



## Get involved with Older People's Day 2011

The theme for **UK Older People's Day 2011** is **getting and staying active in later life**. The purpose of this theme is to encourage people to be active and raise awareness of the benefits that physical, social and mental activity brings.

Helping people to stay active as they get older provides many specific benefits, for example it:

- helps maintain independence
- is a good way of maintaining and increasing social networks
- gets you out and about in the local community
- is an opportunity to learn new skills
- increases energy levels and zest for life

# Active Luton

## **Active Retired Club**

The Active Retired Club (ARC) has been in existence for over 30 years, providing a place where retired people can meet each week to keep fit, make new friends and talk about the old days together. Its a friendly and sociable morning with the emphasis on gentle fitness activities and social interaction.

The ARC club is based at [Luton Regional Sports Centre](#) and is run by Active Luton

It takes place every Thursday from 9.30am to 11.30am.

The activities include:

Short mat bowls

Table tennis

Keep fit

Badminton

Short tennis (indoors on a badminton court)

Tea, coffee and snacks are available

The cost of the whole morning is £2.25 and is paid to reception on a weekly basis, you don't need to be a member, just turn up on the day.

## **Full of Life Club**

A club for the over 50's ... who like to be active!!!!

Are you over 50? Retired? Not ready for the scrapheap yet? Want to meet new friends? like to keep fit?

Then try this friendly but active group.

Activities include a programme of healthy walks, fitness sessions, aerobics, yoga,

swimming (at Lewsey Pool), bowls, table tennis, arts & crafts....and much more!

Hightown Community Sports & Arts Centre

Every Tuesday 9.30am-11.30am

To find out more,

e-mail [info@activeluton.co.uk](mailto:info@activeluton.co.uk)

call us on 01582 419548

Drop in to [Hightown Community Sports & Arts centre](#)

## 50+ Activities

Below is a list of activities that are either 50+ or suitable for the older generation, and take place at various centres in Luton. The list is not exhaustive, and many of the day-to-day activities may be suitable dependant on the individual. Talk to a member of staff if you need some more information

### Hightown Community Sports & Arts Centre

Day	Session	Time	level
Tuesday	Full of Life Club	9.30 - 11.30am	1 heart
Wednesday	Aerobics	7.30 - 8.30pm	2 heart
Thursday	Yoga for beginners	7.30 - 8.30pm	1 heart

### Lea Manor Recreation Centre

Day	Session	Time	level
Monday	50+ Line Dancing	10.00 - 11.00am	1 heart
Monday	50+ Aerobics	11.15 - 12.15pm	2 heart
Tuesday	Thighs, hips, bums & tums	9.45 -10.45am	2 heart
Tuesday	Thighs, hips, bums & tums	6.00 -7.00pm	2 heart
Wednesday	Yoga	6.30 - 7.30pm	2 heart
Thursday	Aqua Fit	7.30 - 8.15pm	2 heart
Friday	Pilates	9.30 - 10.15am	2 heart
Friday	Thighs, hips, bums & tums	7.40 -8.40pm	2 heart

### Lewsey Park Pool

Day	Session	Time	Level
Tuesday	Aqua Fit	9.30 - 10.30am	1 heart
Tuesday	Aqua Fit	7.35 - 8.35pm	2 heart
Thursday	Aqua Fit	9.30 - 10.30am	1 heart
Sunday	Aqua Fit	10.00 - 11.00am	1 heart

### Luton Regional Sports Centre

Day	Session	Time	Level
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Monday	Thighs, hips, bums & tums	10.00 -11.00am	2 heart
Tuesday	Beginners Pilates	7.15 - 8.15pm	1 heart
Wednesday	Profiles circuits (women)	7.00 - 8.00pm	2 heart
Thursday	Active retired club	9.30 -11.00am	1 heart
Thursday	Profiles circuits	7.00 - 8.00pm	2 heart

#### **Putteridge Recreation Centre\_**

Day	Session	Time	Level
Monday	Spinning	6.00 -6.45pm	2 heart
Monday	Spinning	7.00 - 7.45pm	2 heart
Monday	Aqua fit	7.00 - 8.00pm	2 heart
Tuesday	Spinning	7.00 - 8.00pm	2 heart
Wednesday	Aqua fit	8.00 - 9.00pm	2 heart
Thursday	Spinning	6.00 -7.00pm	2 heart
Thursday	Spinning	7.15 - 8.15pm	2 heart

#### **Stockwood Park Golf centre**

Day	Session	Time	Level
Any	Golf	6.30am - 8.00pm	1 heart

#### **Wardown Swimming & Leisure Centre**

Day	Session	Time	Level
Tuesday	Line dancing	12.00 -1.00pm	1 heart
Wednesday	Line dancing	2.00 -4.00pm	1 heart
Thursday	50+ Aerobics	10.00 - 11.45am	2 heart
Thursday	Aqua Fit 50+	1.45 - 2.45pm	1 heart
Thursday	Step aerobics	6.15 - 7.15pm	2 heart

# Luton Culture

The Hat Factory

## **Eliza Carthy Band**

Friday 7 October, doors 8pm

Musician, singer, producer, curator, twice mercury music prize nominee, winner of BBC R2 Folk awards 'best album' and 'best traditional track' for 2010, scion of a UK folk royal family, Eliza Carthy is one of the UK's pre-eminent modern musicians.

**£12 / £10 concessions**

**£6 pre concert meal (see website)**

The Hat Factory

Spoken Word present

## **John Hegley**

Wednesday 19 October, doors 8pm

Last year 'UTTER Spoken Word' presented 'UTTER Luton' at the Edinburgh Free Fringe. Headlined by John, the evening featured the best spoken word talent from the Luton area representing the town at the Fringe. Now here comes the return match. Hosted by UTTER's own Richard Tyrone Jones the night promises love, laughs and music lyrics.

**Ages 16+**

**£8 / £6 concessions**

**£6 pre theatre meal (see website)**

The Hat Factory

In association with Brave Music Agency

## **Ian McNabb**

Thursday 20 October, doors 8pm

Legendary Liverpool singer-songwriter Ian McNabb will be bringing his electric – acoustic tour to The Hat Factory, performing tracks from his latest release 'Great Things' in addition to songs from his solo career and Icicle Works days.

**£10 / £8 concessions**

**£6 pre concert meal (see website)**

The Hat Factory

Chickenshed present

## **The Rain That Washes**

Thursday 27 & Friday 28 October, 7.30pm

A true story that is poignant, political and personal, this beautifully realised one man show brings to life the human drama behind Zimbabwe's turbulent history.

Winners of this year's Fringe Report Awards Best Theatre Company.

[www.chickenshed.org.uk](http://www.chickenshed.org.uk)

**Suitable for age 12+**

**£9 / £7 concessions**

**£6 pre theatre meal (see website)**

**The Hat Factory**  
**65 – 67 Bute Street, Luton, LU1 2EY**  
**Box Office: 01582 878100**  
**www.thehatfactory.org**

Luton Library Theatre  
**Four Poofs and a Piano – Back in Business**

Thursday 20 October, 7.45pm

4 Poofs and a Piano has become the nation's favourite house band thanks to the hugely popular Friday Night with Jonathan Ross on BBC1. Join the famous foursome for their brand new show, full of outrageous fun, frisky footwork and musical madness.

**£15**

Luton Library Theatre

**Stand-up Comedy**  
**Steve Hall's Very Still Life**

Saturday 29 October, 7.45pm

Steve Hall from We Are Klang and Russell Howard's tour support.

"The most intelligent stand-up you've never heard of" (GQ).

"Wonderfully misanthropic" (Sunday Times)

"Deadpan brilliance" (Time Out)

**£12**

Luton Library Theatre

**In The Mood, 5-Star Swing**

Thursday 3 November, 7.45pm

As seen at the Dame Vera Lynn Charity Ball in London and BBC TV 'Children in Need'. This unique feel good show features multi-instrumentalists and vocalists with songs from the *Stars of Swing*.

"*They Swing like crazy - Superb!*" Sheila Tracy (BBC).

**£10 / £8 concessions / £7 with Culture Card**

**Luton Library Theatre**  
**Luton Central Library**  
**St Georges Square, Luton, LU1 2NG**  
**Box Office: 01582 547474**  
**Wwww.lutonlibrarytheatre.com**

## Museums Luton

Sunday 2nd October  
Steam in the Park, 11am-3pm  
Stockwood Discovery Centre

During this lively event steam vehicles and stationary engines will be working in all their noisy glory. Talk to our experienced volunteers who look after these vintage vehicles.

Free, Drop in.

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Tuesday 18th October  
Harry's Hats, 2.30-3.30pm  
Wardown Park Museum

This year the museum was fortunate in obtaining a collection of hats from a noted costume collector. Explore the collection and hear how these wonderful examples add to our understanding of hats and headwear. Followed by coffee and cake.

£4.50 per person. Concession £3 per person. Booking essential, please phone 01582 546722

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Luton Art  
Wardown Park Museum

Luton Art exhibition is our annual showcase of works by local artistic talent. Every year established and aspiring artists in the area submit their work for this popular competition, which started in 1934. The competition is open to everyone of any age from Bedfordshire, Hertfordshire and Buckinghamshire. There is no theme but artists have the opportunity to use a variety of mediums to create their work of art. All shortlisted entries will be exhibited at Wardown Park Museum.

Application forms are available from [www.wardownparkmuseum.com](http://www.wardownparkmuseum.com), or visit the museum.

Submission dates: 4th- 6th November 2011.

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Wardown Park Museum - Old Bedford Road, Luton, LU2 7HA, Tel: 01582 546722

Stockwood Discovery Centre, London Road, Luton, LU1 4LX, Tel: 01582 548600

### Community Development

#### Bushmead Community Centre

Will be holding a 50+ Full of Life event on Monday 24<sup>th</sup> October 2011 from 10am – 1pm – followed by a buffet lunch.

Activities to include Short Mat Bowls, Table tennis, Pool, Giant Jenga, Board Games, Cards & Music

Saints Community Centre are planning a Full of Life event on Wednesday September 28<sup>th</sup> 2011. It will be a fun day with the opportunity for members of the community to have a taster session of various activities like Zumba, Gold.Bingo,line dance and bowls. We will also be inviting informative agencies like Adult Ed., NHS, Pension Service, Age Concern etc.

Chaul End Centre have a varied 50+ programme throughout October  
Bingo sessions for the 50+ Tuesday's 1.30-3.00pm, nominal fee charges, by group leader.

Bridge 50 + Monday's 2.00-4.00 pm, nominal fee charged by group leader.

Evergreeners 50+ Fortnightly Thursday's 2.00-4.30 pm £1.00 per session.

Art class Fri 10.00 am - 12.00 noon open to all reduced fee of £3.00 per session.

Art class Tuesday evenings 7.00 - 9.00 pm 50+ attendance, but would any age to come along reduced fee of £3.00 per session.

Raynham Way Community Centre have several 50+ activities running throughout October

Bowls on Mondays 9 - 11am & 11am - 1pm - £1.90 per session and

Wednesdays 9 - 11am, 11am - 1pm & 1.15 - 3.15pm.

Ballroom & Sequence Dancing on a Monday 2 - 4pm £1.95 per session

Flexercise Tuesdays 10.45 - 11.15am £3 per session.

Women's Pamper afternoon on Sat 22<sup>nd</sup> October and this will, of course be open to women of all ages including 50+.