

Castlereagh Hills Golf Course

73 Upper Braniel Road, Castlereagh, BT5 7TX
 T: 028 9044 8477 E: chgc@lisburncastlereagh.gov.uk [f castlereaghills](https://www.facebook.com/castlereaghills)
www.castlereaghills.com

Activity	Date	Time	Price
Golf Lessons with Steve Ritchie	Monday 8th, 15th, 22nd & 29th October (4 week course)	10.00am-12.00 noon	FREE (Maximum 12 people)

Aberdelghy Golf Course

Bells Lane, Lambeg, Lisburn, BT27 4HQ
 T: 028 9266 2738 E: aberdelghy@lisburncastlereagh.gov.uk

Activity	Date	Time	Price
Golf Lessons with Steve Ritchie	Monday 8th, 15th, 22nd & 29th October (4 week course)	1.30pm-3.30pm	FREE (Maximum 12 people)

Lough Moss Leisure Centre

Hillsborough Road, Carryduff, BT8 8HR
 T: 028 9081 4884 E: loughmoss@lisburncastlereagh.gov.uk
[f beactivelishburncastlereagh](https://www.facebook.com/beactivelishburncastlereagh)

Activity	Date	Time	Price
Health Talks and Physical Activity Taster Morning	Thursday 4th October	10.00am-1.00pm	FREE

Activities include Aerobics, Cycling, Wheelchair Basketball, Walking Football and Boccia
****Also includes Free Lunch****
 Participants must register as places are limited.



Celebrating... Positive Ageing Month October 2018



Over 60 years?
 Come along and try an
 activity at your local centre!

Age is just a number!

By 2050, 2 billion people, over 20% of the world's population, will be 60 years or over. This statistic shows that more and more people over the age of 60 are continuing to enjoy the same level of activity, interests and fun that they enjoyed in their youth.

Here are just a few of our inspirational customers!

Stephanie Lynas

Stephanie has been playing Pickleball at Lagan Valley LeisurePlex for two and a half years and highly recommends the sport. She says, "Pickleball is excellent for keeping fit, both physically and mentally. It is extremely easy to pick up and can be played at any level. There is also a great social side to the sport and I would encourage everyone to give it a go."



Winnie Johnston

Winnie has been taking part in Pilates at Glenmore Activity Centre for 18 months after her GP recommended that she should get involved in exercise. She now feels stronger and fitter every week. Winnie says, "Being older, I thought I wouldn't be able to perform half the exercises but the instructor has been fantastic at breaking down exercises to suit the needs of the whole class. Simply I feel amazing and haven't looked back. I have gained more energy, flexibility and confidence, and would highly recommend this class to anyone."



John & Angie O'Connor

Husband and wife, John and Angie have been skating at Dundonald International Ice Bowl for 7 years. The love for skating started when John brought Angie to the ice rink for her birthday and ever since they have been travelling from their home in Drogheda each week to go ice skating. John says, "When I first started ice skating I was very nervous but the coaches here are excellent and very patient." Angie added, "There is a great social side to skating and I would encourage everyone, especially older individuals, to get involved."



Timetable of Events

Come along to one of our centres and enjoy some of our activities and information stands, specifically aimed towards people over the age of 60 years. Family members or friends are welcome to join you!

Lagan Valley LeisurePlex

18 Lisburn Leisure Park, Lisburn, BT28 1LP

T: 028 9267 2121 E: leisureplex@lisburncastlereagh.gov.uk [f laganvalleyleisureplexlisburn](https://www.facebook.com/laganvalleyleisureplexlisburn)

www.theleisureplex.com

Event/Activity	Date	Time	Price
Positive Ageing Event	Wednesday 3rd October	10.00am-1.00pm	FREE (refreshments provided)
Pickleball	Monday 1st, 8th, 15th, 22nd, 29th October	9.30am-10.00am	£1
Walking Football	Tuesday 2nd, 9th, 16th, 23rd, 30th October	10.30am-11.30am	£1
Road Cycling	Monday 15th, 22nd, 29th October	9.30am	FREE
Aquafit	Every Thursday	12.30pm-1.15pm	£4.00
Zumba	Wednesday 3rd & 10th October	10.00am-11.00am	£3.60
Pilates	Every Monday	12.45pm-1.15pm	£4.00
Spin Cycling (Limited 5 places)	Every Friday	9.30am-10.15am	£4.00

FREE SWIMMING MEMBERSHIP

Free swimming membership for people aged 60+ years. Simply provide photographic evidence of your age and passport sized photo at the main reception.

VITALITY GYM & SPA MEMBERSHIP

People aged 60+ years can avail of a fantastic membership rate at only £21.50 per month.

Dundonald International Ice Bowl

111 Old Dundonald Road, Belfast, BT16 1XT

T: 028 9080 9100 E: icebowl@lisburncastlereagh.gov.uk [f dundonaldicebowl](https://www.facebook.com/dundonaldicebowl)

www.theicebowl.com

Activity	Date	Time	Price
Over 60's Tenpin Bowling	Monday - Thursday	10.00am-1.00pm	£2
Senior High Score Competition running for the month of October.			
Positive Ageing Event	Tuesday 23rd October	11.00am-2.00pm	FREE (refreshments provided)

Grove Activity Centre

15 Ballinderry Park, Knockmore, Lisburn, BT28 1ST

T: 028 9267 1131 E: grove@lisburncastlereagh.gov.uk

[f beactivelishburncastlereagh](https://www.facebook.com/beactivelishburncastlereagh)

Event/Activity	Date	Time	Price
Gym Inductions	On Request		FREE during October
Racquet Sports (Short Tennis, Badminton, Table Tennis)	Wednesdays & Thursdays throughout October	3.00pm-6.00pm	FREE

Kilmakee Activity Centre

52a Rowan Drive, Seymour Hill, Dunmurry, BT17 9QA

T: 028 9030 1545 E: kilmakee@lisburncastlereagh.gov.uk

[f beactivelishburncastlereagh](https://www.facebook.com/beactivelishburncastlereagh)

Event/Activity	Date	Time	Price
Bowls	Monday 1st, 8th, 15th, 22nd, 29th October	2.00pm-4.00pm	£2
Archery	Tuesday 2nd, 9th, 16th, 23rd, 30th October	10.00am-11.00am	£2
Pickleball	Tuesday 2nd, 9th, 16th, 23rd, 30th October	11.30am-12.30pm	£1
Yoga	Thursday 4th, 11th, 18th, 25th October	10.30am-11.30am	£2
Bowls	Thursday 4th, 11th, 18th, 25th October	2.00pm-4.00pm	£2
Gym Inductions	On Request		FREE during October

Glenmore Activity Centre

43 Glenmore Park, Hilden, Lisburn, BT27 4RT

T: 028 9266 2830 E: glenmore@lisburncastlereagh.gov.uk [f beactivelishburncastlereagh](https://www.facebook.com/beactivelishburncastlereagh)

Event/Activity	Date	Time	Price
Fitness & Fun	Monday 1st, 8th, 15th, 22nd, 29th October	11.30am	£2
Circuits	Tuesday 2nd, 9th, 16th, 23rd, 30th October	11.00am	£2
Yoga	Wednesday 3rd, 10th, 17th, 24th, 31st October	10.15am	£2
Pilates	Friday 5th, 12th, 19th, 20th, 26th October	11.00am	£2
Gym Inductions	On Request		FREE during October