

Opportunity Europe and Beyond

**Exciting programme for
the over 50s**

TUESDAY 19 OCTOBER 2010

3.00 - 5.00pm

**ST GEORGE'S MARKET, BELFAST
A FREE FAIR and EXHIBITION**

Explore other cultures from Europe and beyond

Join in sessions on volunteering, language tasters, creativity, culture

Meet the neighbours

Can cook, will cook with Gerry Faloon of Heavens Kitchen

Visit more than 40 information stands

Enjoy the Tea Dance with a difference!
(Bollywood for Beginners!)



For general enquiries contact European Unit at Belfast City Council
tel: 028 9027 0224 email: morrowp@belfastcity.gov.uk

OPPORTUNITY EUROPE AND BEYOND ST GEORGE'S MARKET, BELFAST

OVER 50s PROGRAMME - TUESDAY 19TH OCTOBER 2010 3 - 5 PM

15.00 - 15.10 Opening and welcome

15.10 - 15.30 Join in - Salsa dance session

WORKSHOPS

POLISH LANGUAGE TASTER Direct flights to four Polish airports make this a great language to explore, and it is the first language of many of our new Northern Ireland citizens. Why not find out more about them through their language.

15.30 - 16.00

SPANISH HOLIDAY LANGUAGE TASTER Spanish is the fourth most spoken language in the world with 417 million speakers worldwide and it is the language of our most popular holiday destinations – Spain and the Canary Islands. A great – and easy – language to learn

16.00 - 16.30

TYPE AB AND THE SPRING CHICKENS For aspirational older people. Working with the 'Spring Chickens' (performers) and facilitated by Big Telly we shall engage groups of older people in the delivery of a fun and exciting workshop which will highlight the creative and aspirational thinking this group can contribute to the colourful tapestry of Northern Irish and European life.

15.30 - 16.30 (One hour workshop)

VOLUNTEERING: UNLOCKING POTENTIAL Have a go at volunteering and find your one good reason to make it part of your life!

Two sessions: 15.30 - 16.00 and 16.00 - 16.30

MEET THE NEIGHBOURS Hosted by NI Housing Executive & the South Belfast Integration project. Come along and meet some of the new residents from the rest of Europe and beyond who are making their home in Northern Ireland. See the diversity on your doorstep, hear their story and make them welcome.

Two sessions: 15.30 - 16.00 and 16.00 - 16.30

CAN COOK, WILL COOK Belfast Masterchef quarter finalist Gerry Faloon and veteran chef Joe Walsh from Heavens Kitchen Belfast will demonstrate how to make sumptuous mouth watering nutritious food on a shoe string budget.

Two sessions: 15.30 - 16.00 and 16.00 - 16.30

LIVE AND LEARN ... about art around us, the work of Irish Impressionist painters and early travel posters. An illustrated talk by Ruth Osborne, Outreach Officer, Live and Learn Project, National Museums of Northern Ireland

Two sessions: 15.30 - 16.00 and 16.00 - 16.30

16.30 - 17.00 **SPRING CHICKENS PERFORMANCE - TEA DANCE WITH A DIFFERENCE
- BOLLYWOOD DANCING - ENJOY!**

To pre book a place in the workshop sessions contact:

Corinne Weatherup at Event-ful Consultancy

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