



THE **BIG DAY** **INSIDE OUT**

A day long festival of activities for older people
Reaching in - connecting out!

Thursday 25th June 2020

Activities for older people who are online, and for those who aren't. Also includes some outdoor activities that observe government restrictions and social distancing.

Admission free – all welcome!



Morning: Physical activities and chat

Afternoon: Classes, readings and discussion

Evening: Entertainment and fun

See inside for the packed programme!

 **Engage
with Age**

Morning

10.00am: T'Ai Chi with tutor Jade Maiden (30 minutes)

Facebook Live – on the Engage with Age Facebook page @EngageWithAgeBelfast. Also available by telephone conference call for up to 6 people, with advance material sent by post (register by Monday 22nd June 2020).

To register for phone T'Ai Chi, call Cathy on 07468 695593/ cathy.chambers@engagewithage.org.uk

10.00am: A Walk in the Park with Laurence (1 hour)

A socially distanced walk in groups of less than 6 people. Numbers strictly limited, and in accordance with government guidelines and social distancing. **Meeting point:** The Car Park beside the toilets, off Kyle Street, Victoria Park, Belfast.

To register, call Laurence on 07425 627531

10.30am: Home Exercise with Una (30 minutes)

On WhatsApp and also by telephone conference call, with advance material sent by post (register by 22nd June 2020).

To register call Martin on 07856 926412/ martin.towers@engagewithage.org.uk

10.30am: Connswater Greenway Walk with John (1 hour)

Socially distanced walk in groups of less than 6 people. Numbers limited; social distancing.

Meeting point: outside the Eastside Visitor Centre, 402 Newtownards Road, Belfast BT4 1HH.

To register call John on 07729 516576/ john.mccandless@engagewithage.org.uk

11.00am : Springwatch with Martin: Guided Nature Walk (1 hour)

This is an outdoor group walk that can also be done individually on your own walk, or in your garden/ back yard. Individual walkers will take part in a follow-up conference call to discuss what they've seen.

Group walk: Meeting Point: Carpark in the Ozone, Ormeau Park, Belfast. Numbers limited; social distancing. Individual walkers to register by Monday 22nd June 2020. Follow-up phone call taking place at 12.30pm on Thurs 25th June 2020.

To register for both walks, call Martin on 07856 926412/ martin.towers@engagewithage.org.uk

11.00am: Coffee and Cookies Coffee Morning (30 minutes)

A coffee morning by telephone conference call for up to 6 people, each in their own home. We'll phone you for coffee morning chat. Have your coffee, cookies, and craic at the ready!

To register, call Lois on 07595 261253/ communications@engagewithage.org.uk

11.30am: Petanque/ French Outdoor Bowls (1 hour)

A gentle game of bowls beside the Jetty at the side of the River Lagan opposite the Ozone Centre, off Ravenhill Embankment, Belfast. Numbers limited; social distancing. NB: All equipment is provided and cleaned in between use to observe hygiene standards. Bring your own folding chair and refreshments.

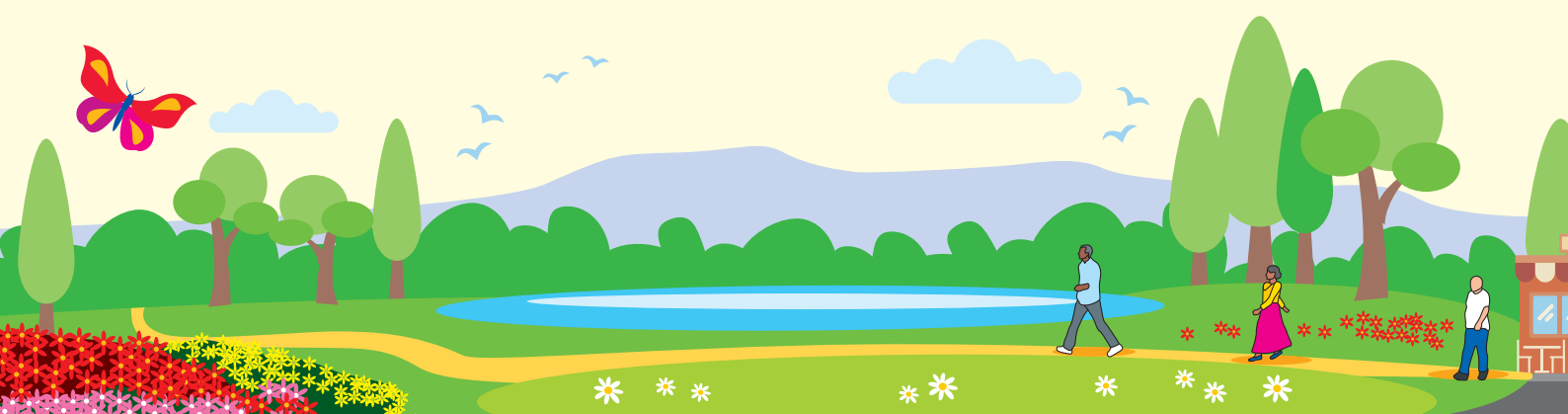
To register, call Laurence on 07425 62753.

12noon: Lecture "Belfast's Linen Heritage" by John Bradbury (1 hour)

Lecture presented via Facebook Live, on the Engage with Age Facebook page @EngageWithAgeBelfast.

Also by telephone conference call, with advance material sent by post (register by Monday 22nd June 2020).

To register for phone conference call Eamon on 07710 993 036/ eamon.quinn@engagewithage.org.uk



Afternoon

1.30pm: Looking Good in Lock-down (30 minutes)

Grooming for Men: Live via Engage with Age's Facebook page, with barber Garry Jackson, live from Garry's Barber Shop in Holywood, broadcast on the Engage with Age Facebook page @EngageWithAgeBelfast
Haircare for Women: With stylist Katie Quinn, via "Zoom" video call, live from Scissor Sisters Salon, Camlough.
Both also available via telephone conference call.

To register call Eamon Quinn on 07710 993 036.

1.30pm: Treasure Hunt with Martin

An outdoor Treasure Hunt on your daily walk. We will send you a list of items to find, followed up with a group conference call that we will call you on at 4pm that day. Register by 22nd June 2020.

To register call Martin on 07856 926412/ martin.towers@engagewithage.org.uk

2.00pm: "Words Alive" Creative Writing Reading (30 minutes)

Live reading of creative writing from members of "Words Alive". Via "Zoom" video call, also available via telephone conference call (numbers for telephone call limited to 6 people).

To register for zoom or telephone call, call Cathy on 07468 695593/ cathy.chambers@engagewithage.org.uk

2.00pm: Flower Arranging Demo with John McCandless (30 minutes)

Via "Zoom" video call and by telephone conference call, with advance materials sent in the post free of charge. Register by Monday 22nd June 2020.

To register call John on 07729 516576/ john.mccandless@engagewithage.org.uk

2.00pm: Afternoon Tea (30 minutes)

An afternoon tea telephone conference call for people at home. Have your tea and biscuits ready.

To register, call Lois on 07595 261253/ communications@engagewithage.org.uk

2.30pm: No Bake Dessert Cooking with John McCandless (30 minutes)

Via "Zoom" video call and by telephone conference call, with advance materials sent in the post free of charge. Register by Monday 22nd June 2020.

To register call John on 07729 516576/ john.mccandless@engagewithage.org.uk

2.30pm: Words Written in Lockdown (30 minutes)

A telephone conference call between people sharing poems and stories they have written during "Lockdown".

To register call Martin on 07856 926412/ martin.towers@engagewithage.org.uk

3.00pm: The Big Debate: "Older People and the New Normal" (1 hour)

A panel discussion and debate sponsored by the Greater Belfast Seniors' Forum (G6). Featuring elected representatives, public figures, and older people, chaired by journalist and broadcaster Anne Hailes.

Via "Zoom" call, also available via telephone conference call.

To register call Eamon Quinn 07710 993 036.

4.00pm: Afternoon Quiz with Laurence (30 minutes)

Give your brain a workout with Laurence's Quiz. Available via "Zoom" call and also by telephone conference call (with advance materials sent out). Register by Monday 22nd June 2020.

To register, call Laurence on 07425 627531.



Evening

The Big Night Inside Out

6.00pm: Cook-a-long with Laurence

What's on the menu? Spaghetti Bolognese! A "Whatsapp" video cooking session with a trained cook. Participants will receive some ingredients and a recipe in advance, through the post. When we've cooked the meal, we can all sit down and eat together, or eat it during the evening's entertainment! Register by Monday 22nd June 2020.

To register, call Laurence on 07425 627531.

7.30pm: "The Broads": An Engage with Age exclusive (1 hour)

A new show, with songs, about the lives of Judy Garland, Bette Midler, and Marilyn Munroe, performed by Maria Connolly, Christina Nelson, Roisin Gallagher, with music by Richard Clements. Performed live via "Zoom" video call, also available via telephone conference call. Some mild adult humour. Booking essential.

To register call Eamon Quinn on 07710 993 036/eamon.quinn@engagewithage.org.uk

9.00pm: Late Night Chocolate Bingo (1 hour)

Eyes down, let's play Bingo. Every winner wins chocolate. Via "Zoom" video call.

To register call Eamon Quinn on 07710 993 036 or email Eamon.quinn@engagewithage.org.uk

9.00pm: Late Night Pub Quiz (30 minutes)

Grab your favourite drink for a pub quiz at home. Via "Zoom" video call, also available via telephone conference call.

To register call Martin Towers on 07856 926412 or email martin.towers@engagewithage.org.uk

9.00pm: Games Night with John (30 minutes)

Fun and games via "Zoom" video call.

To register call John on 07729 516576/john.mccandless@engagewithage.org.uk

General Information

- All activities are free of charge
- Advance booking is required for all activities and numbers are limited. Please do not turn up for activities without booking first
- Advance booking by 22nd June 2020 is required for events for which we send out materials in advance
- All outdoor events will take place within government guidelines and with strict observance of social distance, and measures for infection control
- For outdoor events, please dress appropriately and be prepared for wet weather.



Published by Engage with Age Charity Number 100718, Company Number NI39665

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