

WINTER 2025 | EDITION 13

ABC Seniors Newsletter

RSP PRODUCED IN
PARTNERSHIP WITH
Policing & Community
Safety Partnership
making Armagh, Banbridge
& Craigavon safer



may you never be too old
to search the skies on

Christmas Eve

Spread the Age Friendly magic this festive season

There is no better time than Christmas to reach out to family and friends and it is also important that we spread the festive cheer by reaching out those who are more isolated in our communities.

Making new connections is one of the key objectives of ABC Age Friendly and throughout 2025, we have enjoyed another bumper year of activities which have opened up so many opportunities. From the Tea Dance in Armagh last January, to the Global Intergenerational Week celebrations in April, as well as the dozens of activities for Positive Ageing Month in October, the Age Friendly momentum has gone from strength to strength.

With more and more of us now in the over-50s bracket, some of us may need help with health or finance

matters; finding new interests and hobbies; or even just a friendly face for a chat. And the festive season is the perfect opportunity to make new connections with those who could do with some Age Friendly magic.

There has also been a significant rise in the number of people who have signed up to the ABC Age Friendly email list which offers a range of excellent services, information, advice and events which can help you stay happy, healthy and connected.

Sign up to join the ABC Age Friendly email list by sending an  **agefriendly@armaghbanbridgecraigavon.gov.uk** or  **07825 010630**.

For further information on ABC Age Friendly visit  **armaghbanbridgecraigavon.gov.uk/age-friendly-abc** where you will also find advice, services and latest news.

*Have a very merry Christmas
& an Age Friendly New Year!*

Useful Numbers

ABC Seniors Network
07873 339 423

Access and Information
028 3756 4300

Action Fraud
03001 232 040

Age Friendly Officer
07825 010 630

Age NI Advice Service
08088 087 575

Armagh Rural Transport
028 3751 8151

Community Advice ABC
0330 135 9733

Council Offices
0300 0300 900

DART Partnership
028 3831 7810

Elder Abuse
08088 088 141

Home Safety Advice
03300 561 011

Home Security Advice
07919 306 281

Make the Call
08002 321 271

N.I. Direct
03002 007 899

N.I. Electricity Networks
03457 643 643

N.I. Water
03457 440 088

Out of Hours Doctor
028 3839 9201

Police Emergency
999

Police Non-Emergency
101



Margaret's Cookery Corner

The beauty of a Christmas pudding is that it needs time (and patience!) for its incredible flavours to mature, so making it a month in advance means it'll be rich and full of gorgeously plump, flavoursome fruit by Christmas Day.



Mothers Plum Pudding

Ingredients

- 75 grams butter
- 100 grams dark brown sugar
- Rind and juice of 1 large orange
- 80 grams self-raising flour
- 20 grams ground almonds
- 2 level teaspoons mixed spice
- 2 beaten eggs
- 40 grams breadcrumbs
- 450 grams mixed fruit your choice (sultana's, raisins, cherries, dried apricots, prunes dates optional for mixed peel)
- 150 grams of grated peeled Bramley apples.
- If you like nuts 75 grams chopped or flaked almonds optional If you want a darker pudding add 2 tablespoons treacle



Method



1. Soak mixed fruit in 100ml brandy or Guinness or for a non-alcoholic version use apple or orange juice for at least 24 hours before making pudding.
2. Grease 2pt Pyrex bowl with butter and place a square of greaseproof paper in base of bowl
3. Beat butter, sugar & rind of orange together, add a little flour
4. Add orange juice then eggs and flour & spices and beat all together.
5. Add breadcrumbs, ground almonds, grated apples and mixed fruit and mix altogether
6. Pop mixture into greased bowl cover mixture and top of bowl with greaseproof paper, fold greaseproof paper in the middle to allow for mixture expanding, cover greaseproof paper with tinfoil and secure tightly with string round top of bowl, you can make a string handle to lift pudding out when cooked.
7. Cook this in the slow cooker or saucepan making sure you have 2" of boiled water at all times cook 4 hours on auto, if cooking it on low 6 hours.
8. Remove tinfoil and greaseproof you can add more spirits now if you want or apple juice.
9. Put fresh greaseproof paper and tinfoil over pudding.
10. On the day you want to eat pudding steam for a further 2 hours which would be my choice method for heating but you can also heat in microwave.
11. Serve with custard or brandy butter or clotted cream your choice.
12. I prefer using breadcrumbs instead of suet it makes a lighter pudding.
13. Enjoy

Leadership & Capacity Building Programme for ABC Seniors Network



ABCSN has been part of the Age NI new Leadership and Capacity Building Programme for Age Sector Network (ASN) leaders across Northern Ireland, supported by the Department of Finance and The National Lottery Community Fund through the Dormant Accounts Fund.

This three-year programme started in June 2025 and is designed to empower leaders with the skills, tools and mentorship they need to drive strategy, sustainability and positive change within the age sector - ultimately strengthening the wellness and resilience programmes that support older people in our communities.

Together, Age NI aim to build stronger, more connected communities across Northern Ireland where leaders feel supported, valued and equipped to lead with confidence. ABCSN looks forward to working alongside dedicated ASN leaders as they continue their fantastic work.

If you would like to find out more please contact ABC Seniors Network on

☎ 07873 339 423 | ✉ armaghbcseniorsnetwork@gmail.com

Age Friendly Network NI Brings Councils Together to Shape a More Inclusive Future for Older People



The Age Friendly Network NI hosted the Age Friendly Futures Summit last month at the Titanic Conference Centre, Belfast, bringing together senior representatives from government, local councils, and the community and voluntary sectors.

Delegates from all 11 council areas across Northern Ireland attended the event, which aimed to strengthen collaboration and set a shared vision for creating communities that are inclusive, supportive, and responsive to the needs of older people. Focusing on three key objectives — raising awareness of Age Friendly Northern Ireland, influencing policy direction, and setting the future direction of the Age Friendly movement — the Summit provided an opportunity to share learning, showcase good practice, and highlight progress being made across the region. Attendees explored the core elements that make up an Age Friendly Community and reviewed the latest evaluation findings, which underline the importance of planning effectively for an ageing population. The Summit reaffirmed the commitment of councils and partners to work collectively to ensure that older people can live well, participate fully, and remain connected within their local communities. This event marks an important milestone in the ongoing development of Age Friendly Northern Ireland, supporting a shared ambition to make the region one of the best places in the world to grow older.

Carer's First Service

 **Clanrye Group**
Here To Support You

The Carer's First Service will provide support to adult carers living within the Southern Health & Social Care Trust Area



Our Carers Support staff can provide help and support with:

- Education & Training
- Social Activities
- Health & Wellbeing
- Personal Development
- General Information
- Listening Ear Phone Support
- Referrals for Financial & Benefits Advice



LOCATION - THE SOUTHERN TRUST AREA

If you wish to know more about this service contact us on
☎ 028 3089 8119 | ✉ info@clanryegroup.com

SAVE THE DATE

6th Jan - 27th Jan

Chair Yoga programme 6 weeks in Banbridge with ABC Council

JAN/FEB

Strength and Balance

6-week programme Craigavon/Portadown

'Bend Dont Break' Course

Supports mental and emotional health. It allows carers to look after their own well-being, engage in joyful activities, and provide some techniques on how to build your resilience.

For more information ☎ 028 3089 8119

✉ info@clanryegroup.com

FIND US ON



Southern Health and Social Care Trust

How to get online for complete beginners

The Digital Support Programme will provide the opportunity for participants aged 50+ to develop their skills and digital knowledge.



We will be running 3 programmes across the Borough which aims to support people to develop their ability to use digital devices such as phones, laptops, tablets etc. which will allow more people to get online and gain long-term access to technology. This programme is for beginners and will cover topics such as emails, using apps, online booking forms, communication, using websites etc. Please note that this course is only available to participants living within the Armagh, Banbridge & Craigavon Borough.

The programme will run in the following venues:

- Brownlow Hub commencing 21 January 2026
- Richhill Recreation Centre commencing 29 January 2026
- Banbridge Leisure Centre commencing 23 February 2026

For more information or to book contact Claire by emailing ✉ claire.mccann@armaghbanbridgecraigavon.gov.uk or calling ☎ 0300 0300 900. Places are limited on programme so book early to avoid disappointment.



Do you support someone living with dementia?

Carers Information & Support Programme 1
(All sessions are online Zoom Meetings)

1. **The Impact of Dementia, types etc**
2. **Support & Care in the Community**
3. **Legal & Financial Guidance & Planning for the Future**
4. **The Impact of Caring - The importance of Self Care**

January 2026 | 6.30pm - 8pm
Monday evenings – 5th 12th 19th 26th

February 2026 | 6.30pm - 8pm
Tuesday evenings – 3rd 10th 17th 24th

March 2026 | 6.30pm - 8pm
Wednesday evenings – 4th 11th 18th 25th



Family face to face sessions can also be arranged in your own home, please call to discuss

Alzheimer’s Society Carers Information and Support Programme (CrISP) aims to improve the knowledge, skills and understanding of people caring for someone living with dementia by providing effective support and up to date relevant information.

This course is specifically for carers living in the Southern Trust Area: Craigavon & Banbridge, Newry & Mourne, Armagh & Dungannon Contact Carole

To register your place
✉ southern@alzheimers.org.uk | carole.murray@alzheimers.org.uk
or ☎ 07918 706 095



Time for Dementia



Families affected by dementia are being invited to take part in an award-winning programme, to help train the healthcare professionals of tomorrow and improve dementia care.

The Time for Dementia programme, delivered by Alzheimer’s Society, in collaboration with Ulster University, pairs families affected by dementia with student nurses, helping to better educate them about life with dementia and the challenges that come with it.

Time for Dementia is a fantastic way for the next generation of healthcare professionals to gain first-hand knowledge of what it’s like to live with dementia. If you would like to know more about the programme, or you know someone with dementia and a family carer who would like to take part, please get in touch

✉ anouska.noble@alzheimers.org.uk
or ☎ Anouska Noble **07860 331 648**





Inspiring Community Event

Highlighting Local Heritage and Healing Through Craft

Libraries NI, in partnership with Age Friendly and Armagh City, Banbridge and Craigavon Borough Council, welcomed the local community to a unique storytelling event celebrating resilience, creativity, and local history.

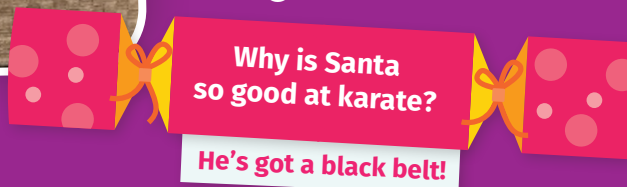
Attendees heard the remarkable story of local woman Jane McKinstry and her husband Victor, who shared how crocheting and knitting played a vital role in Janes recovery from a recent illness. Victor described how the therapeutic rhythm of her crocheting helped restore both her physical strength and emotional wellbeing. Her impressive giant crocheted replica of Crozier's Monument was proudly displayed, capturing the attention and admiration of everyone present.

Jane and her husband Victor were joined by local historian Jason Diamond from the F.E. McWilliams Gallery. Jason led an engaging discussion on the life and legacy of Captain Francis Crozier, the Banbridge-born polar explorer whose courage and curiosity continue to inspire generations.

The event formed part of Libraries NI's ongoing 'human library' initiative, in which real people act as living books, sharing their personal stories to spark conversation, build understanding, and strengthen community connections.

Organisers praised the turnout and encouraged the public to join future sessions for more opportunities to learn, connect, and be inspired by the stories within their own community.

If you have a story to tell, we would love to hear it, contact Stephanie on agefriendly@armaghbanbridgecraigavon.gov.uk or 07825 010 630





FREE GO ON ONLINE WORKSHOPS IN LIBRARIES JANUARY 2026

Please book with your library

Branch	Day	Time	Topic and Description	Branch Email & Number
Armagh Library	Wednesday 22/01/2026	10.30am to 12.30pm	Planning travel online: use the internet to plan journeys and holidays	armagh.library@librariesni.org.uk 028 3752 4072
Armagh Library	Wednesday 22/01/2025	2.00pm to 4.30pm	1-2-1 eClinic - IT help for beginners: help with your mobile device, general IT assistance, information about library e-services.	armagh.library@librariesni.org.uk 028 3752 4072
Lurgan Library	Thursday 16/01/2025	10.30am to 12.30pm	Family History - Irish 1901 and 1911 Census for beginners. Learn how to use the 1901/1911 census of Ireland for your family history research, as well as tips and tricks for how to search when you can't find someone on the census.	lurgan.library@librariesni.org.uk 028 3832 3912
Lurgan Library	Thursday 16/01/2025	2.00pm to 4.30pm	1-2-1 eClinic - IT help for beginners: help with your mobile device, general IT assistance, information about library e-services.	lurgan.library@librariesni.org.uk 028 3832 3912
Portadown Library	Wednesday 15/01/2026	10.30am to 4.15pm	1-2-1 eClinic - IT help for beginners: help with your mobile device, general IT assistance, information about library e-services.	portadown.library@librariesni.org.uk 028 3833 6122
Banbridge Library	Tuesday 20/01/2026	6.30pm- 8.00pm	Burns Night in Banbridge Library: join us for a night of poetry and music and, of course, haggis!	banbridge.library@librariesni.org.uk 028 4062 3973

FREE GO ON ONLINE WORKSHOPS IN LIBRARIES - FEBRUARY 2026

Please book with your library

Branch	Day	Time	Topic and Description	Branch Email & Number
Banbridge Library	Friday 20/02/2025	1.30pm- 3.30pm	Discover screen stories: find out how to access years of digitised and preserved screen stories with BFI and selected DFA archives available on Library computers.	banbridge.library@librariesni.org.uk 028 4062 3973
Portadown Library	Wednesday 10/02/2025	10.30am- 12.30pm	Internet Scams (and how to avoid them) – Tips on how to stay safe online.	portadown.library@librariesni.org.uk 028 3833 6122
Rathfriland Library	Friday 27/02/2025	1.30pm- 3.30pm	Local History: Places. Find out how to use heritage resources, including maps and photographs, to understand the history of a place.	rathfriland.library@librariesni.org.uk 028 4063 0661
Tandragee Library	Wednesday 04/02/2025	2.00pm- 4.00pm	Understanding Artificial Intelligence (AI): this session takes a look at AI, its applications in everyday life, and the benefits and challenges it brings.	tandragee.library@librariesni.org.uk 028 3884 0694
Tandragee Library	Wednesday 11/03/26	All day	'PRONI on Tour' in Tandragee Library: the Public Record Office for Northern Ireland will be visiting Tandragee Library with some documents of local interest. PRONI staff will be on hand to answer all your research queries	tandragee.library@librariesni.org.uk 028 3884 0694

Stop, Look and Listen isn't just for kids

At an early age we all learn how to cross a road, remembering these very simple details are very important at all ages in life.

Have you considered how and where you cross the roads in our local towns?

The statistics in Northern Ireland unfortunately tell us that many people who are over 65 years old are taking unnecessary risks with dire consequences.

- 44 pedestrians killed in Northern Ireland (2022–2024)
- 8 pedestrians aged over 65 killed this year to date

As we get older, we may have reduced mobility, hearing and eyesight; older pedestrians can stay safe by following the following steps.

Find a safe place to cross – preferably a designated crossing, don't cross between vehicles, and make sure that the driver can see you.

STOP – Stand on the pavement near the kerb

LOOK – look all around, even at pedestrian crossings, if there are lorries take extra care as it is difficult for the driver to see pedestrians due to many blind areas in a lorry

LISTEN – Remember that your hearing may not be as good as when you were younger and electric vehicles are almost silent and pose an increased risk

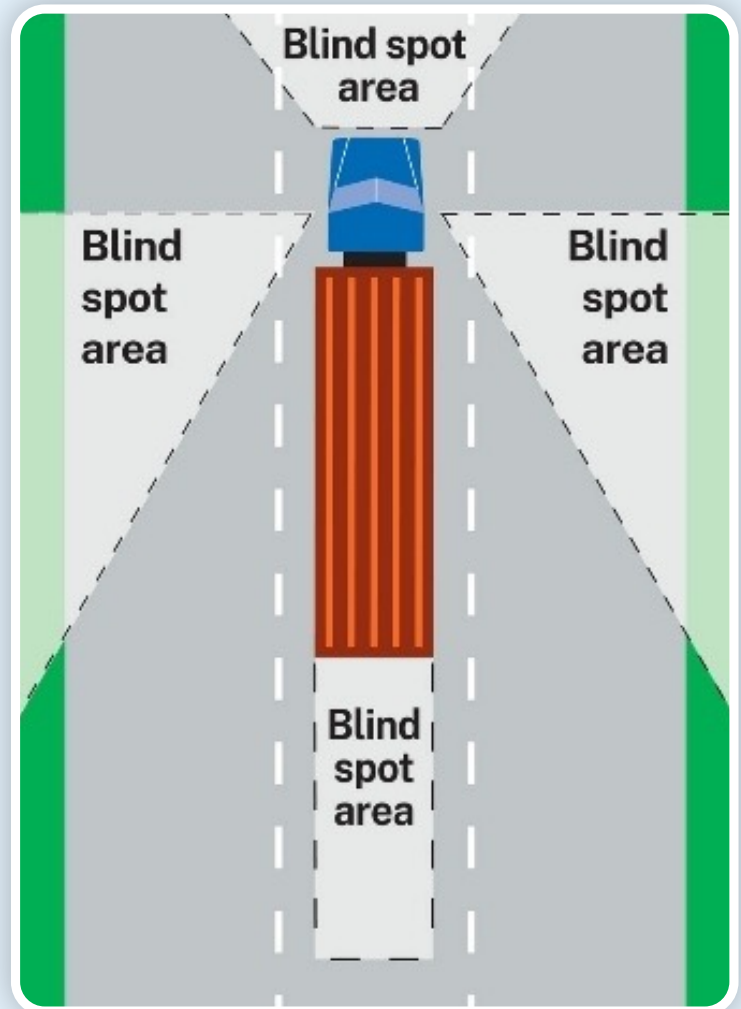
CROSS – when you are sure that it is safe, don't rush as you don't want to fall

Keep looking and listening when crossing

Blind spots for a driver in an HGV

Crossing the road near HGVs (Heavy Goods Vehicles) is especially dangerous because of their large blind spots. These blind spots mean that even when the lorry is not moving, the driver may not see pedestrians who are close to the vehicle. The most critical blind areas are:

- Front and sides of the cab
- Rear of the lorry



If you cannot see the driver's face from the front or the mirrors from the rear, the driver cannot see you. This creates a high risk if the vehicle starts moving unexpectedly, such as pulling away from a stop or turning.

Also remember:

- Lorries take longer to start and stop, so if they begin moving while you're crossing, you have very little time to react.
- Turning movements are particularly hazardous because the rear of the lorry can swing out, hitting pedestrians who are too close.
- Noise and size can mask other traffic sounds, making it harder to judge safety.

Key advice: Never cross immediately in front of or behind a stationary HGV unless you are at a designated crossing and the driver has clearly seen you. If you can't make eye contact with the driver, assume they cannot see you.

As a pedestrian never take chances – Your safety is worth the extra minute.

THE NEW YEAR SEES THE RETURN OF THE

KEEP SAFE KEEP WELL

EVENTS FOR ANYONE AGED 60+

Armagh Banbridge & Craigavon Policing and Community Safety Partnership (PCSP) are hosting three free events for the over 60s in 2026. The events will highlight a wide range of issues on how to keep safe and keep well. Information stands on key service areas will also be on display, providing a wide range of information on issues that affect older people.

This event in previous years has been very successful and this year we again have some fantastic speakers lined up to keep our over 60s safe and well. This event ends with a free lunch and is an ideal opportunity to come along have a chat and receive some advice. The events will take place:

- **Lough Neagh Discovery Centre** | Wednesday 11 February 2026 | 10am-1pm
- **Bannville Hotel Banbridge** | Wednesday 25 February 2026 | 10am-1pm
- **Armagh City Hotel** | Wednesday 11 March 2026 | 10am-1pm

Tickets are limited for this event and if oversubscribed places will be drawn at random and will be issued to successful applicants one week before the event. Bookings for tickets will be open between Monday 5th January 2026 & Friday 16th January 2026 and can be booked by contacting Billy on ☎ **07919 306281** or emailing ✉ **homesecurity@armaghbanbridgecraigavon.gov.uk** No bookings will be taken before Monday 5th January 2026.



Suspicious texts and emails

Season's greetings

report online psni.police.uk

we care
we listen
we act



Police Service
of Northern Ireland

Searching online for a great Christmas bargain?

Fraudsters are busy too, sending fake texts and emails that look like delivery updates, gift offers or special deals.

- If something doesn't look right, don't click the links or give out your details.
- Buy only from trusted retailers and use their official websites.
- Watch out for messages asking for payments or personal information - even if they look genuine

If you're unsure about an email, report it by forwarding the email to report@phishing.gov.uk

You can report suspicious text messages by forwarding them to 7726 (it's free of charge).

Remember, if it looks too good to be true, it probably is. For more advice on staying safe this Christmas, visit

psni.police.uk/christmas

Winter 2025 | 9

What are General Practice Multi-Disciplinary Teams?

We understand that your physical health, mental health and social wellbeing are all equally important to you. To enhance the existing practice team and assist you in achieving these aims, you can now book an appointment with a physiotherapist, social worker, and mental health practitioner. You will also have improved access to health visitors and district nurses. Multi-disciplinary teams seek to address any issues that you face at the earliest opportunity, providing access to a range of experts who can provide you with the care, advice and support that you need.

What are General Practice Social Workers?

General practice social workers have joined the multidisciplinary team within your GP practice. Your social wellbeing affects how you feel about yourself, how well you function and the overall quality of your life. Issues which affect your social wellbeing may have a significant impact on your physical or mental health. Social workers can discuss any problems you have and explore what is important to you. They will provide you with practical advice, help and support in order to address these problems. Where the social worker feels that you may benefit from other services, they may work with other people or groups in your local community that can support your needs.

What is Social Work?

Social work seeks to improve the social wellbeing of individuals, families and communities. Social workers do this by:

- Promoting people's independence
- Supporting people's social inclusion and participation in society
- Helping people to keep safe and well
- If you choose to use this service, social workers and social work assistants working in the practice will work with you to identify and address social factors which may affect your physical or mental health and general wellbeing.

Types of Support Provided

The sort of things that we could help you with are:

- Isolation or loneliness
- Carer support
- Relationship difficulties
- Parenting difficulties
- Housing difficulties
- Stress
- Bereavement
- Traumatic life events
- Financial difficulties
- Alcohol and drug issues



Together we can:

- Discuss any issues you are facing
- Explore what is important for you
- Agree what help we can offer you
- Provide you with support



To avail of the MDT service you can phone into the Banbridge Medical Group Surgery and ask for the professional you are looking to make appointment with ☎ 028 4062 3303.



MAKE A DIFFERENCE IN 2026!

Volunteer & gain your Minibus D1 licence for FREE

DART Partnership are looking for caring volunteer drivers to support local residents, getting them to important appointments! Our Community Car Service helps people across the ABC area reach vital appointments! Your help can truly change lives.



Services We Provide

- Dial-A-Lift Scheme - Flexible, door-to-door transport service for rural individuals
- Disability Action Transport scheme - Transport for urban individuals
- Transport for Out-of-Area Hospital Appointments
- Minibus Hire for Community Groups
- School and SEN Group transport support services
- Day Centre and Respite transport support services
- Group and Community Day Trips
- MidAS Training - PATS Training

TEL: (028)38317810
 INFO@DARTPARTNERSHIP.ORG.UK
 WWW.DARTPARTNERSHIP.CO.UK
 10 CHARLESTOWN AVENUE,
 PORTADOWN,
 BT635ZF



Social Connections... is good for your health



Social activities and clubs offer a wealth of benefits for older adults, touching on many aspects of health and happiness.

As people age, staying connected with others becomes even more important - not just for fun but for overall well-being. Building new connections can enhance your mood and reduce feelings of loneliness. Staying socially active is truly key to ageing well both mentally and physically. See below for some suggestions:

MONDAYS

- **Brownlow - HIM Men's Group**
Every Monday 10am-1pm Social group for men.
For more information ☎ 07780 812 312
- **Brownlow - Fitzone Foundation Menopause Support Group** is the last Monday of the month 7-9pm.
For more information ☎ 07934 875 803

TUESDAYS

- **Loughshore - Birches area, Aghagallon area, Maghera area** at 11am-1.30pm. Contact Hazel for more information ☎ 07787933257
- **Ardmore/Derryadd** 2-4pm. Contact Hazel for more information ☎ 07787933257
- **Corran Hall, Tassagh The Tuesday Morning Club** 10.30am-12noon. For more information ☎ 07739 359 888

WEDNESDAYS

- **Loughshore Senior Social Club** 10.30am-1.30pm. For more information ☎ Hazel 07787933257
- **Pride of Edgarstown senior citizens social group** 10am-12pm every week. For more information ☎ 07732103210
- **Portadown HOPE Group** - peer support and self-care for those with long-term pain. 2-4pm. For more information ☎ 028 3756 3946

THURSDAYS

- **Lurgan Clan Na Gael, Friendly Club.** Weekly social group for over 55's 10.30am-12.30pm. For more information ☎ 07725179863
- **Brownlow - The Fitzone Foundation Women's Group** Thursday's 10am-12pm For more information ☎ 07780812312
- **Armagh Over 60's Brolly Club** 2.30pm-4.30pm in British Legion Club Armagh for more information contact Christine Kirkland on ☎ 07780 996 836



AFTERNOON Tea Dance ACROSS THE BOROUGH

Armagh Banbridge & Craigavon Borough Council are hosting a number of Senior Supper/Tea Dances across the Borough for anyone over 50yrs young.

This is a great opportunity to make new connections and to enjoy a cup of tea and a dance, which is proven to be a fun and effective way to keep active and improve your overall wellbeing. Evidence shows that not only does dancing improve reflexes, bone strength, co-ordination, and balance, but it is also widely regarded as one of the most enjoyable methods of getting up, moving, and keeping fit. Regular dancing sessions can enhance your mental health, boost your mood, and improve your overall well-being.

Why not get those dancing shoes on and join us at one of the following venues:

ARMAGH CITY HOTEL

Tuesday 20th January 2026 | 7-9pm

BROWNLOW COMMUNITY HUB

Friday 20th February 2026 | 2-4pm

BELMONT HOTEL BANBRIDGE

Tuesday 10 March 2026 | 7-9pm

Book early as places are limited. Bookings for tickets will open at 9.00am on the 5th of January 2026 and will be given on a first come first served basis and can be booked by emailing

✉ claire.mccann@armaghbanbridgecraigavon.gov.uk

☎ 0300 0300 900 | ext: 61814

✉ pat.prunty@armaghbanbridgecraigavon.gov.uk

☎ 0300 0300 900 | ext: 61837

Please note: No bookings will be taken before Monday 5th January.

Move Well – Live Well – Be Well:

Why regular movement is essential for healthy ageing

Staying active is crucial for older adults as it enhances physical health, mental well-being, and overall quality of life, helping to prevent chronic diseases and maintain independence. Moving more and becoming more active is essential for older adults to maintain their health, independence, and quality of life. It is never too late to start, and even small increases in activity can lead to significant health improvements. The getactiveabc team are passionate in motivating older people to get active. Running, walking, swimming, dancing, fitness classes and the gym are a great starting point to begin your fitness journey. For more information 🌐 getactiveabc.com/get-social

EVERY MON

Armagh: **GOGA FIT**

Dobbin Street Community Centre, Armagh | 10am-11am | £2.50

Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For info or to book contact Martin Quick ☎ 07392 170 746 | ✉ mquick@dsni.co.uk

Portadown: **Carers Walking Group** (starting from 19 January)

Meeting at Clanrye Offices in Mayfair Business Park, Garvaghy Road, Portadown | 10.30am | Free

We will do a gentle walk around Peoples Park, followed by tea/coffee and treats afterwards until 12pm. All Carers welcome. For more info contact Nicole ☎ 07870506353 | ✉ nicole.dynes@clanryegroup.com

Lurgan: **Verve Chatty Walk**

Meet Windsor Ave gate, Lurgan Park | 10am | Free

Moderate & relaxed pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net | ☎ 028 3756 3946

Craigavon: **Verve Chatty Walk**

Meet at Drummellan Community Centre, Craigavon | 1pm | Free

Relaxed pace. No registration required, just drop in for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net | ☎ 028 3756 3946

Armagh: **Tai Chi**

Dobbin Street Community Centre, Armagh | 4.30pm-5.30pm | Cost £2.50

Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick ☎ 07392170746 | ✉ mquick@dsni.co.uk

EVERY TUES

Richhill: **Nifty Fifties**

Richhill Recreation Centre | 9.15am-10.45am | Cost £3.40

Physical Activity Session followed by tea and coffee. For more information or to book a place call Richhill reception on ☎ 028 3887 0718

Banbridge: **Bat and Chat**

Banbridge Leisure Centre | 10.30am to 12noon | Cost £3 per session

Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly, social and relaxed environment. All equipment is provided. For more information or to book please contact Arnold on ☎ 07740 983 676 | ✉ banttc@gmail.com | Register 🌐 banttc@gmail.com | Full details 🌐 getactiveabc.com/batandchatBat

Craigavon: **Chatty Walk with Verve and Libraries NI**

Meet at Brownlow Library, Craigavon | 10.30am | Free

No registration required, join us for a walk, chat and a cuppa. For further information ✉ verve.network@southerntrust.hscni.net | ☎ 02837563946

Craigavon: **GOGA FIT**

South Lake Leisure Centre | 11.30am-12.30pm | Cost £2.50

Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more information or to book contact Martin Quick ☎ 07392 170 746 | ✉ mquick@dsni.co.uk

Craigavon: **Advanced Tai Chi**

South Lake Leisure Centre from 1.30pm-2.30pm | Cost £2.50

Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick ☎ 07392 170 746 | ✉ mquick@dsni.co.uk

Craigavon: **Tai Chi for beginners**

South Lake Leisure Centre | 2.45pm-3.45pm | Cost £2.50

Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick ☎ 07392 170 746 | ✉ mquick@dsni.co.uk

**EVERY
WED**

Lurgan: **Verve Chatty Walk**

Meet at Lough Neagh Discovery Centre at 10am | Free

Moderate to brisk pace. No registration required, just drop in for a walk, chat and a cuppa. For further information 📧 verve.network@southerntrust.hscni.net | ☎ **028 3756 3946**

Lurgan: **Verve Chatty Walk**

Meet at Sailing Club, Kinnego Marina | 10am | Cost £2

Relaxed pace. No registration required, just drop in for a walk, chat and a cuppa. For further information 📧 verve.network@southerntrust.hscni.net | ☎ **028 3756 3946**

Richhill: **Tai Chi**

Richhill Recreation Centre | 10am-11am | 11am-12noon (Beginners) | Cost £2.50

Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick ☎ **07392 170 746** | 📧 mquick@dsni.co.uk

Craigavon: **Nordic walking**

South Lakes Leisure Centre | 1.30pm-2.30pm | Cost £2

Learn proper Nordic walking technique that will help you walk improve your cardio, develop strength, improve posture and reduce the impact on your joints. For more information or to book contact Martin Quick ☎ **07392 170 746** | 📧 mquick@dsni.co.uk

Craigavon: **Bat and Chat**

South Lake Leisure Centre | 12.15pm - 1.45pm | Cost £3 per session (pay as you go)

Bat and Chat table tennis sessions are a fun way to learn how to play table tennis and improve your skills in a friendly, social and relaxed environment. All equipment is provided. For more info or to book please contact Arnold on ☎ **07740 983 676** | 📧 banttc@gmail.com | Register 🌐 banttc@gmail.com | Full details 🌐 getactiveabc.com/batandchatBat

**EVERY
THURS**

Craigavon: **Verve Chatty Walk**

Meet at Café IncredABLE | 10am | Free

Moderate pace. No registration required, just drop in for a walk, chat and a cuppa. For further information 📧 verve.network@southerntrust.hscni.net | ☎ **028 3756 3946**

**EVERY
FRI**

Banbridge: **GOGA FIT for beginners**

Banbridge Leisure Centre | 10am-10.45am | £2.50

Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more info or to book contact Martin Quick ☎ **07392 170 746** | 📧 mquick@dsni.co.uk

Banbridge: **GOGA FIT**

Banbridge Leisure Centre from 11am-12noon | Cost £2.50

Low intensity Inclusive exercise class looking to develop balance, range of movement and cardio fitness. For more info or to book contact Martin Quick ☎ **07392 170 746** | 📧 mquick@dsni.co.uk

Portadown: **Verve Chatty Walk**

Portadown People's Park | 11am | Free

Meet at Clanrye, Mayfair Business Centre. (Social café afterwards) For more information or to book call Contact: Emma McCormick ☎ **07485325861** | 📧 emma.mccormick@clanryegroup.com

Banbridge: **Walking Netball**

Banbridge Leisure Centre on Friday's | 12.30pm – 1.30pm | Cost £12.50 or the 5 weeks

New block with run from Friday 9 January - Friday 6 February

This is for anyone who wants to become more active and enjoy playing netball at a slower pace. These sessions will provide a warmup, a recap on rules, passing and shooting activities followed by walking netball games. Booking via 🌐 getactiveabc.com/hw_programs/walkingnetball

For more information, please contact Sarah Aiken on ☎ **07733596612**

Banbridge: **Tai Chi**

Banbridge Leisure Centre | 1pm-2pm | £2.50

Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick ☎ **07392 170 746** | 📧 mquick@dsni.co.uk

Craigavon: **Verve Chatty Walk**

Drumellan, Craigavon. Meet at Drumellan Community Association | Free

For more information or to book call contact: Mandy ☎ **028 3832 1415** | 📧 drumellan@hotmail.com

Banbridge: **Tai Chi for beginners**

Banbridge Leisure Centre | 2.15pm-3.15pm | Cost £2.50

Low impact Tai Chi to improve balance, core strength and range of motion. For more information or to book contact Martin Quick ☎ **07392 170 746** | 📧 mquick@dsni.co.uk

GET UP & MOVE MORE WITH GETACTIVEABC

Whatever your stage in life - it's never too late to work towards a healthier you!

If you're completely new to fitness, want to pick up a new hobby, get back into working out or exercise to manage a health condition, we're here to help you start slow, make it fun, set goals and make it social.

From walking sports and low intensity activities to over 50's clubs and swimming (free for those aged 66 and over and £1 for those aged 60-65), we have lots on offer to help you get active, moving and outdoors!

To find out more, visit [getactiveabc.com/getsocial](https://www.getactiveabc.com/getsocial) or call into your local leisure facility in Armagh, Banbridge, Craigavon, Dromore, Gilford, Keady, Rathfriland, Richhill and Tandragee.

[getactiveabc.com/getsocial](https://www.getactiveabc.com/getsocial)



SOCIAL EVENTS | FUN CLASSES | ALL ABILITIES



Armagh City
Banbridge
& Craigavon
Borough Council

Stay active with an activity that lights your light!

Maura McGarry is 70 years young with an infectious zest for living life to the full and a great believer in keeping active!

A retired teacher, Maura was always active growing up and played tennis very well! Her love for dancing has remained steadfast throughout her life and she is a member of two dance groups – one is run by the Maiden Voyage Dance Company and the other is Age on Stage, who are invited to care homes to entertain the residents! Maura is a member of the ABC Move More Macmillan group, having been diagnosed with a rare blood cancer two years ago. Maura says “Despite my diagnosis I decided to keep doing my thing - life is too short! The side-effects of the cancer and the chemotherapy tablets are sore bones and joints, but dancing helps me tremendously in both mind and body. Being active gives me more energy.

“I am never housebound! I choose to be out and about as much as I can, dancing, singing, swimming and socialising. In my head I still feel 16 and I think it's important to stay positive whatever life throws your way.”



Throughout October's Positive Ageing Month, Maura embraced her role as a positive ageing ambassador with ABC Council - encouraging people aged 50+ to try a new hobby or activity that brings joy. When it comes to advice for ageing well, Maura says “Get out and get moving! Whether you walk, play table tennis, climb a mountain or sing at the top of a mountain, just get out there, get active and find something that lights your light!”

Armagh City, Banbridge and Craigavon Borough (ABC) Council's Health and Recreation brand – [getactiveabc](https://www.getactiveabc.com) – has age-friendly activities and clubs in leisure facilities across the ABC borough to help put a pep in your step and a dash of fun into your routine.

To find out more, please visit [getactiveabc.com](https://www.getactiveabc.com)

Christmas Trivia Quiz

1. Which Christmas Carol was actually written for Thanksgiving?
2. Where did the tradition of the Christmas Tree come from?
3. When was the first Christmas card sent?
4. What country banned Christmas in 1647?
5. When were Christmas tree lights first introduced?
6. When did Charles Dickens write a Christmas Carol?
7. Which country first used the Christmas stamp?
8. Which company was the first to use Santa in its promotions?
9. Every year England displays a huge tree in Trafalgar square. It was a gift from which country?
10. In which country would you be visited by Kriss Kringle?

Answers on back cover



When / Say Donna Ashworth

When I say 'happy new year',
I'm not for a moment, expecting this to occur,
for that is not possible, a year must be all things.
Happiness must come and go, like the tides and the winds,
just as sadness, and all the emotions in between.
When I say 'happy new year', I'm really wishing you,
a baseline of peace, of gratitude.
Because if you can sit with these things, for the most part,
happiness will thrive, when it does arrive,
and sadness will know its place in the mix.
If you can nourish these things, daily,
you will also grow hope, for it flourishes in such soil.
And hope is the key,
to this enigmatic state of 'happiness' we seek.
When I say 'happy new year',
I'm really wishing you more happy days,
than sad days, more joy than misery,
more laughter than tears...
and the wisdom to accept, that they all belong.
Happy new year, my friends.

Happy new year

Christmas Jokes

What do you get if you cross Santa with a duck?

A Christmas Quacker!

Why are Christmas trees so bad at sewing?
They always drop their needles!

What is the best Christmas present in the world?
A broken drum, you just can't beat it!

What athlete is warmest in winter?
A long jumper!

What do you get when you cross a snowman with a vampire? Frostbite!

What do Santa's little helpers learn at school?

The elf-abet!

What do snowmen wear on their heads?
Ice caps!

How do snowmen get around?
They ride an icicle!

Why do mummies like Christmas so much?
Because of all the wrapping.

What do snowmen eat for breakfast on Christmas morning? Ice Krispies!

What did one Christmas tree say to another?
Lighten up!

What would you give your dog for Christmas?
A mobile bone!



Winter Word Search



F	S	N	O	W	M	A	N	Y	P	V	W	R	U	E
X	I	U	E	I	L	I	G	O	F	I	A	R	H	T
U	C	R	C	T	U	O	L	D	N	G	K	L	I	A
C	S	E	E	G	I	A	Z	T	S	O	R	F	B	R
C	N	O	N	P	R	H	E	O	M	H	Q	C	E	G
H	M	E	P	B	L	R	W	C	Y	P	K	M	R	I
I	P	O	E	E	K	A	L	F	W	O	N	S	N	M
L	O	A	G	T	O	Q	C	I	Z	U	C	P	A	U
L	R	Z	A	K	O	C	P	E	I	J	J	D	T	Z
Y	T	H	O	T	C	H	O	C	O	L	A	T	E	J

Chilly
Fireplace
Frost
Hibernate
Hot Chocolate
Migrate
Penguin
Polar Bear
Snowflake
Snowman
White
Winter

Answers – Christmas Trivia Quiz

1. Jingle Bells / 2. Germany / 3. 1843 / 4. England / 5. 1882
6. 1843 / 7. Canada / 8. Coca Cola / 9. Norway / 10. Germany

