

## Thursday 29th September

### Indoor Bowls at the Butler Community Centre

Free Coaching for Beginners and a Competition for more Experienced Bowlers! No experience necessary as coaching will be given.

**Time:** 10.00am to 1.00pm

**Sessions:** 10.00am to 11.00am  
11.00am to 12.00pm  
12.00pm to 1.00pm

**Location:** Butler Community Centre,  
John's Park  
Free of Charge, but booking recommended.

Tea & Coffee will be served

**Contact:** 051 876907

Bus number 2 from the bottom of Patrick Street serves the Butler Centre (Regan's Shop).

**Knitting Circle** at the Waterford City Central Library. All new members welcome.

**Time:** 10.15am to 12.00pm

**Location:** Ground Floor, Central Library, Lady Lane

**Contact:** Debbie Johnston 051 849974

### An Evening of Traditional Irish Music & Story

**Telling.** Refreshments will be served. There is no charge for this event, but places are limited so booking is essential.

**Time:** 7.00pm to 9.00pm

**Location:** St Brigid's Family & Community Centre, 37 Yellow Road

**Contact:** Catherine or Pamela 051 375261 before Monday 26th September

## Friday 30th September

### Older People & Global Development Issues an

interactive workshop run by Waterford One World Centre will explore the positive contributions that older people in Ireland can make towards a more just and fair global society, including issues such as poverty eradication, human rights and a sustainable environment.

Places are free but booking is essential.

**Time:** 10.00am to 12.00pm

**Location:** Mount Sion International Heritage Centre, Barrack Street

**Contact:** Lucy on 051 873064  
lucy@waterfordoneworldcentre.com

**Golden Moments Tea Dance** with music by Paschal Kennedy and light entertainment.

**Time:** 2.30pm to 5.00pm

**Location:** Dooley's Hotel, The Quay

**Cost:** €3.00 including spot prizes.  
Tickets available in advance.

**Contact:** Catherine on 051 840019

## Positive Ageing Week 2011

For further information on the events listed here, please contact Catherine from the Waterford City Positive Ageing Week Committee at 051 840019.



September 23rd  
-  
September 30th 2011

Celebrating Positive  
Ageing in  
Waterford City



## Thursday 22nd September

**Free AMD (Age-related Macular Degeneration) Testing** as part of AMD week ([www.amd.ie](http://www.amd.ie))

**Time:** 10.00am to 1.00pm  
**Location:** Central Library, Lady Lane

## Friday 23rd September

**Official Launch of Positive Ageing Week by the Mayor of Waterford, Councillor Pat Hayes**

**Time:** 11.00am  
**Location:** Mayor's Parlour, City Hall

**Talk by John Grenham on Discovering your Family's History**

**Time:** 6.00pm  
**Location:** Central Library, Lady Lane  
**Contact:** Debbie Johnston on 051 849974

## Monday 26th September

**Walking Tour of Old Waterford** led by the community heritage group Fadó.

**Time:** 11.00am to 12.00pm.  
**Location:** Christ Church Cathedral

If the weather is unsuitable for the walk, a talk will be held instead in Christ Church Cathedral.

## Tuesday 27th September

**Positive Solutions for Ageing**

**Time:** 10.00am to 1.00pm  
**Location:** Waterford Health Park, Slievekeale Road

As part of the event there will be health checks, exhibitors and there will also be a number of talks which are listed below.

Time	Topic	Speaker
10.30am	Wills and general legal advice	Halley's Solicitors
11.00am	Waterford Sports Partnership	Peter Jones
11.30am	Security	An Garda Síochana
12.00pm	Citizen's Information	Mary Keane

\*The talks will have limited capacity so arrive early to avoid disappointment.

**Exhibitors will include:**

- \* Home Instead Senior Care,
- \* Pfizer ,
- \*Citizens Information,
- \* Irish Heart Foundation, \* Stroke Support Group,
- \* Belvedere Dental, \* An Garda Síochana,
- \* Alzheimer's Society, \* Arthritis,
- \* Waterford Contact Group, \*3 Mobile,
- \*The Physio Company,
- \* Lisduggan Active Retirement, \*JEC Security,
- \* Emergency Response,
- \* Waterford Sports Partnership,
- \* Ability Matters

## Tuesday 27th September

**Storm Cinema Classic Afternoon Movie**

**Time:** 2.00pm  
**Location:** Storm Cinema, Miller's Marsh  
**Cost:** €3.00 including Tea or Coffee

## Wednesday 28th September

**Access IT Computer Training Club Coffee Morning**

All are welcome to drop into Access IT's FREE Drop In Open Morning for their Over 55s Computer Training Club.

Free Tea/Coffee and homemade scones

Tutors available for free assessment, queries stand, information on computers, technical support and trouble shooting.

**Time:** 11.00am-12.00pm  
**Location:** Access IT Ltd, Parish Centre, Ballybeg  
**Contact:** Maeve on 051 590873

**Big Knit for Charity**

Bring along your wool and knitting needles and help knit a blanket to donate to a local charity while enjoying a chat and a cup of tea!

**Time:** 2.00pm to 4.00pm  
**Location:** Dooley's Hotel, The Quay  
Tea & Coffee will be served  
**Contact:** Catherine on 051 840019