



Celebrating
Age Festival



Celebrating Age Festival

100+ diverse events and activities for the
over 50's during October 2019

Get involved, meet people, try something new
and celebrate with us!

Enjoy the festival!



Welcome to the Celebrating Age Festival

Age Friendly Island's annual Celebrating Age Festival takes place during October 2019

Age Friendly Island are delighted to co-ordinate the fourth Celebrating Age Festival. With over 100 activities to choose from, there is plenty of variety for people to participate in.

Last year, nearly 900 people joined in the diverse range of activities. Feedback from last year's festival has led to extending the opportunities over the whole of October. This way, people can plan and try as many different events as they like.

The Age Friendly Island Team are very grateful to the 47 organisations who have stepped forward to be part of this year's Festival. There are regular coffee mornings, card afternoons and Shed events, or if you are looking for something a bit different, you could learn to surf, work with horses, groom a donkey or play a hand of Bridge.

The hotly anticipated Southern Vectis Mystery Tour is back with the theme of the Swinging Sixties. Or if you prefer something gentler, travel by steam with the Isle of Wight Steam Railway. You can get your benefits checked, your hearing aids sorted and get advice to stay steady on your feet. The contact details are on each brochure entry, so please get in touch if there is something specific that tickles your fancy.

To obtain more copies of this brochure, or to find out about Age Friendly Island visit: www.agefriendlyisland.org, email: hello@agefriendlyisland.org or call: (01983) 525282.

Thank you and enjoy the festival!

Key to event location

Newport

North and East Wight

South Wight

West Wight



Newport

North and East Wight

What's on near you?



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Friday 27th September



Table Top Games and Tea

Where: Newbridge Community Centre, Main Road, Newbridge, PO41 0TR

Time: From 2.30pm to 4.30pm

Contact: Helena at Shalfeet Parish Council on 531491

An afternoon of fun and games with refreshments. Free entry. Cost of refreshments only.

Monday 30th September 2019

Are You Getting All The Financial Benefits To Which You Are Entitled?

Where: Ryde Library, 101 George Street, Ryde, PO33 2JE

Time: During Library opening hours

Contact: Citizens Advice Isle of Wight on 823898

An exhibition on Benefits for Older People in Ryde Library all week and Citizens Advice staff will be there to provide free help and advice on Tuesday and Friday from 9.30am to 3.30pm.



Adult Cards & Board Games Club

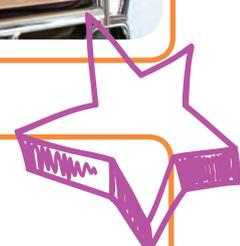
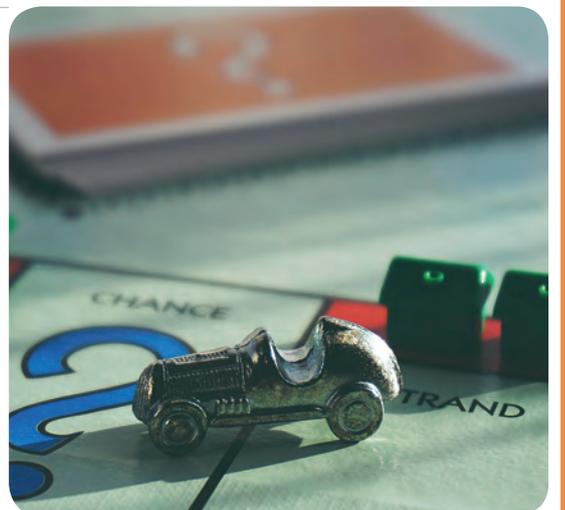
Where: Cowes Library, Beckford Road, Cowes, PO31 7SG

Time: 10.00am to 12.00pm

Contact: Cowes Library on 293341

A fortnightly Cards & Board Games Club held on Monday mornings 10am - 12pm. This is a friendly social group for adults of all ages to play cards and games such as Scrabble, Draughts, Rummikub, Monopoly and many more. Just come along. Refreshments are provided.

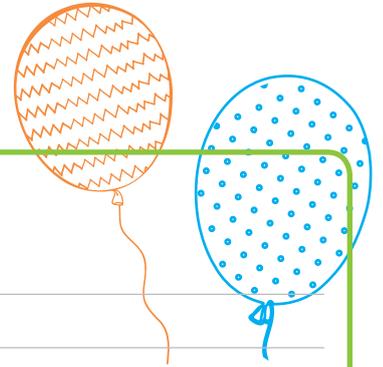
Monday 30th Sep, 14th Oct and 28th Oct during the Festival, and every fortnight thereafter.



Newport

North and East Wight

Tuesday 1st October



FREE Digital Inclusion Drop-In Session

Where: The Brading Centre, West Street, Brading, PO36 0DF

Time: 10.00am to 11.30am

Contact: Daniel at Age UKIW on 525282

Informal, friendly community based drop-in sessions, on 1st and 15th October, offering digital support to those aged 50 and over.

Basic digital support and advice led by volunteers, in a friendly, informal environment. Pop in with your device or your technology questions and have a cuppa while you learn. This is a FREE service on the 1st and 3rd Tuesday of every month, donations are welcomed.

Scrabble Afternoon

Where: Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP

Time: From 2.00pm to 4.00pm

Contact: Freshwater Library on 752377

Come test your word skills against keen scrabble players! Free session every Tuesday afternoon.



Freshwater Knit and Natter

Where: Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP

Time: From 10.00am to 12.00pm

Contact: Freshwater Library on 752377

A friendly knitting and crochet group. Bring along your own work - for all ages and stages! Free activity every Tuesday.



Philo Café - What is Learning?

Where: Age UK Isle of Wight, 147 High Street, Newport, PO30 1TY

Time: From 2.00pm to 3.30pm

Book: Helen Lewis at Age UK Isle of Wight on 525282

No knowledge of academic philosophy is needed as topics are based on our own experiences. Topic for discussion will be 'What is Learning?'

If you are interested in this event please book in with Helen Lewis on (01983) 525282 or email: helen.lewis@ageukiw.org.uk

Tuesday 1st October



NHS Hearing Aid Drop-in

Where: Brighstone Methodist Church, Wilberforce Road, Brighstone, PO30 4BD

Time: From 10.00am to 12.00pm

Contact: Natasha at Action on Hearing Loss on 529533

Do you wear NHS hearing aids? Come to our FREE hearing aid drop-in clinic.

We can help with:

- New batteries and ear mould tubing
- Advice on how to use and clean your hearing aids
- Information on sensory loss and other services that can help.

Dementia Friendly Harvest Praise

Where: St John the Baptist Church, High Park Road, Ryde, PO33 1BP

Time: 2.30pm to 3.00pm

Contact: Rev Sue Theobald on 617174

An informal Harvest Festival Service, designed with the needs of those living with dementia in mind.

Well known hymns and a friendly atmosphere, followed by tea and cake in the church hall.

Free service, everyone is welcome.

Lake Active Minds Social Club

Where: Lion's Day & Community Centre, New Road Car Park, Lake, PO36 9LA

Time: From 10.30am to 12.00pm

Contact: Jo Worsfold at Age UK Isle of Wight on 525282

Lake Active Minds Social Club; stimulating, social interaction and exercising the mind.

Free taster sessions (normally a charged for service) on 1st & 29th Oct. Booking in advance is essential.



Alzheimer's Society: Information Drop-in Stand

Where: Lord Louis Library, Orchard Street, Newport, PO30 1LL

Time: From 10.00am to 1.00pm

Contact: 02392 892035

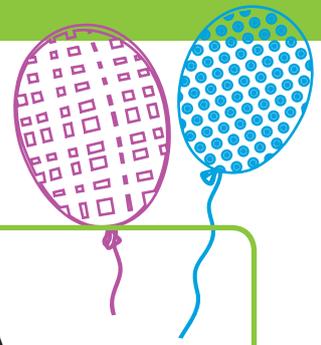
A drop-in information stand available for people with any type of dementia, their carers or families.

The Alzheimer's Society can signpost you to services in your local area. This is a regular event held on the first Tuesday of each month.

Newport

North and East Wight

Tuesday 1st October



Egyptian Folk Dance Class

Where: Lion's Day & Community Centre, New Road Car Park, Lake, PO36 9LA

Time: 3.30pm to 5.30pm

Contact: Geraldine on 07713 611535 for more information or to book

Egyptian Folkdance class for mature ladies of any age, size, shape and dancing ability. It's fun, it's friendly, it's good exercise and you'll feel like a goddess! Classes are very informal, dress in loose stretchy clothing and wear soft shoes or leave your feet bare. There is no need to expose your belly! Jingly belts provided. Free refreshments.

If you enjoy this class then feel free to attend Geraldine's regular classes in Lake every Wednesday 7-9pm, or Rookley every Monday 10am - 12noon (£6 a class). Brading 11am for 1 hour (£4). Please call Geraldine on 07713 611535 for more information or to book your free place.

Wednesday 2nd October

Seagrove Seniors Social Club

Where: Seagrove Pavilion, Seagrove Farm Road, Seaview, PO34 5HU

Time: From 2.00pm to 4.00pm

Contact: Linda on 563564

Bi monthly social club with quizzes, talks and plenty of cake hosted by Seaview and Nettlestone Community Partnership.

Cost: £2 with free beverage and cake

Newport Knit and Natter

Where: Lord Louis Library, Orchard Street, Newport, PO30 1LL

Time: From 2.00pm to 3.30pm

Contact: Lord Library Library on 823823

Bring your latest project, have a knit and a natter. Cuppa provided!

Pitch Up at the Pub Community Coffee Morning

Where: The Portland Inn, 2 Worsley Road, Gurnard, PO31 8JN

Time: From 10.30am to 12.00pm

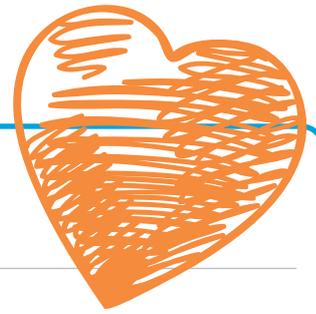
Contact: Rachael, Community Navigator, on 07840 053827

Come along to this welcoming community coffee morning and make new friends over hot drinks and delicious bites to eat.

As well as plenty of chatting we also hold (optional) informal quizzes and have guest speakers. No need to book. Cost: £3.50



Wednesday 2nd October



SingAbout Together - An Afternoon of ABBA

Where: Newport Methodist Church, Quay Street, Newport, PO30 5BA

Time: 2.00pm to 4.00pm

Contact: Hannah at Independent Arts on 822437

SingAbout is a singing for wellbeing project hosted by Independent Arts. Join all our SingAbout groups as we come together to sing some favourites from ABBA. Everyone is welcome to come along and join us. Wear your best Dancing Queen outfit! Cost: Free - donations welcomed.



Tour of Cowes Inshore Lifeboat Station

Where: Cowes Lifeboat Station, Watchhouse Lane, Cowes, PO31 7HQ

Time: 10.00am to 12.30pm

Book: Barry at RNLi Cowes Lifeboat Station on 07958 786164

Come and learn the history of the station, the boats and the wonderful volunteers. Free but booking is essential (please note there are stairs and no lift in this building).

West Wight Dementia Choir

Where: Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9AN

Time: From 10.00am to 12.00pm

Contact: Marion on 07590 521423

A free weekly choir for those with Dementia, working towards a concert.

A Gentle Amble Around Newtown

Where: Newtown National Trust Car Park, Town Lane, Newchurch, PO30 4PA

Time: From 10.00am to 11.30am

Contact: Joel at IOW Area of Outstanding Natural Beauty on 823855

A very gentle amble around Newtown to enjoy a tranquil place. It will be a flat walk of about a mile. Walk is free but car park is chargeable.

Newport

North and East Wight

Wednesday 2nd October



Never Too Old To Volunteer

Where: Isle of Wight Donkey Sanctuary, Lower Winstone Farm, St Johns Road, Wroxall PO38 3AA

Time: 11.00am to 12.30pm

Book: Julia at the Isle of Wight Donkey Sanctuary on 852693



An introduction to volunteering opportunities at the IOWDS. Book your place on 852693

The Card Game of Bridge

Where: West Wight Sports & Community Centre, Moa Place, Freshwater, PO40 9XH

Time: From 2.00pm to 4.00pm

Contact: Dale, Community Navigator, on 07736 151626

Runs every Wednesday. Group participants are made up of novice, intermediate and experienced players who jointly share their learning whilst enjoying socialising around friendly likeminded folk.

Cost: £2 per person.

Crafty Knit and Natter

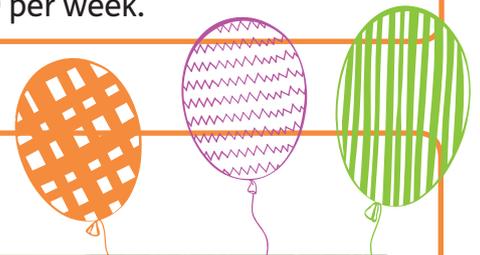
Where: Community Spirited Cafe, Parkside Pavilion, Vectis Road, East Cowes, PO32 6HN

Time: 10.30am to 12.30pm

Contact: Jane at Community Spirited Cafe on 296592

We come together as a friendly group each week on a Wednesday. We make things to sell and try to be as self sufficient as we can. Refreshments are included.

People are welcome to bring their own projects. £2.00 per week.



Men in Sheds Shanklin (YMCA) Open Day

Where: YMCA Shanklin, Winchester House, Sandown Road, Sandown, PO37 6HU

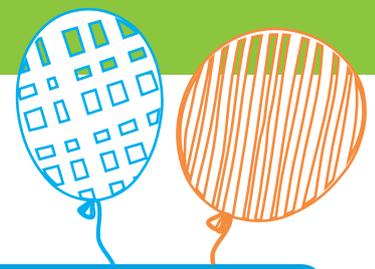
Time: 11.00am to 1.00pm

Contact: Lois at Age UK Isle of Wight on 525282

Open day with tea and biscuits for men (50+) interested in friendship combined with making things and supporting the community.



Wednesday 2nd October 2019



Chatty Bus with Southern Vectis

Where: St James' Square (outside Costa / Topshop), Newport, PO30 1UZ

Time: 10.30am to 1.00pm

Contact: Southern Vectis Travel Shop on 523831

Come along and have a chat and a cup of tea. Make new friends. Go and see more by bus. Free, no need to book, just turn up and get on the bus and have a chat!



Thursday 3rd October

Ventnor Alzheimer Café - How Dementia Affects Us: Fear and Anger and the Range of Emotions

Where: St. Wilfred's Parish Room, Trinity Road, Ventnor PO38 1NL

Time: 6.00pm to 8.30pm

Contact: Anna at Alzheimer Café IOW on 220200

Ventnor Alzheimer Café meets on the first Thursday of each month. Free but donations welcomed.

Seaview Fun Choir

Where: St Peters Church Undercroft, Steyne Road, Seaview, PO34 5SN

Time: 3.30pm to 5.30pm

Contact: Wendy on 716120

We are a mixed group of male and female voices who just like a good sing. We sing a very eclectic list of songs picked by ourselves. Please join us and have a try! Cost: £2 a time to include tea, biscuits and sometimes cakes!

Coffee Morning & NHS Hearing Aid Drop-in

Where: Orchard House Care Centre, 189 Fairlee Road, Newport, PO30 2EP

Time: 10.00am to 11.30am

Contact: Natasha at Action on Hearing Loss on 529533

Come along for NHS hearing aid maintenance, re-tubing, cleaning, batteries and advice available. This runs alongside our coffee morning where you can enjoy a hot drink, chat and share with others, along with some friendly laughter. Friends, family and carers welcome.



Newport

North and East Wight

Thursday 3rd October



Age UK Isle of Wight Volunteers' Coffee morning

Where: Brown Bear Cafe, Dalverton Garden Centre, Newport Road, Sandown, PO36 9PJ

Time: 10.30am to 12.00pm

Contact: Allison at Age UK Isle of Wight on 525282

An Age UKIW volunteer coffee morning open to everyone interested in finding out more about volunteering to help support older islanders. Come and meet existing volunteers and staff and find out more about the exciting opportunities which are available. Please bring money to buy own refreshments and food.



Older Persons Youth Group

Where: Community Spirited Cafe, Parkside Pavilion, Vectis Road, East Cowes, PO32 6HN

Time: 10.30am to 12.30pm

Book: Jane on 296592

Older persons youth group is a lovely warm friendly group who come together to take part in games. Cost £2 per session - we offer a bacon sandwich for an extra £1

Young at Heart over 70's Lunch Club

Where: Aspire Ryde, Trinity Buildings, Dover Street, Ryde, PO33 2BN

Time: 11.30am to 2.00pm

Book: Aspire on 716020

Our weekly lunch club for anyone aged over 70. Booking is essential, just £3.50 for a great 2 course lunch.

IWASP: Tea and Technology, Scones and Scams

Where: IWASP, Jubilee Stores, The Quay, Newport, PO30 2EH

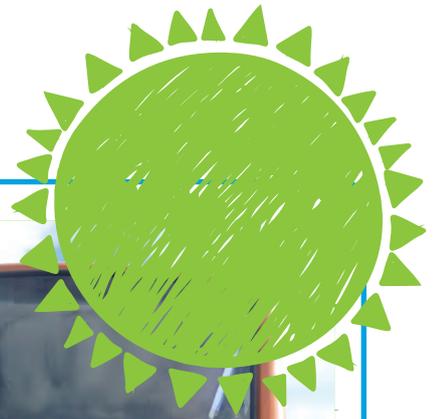
Time: 1.00pm to 4.00pm

Contact: Sally on 823371

Informal technology support and scams advice with a cup of tea and a cake. Bring your laptop or iPad etc or any scam mail or questions relating to either topic.



Thursday 3rd October



Swinging Sixties Mystery Tour with Southern Vectis!

Where: Leave from Southern Vectis Travel Shop, Newport Bus Station, PO30 1JX

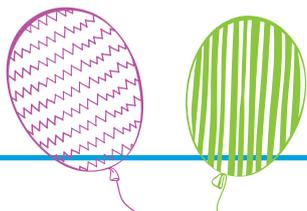
Time: 2.00pm to 5.00pm

Book: Southern Vectis Travel Shop on 523831

It's Back! The Southern Vectis Mystery Tour. WARNING: There will be music, there will be singing, there will be Swinging Sixties fancy dress (optional), and most of all - there will be tea and cake! Be prepared to go UP, to go DOWN and to go ALONG winding roads. This tour will make you dizzy!

How to book: Call our Travel Shop on 01983 523831. Bookings will be taken from 08.30hrs on Monday 23rd September 2019, not before. This is strictly first come first served.

Please note, only two seat reservations per booking/person. Kindly arrive 15 minutes early to book in.



Carers IW Open House for Unpaid Carers

Where: Carers IW Centre, Riverside Centre, The Quay, Newport, PO30 2QR

Time: 1.30pm to 3.30pm

Contact: Carers IW on 533173

A drop in for unpaid carers, come and join us for a chat and a cuppa.

Free event every Thursday. Pop-in, discover the local support available and meet other carers.



Newport

North and East Wight

Thursday 3rd October



Pitch Up and Play

Where: Oddfellows, Unity Hall, 20 St Thomas Square, Newport, PO30 1SG



Time: 11.00am to 3.00pm

Contact: Maretta on 523115

Bring an instrument to play, or a song to sing, or just come and enjoy some good company. Hot drinks and sandwiches will be available at lunchtime. Drop in anytime or stay for the whole session and let music brighten a dull October day! Free event - donation for sandwiches.

The Elephant Club Circle Dancing Sessions

Where: St Andrews Hall, St. Andrews Street, Cowes, PO31 7DF

Time: 2.15pm to 3.45pm

Contact: Mandy at Churches Together in Cowes on 07812 131359

A new group, specifically for people suffering from memory loss or dementia. The Elephant Club Circle Dancing Sessions are a group activity, developed by Dementia Pathfinders, and offered in Cowes by the support of the Churches Together in Cowes group. The sessions are free, fun, and gentle, and aimed to help participants gain physical and mental confidence.

The sessions will be monthly on the 1st Thursday of each month, 2.15 - 3.45pm at St Andrews Hall, St Andrews Street, Cowes. No need for special clothing or equipment, just a willingness to give it a go and be with others! Free parking in the hall carpark, and free refreshments served during the session.

DanceMakers with Independent Arts

Where: Sandown Library, 119 High Street, Sandown, PO36 8AF

Time: 3.30pm to 5.00pm

Contact: Independent Arts on 822437

DanceMakers is a gentle, creative dance programme. It can help improve balance, co-ordination, breathing, muscle strength, memory and confidence. Free.



Friday 4th October



Never Too Old with Bodster Equine Assisted Learning C.I.C.

Where: Bodster CIC, Sandford Farm, Shanklin Road, Sandford, PO38 3EX

Time: 10.00am to 12.00pm

Book: Jo at Bodster CIC on 07887 876138

Come for a cuppa tea and to spend time relaxing with our ponies on the ground (No riding involved) - open to anyone over 50 yrs of age including people with Dementia / Alzheimers and their carers. Cost: £5 per session - booking is essential.

Ryde Alzheimer Café - What else helps? Introduction to Nature Therapy

Where: All Saints Church Hall, Queens Road, Ryde, PO33 3AF

Time: 11.30am to 2.00pm

Contact: Anna at Alzheimer Café IOW on 220200

What else helps? Introduction to Nature Therapy. Free but donations welcomed.

Introduction to Grooming Donkeys

Where: Isle of Wight Donkey Sanctuary, Lower Winstone Farm, St Johns Road, Wroxall, PO38 3AA

Time: 11.00am to 12.30pm

Book: Julia at the Isle of Wight Donkey Sanctuary on 852693

Discover the therapeutic value of Donkey Grooming. Cost: Free but places must be booked in advance.

Saturday 5th October

Age Friendly Amble

Where: Start at Seaview Fort or Ryde Seafront

Time: 10.00am to 12.00pm

Contact: Kevin Berry on 612772

Start at either Seaview or Ryde for a friendly amble along the prom with Seaview and Nettlestone Community Partnership and Ryde Town Council. Either start at The Old Fort, Seaview or North Walk Ryde, by the waterworks.



Newport

North and East Wight

Sunday 6th October



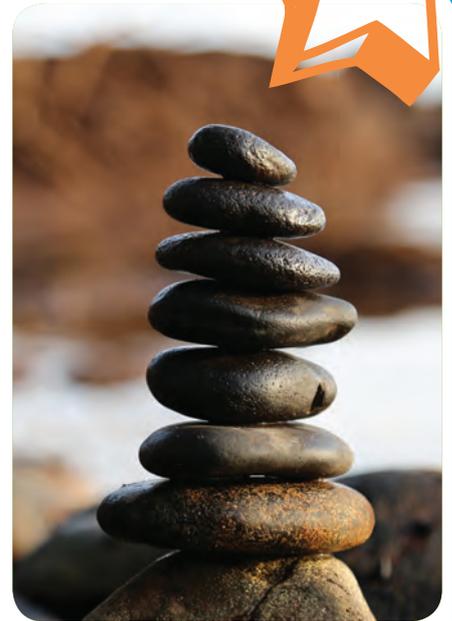
Isle of Wight Festival of the Mind

Where: Riverside Centre, The Quay, Newport, PO30 2QR

Time: 11.00am to 4.00pm

Contact: Sandy at Wight to Be Happy LTD on 07934 084969

The IOW Festival of the mind is a FREE event; a celebration of all things that help to make us feel happy and well. The aim of this event is to bring people together to talk about what makes them feel happy, to try out different activities for free and, maybe to discover a new sense of wellbeing and happiness. The event consists of performances, stalls, and workshops. It is advisable to book the workshops in advance, please visit www.iowfestivalofthemind.co.uk or call the number above.



Share and Care Club

Where: Community Spirited Cafe, Parkside Pavilion, Vectis Road, East Cowes, PO32 6HN

Time: 11.00am to 3.00pm

Contact: Jane on 296592

The first Sunday of every month is an opportunity for people to come together, chat, play games, do hobbies. We ask everyone to bring some prepackaged food for us to share at lunch time. We have discussion topics that everyone can join in with. It's a lovely atmosphere. Cost: £2 and we also have a raffle to help with the cost of the group.

Monday 7th October



Arty Afternoons - Photography with Independent Arts

Where: Independent Arts, Suite 1, 30 Quay Street, Newport, PO30 5BA

Time: 2.00pm to 4.00pm

Contact: Hannah at Independent Arts on 822437

All are welcome to this 2 hour photography workshop, explore your digital camera and look at familiar places through the lens. Please dress for working outdoors weather permitting! Free but donations welcomed. Booking required.

Monday 7th October



Newport Active Minds Social Club - Taster Session

Where: Congregational Church, Pyle Street, Newport, PO30 1UH

Time: 10.30am to 12.00pm

Contact: Shelley Dickson at Age UK Isle of Wight on 525282

Newport Active Minds Social Club; stimulating, social interaction and exercising the mind. Free taster sessions (normally a charged for service) on 7th & 21st October. Booking in advance is essential.

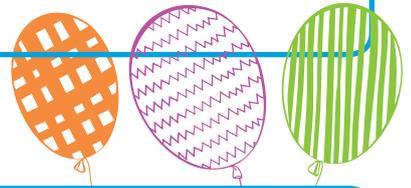
Dementia Carers Drop in

Where: Carers IW Centre, Riverside Centre, The Quay, Newport, PO30 2QR

Time: 1.30pm to 3.30pm

Contact: Carers IW on 533173

Do you care for someone with dementia? Join us on Monday afternoons for peer support, coping strategies, Admiral Nurses, understanding more about the illness and how you can help.



Tuesday 8th October

ACE7 Alzheimer Café - Crafts with Anita

Where: Riverside Centre, The Quay, Newport, PO30 2QR

Time: 10.30am to 12.30pm

Contact: Anna at Alzheimer Café IOW on 220200

Crafts with Anita. Free but donations are welcomed.



CHOYD Tuesday Coffee Morning

Where: Community Hall of Yarmouth and District (CHOYD), St James' Street, Yarmouth, PO41 0NU

Time: 10.30am to 12.30pm

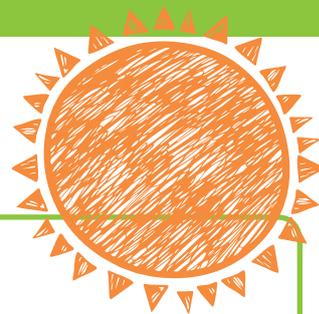
Contact: June on 761610

Come along and discover all of the different activities hosted at CHOYD Tuesdays! Some weeks we have talks from people of interest, local history, exercise, digital lessons and more. Free, held every Tuesday.

Newport

North and East Wight

Tuesday 8th October



Surf, Bodyboard or Stand Up Paddleboard taster session

Where: iSurf Hut (next to The Sundial Cafe), Sandown Beach, Sandown, PO36 8AH

Time: 10.00am to 12.00pm

Contact: Chris at iSurf on 07968 609169

Have you always had a Californian dream of riding the waves? Whether you've surfed before or are trying the sport for the first time, this session will provide individual support and guidance, and lots of group fun! Taking part will help you gain confidence, build relationships and enjoy a sense of challenge and achievement, so come and give it a go.

No ability is presumed, all equipment including wetsuit will be provided, you just need to be fit and able enough to walk across the beach and get into the sea. The session will run from the iSurf hut in Sandown, so parking and access is easy.

Cost: £20. Please note booking is essential as we need to stick to the instructor ratio's set out by our various governing bodies for safe running of this session.



Art For Well Being: Watercolour

Where: Office 3A, 2A St. Thomas Square, Newport, PO30 1SN

Time: 1.30pm to 3.30pm

Book: Maggie at Magpie Arts on 07885 500637

Let me show you how to forget your worries and anxieties through the medium of watercolour. I'll show you an easy method of a dynamic effect in watercolours using the 'wet on wet' method and 'brusho'. Cost: £5 - please book in advance.



FREE Digital Inclusion Drop-In Session

Where: Our Place Café, West Wight Sports Centre, Moad Place, Freshwater, PO40 9XH

Time: 10.00am to 12.00pm

Contact: Daniel at Age UKIW on 525282

Informal, friendly community based drop-in sessions, on 8th & 22nd October, offering digital support to those aged 50 and over.

Basic digital support and advice led by volunteers, in a friendly, informal environment. Pop in with your device or your technology questions and have a cuppa while you learn. This is a FREE service on the 2nd and 4th Tuesday of every month, donations are welcomed.

Tuesday 8th October



Health Walk

Where: Sandown Library, 119 High Street, Sandown, PO36 8AF

Time: 10.00am to 12.00pm

Contact: Sandown Library on 402748

A short, sociable walk on 8th & 22nd October, open to everyone looking to make friends and get some exercise. This is a free fortnightly event.



Wednesday 9th October



Seagrove Silver Surfers

Where: Seagrove Pavilion, Seagrove Farm Road, Seaview, PO34 5HU

Time: 2.00pm to 4.00pm

Contact: Nigel on 568357

Coaching available for tablets, laptops and smart phones. Seagrove Silver Surfers meet the second and fourth Wednesday of every month. £2 with free beverage and biscuits.

Simply Sociable Photography

Where: West Wight Sports & Community Centre, Moa Place, Freshwater, PO40 9XH

Time: 10.30am to 12.00pm

Contact: Dale, Community Navigator, on 07736 151626

Meet on the 2nd Wednesday of every month, arranging on location photo shoots. From novice to enthusiasts and professional photographers, all are welcome island wide. Individual's take images using their digital device, whether a camera, phone or tablet. Cost: £2

All About You Day for Unpaid Carers

Where: Carers IW Centre, Riverside Centre, The Quay, Newport, PO30 2QR

Time: 10.00am to 3.00pm

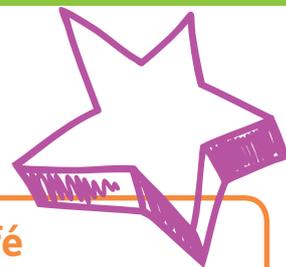
Contact: Carers IW on 533173

A day for unpaid carers looking at caring for yourself, make up, hand care, colour matching, holistic therapies where possible, light lunch. Free - donations are welcomed. Please book your place in advance.

Newport

North and East Wight

Wednesday 9th October



Pitch Up At The Brading Roman Villa

Where: Brading Roman Villa, Old Morton Road, Brading, PO36 0PH

Time: 10.00am to 11.30am

Contact: Judith, Community Navigator, on 07736 151632

We meet on the second and fourth Wednesday of the month. Join us for a bit of a get together. Refreshments can be purchased from the café. If you fancy having a go at a free 'just for fun' quiz and table top brain teasers then that's great, or just come along for a good old fashioned natter. Go on, pitch up at the Roman Villa and enjoy fun, laughter, friendship and chatter.



Pitch up at the White Horse Inn, Whitwell

Where: White Horse Inn, Whitwell High St, Whitwell, PO38 2PZ

Time: 10.00am to 12.00pm

Contact: Nina, Community Navigator, on 07736 151630

Friendly group, chat over a drink, table top quizzes and non-taxing games! Free, simply buy your own drink.

Cowes Alzheimer Café

Where: Cowes Methodist Church, Birmingham Road, Cowes, PO31 7BH

Time: 2.00pm to 4.30pm

Contact: Anna at Alzheimer Café IOW on 220200

Information on dementia services on the Isle of Wight. Free but donations welcomed.

Cards Afternoon

Where: Oddfellows, Unity Hall, 20 St Thomas Square, Newport, PO30 1SG

Time: 1.15pm to 3.30pm

Contact: Mareta on 523115

Join us for a Game of Hearts all playing around one big table with a break for refreshments. No need to be a good card player. For fun or use strategies if you can work them out. Cost: £1.50. Join the Oddfellows for this event on the 9th and 23rd October; this is a regular, fortnightly event.

Coffee, Bowls and Banter!

Where: Shanklin United Reform Church, High Street, Shanklin, PO37 6LA

Time: 10.00am to 11.30am

Contact: Carole on 07971 934329

Come along for coffee, chat and a game of short mat bowls. Cost: £1

Wednesday 9th October



FREE Digital Inclusion Drop-In Session

Where: Shanklin Library, Victoria Avenue, Shanklin, PO37 6LG

Time: 2.30pm to 4.00pm

Contact: Daniel at Age UK Isle of Wight on 525282

Informal and friendly community based drop-in sessions on 9th & 23rd October, offering digital support to those aged 50+.

Basic digital support and advice led by volunteers, in a friendly, informal environment. Pop in with your device or your technology questions and have a cuppa while you learn. This is a FREE service on the 2nd and 4th Wednesday of the month, donations are welcomed.



Thursday 10th October

Stay Steady, Prevent Falls

Where: West Wight Sports and Community Centre, Moad Place, Freshwater, PO40 9XH

Time: 10.00am to 12.00pm

Contact: Falls Prevention Team, Isle of Wight NHS Trust on 822099 ext: 5353

Come and meet the Falls Prevention Team from St Mary's Hospital. We will be able to advise on simple ways to help keep you independent. If you have had any falls, we can advise you on what help is available and how to access it.

SingAbout with Independent Arts

Where: Sandown Library, 119 High Street, Sandown, PO36 8AF

Time: 3.00pm to 4.15pm

Contact: Independent Arts on 822437



Sing About is organised by Independent Arts and is a friendly, group where people who enjoy singing can get together on 10th & 24th October. It is open to all and you don't need to be a great singer! This is a free, regular fortnightly event.

Newport

North and East Wight

Friday 11th October



A Gentle Environmental Workout at Golden Hill Country Park

Where: Golden Hill Country Park Car Park, Off Colwell Road, Freshwater, PO40 9SJ

Time: 10.00am to 1.00pm

Contact: Nick at Gift to Nature on 296244

There will be a short introduction to the park, its features and wildlife. We will then be doing gentle work to improve the park such as pruning, scrub cutting and/or tree planting. There will be tea, coffee and biscuits as well as instructions. Please wear stout footwear. Free event.

Colouring Club for Adults

Where: Cowes Library, 12 - 14 Beckford Road, Cowes, PO31 7SG

Time: 10.30am to 12.00pm

Contact: Cowes Library on 293341

Cowes Library holds a Colouring Club for adults on the 2nd Friday of the month. This is a friendly, social group run by Supporters of Cowes Library and is a relaxing activity and is a great way to beat stress. All pens, pencils and colouring pictures are provided, but you can take your own. Refreshments are provided.

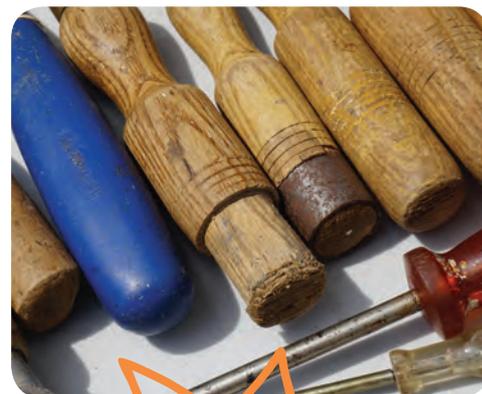
Nettlestone and Seaview Men in Sheds

Where: Seaview Hotel Naval Lounge, High Street, Seaview, PO34 5EX

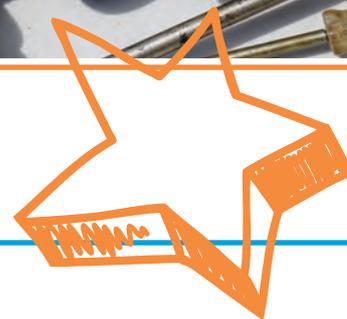
Time: 2.00pm to 4.00pm

Contact: Rob on 613693

Social meeting outlining current projects and interests for members and visitors.



Saturday 12th October



A Musical Evening with Trident Concert Band



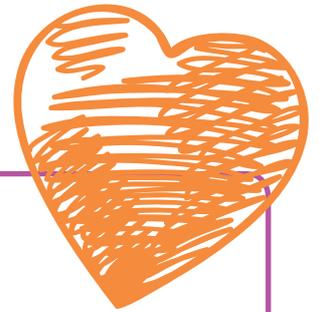
Where: Newport Methodist Church, Quay Street, Newport, PO30 5BA

Time: 7.00pm to 9.00pm

Contact: Jennie on 822431

A musical evening with Trident Concert Band. Marches and musicals, films and fun. A bit of everything! Free with a retiring collection.

Saturday 12th October



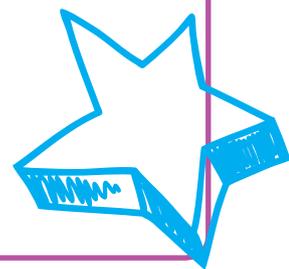
IW Buses, Beer & Historic Walks Festival

Where: Islandwide

Time: 10.00am to 5.00pm

Contact: Isle of Wight Bus Museum on 567796

An annual 2-day weekend festival featuring around 100 vintage buses from all over the Country, using selected pubs around the Island as Bus Stops, with historic walks in some locations. Free - Beer not included! For route maps and information visit: www.iwbeerandbuses.co.uk



Dying To Know?

Where: The Parish Centre, Town Lane, Newport, PO31 1JU

Time: 10.00am to 2.00pm

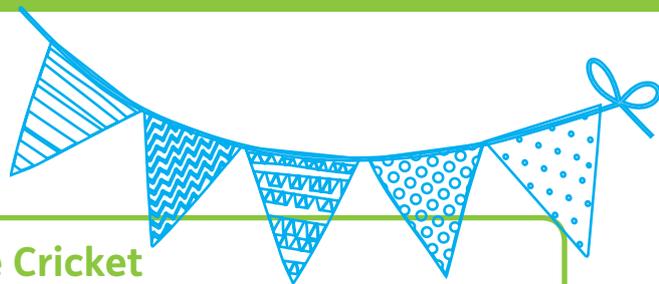
Contact: Carole at Jigsaw Training and Development Services on 07708 716725

This is a place where you can ask questions about dying, think about what you would like put in place and talk freely with professionals including Wheelers Solicitors and Glanville Damant Legal Services. There is no admission charge. Refreshments will be on sale.

Newport

North and East Wight

Monday 14th October



Christmas Shopping at Oasis with Oddfellows

Where: Oasis, Carpenter's Road Brading, PO36 0QA

Time: 2.00pm to 5.00pm

Contact: Mareta on 523115

Browse around the shop and maybe do an early bit of Christmas Shopping. Finish with a cuppa and a chat in the tea shop. Let us know if you need a lift!

Zone Cricket

Where: Ventnor Cricket Club, Steephill Road, Ventnor, PO38 1UF

Time: 7.00pm to 8.30pm

Contact: Stuart on 530551

Zone cricket is a game of cricket where you play as an individual and it involves no running. All equipment and officials supplied. £5 per person. Please book your place in advance.

Everything Cafe, Ventnor

Where: The Green Room, Salisbury Gardens, Dudley Road, Ventnor, PO38 1EJ

Time: 2.00pm to 4.00pm

Contact: Nina, Community Navigator, on 07736 151630

Plenty of chat and tea and a guest speaker every month. Free.

Arty Afternoons - Lino Prints

Where: Independent Arts, Suite 1, 30 Quay Street, Newport, PO30 5BA

Time: 2.00pm to 4.00pm

Contact: Independent Arts on 822437

Try your hand at designing, cutting and printing from lino. Beginners welcome. Free, but we are grateful for donations.

The Games Lounge

Where: West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH

Time: 2.00pm to 4.00pm

Contact: Dale, Community Navigator, on 07736 151626

Runs every Monday, except Bank Holidays. An older person's youth club, Free refreshments and play on paying entrance fee. Activities include table tennis, pool, darts and board games. Cost: £2

Over 60s Tea and Chat

Where: Lord Louis Library, Orchard Street Newport, PO30 1LL

Time: 10.30pm to 12.00pm

Contact: Joanna at Lord Louis Library on 823823

Come along on the 14th & 28th October for a cuppa and a chat!

This is a free, regular fortnightly event.

Tuesday 15th October



Stay Steady, Prevent Falls

Where: Ryde Library, 101 George Street, Ryde, PO33 2JE

Time: 10.00am to 12.00pm

Contact: Falls Prevention Team, Isle of Wight NHS Trust on 822099 ext: 5353

Come and meet the Falls Prevention Team from St Mary's Hospital. We will be able to advise on simple ways to help keep you independent. If you have had any falls, we can advise you on what help is available and how to access it.

Waste Not Recycle What?

Where: The Riverside Centre, The Quay, Newport, PO30 2QR

Time: 11.00am to 3.00pm

Contact: IOW Council Waste Services on 823777

Ever looked at a yogurt pot and wondered which bin do I put it in? The Waste and Recycling Services Team would love you to join them to answer those questions about how you can reduce your waste, reuse your things and recycle more!

We offer a range of services that make your recycling easier at home. Please pop by for a coffee, cake and a chat!



Blue Lamp Trust at Cowes Library

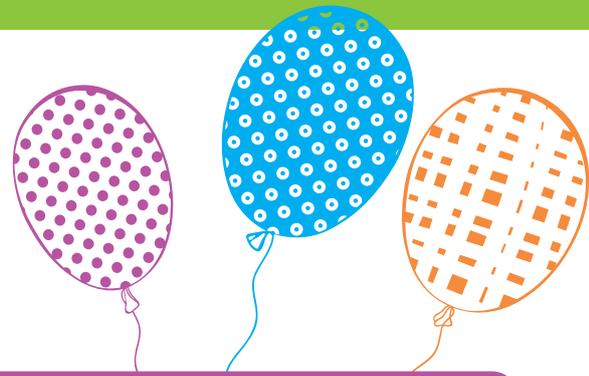
Where: Cowes Library, 12 - 14 Beckford Road, Cowes, PO31 7SG

Time: 10.00am to 12.30pm

Contact: Cowes Library on 293341

The Blue Lamp Trust will be at Cowes Library with a drop-in session. The Charity signs people up for home security visits, and fits door chains, window locks etc. free of charge.

Wednesday 16th October



Games and Chat

Where: Age Concern Shanklin, 106 Regents Street, Shanklin, PO37 7AP

Time: 2.00pm to 4.00pm

Contact: Nina, Community Navigator, on 07736 151630

Friendly chat, table top group games and plenty of chat and tea. Free, just buy your own drink.

Book Chat at Freshwater Library

Where: Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP

Time: 2.00pm to 3.00pm

Contact: Freshwater Library on 752377

A friendly group who chat about the books they are currently reading and have enjoyed in the past.



Totland Alzheimer Café: The Work of the Admiral Nurses

Where: St Saviours Holy Family Centre, Weston Lane, Totland, PO39 0HE

Time: 2.00pm to 4.30pm

Contact: Alzheimer Café IOW on 220200

The work of Admiral Nurses presented by Carol Cumins.

Oddfellows Coffee Morning

Where: Oddfellows, Unity Hall, 20 St Thomas Square, Newport, PO30 1SG

Time: 10.00pm to 12.30pm

Contact: Maretta on 523115

Restart a Heart Coffee Morning with a demonstration of how to save yourself and others after a heart attack. Free, donations to British Heart Foundation.

FREE Digital Inclusion Drop-In Session

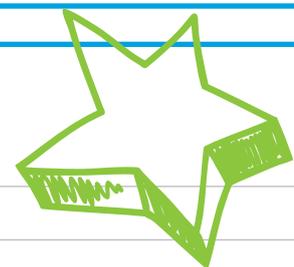
Where: Lord Louis Library, Orchard Street, Newport, PO30 1LL

Time: 10.30pm to 12.00pm

Contact: Daniel at Age UK Isle of Wight on 525282

Informal and friendly community based drop-in sessions, offering digital support to those aged 50 and over.

Basic digital support and advice led by volunteers, in a friendly, informal environment. Pop in with your device or your technology questions and have a cuppa while you learn. This is a FREE service on the 2nd and 4th Wednesday of the month, donations are welcomed.



Wednesday 16th October

Big Pitch Up at the Dairyman's Daughter

Where: Dairyman's Daughter, Arreton Barns, Main Road, Arreton, PO30 3AA

Time: 10.15am to 11.45am

Contact: Judith, Community Navigator, on 07736 151632

The Great Big Pitch Up At The Pub. If you fancy having a go at a free 'just for fun' quiz and table top brain teasers then that's great, or just come along for a good old fashioned natter. Free Raffle. Go on, pitch up at the pub and enjoy fun, laughter, friendship and chatter.

Join us for a morning of fun and enjoy a hot drink and homemade cake for just £4:25. Car parking FREE. On bus route 8 between Sandown and Newport.

Isle of Wight Friendship Group

Where: Wotton Bridge Community Centre, Brannon Way, Wootton Bridge, PO33 4NW

Time: 10.30am to 12.30pm

Contact: Alzheimer's Society on 02392 892035

Our informal activity group gives you, or someone you know, that is affected by dementia the opportunity to take part in a variety of activities, which focus on socialising and getting to know others. Free event held on the 3rd Wednesday of the month from 10.30am to 12.30pm.

Thursday 17th October

Philo Café - Can Right Actions Have Bad Consequences?

Where: Cowes Library, Beckford Road, Cowes, PO31 7SG

Time: 7.00pm to 9.00pm

Contact: Cowes Library on 293341

This is a monthly philosophical discussion group which follows the Socratic method followed by the Society for the Furtherance of Critical Philosophy and is based on careful listening and considered responses.

Topic for discussion; Can right actions have bad consequences? Just go along for a friendly, interesting evening.

Ryde Active Minds Social Club - Taster Session

Where: The United Reformed Church, 294 Upton Road, Ryde, PO33 3HP

Time: 10.30am to 12.00pm

Book: Jo Worsfold at Age UK Isle of Wight on 525282

Ryde Active Minds Social Club; stimulating, social interaction and exercising the mind. Free taster sessions (normally a charged for service) on 17th & 31st Oct. Booking in advance is essential.

Newport

North and East Wight

Thursday 17th October



Celebrating Age: The Age of Steam

Where: Isle of Wight Steam Railway, The Station, Havenstreet, PO33 4DS

Time: Railway open from 10am to 5pm. Train departs at 2.51pm

Book: Isle of Wight Steam Railway on 882204 (From 23rd September)

Join us at Havenstreet station to take in the sights, sounds and smells of a bygone time. All the usual facilities including museum, Train Story, Discovery Centre, Gift Shop and Refreshment Rooms available at your leisure. Make your day complete with an hour long round trip aboard our wonderfully restored Edwardian or Victorian carriages. The train leaves at 2.51pm.



Cost: £10 per person. There are limited places and booking is essential. Bookings will be taken over the phone from Monday 23rd September.

Dance Your Socks Off!

Where: Sandown Library, 119 High Street, Sandown, PO36 8AF

Time: 3.00pm to 4.00pm

Contact: Zara on 402748

A gentle creative dance programme running on the 17th & 31st October. It can help to improve balance, co-ordination, muscle-strength, breathing, memory and confidence. Cost: £5 per session, this is a regular, fortnightly event.

Friday 18th October

Links Trust Coffee Morning

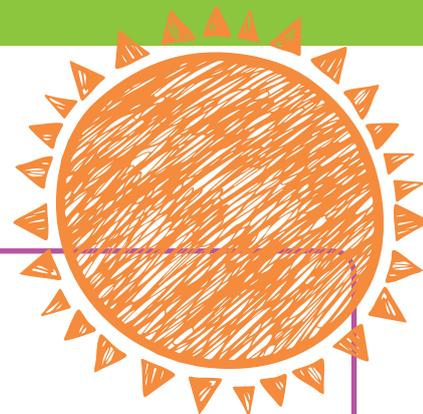
Where: Sandown Library, 119 High Street, Sandown, PO36 8AF

Time: 10.00am to 12.00pm

Contact: Links Trust on 07934 266620

A friendly, coffee morning open to all. A chance to meet new people and find out what's going on in the local area. Free.

Saturday 19th October



An introduction to Archaeology and the Golden Hill Country Park Heritage Project

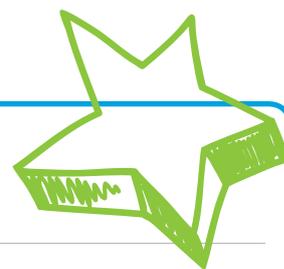
Where: Freshwater Memorial Hall, 2 Avenue Road, Freshwater, PO40 9UU

Time: 2.00pm to 4.30pm

Book: Dr Ruth Waller at Past Wight, ruthwaller77@gmail.com

An introduction to what archaeologists do, and a look at the heritage research being carried out at Golden Hill Country Park. Free but please pre-book your place using the details above.

Monday 21st October



Arty Afternoons with Independent Arts - Wet Felting

Where: Independent Arts Suite 1, 30 Quay Street, Newport, PO30 5BA

Time: 2.00pm to 4.00pm

Book: Hannah at Independent Arts on 822437

Try out wet felting techniques to make beautiful seascapes. Free but donations welcomed. Please book your place in advance.

Tuesday 22nd October

ACE7 Alzheimer Café - Reminiscence

Where: Riverside Centre, The Quay, Newport, PO30 1LN

Time: 10.30am to 12.30pm

Contact: Alzheimer Café IOW on 220200

ACE7 Alzheimer Café - Reminiscence. Free but donations welcomed.



Newport

North and East Wight

Wednesday 23rd October



Film Night - What We Did On Our Holidays

Where: Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP

Time: 7.00pm to 9.30pm

Contact: Freshwater Library on 752377

Come and watch a film at Freshwater Library. Cost: £3 per person.



Blokes, Bacon Butties & Banter

Where: Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9AN

Time: 10.30am to 12.00pm

Contact: Dale, Community Navigator, on 07736 151626

Local older men meet for their own community chit chat. Topical discussion varies, with people from all walks of life. Free but donations welcome.

Beckford Centre Open Day

Where: The Beckford Centre, 5 Beckford Road, Cowes, PO31 7SE

Time: 10.00am to 4.00pm

Contact: Rachael, Community Navigator, on 07840 053827

Join us at our open day for coffee, cakes and a chat about what goes on at The Beckford Centre. This includes an exhibition of work by our history, art, craft, discussion, singing and photography groups. Free.

Pitch up in Niton

Where: Contact Nina for full details (below)

Time: 10.00am to 12.00pm

Contact: Nina, Community Navigator, on 07736 151630

Very friendly group, lots of chat, drinks and table top games or quiz. Free, just buy your own drink.



Wednesday 23rd October



Timeout Café

Where: St John the Baptist Church, High Park Road, Ryde, PO33 1BP

Time: 1.00pm to 3.00pm

Contact: Rev Sue Theobald on 617174

Join us for a light lunch, friendly conversation and a social or craft activity. This is a regular monthly event on the 4th Wednesday of every month. Everyone is welcome. If you are caring for someone bring them along too. Free.

The Bay Alzheimer Café: Planning for the future & Lasting Power of Attorney

Where: The Broadway Centre, 1 Broadway, Sandown, PO36 9GG

Time: 2.00pm to 4.00pm

Contact: Alzheimer Café IOW on 220200

Information presented by Melissa Reeds, of Glanvilles Damant.

Thursday 24th October



Royal Racers and Reprobates - Illustrated historical talk



Where: Cowes Library, Beckford Road, Cowes, PO31 7SG

Time: 7.00pm to 8.30pm

Contact: Cowes Library on 293341

Local historian, Mark Earp, will be giving an illustrated talk on Royal Racers and Reprobates, the racing history of Cowes, its Royal Heritage, George IV, and the founding of the Royal Yacht Squadron in 1815. Refreshments will be available. Cost: £2

Open Door Worship - Celebrating Age

Where: Carisbrooke Priory, 39 Whitcombe Road, Newport, PO30 1YS

Time: 12.00pm to 1.00pm

Contact: Carisbrooke Priory Trust Co. Ltd. on 523354

Our weekly service of Christian worship, specially themed to celebrate age and its abundance of riches. Free with retiring collection.

Friday 25th October



Friday Special

Where: Shanklin United Reformed Church, High Street, Shanklin, PO37 6LA

Time: 3.00pm to 4.30pm

Contact: Carole on 07971 934326



A chance to meet new friends, have a chat and some tea together.

Plus some informal worship and pause for thought. Free.

Nettlestone and Seaview Men in Sheds

Where: Seagrove Pavillion, Seagrove Farm Road, Seaview, PO34 5HU

Time: 2.00pm to 4.00pm

Contact: Rob on 613693

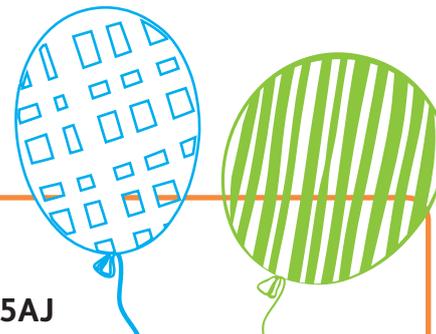
Discover your local Men's Shed.

Social meeting for an outline of current projects and interests from members and visitors. Free.



NaShers

Saturday 26th October



How to Use Your Digital Camera Workshop

Where: Hersey Nature Reserve, 1-5 Duver Road, Seaview, PO34 5AJ

Time: 10.00am to 12.00pm

Book: Capture Perfect on 293341 or 07912 431904

A workshop covering the basics on how to use your digital camera. Whether you are new to photography, a knowledgeable amateur or a professional, these special two hour workshops are designed to give you the skills and techniques to take your photography to another level. With Steve Brown of Island Photo Centre and Sienna Anderson of Soul Photography.

Cost: £50 - booking is essential on the details above.



Monday 28th October



Pitch up at the Ventnor Winter Gardens

Where: Ventnor Winter Gardens, Pier Street, Ventnor, PO38 1SZ

Time: 2.00pm to 4.00pm

Contact: Nina, Community Navigator, on 07736 151630

Plenty of chat over tea or coffee, all welcome, table top games or quiz. Free. Buy your own drink.

Arty Afternoons with Independent Arts - Clay Tiles

Where: Independent Arts Suite 1, 30 Quay Street, Newport, PO30 5BA

Time: 2.00pm to 4.00pm

Book: Hannah at Independent Arts on 822437

Get your hands in the clay to make a beautiful tile. Free but donations welcomed.

Please pre-book your place using the details above.



Tuesday 29th October

Art for Well Being: Acrylics

Where: Office 3A, 2A St. Thomas Square, Newport, PO30 1SN

Time: 2.00pm to 4.00pm

Book: Maggie at Magpie Arts on 07885 500637

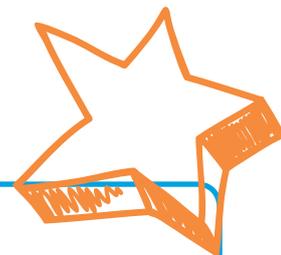
Lose your worries and anxieties through the medium of art. Explore and experiment with acrylics, use different surfaces and create your painting. Have a go at dirty pour painting. Cost: £5 - please book your place in advance.



Newport

North and East Wight

Thursday 31st October



Newport Alzheimer Café: What Else Helps?

Where: St Johns Church Hall, Corner of Drake Road / Terrace Road, Newport, PO30 1LN

Time: 6.00pm to 8.30pm

Contact: Alzheimer Café IOW on 220200

A presentation from Sally Ash, of IWASP (IW Against Scams Partnership, Trading Standards).

Friday 1st November

The Music Playhouse

Where: Freshwater Methodist, Brookside Road, Freshwater, PO40 9ER

Time: 2.30pm to 4.00pm

Contact: Dale, Community Navigator, on 07736 151626

A fantastic musical event, hosted by the Community Navigator Project, with live performers and musicians. Song sheets provided for popular war time remembrance and easy listening numbers.

Tea / coffee and biscuits are thrown in, in between acts. This is a free event, but donations welcomed, no booking required, just turn up and take part!

Throughout October



Celebrating Age Exhibition at the People's Pop Up Gallery (PPUG)

Where: Independent Arts: People's Pop Up Gallery, 33 High Street, Newport, PO30 1SR

Time: Thursdays, Fridays and Saturdays throughout October, 10.30am to 3.30pm

Contact: Hannah at Independent Arts on 822437

Throughout October, Independent Arts will be running a Celebrating Age exhibition at their 'People's Pop Up Gallery' in Newport High Street. The exhibition will include the work of people living in care homes.



Age Friendly Island is part of the National Lottery funded Ageing Better programme set up by the National Lottery Community Fund, the largest funder of community activity in the UK. Locally, the Ageing Better programme oversees a number of projects delivered by organisations committed to developing creative ways for older people to be actively involved in their local communities, helping to combat social isolation and loneliness.

For more information please visit: www.agefriendlyisland.org

Email: hello@agefriendlyisland.org

Twitter: [@agefriendlyisle](https://twitter.com/agefriendlyisle)

Phone: 525282

Facebook: [@agefriendlyisle](https://www.facebook.com/agefriendlyisle)

Thank you!

