centre	Wednesdays 2pm–3.30pm	23 Sept–28 Oct
Redburn Community Centre	Fridays 2pm–3.30pm	18 Sept–23 Oct
Kilcooley Community Centre	Tuesdays 2pm–3.30pm	22 Sept–1 Dec
Ballywalter Village Hall	Thursdays 2pm–3.30pm	17 Sept–26 Nov
Manor Community Centre, Newtownards	Wednesdays 2pm–3.30pm	16 Sept–25 Nov

For more information and to book

email cdadmin@ardsandnorthdown.gov.uk
or phone 0300 013 3333 ext 40118

Active Ageing Programme – Ards, Comber and Portaferry

Aged 60 and over? Stay young and keep agile with the Active Ageing Programme. Membership can be applied for at any of the centres in Ards, Comber and Portaferry. Membership is free of charge and entitles members to Active Ageing and concession prices as applicable at each centre. To be part of the Active Ageing Programme you must have an Active Ageing membership which can be applied for online or at any of the three centres.



Be active

Gym

Gym exercise is suitable for all ages and levels of fitness.

Our gyms at Ards, Comber and Portaferry have equipment suitable for gentle exercise, particularly the BIOCIRCUITS at Ards and qualified instructors are always on hand to give help and advice.

Active Ageing members pay the reduced price of £4.90 when they use the gym, please check the centre for further information about times.

Swimming

Swimming at Ards Blair Mayne is a great way to exercise as water supports the joints and is kind to the body whilst increasing cardiovascular fitness and strength.

Adult only sessions run Monday to Friday please contact the centre for more information on timings [Timetables](#) | [AND Leisure](#). Adult Beginner and Improver lessons are also available in our Waves Swim Programme.

Exercise Classes

Why exercise alone? When you join a fitness class, all you have to do is turn up, follow the routine and enjoy the craic! Plus, you'll have a fitness coach on hand throughout, offering encouragement and keeping an eye on everyone's technique, helping to avoid any injuries.

Ards Blair Mayne Wellbeing and Leisure Centre, 1 Dairy Hall Lane, Newtownards

Tel: 028 9181 2837

Cost: Classes £5.10 for Active Ageing members and over 60's | Walking Football £2

Classes can be booked online via the Leisure website or by downloading the Leisure AND App, or booked at reception.

Dance Fit

Monday 5 Oct, 12 Oct, 19 Oct, 26 Oct, 10.45am to 11.45am

Chair Aerobics

Monday 5 Oct, 12 Oct, 19 Oct, 26 Oct, 1.15pm to 2.15pm

Armchair Yoga

Tuesday 6 Oct, 13 Oct, 20 Oct, 27 Oct, 9.30am to 10.30am

Thursday 1 Oct, 8 Oct, 15 Oct, 22 Oct, 29 Oct, 10.30am to 11am

Active Ageing

Wednesday 7 Oct, 14 Oct, 21 Oct, 28 Oct, 11.30am to 12.30pm

Tai Chi

Wednesday 7 Oct, 14 Oct, 21 Oct, 28 Oct, 11.30am to 12.30pm

Friday 2 Oct, 9 Oct, 16 Oct, 23 Oct, 9.30am to 10.30am

Water Aerobics

Monday 5 Oct, 12 Oct, 19 Oct, 26 Oct, 9am to 9.50am

Thursday 1 Oct, 8 Oct, 15 Oct, 22 Oct, 29 Oct, 12 noon to 1pm

Walking Football

Monday 5 Oct, 12 Oct, 19 Oct, 26 Oct, 11.15am – 12.15pm

Wednesday 7 Oct, 14 Oct, 21 Oct, 28 Oct, 5pm – 6pm

Pickleball, Gym, Various Yoga, Pilates and other suitable classes throughout the week.

[Exercise Classes](#) | [AND Leisure](#)



Be active



Comber Leisure Centre, Castle Street, Comber

Tel: 028 9187 4350

Cost: Classes £5.10 for Active Ageing members and over 60's | Indoor Bowls £4.25

Pickleball £7.90 per court per hour | Gym £3.40

Active Ageing

Active Ageing membership is free. It gives members access to Active Ageing prices and concession prices, where these are available at each centre. You need to have an Active Ageing membership to take part in the Active Ageing Programme. You can apply online or ask at reception in Ards, Comber or Portaferry.

Chair Chi Me

Tuesday 6 Oct, 13 Oct, 20 Oct, 27 Oct, 11.15am to 12 noon

Drummercise

Wednesday 7 Oct, 14 Oct, 21 Oct, 28 Oct, 12.45pm to 1.30pm

Chair Aerobics

Thursday 1 Oct, 8 Oct, 15 Oct, 22 Oct, 29 Oct, 12.30pm to 1.30pm

Chi Me

Thursday 1 Oct, 8 Oct, 15 Oct, 22 Oct, 29 Oct, 5.45pm to 6.30pm

Indoor Bowls

Wednesday 7 Oct, 14 Oct, 21 Oct, 28 Oct, 10am to 12 noon.

Pickleball, Gym, Yoga and Pilates classes run throughout the week.

Portaferry Sports Centre, Cloughey Road, Portaferry

Tel: 028 4272 8833

Cost: Please contact the centre for further details

Active Ageing Gym



Be active



Bangor Aurora Aquatics and Leisure Complex

Tel: 028 9127 0271

Cost: Please contact the centre for further details

Bangor Aurora's Active Ageing programme has a multitude of classes and activities that target some of the key areas needed by people aged 50 and over. The aim is to support users to keep their muscles, bones, and joints strong, to reduce their chance of falling, and to maintain a healthy heart and mind, all at a pace that is suitable for the user. These classes can be paid for on use or are free to those with a gym membership.

Active Ageing Gym (not instructed)

Monday 5 Oct, 12 Oct, 19 Oct, 26 Oct, 11am–2pm

Wednesday 7 Oct, 14 Oct, 21 Oct, 28 Oct, 11am– 2pm

Friday 2 Oct, 9 Oct, 16 Oct, 23 Oct, 11am–2pm

Active Ageing Swim (not instructed)

Tuesday 6 Oct, 13 Oct, 20 Oct, 27 Oct, 11am–2pm

Thursday 1 Oct, 8 Oct, 15 Oct, 22 Oct, 29 Oct, 11am– 2pm

Active Ageing Zumba Gold (Held in Sports Hall)

Monday 5 Oct, 12 Oct, 19 Oct, 26 Oct, 9:30am–10:15am

Monday 5 Oct, 12 Oct, 19 Oct, 26 Oct, 10:30am–11:15am

Keep Moving Together (Dementia Friendly/Chair based)

Thursday 1 Oct, 8 Oct, 15 Oct, 22 Oct, 29 Oct, 11:30am–12:15pm

Chi Me

Thursday 1 Oct, 8 Oct, 15 Oct, 22 Oct, 29 Oct, 13.30pm–2pm

Pilates

Wednesday 7 Oct, 14 Oct, 21 Oct, 28 Oct, 10.50am–11:35am

Friday 2 Oct, 9 Oct, 16 Oct, 23 Oct, 10am–10:45am



Be active



Chair based Sit Less Circuits

Monday 5 Oct, 12 Oct, 19 Oct, 26 Oct, 12.45pm-1.30pm

Monday 5 Oct, 12 Oct, 19 Oct, 26 Oct 1.45pm-2:30pm

Friday 2 Oct, 9 Oct, 16 Oct, 23 Oct, 12:15pm-1pm

Friday 2 Oct, 9 Oct, 16 Oct, 23 Oct, 13.15pm-2pm

Strength and Balance

Wednesday 7 Oct, 14 Oct, 21 Oct, 28 Oct, 1:15pm-2pm

Yoga

Tuesday 6 Oct, 13 Oct, 20 Oct, 27 Oct, 9.30am-10:30am

Thursday 1 Oct, 8 Oct, 15 Oct, 22 Oct, 29 Oct 9.15am- 10am

Walking Football

Monday 5 Oct, 12 Oct, 19 Oct, 26 Oct, 11am-12pm

Walking Netball (seasonal)

Friday 2 Oct, 9 Oct, 16 Oct, 23 Oct, 10am-11am



Be active



Thu 1 Oct 11am–12.30pm

Mary's Mindful Moments

Join us for a morning of mindful meditation and craft activities for adults. Take some time out to unwind, relax and explore your creative side.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

2pm–3pm

Yoga for ALL (Chair & Mat)

These sessions are facilitated by Karen and are either in the chair or very gentle, making them great for people of all ages and abilities.

Organiser: NDCN

Location: Skipperstone Community Centre

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2 per class

Fri 2 Oct 9.30–10.30am

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Bangor Carnegie Library

Telephone: 028 9127 0591

Email: bangorcarnegie.library@librariesni.org.uk

Cost: Free

9.30–10.30am

Chi Me

Improve your strength, balance and flexibility through this gentle exercise programme. Join us for an hour of invigorating yet relaxing exercise. Derived from Tai Chi, movements are simple, flowing and calming. Helps to improve breathing, aids balance and general well-being.

Organiser: NDCN

Location: Skipperstone Community Centre

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

10am–12noon

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Newtownards Library

Telephone: 028 9181 4732

Email: newtownards.library@librariesni.org.uk

Cost: Free

10am–1pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

10.30am–12noon Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Donaghadee Library

Telephone: 028 9188 2507

Email: donaghadee.library@librariesni.org.uk

Cost: Free

11am–12noon Chi Me

Improve your strength, balance and flexibility through this gentle exercise programme. Join us for an hour of invigorating yet relaxing exercise. Derived from Tai Chi, movements are simple, flowing and calming. Helps to improve breathing, aids balance and general well-being.

Organiser: NDCN

Location: Trinity Presbyterian Church

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

1pm–2pm Friendly Friday

Friendly Friday meets fortnightly for chat, quizzes and games. For dates, please use the contact details below.

Organiser: Libraries NI

Location: Donaghadee Library

Telephone: 028 9188 2507

Email: donaghadee.library@librariesni.org.uk

Cost: Free

2.15pm–3pm

Strength & Balance

Organiser: NDCN

Location: Bangor Aurora

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2.

Sat 3 Oct 10.30am–12pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Portaferry Library

Telephone: 028 4272 8194

Email: portaferry.library@librariesni.org.uk

Cost: Free

Mon 5 Oct 10am–11am

Walking Group

Join Lindsey and the walkers every Monday morning from 10am; it departs from the Train Station in Bangor Centre. The walk usually lasts up to an hour, and it is open to all ages and abilities to participate and we would love to welcome new friends to this group. We finish off back at the station and people often grab a nice cuppa after.

Organiser: NDCN

Location: Meet Inside Bangor Train Station

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

10am–12pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Bangor Carnegie Library

Telephone: 028 9127 0591

Email: bangorcarnegie.library@librariesni.org.uk

Cost: Free

10am–1pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

10.30am–12pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Hollywood Library

Telephone: 028 9042 4232

Email: holywood.library@librariesni.org.uk

Cost: Free

10.30am–12.30pm Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

11.15am–12.15pm Walking Football for those aged 50+

Discover the Joy of Walking Football – It's Never Too Late to Get in the Game! It's a slower-paced version of the beautiful game, designed to be inclusive and gentle on the joints – perfect for those who want to enjoy sport without the strain.

Organiser: Scrabo Strollers Walking Football Club

Location: Ards Blair Mayne Wellbeing and Leisure Complex

Contact: David Lemon

Telephone: 07823 887235

Email: squeezezy.lemon@btinternet.com

Cost: £2

11.30am–12.30pm Chair Yoga

Organiser: NDCN

Location: Trinity Presbyterian Church Hall

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

Tue 6 Oct 9.30am–1pm

NDCN Drop-in and Sign-posting

Organiser: NDCN

Location: North Down Community Network

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

10am–12pm

I.T. Support (Appointment Needed)

Organiser: NDCN

Location: North Down Community Network

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

11am–2pm

Have Fun and Dance

Organiser: NDCN

Location: North Down Community Network

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

11.30am–1pm

Community Cafe

Organiser: NDCN

Location: North Down Community Network

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

1pm–3pm

Hens Shed

Social get together for ladies 60+. Tea/Coffee chat, Activities include a range of crafts, quiz, bingo, boccia etc.

Organiser: Peninsula Healthy Living

Location: Kircubbin Community Centre

Contact: Susan Osman

Telephone: 028 4273 9021

Email: susan@peninsulahealthyliving.org.uk

Cost: free

1.30pm–2.30pm

Signing Session

Organiser: NDCN

Location: Hamilton Road Community Hub

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

Wed 7 Oct 10.30am–12pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Newtownards Library

Telephone: 028 9181 4732

Email: newtownards.library@librariesni.org.uk

Cost: Free

10.30am–12pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Holywood Library

Telephone: 028 9042 4232

Email: holywood.library@librariesni.org.uk

Cost: Free

11am–12pm

Read Aloud Short Story and Coffee

Listen to a short story and have a chat – open to everyone.

Organiser: Libraries NI

Location: Newtownards Library

Telephone: 028 9181 4732

Email: newtownards.library@librariesni.org.uk

Cost: Free

2pm–3pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Donaghadee Library

Telephone: 028 9188 2507

Email: donaghadee.library@librariesni.org.uk

Cost: Free

2pm–3pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Portaferry Library

Telephone: 028 4272 8194

Email: portaferry.library@librariesni.org.uk

Cost: Free

5pm–6pm

Walking Football for those aged 50+

Discover the Joy of Walking Football – It's Never Too Late to Get in the Game! It's a slower-paced version of the beautiful game, designed to be inclusive and gentle on the joints – perfect for those who want to enjoy sport without the strain.

Organiser: Scrabo Strollers Walking Football Club

Location: Ards Blair Mayne Wellbeing and Leisure Complex

Contact: David Lemon

Telephone: 07823 887235

Email: squeezezy.lemon@btinternet.com

Cost: £2

Thu 8 Oct 11am–12.30pm

Mary's Mindful Moments

Join us for a morning of mindful meditation and craft activities for adults. Take some time out to unwind, relax and explore your creative side.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

1pm–3pm

Hens Shed

Social get together for ladies 60+. Tea/Coffee chat, Activities include a range of crafts, quiz, bingo, boccia etc.

Organiser: Peninsula Healthy Living

Location: Kircubbin Community Centre

Contact: Susan Osman

Telephone: 028 4273 9021

Email: susan@peninsulahealthyliving.org.uk

Cost: Free

2pm–3pm

Yoga for All (Chair and Mat)

These sessions are facilitated by Karen and are either in the chair or very gentle, making them great for people of all ages and abilities.

Organiser: NDCN

Location: Skipperstone Community Centre

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

Fri 9 Oct 9.30–10.30am

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Bangor Carnegie Library

Telephone: 028 9127 0591

Email: bangorcarnegie.library@librariesni.org.uk

Cost: Free

10am–12pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Newtownards Library

Telephone: 028 9181 4732

Email: newtownards.library@librariesni.org.uk

Cost: Free

10am–1pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

10.30am–12pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Portaferry Library

Telephone: 028 4272 8194

Email: portaferry.library@librariesni.org.uk

Cost: Free

Sat 10 Oct 10.30am–12pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Portaferry Library

Telephone: 028 4272 8194

Email: portaferry.library@librariesni.org.uk

Cost: Free

Mon 12 Oct 10am–11am

Walking Group

Join Lindsey and the walkers every Monday morning from 10am. The group departs from the Train Station in Bangor Centre. The walk usually lasts up to an hour, and it is open to all ages and abilities to participate, and we would love to welcome new friends to this group. We finish off back at the station and people often grab a nice cuppa after.

Organiser: NDCN

Location: Meet Inside Bangor Train Station

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

10am–1pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

10.30am–12pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Bangor Carnegie Library

Telephone: 028 9127 0591

Email: bangorcarnegie.library@librariesni.org.uk

Cost: Free

10.30am–12pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Holywood Library

Telephone: 028 9042 4232

Email: holywood.library@librariesni.org.uk

Cost: Free

10.30am–12.30pm Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

11.15am–12.15pm Walking Football for those aged 50+

Discover the Joy of Walking Football – It's Never Too Late to Get in the Game! It's a slower-paced version of the beautiful game, designed to be inclusive and gentle on the joints – perfect for those who want to enjoy sport without the strain.

Organiser: Scrabo Strollers Walking Football Club

Location: Ards Blair Mayne Wellbeing and Leisure Complex

Contact: David Lemon

Telephone: 07823 887235

Email: squeezezy.lemon@btinternet.com

Cost: £2

10.30am–12.30pm Chair Yoga

Organiser: NDCN

Location: Trinity Presbyterian Church Hall

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2 per class

Tue 13 Oct 9.30am-1pm

NDCN Drop-in and Sign-posting

Organiser: NDCN

Location: North Down Community Network

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

10am-12pm

I.T. Support (Appointment Needed)

Organiser: NDCN

Location: North Down Community Network

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

11am-2pm

Have Fun and Dance

Organiser: NDCN

Location: North Down Community Network

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

11.30am-1pm

Community Cafe

Organiser: NDCN

Location: North Down Community Network

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

1pm–3pm

Hens Shed

Social get together for ladies 60+. Tea/Coffee chat, Activities include a range of crafts, quiz, bingo, boccia etc.

Organiser: Peninsula Healthy Living

Location: Kircubbin Community Centre

Contact: Susan Osman

Telephone: 028 4273 9021

Email: susan@peninsulahealthyliving.org.uk

Cost: Free

1.30pm–2.30pm

Signing Session

Organiser: NDCN

Location: Hamilton Road Community Hub

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

Wed 14 Oct 10.30am–12pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Newtownards Library

Telephone: 028 9181 4732

Email: newtownards.library@librariesni.org.uk

Cost: Free

10.30am–12pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Hollywood Library

Telephone: 028 9042 4232

Email: hollywood.library@librariesni.org.uk

Cost: Free

2pm–3pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Donaghadee Library

Telephone: 028 9188 2507

Email: donaghadee.library@librariesni.org.uk

Cost: Free

2pm–3pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Portaferry Library

Telephone: 028 4272 8194

Email: portaferry.library@librariesni.org.uk

Cost: Free

5pm–6pm

Walking Football for those aged 50+

Discover the Joy of Walking Football – It's Never Too Late to Get in the Game! It's a slower-paced version of the beautiful game, designed to be inclusive and gentle on the joints – perfect for those who want to enjoy sport without the strain.

Organiser: Scrabo Strollers Walking Football Club

Location: Ards Blair Mayne Wellbeing and Leisure Complex

Contact: David Lemon

Telephone: 07823 887235

Email: squeezy.lemon@btinternet.com

Cost: £2

Thu 15 Oct 11am–12.30pm

Mary's Mindful Moments

Join us for a morning of mindful meditation and craft activities for adults. Take some time out to unwind, relax and explore your creative side.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

1pm–3pm

Hens Shed

Social get together for ladies 60+. Tea/Coffee chat, Activities include a range of crafts, quiz, bingo, boccia etc.

Organiser: Peninsula Healthy Living

Location: Kircubbin Community Centre

Contact: Susan Osman

Telephone: 028 4273 9021

Email: susan@peninsulahealthyliving.org.uk

Cost: free

2pm–3pm

Yoga for All (Chair and Mat)

These sessions are facilitated by Karen and are either in the chair or very gentle, making them great for people of all ages and abilities.

Organiser: NDCN

Location: Skipperstone Community Centre

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2 per class

Fri 16 Oct

9.30am–10.30am

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Bangor Carnegie Library

Telephone: 028 9127 0591

Email: bangorcarnegie.library@librariesni.org.uk

Cost: Free

9.30am–10.30am

Chi Me

Improve your strength, balance and flexibility through this gentle exercise programme. Join us for an hour of invigorating yet relaxing exercise. Derived from Tai Chi, movements are simple, flowing and calming. Helps to improve breathing, aids balance and general well-being.

Organiser: NDCN

Location: Skipperstone Community Centre

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

10am–12pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Newtownards Library

Telephone: 028 9181 4732

Email: newtownards.library@librariesni.org.uk

Cost: Free

10am–1pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

10.30am–12pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Donaghadee Library

Telephone: 028 9188 2507

Email: donaghadee.library@librariesni.org.uk

Cost: Free

11am–12pm

Chi Me

Improve your strength, balance and flexibility through this gentle exercise programme. Join us for an hour of invigorating yet relaxing exercise. Derived from Tai Chi, movements are simple, flowing and calming. Helps to improve breathing, aids balance and general well-being.

Organiser: NDCN

Location: Trinity Presbyterian Church

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

2.15pm–3pm

Strength and Balance

Organiser: NDCN

Location: Bangor Aurora

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2 per class

Sat 17 Oct 10.30am–12pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Portaferry Library

Telephone: 028 4272 8194

Email: portaferry.library@librariesni.org.uk

Cost: Free

Mon 19 Oct 10am–11am

Walking Group

Join Lindsey and the walkers every Monday morning from 10am; it departs from the Train Station in Bangor Centre. The walk usually lasts up to an hour, and it is open to all ages and abilities to participate, and we would love to welcome new friends to this group. We finish off back at the station and people often grab a nice cuppa after.

Organiser: NDCN

Location: Meet Inside Bangor Train Station

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2 per class

10am–1pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

10.30am–12.30pm Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

10.30am–12pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Bangor Carnegie Library

Telephone: 028 9127 0591

Email: bangorcarnegie.library@librariesni.org.uk

Cost: Free

10am–1pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Holywood Library

Telephone: 028 9042 4232

Email: holywood.library@librariesni.org.uk

Cost: Free

11.15am–12.15pm

Walking Football for those aged 50+

Discover the Joy of Walking Football – It's Never Too Late to Get in the Game! It's a slower-paced version of the beautiful game, designed to be inclusive and gentle on the joints – perfect for those who want to enjoy sport without the strain.

Organiser: Scrabo Strollers Walking Football Club

Location: Ards Blair Mayne Wellbeing and Leisure Complex

Contact: David Lemon

Telephone: 07823 887235

Email: squeezezy.lemon@btinternet.com

Cost: £2

11.30am–12.30pm Chair Yoga

Organiser: NDCN

Location: Trinity Presbyterian Church Hall

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

Tue 20 Oct 9.30am–1pm

NDCN Drop-in and Sign-posting

Organiser: NDCN

Location: Trinity Presbyterian Church Hall

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

11am–2pm

Have Fun and Dance

Organiser: NDCN

Location: North Down Community Network

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

11.30am–1pm

Community Cafe

Organiser: NDCN

Location: North Down Community Network

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

1pm–3pm

Hens Shed

Social get together for ladies 60+. Tea/Coffee chat, Activities include a range of crafts, quiz, bingo, boccia etc.

Organiser: Peninsula Healthy Living

Location: Kircubbin Community Centre

Contact: Susan Osman

Telephone: 028 4273 9021

Email: susan@peninsulahealthyliving.org.uk

Cost: Free

1.30pm–2.30pm

Signing Session

Organiser: NDCN

Location: Hamilton Road Community Hub

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

Wed 21 Oct 10.30am–12pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Newtownards Library

Telephone: 028 9181 4732

Email: newtownards.library@librariesni.org.uk

Cost: Free

10.30am–12pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Hollywood Library

Telephone: 028 9042 4232

Email: hollywood.library@librariesni.org.uk

2pm–3pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Donaghadee Library

Telephone: 028 9188 2507

Email: donaghadee.library@librariesni.org.uk

Cost: Free

2pm–3pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Portaferry Library

Telephone: 028 4272 8194

Email: portaferry.library@librariesni.org.uk

Cost: Free

5pm–6pm

Walking Football for those aged 50+

Discover the Joy of Walking Football – It's Never Too Late to Get in the Game! It's a slower-paced version of the beautiful game, designed to be inclusive and gentle on the joints – perfect for those who want to enjoy sport without the strain.

Organiser: Scrabo Strollers Walking Football Club

Location: Ards Blair Mayne Wellbeing and Leisure Complex

Contact: David Lemon

Telephone: 07823 887235

Email: squeezy.lemon@btinternet.com

Cost: £2

Thu 22 Oct 11am–12.30pm

Mary's Mindful Moments

Join us for a morning of mindful meditation and craft activities for adults. Take some time out to unwind, relax and explore your creative side.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

1pm–3pm

Hens Shed

Social get together for ladies 60+. Tea/Coffee chat, Activities include a range of crafts, quiz, bingo, boccia etc.

Organiser: Peninsula Healthy Living

Location: Kircubbin Community Centre

Contact: Susan Osman

Telephone: 028 4273 9021

Email: susan@peninsulahealthyliving.org.uk

Cost: free

2pm–3pm

Yoga for All (Chair and Mat)

These sessions are facilitated by Karen and are either in the chair or very gentle, making them great for people of all ages and abilities.

Organiser: NDCN

Location: Skipperstone Community Centre

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2 per class

2pm–3pm

Residential Care Costs

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

Attendees contact each age friendly coordinator and then coordinators email agefriendly@ardsandnorthdown.gov.uk

Fri 23 Oct 9.30am–10.30am Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Bangor Carnegie Library

Telephone: 028 9127 0591

Email: bangorcarnegie.library@librariesni.org.uk

Cost: Free

9.30am–10.30am Chi Me

Improve your strength, balance and flexibility through this gentle exercise programme. Join us for an hour of invigorating yet relaxing exercise. Derived from Tai Chi, movements are simple, flowing and calming. Helps to improve breathing, aids balance and general well-being.

Organiser: NDCN

Location: Skipperstone Community Centre

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

10am–12pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Newtownards Library

Telephone: 028 9181 4732

Email: newtownards.library@librariesni.org.uk

Cost: Free

10am–1pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

10.30am–12pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Donaghadee Library

Telephone: 028 9188 2507

Email: donaghadee.library@librariesni.org.uk

Cost: Free

11am–12pm

Chi Me

Improve your strength, balance and flexibility through this gentle exercise programme. Join us for an hour of invigorating yet relaxing exercise. Derived from Tai Chi, movements are simple, flowing and calming. Helps to improve breathing, aids balance and general well-being.

Organiser: NDCN

Location: Trinity Presbyterian Church

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

2.15pm–3pm

Strength and Balance

Organiser: NDCN

Location: Bangor Aurora

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2 per class

Sat 24 Oct 10.30am-12pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Portaferry Library

Telephone: 028 4272 8194

Email: portaferry.library@librariesni.org.uk

Cost: Free

Mon 26 Oct 10am-11am

Walking Group

Join Lindsey and the walkers every Monday morning from 10am; it departs from the Train Station in Bangor Centre. The walk usually lasts up to an hour, and it is open to all ages and abilities to participate, and we would love to welcome new friends to this group. We finish off back at the station and people often grab a nice cuppa after.

Organiser: NDCN

Location: Meet Inside Bangor Train Station

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

10am-1pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

10.30am–12pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Bangor Carnegie Library

Telephone: 028 9127 0591

Email: bangorcarnegie.library@librariesni.org.uk

Cost: Free

10.30am–12pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Holywood Library

Telephone: 028 9042 4232

Email: holywood.library@librariesni.org.uk

Cost: Free

10.30am–12.30pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

11.15am–12.15pm

Walking Football for those aged 50+

Discover the Joy of Walking Football – It's Never Too Late to Get in the Game! It's a slower-paced version of the beautiful game, designed to be inclusive and gentle on the joints – perfect for those who want to enjoy sport without the strain.

Organiser: Scrabo Strollers Walking Football Club

Location: Ards Blair Mayne Wellbeing and Leisure Complex

Contact: David Lemon

Telephone: 07823 887235

Email: squeezy.lemon@btinternet.com

Cost: £2

11.30am–12.30pm

Chair Yoga

Organiser: NDCN

Location: Trinity Presbyterian Church Hall

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2 per class

Tue 27 Oct 9.30am–1pm

NDCN Drop-in and Sign-posting

Organiser: NDCN

Location: North Down Community Network

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

11am–2pm

I.T. Support (Appointment Needed)

Organiser: NDCN

Location: North Down Community Network

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

11am–12pm

**Financial Well-being and Fraud Awareness:
Staying Safe, Informed and in Control**

Managing your finances with confidence is more important than ever.

This practical and informative session is designed for people aged 65 and over, providing guidance on everyday banking, protecting yourself from fraud and scams, and making the most of your money. We will explore topics including online banking, safe online shopping, ATM usage, standing orders and direct debits, and the different types of savings and deposit accounts available. We will also discuss social tariffs for those receiving certain benefits, power of attorney and care and protection arrangements, joint accounts, third-party mandates, and ways to make your finances environmentally sustainable. Join us for an accessible and engaging discussion to help you stay financially secure, independent, and informed.

Microsoft Teams meeting

Join: <https://teams.microsoft.com/meet/390128907329929?p=pVXhUs39v6iP6djgzw>

Meeting ID: 390 128 907 329 929

Passcode: dv2C5kS9

11.30am–1pm

Community Cafe

Organiser: NDCN

Location: North Down Community Network

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

1pm–3pm

Hens Shed

Social get together for ladies 60+. Tea/Coffee chat, Activities include a range of crafts, quiz, bingo, boccia etc.

Organiser: Peninsula Healthy Living

Location: Kircubbin Community Centre

Contact: Susan Osman

Telephone: 02842739021

Email: susan@peninsulahealthyliving.org.uk

Cost: Free

1.30pm–2.30pm

Signing Session

Organiser: NDCN

Location: Hamilton Road Community Hub

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

Wed 28 Oct 10.30am–12pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Newtownards Library

Telephone: 028 9181 4732

Email: newtownards.library@librariesni.org.uk

Cost: Free

10.30am–12pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Hollywood Library

Telephone: 028 9042 4232

Email: hollywood.library@librariesni.org.uk

Cost: Free

2pm–3pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Donaghadee Library

Telephone: 028 9188 2507

Email: donaghadee.library@librariesni.org.uk

Cost: Free

2pm–3pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Portaferry Library

Telephone: 028 4272 8194

Email: portaferry.library@librariesni.org.uk

Cost: Free

2.15pm

Active Generations Drop In

Bring generations together! Join our Active Ageing members for friendly chats, fun games, and gentle physical activities. Share stories, build connections, and enjoy time together while promoting health, wellbeing, and community spirit.

Organiser: Northern Community Leisure Trust

Location: Bangor Aurora

Telephone: 028 9127 0271

Email: Will.carson@serco.com

Cost: Free

5pm–6pm

Walking Football for those aged 50+

Discover the Joy of Walking Football – It's Never Too Late to Get in the Game! It's a slower-paced version of the beautiful game, designed to be inclusive and gentle on the joints – perfect for those who want to enjoy sport without the strain.

Organiser: Scrabo Strollers Walking Football Club

Location: Ards Blair Mayne Wellbeing and Leisure Complex

Contact: David Lemon

Telephone: 07823 887235

Email: squeezezy.lemon@btinternet.com

Cost: £2

Thu 29 Oct 2pm–3pm

Yoga for All (Chair and Mat)

These sessions are facilitated by Karen and are either in the chair or very gentle, making them great for people of all ages and abilities.

Organiser: NDCN

Location: Skipperstone Community Centre

Telephone: 02891 461386

Email: admin@ndcn.co.uk

Cost: Small donation £1-£2

11am-12.30pm

Mary's Mindful Moments

Join us for a morning of mindful meditation and craft activities for adults. Take some time out to unwind, relax and explore your creative side.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

1pm-3pm

Hens Shed

Social get together for ladies 60+. Tea/Coffee chat, Activities include a range of crafts, quiz, bingo, boccia etc.

Organiser: Peninsula Healthy Living

Location: Kircubbin Community Centre

Contact: Susan Osman

Telephone: 028 4273 9021

Email: susan@peninsulahealthyliving.org.uk

Cost: Free

Fri 30 Oct 9.30am-10.30am **Tea and Newspapers**

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Bangor Carnegie Library

Telephone: 028 9127 0591

Email: bangorcarnegie.library@librariesni.org.uk

Cost: Free

10am–12pm

Knit and Natter

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. Bring whatever you are working on or start a new project. Booking essential.

Organiser: Libraries NI

Location: Newtownards Library

Telephone: 028 9181 4732

Email: newtownards.library@librariesni.org.uk

Cost: Free

10am–1pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Comber Library

Telephone: 028 9187 2610

Email: comber.library@librariesni.org.uk

Cost: Free

10.30am–12pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Donaghadee Library

Telephone: 028 9188 2507

Email: donaghadee.library@librariesni.org.uk

Cost: Free

Sat 31 Oct 10.30am–12pm

Tea and Newspapers

Tea and Newspapers groups give adults the opportunity to meet new people, socialise and discuss local and national affairs in the newspapers while enjoying complimentary tea/coffee and biscuits.

Organiser: Libraries NI

Location: Portaferry Library

Telephone: 028 4272 8194

Email: portaferry.library@librariesni.org.uk

Cost: Free



North Down Museum – free exhibitions

‘Prehistoric Ulster: Pots, People and Places’

An exhibition showcasing replica pots from Neolithic and Bronze Age from Co. Down | 4 Aug – 1 Nov 2026

For more information [click here](#)

‘Treading the Boards’

An exhibition exploring 90 years of Bangor Drama Club | 13 Aug – 15 Nov 2026

For more information [click here](#)



Department of Finance – Go ON NI Digital Inclusion Team

The Digital Inclusion Team, in partnership with Libraries NI and Supporting Communities NI, provides free digital training and support to help people develop essential digital skills, access government services online, build confidence using digital devices, communicate digitally, and stay safe online.

You can find out more about course dates and times by contacting your local library by telephone, visiting the Libraries NI website at <https://www.librariesni.org.uk> or visiting the Supporting Communities NI Digital Skills website at <https://supportingcommunities.org/digital-skills>

Training courses are delivered throughout the year. Dates and times vary by location.

Individuals can book a course by contacting their local library. Organisations or community groups interested in arranging group digital skills training should contact future@finance-ni.gov.uk or stef@supportingcommunities.org

Bangor Carnegie Library | 028 9127 0591

Comber Library | 028 91872610

Donaghadee Library | 028 9188 2507

Holywood Library | 028 9042 4232

Newtownards Library | 028 9181 4732

Portaferry Library | 028 4272 8194

Go ON NI courses are FREE



SEHSCT's Safe and Well Service

The overall aim of the service is to reduce loneliness and or isolation in over 65's. Safe and Well officers can provide information and advice on a range of services available to you. For further information and support please get in touch.

Email: SafeandWell@setrust.hscni.net
or phone 028 9756 6934



AGE North Down and Ards (AGEnda)

Supports older people to live healthy, independent, and fulfilling lives. Its vision is to ensure older people in the area are comfortable with growing older. It provides a Good Morning Call which is a free confidential daily service available to all residents over 65 (Mon-Fri) offering support and reassurance to those who might be isolated or vulnerable. Its Floating Support service (Ards area, over 65s) provides assistance in a person's home by a support worker giving short term advice and help to make it easier for people to maintain their independence. Support and Signpost provide those who are over the age of 50 with a place to discuss any concerns.

<https://agenorthdownards.co.uk>



Home Safety Checks

Keep yourself and your family safe and be prepared for growing older by getting a free home safety check. As we age, older people (over 65's) are more likely to have an accident in the home.

We know that 95% of all home accidents are preventable but it can be difficult to spot the dangers in your own home. It helps to have a fresh pair of eyes identify the risks, so we offer free, confidential Home Safety visits.

During a Home Safety visit a member of our team will offer you advice and tips on accident prevention and, where appropriate, free equipment to make your home safer.

We work with partner organisations such as the Health and Social Care Trust and the Northern Ireland Fire and Rescue Service and with your permission, can refer you for additional help and support if required. We can also introduce you to social groups and other activities you may enjoy.

To book your free and confidential home safety visit contact the Ards and North Down Home Safety Team on 0300 013 3333 EXT 40336 or email homesafety@ardsandnorthdown.gov.uk

Take steps now to stay safe in the future.