luminate

SCOTLAND'S CREATIVE AGEING FESTIVAL

1st - 31st October 2015
THANK YOU...

Luminate would like to thank all our supporters who make the festival possible:

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The RKT Charitable Trust

Big thanks to John Edgar, Jess Fitzgerald, George Hind, Thulani Rachia and Genevieve White.

If you would like to find out more about supporting Luminate’s work, please contact us on 0131 668 8066 or email info@luminatescotland.org

luminatescotland.org
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luminatescotland.org
HOW TO USE THIS BROCHURE

All the events in this brochure are listed by region and then by date, making it easy to plan your festival and find all the activities taking place in your area. Many of our events are completely free with no ticket required - just turn up on the day. For those that do require a booking, you’ll find all the details you need underneath each listing.

Please note: events listed in the outreach sections of the brochure are not open to the public.

To help you find what you’re interested in quickly we’ve included the following symbols:

- Exhibition
- Film
- Insight
- Performance
- Take Part
- Audio Description
- Assistive Listening Systems
- Sign Language Interpretation
I am delighted to welcome you to Luminate 2015! The festival explores ageing in its many guises - telling stories, sharing experiences across the generations, and offering lots of opportunities nationwide to try something new whatever your age.

Take part in an art workshop in Glasgow, try a dance class in Edinburgh, listen to a ukulele band in Perth, visit an author’s event in Dumfries or a storytelling performance in Sutherland. And alongside our public programme, please read about our outreach activities which take Luminate to care homes, day centres and lunch clubs across the country. There’s something for everyone across Scotland this October, all going to prove that creativity has no age.

Once again, artists and communities across Scotland have come together to create this exciting national festival, and I am grateful to everyone for the inspiration, imagination and hard work that they have brought. I hope you will find something in the programme for you, and that you will join us at a Luminate event in your area this October.

Anne Gallacher
Director

luminatescotland.org

Image by Drew Farrell
A FESTIVAL FOR EVERYONE

We want Luminate to be accessible to everyone. For detailed access information and to discuss your requirements, please contact venues directly. Contact information is provided with each listing. Where audio description, sign language interpretation and assistive listening systems are available they will be clearly marked with each listing.

Getting To Luminate Events

Public transport information is available from Traveline Scotland: www.travelinescotland.com or phone 0871 200 2233.
The Artlink Edinburgh Arts Access service helps people in the Edinburgh area who have difficulty getting out and about to arts events, connecting members with volunteers who enjoy the arts and providing a door to door service.
Visit www.artlinkedinburgh.co.uk or phone 0131 229 3555 for more information.

Connect With Luminate

You can contact us by email at info@luminatescotland.org or by phone on 0131 668 8066.
Visit our website: luminatescotland.org to find out more about the festival and sign up for our e-newsletter to be the first to receive our news and updates.
We are on social media - connect with us on Facebook, follow us on Twitter @LuminateScot, subscribe to our YouTube channel and follow us on Instagram.

luminatescotland.org
Luminate features individual events held in local areas and projects that tour across Scotland.

**Film**
This year’s film tour explores different aspects of ageing. *Hip Hop-eration* introduces a group of older people from New Zealand preparing for the biggest dance competition of their lives, while short film *Directed with Tweedie* examines the relationship between children and their grandparents. Look out for other titles too, including *Whales of August* – a swansong for Bette Davis and Lillian Gish – and *The Lunchbox*, Ritesh Batra’s film about second chances and growing older.

**Performance**
*Broth* by Donna Rutherford is a unique exploration of the experience of elders in Scotland through the tradition of soup making. Alongside its nationwide tour the production will be streamed live on 8 October, so you can watch it online wherever you are. *A Play, A Pie and A Pint’s Descent* by Linda Duncan McLaughlin tells the story of one couple’s love and struggle with dementia, and Scotland’s remarkable older dance groups – PRIME from Dance Base and the Scottish Ballet Elders’ Company – will tour for the first time as part of Luminate. We are also thrilled that Live Music Now Scotland will once again bring a series of live concerts to care homes and day centres around the country.

**Photography**
This year we have invited people to take part in the first Luminate Challenge. Photographers of all ages and experience across Scotland have sent us a photographic portrait of someone from a different generation. A pop up exhibition of some of the submitted images will tour the country, and will also feature portraits created by photographic artist Robin Gillanders as inspiration for Challenge participants. You can see the portraits and the wonderful stories behind them online at www.luminatescotland.org

**Commissions**
Each year Luminate commissions artists to create new work as part of the festival. Don’t miss Rosie Gibson’s thought-provoking pieces displayed in Inverkeithing shops and inspired by the “nuggets of wisdom” of local older people (see page 41), and join us in Greenock for All or Nothing Aerial Dance Theatre’s new performance created with, and performed by, older dancers from Inverclyde (see page 60). As part of the Baring Foundation’s ‘Late Style’ series of artists’ commissions, the Scottish Poetry Library has asked award-winning Scottish poets Douglas Dunn, Vicki Feaver and Diana Hendry to write new poems about ageing. Their new poems can be enjoyed within this brochure, and out loud at Luminate events launching the Second Wind Saltire Society pamphlet (see pages 13, 14, 34 & 65).
Genevieve White, 40
Writer and arts workshop leader

"Having worked with older people in care homes I have witnessed how creative experiences can empower and stimulate. Older people’s memories, once unlocked, can truly enrich and enliven the creative process."
DIGITAL PHOTOGRAPHY PHOTO BOOTH

Drop-in sessions: Fri 2/9/16/23/30 Oct, Wed 7/14/21/28 Oct, 10am - 1pm (last support session at 12.30pm) FREE

The theme of Silver City Surfers' weekly sessions throughout October is Digital Photography. A Photo Booth will be open for you to learn how to take, edit, share and store photos online using your tablet, smartphone or camera-to-laptop. A showcase of online archive photographs of Aberdeen and the Grampians will be available for you to browse and reminisce over bygone times. Get snap happy with Silver City Surfers!

The Citadel, 28 Castle Street, Aberdeen AB11 5BG
07799 371 329
silvercitysurfers@gmail.com
www.silvercitysurfers.co.uk

DIGITAL CREATIVITY

Mon 5 Oct 2pm FREE

Silver City Surfers will present a 40 minute talk to people aged over 55 on digital creativity, and will look at video/film, music, digital art and sharing digital material via the internet in a safe manner. There will be examples and demonstrations followed by a mini-workshop to help guide attendees to engage in these areas, supported by volunteer tutors.

Aberdeen Science Centre (Satrosphere)
179 Constitution St, Aberdeen AB24 5TU
07799 371 329
silvercitysurfers@gmail.com
www.silvercitysurfers.co.uk
THE LUNCHBOX
Tue 6 Oct 1:30pm & 6:10pm £8/£6
In bustling Mumbai, widower Saajan receives the wrong lunchbox, the food lovingly prepared by neglected housewife Ila. A few delicious meals later, the two realise the mistake and instead of rectifying it, begin to write to one another. Effortlessly weaved through this simple story about second chances are issues of growing older and finding your way in modern life. (Dir: Ritesh Batra/India/ France/Germany/USA/2013/1h45/ Hindi and English with English subtitles/PG)

Belmont Filmhouse, 49 Belmont Street, Aberdeen AB10 1JS
01224 343 500
www.belmontfilmhouse.com

A LITTLE BIT OF CARMEN
Wed 7 Oct 1:30pm FREE
A Little Bit of Carmen takes Bizet’s masterpiece out of the theatre as a cleverly re-written 20-minute show, full of the hot-blooded music that has earned it a place as one of the world’s most popular operas. Based on Japanese storytelling, the story unfolds to a series of colourful illustrations, brought to life by storytellers, two singers and three instrumentalists. This performance is part of AFCCT’s Get Outdoors programme, which is for people over the age of 65 living in Aberdeen.

Pittodrie Stadium, Richard Donald Stand, Pittodrie Street, Aberdeen AB24 5QH
If you are over 65 and would like to attend, please contact David Smith on 01224 650 456
Hosted by Aberdeen FC Community Trust in partnership with Scottish Opera

LET US HELP TO KEEP OLD CRAFTS ALIVE
Workshops: Wed 7/14/21/28 Oct 3pm - 5pm FREE
Exhibition: Thu 1 - Sat 31 Oct during library opening hours FREE
Come and join our Knit and Natter Group and learn to knit and crochet! You can help with our charity knitting or have the satisfaction of knitting or crocheting something for yourself. You can also pop into the library in the opening times to see some of the Kemnay Knit and Natter work.

Kendal Library, Kendal Road, Kemnay, Inverurie AB51 5RN
01467 642 711
DARK HORSE: THE INCREDIBLE TRUE STORY OF DREAM ALLIANCE

Tue 13 Oct 1:30pm & 6:10pm £8/£6

The Sport of Kings becomes the preserve of the working-class in this documentary - a heart-warming David and Goliath tussle between a horse-owning syndicate from a small Welsh village and the elite of the racing world. Jan, husband Brian, accountant Howard and other villagers unite to defy all the odds, rearing the horse in a local allotment, paying training fees and watching it exceed all their expectations as it became a serious contender in the country’s most prestigious races. (Dir: Louise Osmond/UK/2014/86mins/PG)

Belmont Filmhouse, 49 Belmont Street, Aberdeen AB10 1JS
01224 343 500
www.belmontfilmhouse.com

LUMINATE PHOTOGRAPHY CHALLENGE: POP-UP EXHIBITION

Dates & times below FREE

A pop-up exhibition of photographic portraits of people from different generations created by people living across Scotland. The exhibition includes photographs by people of all ages who took part in the first Luminate Challenge, and by photographic artist Robin Gillanders who created portraits to help guide the Challenge participants. Come and explore the wonderful stories behind the portraits!

Tue 13 - Sun 18 Oct 8:30am - 5pm (on 13 Oct open from 11am)

Aberdeen Community Health & Care Village, 50 Frederick Street, Aberdeen AB24 5HY
www.nhsgrampian.org
Mon 19 - Thu 22 Oct 8:30am - 5:30pm (on 19 Oct from 11am)

Marischal College, Filter Reception, Ground Floor, Broad Street, Aberdeen AB10 1AB

For more information, please call 01224 611 161 or email alwatson@aberdeencity.gov.uk
www.aberdeencity.gov.uk

luminatescotland.org
POETRY SESSION - GETTING INTO THE FLOW

Wed 14 Oct 2:30pm - 4pm FREE
Poet John Killick will run a session with a special focus on memory loss. Participants will be asked to provide the words and ideas for poems with no need for anyone to put pen to paper - John does all the writing! John will also read a selection of pieces by others to show what can be achieved.

Aberdeen Central Library, Rosemount Viaduct, Aberdeen AB25 1GW
Booking essential
01224 652 500
LibraryEvents@aberdeenbib.gov.uk
Part of #WriteCity

STILL ALICE

Wed 14 Oct 7:30pm £6/£5
Alice must come face-to-face with a devastating diagnosis: early-onset Alzheimer’s disease. As the once-vibrant woman struggles to hang on to her sense of self for as long as possible, Alice’s three grown children must watch helplessly as their mother disappears more and more with each passing day. (12A) (2014)

Woodend Barn, Banchory AB31 5QA
01330 825 431
mail@woodendbarn.co.uk
www.woodendbarn.co.uk
Part of Scottish Mental Health Arts and Film Festival

DOUBLE BILL: HIP HOP-ERATION & DIRECTED BY Tweedie

Sun 18 Oct 2:30pm & 6:10pm £8/£6
Hip Hop-eration
An engaging documentary that is packed with moments to smile at, Bryn Evans’ Hip Hop-eration is an inspirational look at the antics of 30 senior citizens (the oldest of whom is 96) based on a small New Zealand island who are preparing to take part in the World Hip Hop Dance Championships in Las Vegas. (Dir: Bryn Evans/New Zealand/2014/93m)

Directed by Tweedie
Making a film when you’re 87 is less than convenient. As granddad ‘Tweedie’ reluctantly takes up his new role as a filmmaker, we’re invited to examine the difficulties of communication between the generations, whilst exploring that unspoken contract that binds children to their grandparents. (Dir: Duncan Cowles/UK/2015/16m)

Belmont Filmhouse, 49 Belmont Street, Aberdeen AB10 1JS
01224 343 500
www.belmontfilmhouse.com
The 6:10pm screening is part of DanceLive
DANCE BASE’S PRIME AND SCOTTISH BALLET ELDERS’ COMPANY: TARN AND WORDS UNSPOKEN FEATURING QUICKSILVER: REBEL GIRL

Sun 18 Oct 3pm £5

There are over 1,800 years of life lived between these dance companies. Join us on the first tour by two remarkable new elder groups, PRIME from Dance Base and the Scottish Ballet Elders’ Company, joined today by Aberdeen’s own Quicksilver, as they pour their hearts into movement. Expect to be moved, exhilarated and entertained. Choreographers include Angus Balbernie, Winifred Jamieson and Ruth Kent.

Citymoves Dance Agency,
Schoolhill, Aberdeen AB10 1FQ
01224 611 486
citymoves@aberdeencity.gov.uk
www.citymoves.wordpress.com

Part of DanceLive

SILVER CITY SURFERS’ CREATIVE TECHNOLOGY DAY

Tue 20 Oct 10am - 1pm FREE

This event will include exciting, engaging and educational activities: from interesting and informing talks to the screening of the light-hearted intergenerational documentary, Cyberseniors, together with volunteer-led workshops focusing on digital creativity - video, audio, photography, art & crafts. Please come along and join in the fun.

The Citadel, 28 Castle Street,
Aberdeen AB11 5BG
07799 371 329
silvercitysurfers@gmail.com
www.silvercitysurfers.co.uk

SECOND WIND: POETRY & DISCUSSION WITH DOUGLAS DUNN, VICKI FEAVER & DIANA HENDRY

Mon 26 Oct 6pm - 7:30pm FREE

A special Saltire Society pamphlet commissioned by the Scottish Poetry Library brings together three award-winning poets. With humour, melancholy and wisdom, they tackle what a person loses as he or she ages - and what they gain. Join us for a reading and discussion of their latest work.

Aberdeen Maritime Museum,
Shiprow, Aberdeen AB11 5BY

Booking essential
0131 557 2876 • reception@spl.org.uk
www.scottishpoetrylibrary.eventbrite.co.uk
Part of the Baring Foundation’s ‘Late Style’ series of artists’ commissions

luminatescotland.org
Broth is an honest exploration of the experience of elders in 21st century Scotland, told by artist Donna Rutherford through the tradition of soup making. It explores the rituals and revelations that trace changes in people’s lives, families and wider communities through a series of personal storytelling conversations.

**Broth: Storytelling Workshop with Donna Rutherford**

Sat 24 Oct 3:30pm - 6pm FREE

Alongside her new show Broth, artist Donna Rutherford is leading workshops around the country focusing on the value of storytelling and shared memories to communities. An exciting and enjoyable opportunity to explore how storytelling helps us all to make sense of our experiences.

Woodend Barn, Gallery Upstairs, Banchory AB31 5QA
01330 825 431
mail@woodendbarn.co.uk
www.woodendbarn.co.uk

With members of Third Stage.

---

**THE CUT**

*It takes years off you,* he said, at which point I reached into my snake print tote bag and took out my Smith & Wesson 642 Syn Grips, 5 shot. *Stand by your driers,* I said, *throw down your scissors.* They had *Long Brown Wavy Hair* on the loop, I cut it short. *OK,* I said, *hand ’em over,* *you got my years.* Goddamit, they were all over the parquet! So much silver you could have stuffed a cushion. Each year something special, unrepeatable, unique. I left them crawling about the floor, blondie still weeping.

**DIANA HENDRY**

More poems about ageing can be read online at [www.spl.org.uk/secondwind](http://www.spl.org.uk/secondwind)
WHALES OF AUGUST

Tue 27 Oct 1:30pm £6/£5
& 6:10pm £9.50/£7

A swansong for Bette Davis, her co-star, Lillian Gish, and director, Lindsay Anderson, The Whales of August tells the story of two widowed sisters living together on the Maine coast – one (Davis) is blind and cantankerous, the other (Gish) is optimistic and resilient. Presented in a newly restored print this film is a masterpiece and one of the finest and most poignant films ever made about older age. (Dir: Lindsay Anderson/USA/1988/1h29m/U)

Belmont Filmhouse,
49 Belmont Street, Aberdeen AB10 1JS
01224 343 500
www.belmontfilmhouse.com

AMOUR

Wed 28 Oct 7:30pm £6/£5

Retired music teachers Georges (Jean-Louis Trintignant) and Anne (Emmanuelle Riva) have spent their lives devoted to each other. Their relationship faces its greatest challenge when Anne suffers a debilitating stroke. Georges bravely ignores his own discomfort to take care of his wife, and is determined to keep his promise to her that she will never go back to the hospital. (12A) (2012)

Woodend Barn, Banchory AB31 5QA
01330 825 431
mail@woodendbarn.co.uk
www.woodendbarn.co.uk

Part of Scottish Mental Health Arts & Film Festival

OUTREACH

OOT-S-AN-INS AN IPADS

Aberdeenshire Libraries present a tour of hands-on workshops using iPads to record each other’s memories of Aberdeenshire - prompted by photos, books and everyday objects from the libraries’ collections. Participants will learn the basics of iPad film recording and editing, then will be encouraged to use their new skills to record each other’s reminiscences.

• Hamewith Court, Alford
• Allachburn Care Home, Aboyne
THE ORGANIST ENTERTAINS: 2 HANDS, 2 FEET AND 27 Stops! 

Every Monday in Oct
12pm (noon) - 1pm £2

Two seniors and two younger ones play music from yesteryear on the 1904 Lewis pipe organ in Ayr Town Hall. The organ is one of the most outstanding instruments in Scotland, baby brother to the Lewis in Kelvingrove. Enjoy an hour of music for the whole community, as experienced organists specially chosen for Luminate, bring this wonderful instrument to life.

5 Oct: Morley Whitehead, organist and choirmaster at Morningside Parish Church, Edinburgh
12 Oct: Dr John Turner, formerly organist at Glasgow Cathedral
19 Oct: Marie Mortimer, organist at North Parish Church, Girvan and former accompanist to Ken Dodd
26 Oct: Simon Nieminski, organist at the Metropolitan Cathedral, Edinburgh

Ayr Town Hall,
29 New Bridge Street, Ayr KA7 1JX
01292 617 660
www.south-ayrshire.gov.uk
Part of The Organist Entertains series

BROTH

Tue 13 Oct 7:30pm £10/£8

Broth is an honest exploration of the experience of elders in 21st century Scotland, told by artist Donna Rutherford through the tradition of soup making. It explores the rituals and revelations that trace changes in people’s lives, families and wider communities through a series of personal storytelling conversations.

Gaiety Studio Theatre,
Carrick Street, Ayr KA7 1NU
01292 288 235
www.ayrgaiety.co.uk

Broth is an original performance commissioned by the Seannachies Research Network, led by The Institute of Design Innovation at The Glasgow School of Art and funded by the Scottish Universities Insight Institute. Supported by Creative Scotland
CELEBRATION OF THE ACHIEVEMENTS OF OLDER PEOPLE

Wed 14-21 Oct 10am - 4pm FREE
An arts exhibition showcasing some of the art, handcrafts and arts & craft work produced by older residents as well as examples of intergenerational work created with local schools.

Heritage Centre,  
Manse Street, Saltcoats KA21 5AA  
01294 464 174  
A partnership between Community Development and the Heritage Centre

FULLARTON LADIES ‘LIVING VOICES’  

Wed 21 Oct 1:30pm - 3pm FREE
In the company of Jean the Story Teller the Fullarton Ladies group invite you to take part in their journey of exploration and discovery. An afternoon full of sunshine, showers and smiles. Why not come along and be part of the story?

Harbour Arts Centre,  
Harbour Street, Irvine KA12 8PZ  
01294 475 912  
01294 274 059  
harbourarts@north-ayrshire.gov.uk  
www.harbourartscentre.com

TALENT ON TOUR  

Tue 27 Oct 2pm - 3:30pm FREE
Following on from their continued success of previous tours, the lads and lasses of the 28 strong Broomlands & Bourtreehill Community Singers are once again giving a concert at the Harbour Arts Centre as part of their “Talent on Tour” Showcase. The group, who are all over 65, continue to be in great demand since forming three years ago. Why not come along and enjoy songs old and new?

Harbour Arts Centre,  
Harbour Street, Irvine KA12 8PZ  
01294 274 059  
harbourarts@north-ayrshire.gov.uk  
www.harbourartscentre.com

NEW ORLEANS JOYMAKERS

Sun 25 Oct 2pm £8/£6
Enjoy a special swinging afternoon of traditional jazz with the Harbour Arts Centre regulars the New Orleans Joymakers. This session will be full of hot jazz, pop jazz, hokum and hilarity.

Harbour Arts Centre,  
Harbour Street, Irvine KA12 8PZ  
01294 274 059  
harbourarts@north-ayrshire.gov.uk  
www.harbourartscentre.com

Talent on Tour
ACCESS ALL AREAS
‘COME AND TRY’
EVENT

Workshop:
Thu 29 Oct 12:30pm - 3:30pm FREE
Exhibition:
Mon 26 - Fri 30 Oct Mon, Wed, Thu, Fri
9:30am - 4pm, Tue 10am - 4:30pm FREE

Always wanted to try your hand at painting?
Then why not come along to our come
and try event? No experience necessary,
just a willingness to try. An exhibition of
some of the many works that Harbour
Arts Centre’s talented older group have
produced will also be on for three days.

Harbour Arts Centre,
Harbour Street, Irvine KA12 8PZ
01294 274 059
harbourarts@north-ayrshire.gov.uk
www.harbourartscentre.com

OUTREACH

BROTH: STORYTELLING
WORKSHOP WITH
DONNA RUTHERFORD

Alongsides her new show Broth, artist
Donna Rutherford leads a workshop
focusing on the value of storytelling and
shared memories to communities.

‘Lunch & Learn’ for local health and
social care workers

Part of the South Ayrshire Arts Partnership

OUTREACH

LIVE MUSIC NOW
SCOTLAND TOUR:
MICHAEL FOYLE AND
MAKSIM STSURA

Live Music Now Scotland is thrilled to
be part of Luminate again, bringing
the joy of live music to older people in
care performed by outstanding young
musicians at the outset of their careers.

In association with the Cumnock Tryst
Festival, concerts take place in East
Ayrshire with Ayrshire born violinist Michael
Foyle and Estonian pianist, Maksim Stsura.

• Berryknowe Care Home, Cumnock
• Bute House Nursing Home, Cumnock
• Glennie House Care Home, Auchinleck
• Nightingale House, Auchinleck

Funded by Kimie Trust

luminatescotland.org
HIP HOP-ERATION
Thu 1 Oct 1:30pm FREE
An engaging documentary that is packed with moments to smile at, Bryn Evans’ Hip Hop-eration is an inspirational look at the antics of 30 senior citizens (the oldest of whom is 96) based on a small New Zealand island who are preparing to take part in the World Hip Hop Dance Championships in Las Vegas. (Dir: Bryn Evans/New Zealand/2014/93m)
Ryan Centre, Fairhurst Road, Stranraer DG9 7AP
01776 703 535
www.stranraer.org/ryancentre

NOTWEN HOUSE INTERGENERATIONAL MULTIMEDIA ART EXHIBITION
Thu 1 - Fri 9 Oct 10am - 12pm, 1pm - 3pm, Sat 3 & Sun 4 Oct 1pm - 3pm FREE
A multimedia intergenerational art exhibition will be held at Notwen House Residential Care Home in Kirkpatrick Fleming. The exhibition consists of artwork made by the residents of Notwen House, children from Kirkpatrick Fleming Primary School and by mixed media artist Tracy Metcalfe of runningloose.com. Photos and a short video will also celebrate the project. Come and be inspired!
Notwen House Residential Care Home, Kirkpatrick Fleming, Lockerbie DG11 3AU
01228 575 012
artist@runningloose.com
**CIRCLES OF LIFE**

**FREE**

Mon 5 - Sat 10 Oct 10am - 3pm

Penny Lilley is inspired by the symbolism of circles to make textile art using traditional methods and mixed media. During the exhibition week pop up spoken word events will showcase the work of older writers in the region, inspired by circles of life. If you would like the opportunity to pop up, contact Carolyn Yates by emailing to carolynanne57@gmail.com

The Workshop Gallery, A.D. Livingstone, Antique Restoration and Repair Shop, 183 King St, Castle Douglas DG7 1DZ

[www.wigtownbookfestival.com](http://www.wigtownbookfestival.com)

**MOVIES GALORE**

**FREE**

Tue 6 Oct 11:15am - 12:15pm

Did you laugh at the Marx Brothers, Three Stooges and Laurel & Hardy? Did you hold your breath as Flash Gordon faced a nasty end? Did you hide your eyes at the appearance of Lon Chaney and Boris Karloff? Then this is your kind of event. Relive the Golden Years of the Cinema.

Alzheimer Scotland,
Dumfries Dementia Resource Centre, 8 Gordon Street, Dumfries DG1 1EG
0141 410 1189 • mwhite@alzscot.org

Organised by Alzheimer Scotland & supported by Scottish Screen Archive & National Library of Scotland

**GROWING OLDER - ART PROJECT**

**FREE**

1-11 Oct 10am - 1pm & 3pm - 5pm
Exhibition Launch 5 Oct 6pm

An exhibition of artwork reflecting on what it means to be getting older. Over the past couple of years artist Stacie Geddes has been engaging with people worldwide to understand personal meanings of growing older. 100 participants across the globe took part, some of whom sent photographic ‘selfies’. From the information gathered, this exhibition has been created.

The Stove, 100 High Street, Dumfries DG1 2BJ

For information, call Stacie Geddes on 07469 870 500. Artist will be at the venue on Tue 6 Oct, Wed 7 Oct & Fri 9 Oct

[www.thestove.org](http://www.thestove.org)  
[www.staciegeddes.com](http://www.staciegeddes.com)

**SACRED GEOMETRY**

**£7/£5**

Wed 7 Oct 3pm - 4pm

Author Sue Peebles talks with Jackie McGlone about ageing, caring, loving and laughing. Sue received The Saltire Society First Book Award and Creative Scotland’s First Book of the Year Award for The Death of Lomond Friel. Her recent book, Snake Road was shortlisted for the Encore Award 2014. Jackie McGlone is a leading Scottish journalist, contributing regularly to The Herald Arts & Books and The Scotsman.

The Solway Centre, Room 127, Rutherford McCowan Building, University of Glasgow Crichton Campus, Dumfries DG1 4ZL
01387 345 371
[www.wigtownbookfestival.com](http://www.wigtownbookfestival.com)

Co-hosted with Dr Valentina Bold.

Part of Wigtown Book Festival’s annual programme
John Edgar, 69
Performer, actor, occasional musician

“I like acting and I like music. It gives you a good feeling. It gives you more to do. It keeps your mind active. It keeps you younger. It makes you relax.”
AULDGIRTH ART CAFÉ

Sat 10 & Sun 11 Oct 10am - 4pm FREE
Members of the Thornhill Friday Art Club are holding an exhibition and Art Café to celebrate the opening of the community walk beside the Nith from Auldgirth to Friars Carse. Join us and take part in the community painting project! Refreshments will be provided.

Auldgirth Village Hall,
Auldgirth, Dumfries DG2 0XG
01387 740 966
www.thornhillfridayartclub.co.uk
A partnership with Auldgirth Community Council & Age Scotland

A STORY ISN’T JUST A STORY...

Tue 13 Oct 3pm - 4:30pm FREE
In this workshop you will explore how to retell traditional tales with a modern twist with one of Scotland’s renowned storytellers, Jean Edmiston. Jean’s workshops are informal, gentle and positive and suitable for parents, teachers, carers or anyone who is interested in storytelling and storymaking.

Meeting Room,
McMillan Hall, Dashwood Square,
Newton Stewart DG8 6EQ
01988 402 036
anne@literaturedevelopment.org
Tea and coffee will be provided
Organised by Wigtown Festival Company

DOUBLE BILL:
HIP HOP-ERATION & DIRECTED BY TWEEDIE

Thu 15 Oct 7pm £6.90/£5.15
Hip Hop-eration
An engaging documentary that is packed with moments to smile at, Bryn Evans’ Hip Hop-eration is an inspirational look at the antics of 30 senior citizens (the oldest of whom is 96) based on a small New Zealand island who are preparing to take part in the World Hip Hop Dance Championships in Las Vegas. (Dir: Bryn Evans/New Zealand/2014/93m)

Directed by Tweedie
Making a film when you’re 87 is less than convenient. As granddad ‘Tweedie’ reluctantly takes up his new role as a filmmaker, we’re invited to examine the difficulties of communication between the generations, whilst exploring that unspoken contract that binds children to their grandparents. (Dir: Duncan Cowles/UK/2015/16m)

Robert Burns Centre Film Theatre,
Mill Road, Dumfries DG2 7BE
01387 264 808
www.rbcft.co.uk
**THE FLAMING ELDERS**

Wed 21 Oct 2pm FREE

Using different art forms, Tricky Hat has been working with groups of older people in 3 different parts of Scotland and will create new theatre pieces which seek to explore what growing older in Scotland looks and feels like today.

The Catstrand, High Street, Castle Douglas, Castle Douglas DG7 3RN
01644 420 374
www.catstrand.com

A collaboration with Glasgow Life, Your Voice (Inverclyde) and The Catstrand (New Galloway) and funded from The Big Lottery’s Investing in Ideas programme.

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**LUMINATE PHOTOGRAPHY CHALLENGE: POP-UP EXHIBITION**

Fri 23 - Sat 31 FREE
Mon - Fri 10am - 5pm, Sat 10am - 4pm, Sun 12pm - 4pm

A pop-up exhibition of photographic portraits of people from different generations created by people living across Scotland. The exhibition includes photographs by people of all ages who took part in the first Luminate Challenge, and by photographic artist Robin Gillanders who created portraits to help guide the Challenge participants. Come and explore the wonderful stories behind the portraits!

The Catstrand, High Street, Castle Douglas, Castle Douglas DG7 3RN
01644 420 374
www.catstrand.com

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**DIVINE DISCONTENT**

Sat 31 Oct 7pm - 8pm £7

Divine Discontent, written by Carolyn Yates and Vivien Jones, takes a sideways look at contemporary women as they age through childhood, adolescence, love, marriage, birth and maturity. Its narrative core tells the story of Doxy. Woven in and out of her story are poems - an ‘Everywoman’ text for the time we live in.

Richard Greenhow Centre, Central Avenue, Gretna DG16 5AQ
01988 403 222
info@wigtownbookfestival.com

Part of Writers’ Gathering Out East

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Luminate Scotland, image by Robin Gillanders
Double Bill: Hip Hop-eration & Directed by Tweedie

Thu 1 Oct 10:30am £4.50

Hip Hop-eration
An engaging documentary that is packed with moments to smile at, Bryn Evans’ Hip Hop-eration is an inspirational look at the antics of 30 senior citizens (the oldest of whom is 96) based on a small New Zealand island who are preparing to take part in the World Hip Hop Dance Championships in Las Vegas. (Dir: Bryn Evans/New Zealand/2014/93m)

Directed by Tweedie
Making a film when you’re 87 is less than convenient. As granddad ‘Tweedie’ reluctantly takes up his new role as a filmmaker, we’re invited to examine the difficulties of communication between the generations, whilst exploring that unspoken contract that binds children to their grandparents. (Dir: Duncan Cowles/UK/2015/16m)

Dundee Contemporary Arts, 152 Nethergate, Dundee DD1 4DY
01382 909 900
www.dca.org.uk

The Lunchbox

Fri 2 Oct 3pm £6/£5

In bustling Mumbai, widower Saajan receives the wrong lunchbox, the food lovingly prepared by neglected housewife Ila. A few delicious meals later, the two realise the mistake and instead of rectifying it, begin to write to one another. Effortlessly weaved through this simple story about second chances are issues of growing older and finding your way in modern life. (Dir: Ritesh Batra/India/ France/Germany USA/ 2013/1h45/Hindi and English with English subtitles, PG)

Dundee Contemporary Arts, 152 Nethergate, Dundee DD1 4DY
01382 909 900
www.dca.org.uk

With Senior Citizen Kane Club

luminatescotland.org
### LUMINATE PHOTOGRAPHY CHALLENGE: POP-UP EXHIBITION

**Dates & times below FREE**

A pop-up exhibition of photographic portraits of people from different generations created by people living across Scotland. The exhibition includes photographs by people of all ages who took part in the first Luminate Challenge, and by photographic artist Robin Gillanders who created portraits to help guide the Challenge participants. Come and explore the wonderful stories behind the portraits!

**Fri 2 - Fri 9 Oct**
- Mon - Fri 10am - 5pm, Sat & Sun 10am - 6pm

**Glenesk Retreat and Folk Museum, Glenesk, Brechin DD9 7YT**

**01356 648 070**

**www.gleneskretreat.co.uk**

**Mon 26 - Sat 31 Oct**
- Mon, Tue, Thur, Fri 9am - 8pm, Wed 10am - 8pm, Sat 9:30am - 5pm

**Central Library, The Wellgate, Dundee DD1 1DB**

**www.leisureandculturedundee.com/library**

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### DARK HORSE: THE INCREDIBLE TRUE STORY OF DREAM ALLIANCE

**Sun 4 Oct 3pm £6/£5**

The Sport of Kings becomes the preserve of the working-class in this documentary - a heart-warming David and Goliath tussle between a horse-owning syndicate from a small Welsh village and the elite of the racing world. Jan, husband Brian, accountant Howard and other villagers unite to defy all the odds, rearing the horse in a local allotment, paying training fees and watching it exceed all their expectations as it became a serious contender in the country’s most prestigious races. (Dir: Louise Osmond/UK/2014/86mins/PG)

**Dundee Contemporary Arts, 152 Nethergate, Dundee DD1 4DY**

**01382 909 900 • www.dca.org.uk**

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### CRAFTS WITH AMINA MUSLIM WOMEN’S RESOURCE CENTRE

**Tue 6 Oct 11am FREE**

Come and have a go at card-making, scrapbooking and crochet at Amina Muslim Women’s Resource Centre. We’ll provide all materials and you can take home a card, a scrapbook page or a crochet flower brooch. You can also find out more about our befriending work with Muslim women aged over fifty.

For women only.

**Amina Muslim Women's Resource Centre, 1/3, 6 Whitehall Crescent, Dundee DD1 4AU**

**01382 224 687**

**sara@mwrc.org.uk • www.mwrc.org.uk**

Contact the organiser for access information
THE BEAUTIFUL PEOPLE
Thu 15 Oct 2:30pm & 7:30pm £7/£5/£4
We are the beautiful people. We define beauty as power, love, strength, resilience and hope. We live with years of experience that enhances our beauty day by day and year by year. And then one day we were asked the question; ‘when have you felt most beautiful’? The Beautiful People is a devised theatre piece created by Dundee Rep’s 60+ Company and director Suzi Morrice.

Dundee Rep Theatre,
Tay Square, Dundee DD1 1PB
01382 223 530 • www.dundeerep.co.uk
The Rep’s work with older people is funded by the Rank Foundation.

TAYSIDE SILVER STRUMMERS: MASSED UKULELES OF THE COMBINED DUNDEE AND PERTH U3AS
Sat 24 Oct 1pm £5/£3
Dundee and Perth University of the Third Age ukulele groups are joining together to perform a one hour concert. All participants, who are wholly and partly retired, will play their ukulele and sing a variety of songs. Come along and find out for yourselves how much fun we have playing our ukuleles. You’ll be foot-tapping and singing along to a variety of well-known songs.

The Space, Dundee and Angus College,
Kingsway Campus, Old Glamis Road,
Dundee DD3 8LE
Box office: Dundee City Box Office,
16 City Square, Dundee DD1 3BG
dundeobox@leisureandculturedundee.com
www.dundeobox.co.uk

LIVE MUSIC NOW SCOTLAND TOUR: SERGEANT-WATT DUO/EMMA VERSTEEG & MARYAM SHERHAN
Bringing the joy and inspiration of live music to older people in care, Live Music Now Scotland emerging artists, guitarist Ian Watt and cellist Laura Sergeant plus soprano and piano duo of Emma Versteeg and Maryam Sherhan, perform in care homes across Dundee in interactive programmes tailor made for their audiences. Funded by Alexander Moncur Trust.

• Menzieshill House
• Turriff House
• Craigie House
• Oakland Centre
• Balhousie Clement Park

luminatescotland.org
OLDER ADULTS’ DAY EVENT
Thu 1 Oct 1pm - 4pm FREE
Aged 45+? Come join us for the celebration of older adults’ day at Meadowbank Sports Centre. Get the rhythm going, feel the vibe and join in our tea dance, sit back and watch creative performances of song, music, movement and dance and celebrate those who support our local older people with the annual Get Up & Go awards!
Meadowbank Sports Centre,
139 London Road, Edinburgh EH7 6AE
www.edinburghleisure.co.uk
A partnership between Ageing Well, Pilmeny Development Project, The City of Edinburgh Council (CEC), Active Lives and Edinburgh Leisure. Ageing Well is funded by NHS Lothian

MOTHERS, DAUGHTERS, FATHERS, SONS - MEMORIES OF CHILDHOOD
Thu 1 - Sat 31 Oct
Mon - Sat 10am - 5pm FREE
An intergenerational oral history exhibition that focuses on the heritage of Chinese and South Asian older people and their British/Scottish born family members. Through photographs and interviews, this exhibition explores childhood and memories of growing up in different countries, cultures and decades. These wonderful personal histories create ‘conversations’ and foster understanding between generations.
Museum of Edinburgh,
Huntly House, 142 Canongate,
Royal Mile, Edinburgh EH8 8DD
0131 529 4143
www.edinburghmuseums.org.uk/Venues/Museum-of-Edinburgh
Minority Ethnic Carers of People Project (MECOPP) is funded by Heritage Lottery Fund. MECOPP will be running workshops to celebrate traditional arts and crafts from various communities on Friday, 9 October 1pm-3pm. Open to people from different generations. For more details, call 0131 467 2994 or email emma-jane@mecopp.org.uk
DOUBLE BILL: HIP HOP-ERATION & DIRECTED BY TWEEDIE

Thu 1 Oct 1pm £7.20/£5.70 & 6:10pm £9/£7.20

Hip Hop-eration
An engaging documentary that is packed with moments to smile at, Bryn Evans’ Hip Hop-eration is an inspirational look at the antics of 30 senior citizens (the oldest of whom is 96) based on a small New Zealand island who are preparing to take part in the World Hip Hop Dance Championships in Las Vegas. (Dir: Bryn Evans/New Zealand/2014/93m)

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Edinburgh Filmhouse,
88 Lothian Road, Edinburgh EH3 9BZ
0131 228 2688
www.filmhousecinema.com

DEMENTIA FRIENDLY SOCIALS: THE AUTUMN HERBALIST

Fri 2 Oct 10:30am - 12:30pm FREE
Visitors with dementia, their friends and supporters are invited to this Friday morning session to explore aromatic remedies at the Royal Botanic Garden Edinburgh. Session includes active participation e.g. art activity, tactile and sensory experiences with refreshments.

Botanic Cottage, Royal Botanic Garden, Edinburgh EH3 5NZ
Meet at the Botanic Cottage located in the Demonstration Garden
0131 248 2981
community@rbge.ac.uk

New joint initiative between The Royal Botanic Garden Edinburgh, National Library of Scotland, National Museum of Scotland and National Galleries of Scotland

luminatescotland.org
**DARK HORSE: THE INCREDIBLE TRUE STORY OF DREAM ALLIANCE**

Mon 5 Oct 1pm £7.20/£5.70 & 6:10pm £9/£7.20

The Sport of Kings becomes the preserve of the working-class in this documentary - a heart-warming David and Goliath tussle between a horse-owning syndicate from a small Welsh village and the elite of the racing world. Jan, husband Brian, accountant Howard and other villagers united to defy all the odds, rearing the horse in a local allotment, paying training fees and watching it exceed all their expectations as it became a serious contender in the country’s most prestigious races. (Dir: Louise Osmond/UK/2014/86mins/PG)

**Edinburgh Filmhouse, 88 Lothian Road, Edinburgh EH3 9BZ**

0131 228 2688

www.filmhousecinema.com

**PLAYING MANY PARTS**

Tue 6 Oct 5pm £12/£8/£6

A unique opportunity to hear Brian Cox, Bill Paterson, John Bett and Benny Young with Ruth Wishart. How accurately does theatre portray older people today? What messages are we giving about ageing? And are careers in theatre changing as our society ages? Join us for a lively debate on these questions and more.

**The Royal Lyceum Theatre, Grindlay Street, Edinburgh EH3 9AX**

£12/£8 for the discussion only. £6 if purchasing a ticket for Waiting for Godot, (please buy both tickets at the same time to qualify for this special offer)

0131 248 4848

www.lyceum.org.uk

**TOUR AND TEA AT STILLS**

Fri 11 Oct 11am FREE

Join Stills’ Director for a tour of our exhibition Here Comes Everybody by kennardphillips, exploring ideas around image consumption, production and camera surveillance. Followed by a cuppa, cake and informal discussion.

**Stills, 23 Cockburn Street, Edinburgh EH1 1BP**

0131 622 6200

www.stills.org
The Luminate Poetry Slam returns for the fourth year! One of the highlights of the Slam calendar in Scotland, this battle of words and poems will see one winner crowned Luminate champion of 2015. The slam is open to all, both experienced slam veterans and newcomers alike. Now in a new home at the Traverse Theatre, Edinburgh, and presented by Rally & Broad, Scotland’s cabaret of music, words and lyrical delight. To participate in the slam, email poetryslam@luminatescotland.org by 21 Sept. Successful participants will be informed by Tue 22 Sept.

Traverse Theatre, 10 Cambridge Street, Edinburgh EH1 2ED
0131 228 1404
boxoffice@traverse.co.uk
www.traverse.co.uk
Doors open at 7:30pm. Age recommendation 16+

Free Classes
At Dance Base
Every Wed in Oct 3pm - 4:30pm FREE
Dance Base loves Luminate! We are all about inclusion and actively enjoy promoting dance for anyone over 60. We will be running free 90-minute all level classes every Wednesday in October, taught by some of our best teachers in a variety of styles. Wear loose, comfy clothing and footwear that’s flexible, non-slip socks or bare feet.

Wed 7 Oct
Contemporary with Morag Deyes

Wed 14 Oct
Classical Indian with Dance Ihayami

Wed 21 Oct
Jazz with Chris Stuart Wilson

Wed 28 Oct
Ballet with Anna Noonan

Dance Base, 14-16 Grassmarket, Edinburgh EH1 2JU
0131 225 5525
dance@dancebase.co.uk
www.dancebase.co.uk
DEMENTIA FRIENDLY SOCIAL: LIFTING THE LID: A HISTORY OF SCOTTISH COOKING
Fri 9 Oct 10:30am - 12pm FREE
Visitors with dementia, their friends and supporters are invited to this Friday morning session to explore a history of Scottish cooking with storyteller Allison Galbraith at the National Library of Scotland. Session includes a tour of the exhibition Lifting The Lid: 400 Years Of Food And Drink In Scotland.
National Library of Scotland, George IV Bridge, Edinburgh EH1 1EW
Meet at the reception desk
0131 623 3745
www.nls.uk
New joint initiative between The Royal Botanic Garden Edinburgh, National Library of Scotland, National Museum of Scotland and National Galleries of Scotland

BROTH
Fri 9 Oct 7:30pm, Sat 10 Oct 2:30pm, Sat 10 Oct 7:30pm (BSL signed)
£10/£8/£5
Broth is an honest exploration of the experience of elders in 21st century Scotland, told by artist Donna Rutherford through the tradition of soup making. It explores the rituals and revelations that trace changes in people’s lives, families and wider communities through a series of personal storytelling conversations.
Scottish Storytelling Centre, 43-45 High Street, Edinburgh EH1 1SR
0131 556 9579
www.scottishstorytellingcentre.co.uk
Broth is an original performance commissioned by the Seannachies Research Network, led by The Institute of Design Innovation at The Glasgow School of Art and funded by the Scottish Universities Insight Institute. Supported by Creative Scotland.

DIVE & LUMINATE PRESENT: THE QUEEREST CABARET IN TOWN!
Fri 9 Oct 7:30pm - 9pm £9/£7
Dive - Edinburgh’s finest purveyors of weirdo cabaret and decadent performance parties team up with Luminate to present a timeless queer cabaret for all ages and persuasions. The night will include special guests, live performers from different generations, spoken word, music, comedy and live art.
"Offbeat and Innovative...Dive is in at number 78 in The List TOP 100" The List
Summerhall, Old Lab, Summerhall Place, Edinburgh EH9 1PL
0131 560 1581
info@summerhall.co.uk
www.summerhall.co.uk
luminatescotland.org
DANCE BASE’S PRIME AND SCOTTISH BALLET ELDERS’ COMPANY: TARN AND WORDS UNspoken FEATURING THE GOLD COMPANY: AIR KISS AND POP ART

Sat 10 Oct 8pm £5
There are over 1,800 years of life lived between these dance companies. Join us on the first tour by two remarkable new elder groups, PRIME from Dance Base and the Scottish Ballet Elders’ Company, joined today by international guests from Australia, The GOLD Company. Choreographers include Angus Balbernie, Winifred Jamieson, Glen Murray and Liz Lea. Expect to be moved, exhilarated and entertained.

Dance Base, 14-16 Grassmarket, Edinburgh EH1 2JU
0131 225 5525
dance@dancebase.co.uk
www.dancebase.co.uk

IT AND TEA
Mon 6 Oct 6pm - 8pm FREE
Creative event for people over 65, using iPads and learning about creating films and photo albums, over a cup of tea with friendly helpful volunteers answering all your questions. A chance to develop skills in using iPads to communicate and create design and images.

Virgin Money Lounge, 28 St Andrew Square, Edinburgh EH2 1AF
Enquiries: 0131 561 8314
www.volunteeredinburgh.org.uk
Part of the Festival Theatres’ Forget Me Not project for people living with dementia, their carers and families

GRANDAD AND ME
Tue 13 Oct 11am & 1:30pm FREE
Grandad and Me is a living storybook about loss, longing and the treasures of memory and imagination. We meet a young girl who is missing her grandad - he has gone, even though his favourite job was being her grandad. Led by found objects and her imagination, she traces his footsteps on a magical adventure through time and space. The Letter J presents ‘Grandad and Me’ is a beautifully crafted, whimsical mosaic of music, movement and animation for different generations of audience from 5 to 105.

The Studio, Festival Theatre, 22 Potterrow, Edinburgh EH8 9BL
Booking essential
Box office: Festival Theatre, 13/29 Nicolson Street, Edinburgh EH8 9FT
0131 529 6000
boxoffice@edtheatres.com
luminatescotland.org
A Calendar of Memories

Tue 13 Oct 2pm - 3pm £3
A relaxed session of stories, songs, laughter and reminiscence in the comfortable setting of the Storytelling Court. Hosted by the Life Stories Project, who specialise in sharing stories with older people to help rekindle imagination, trigger memories and increase communication.

Scottish Storytelling Centre,
43-45 High Street, Edinburgh EH1 1SR
0131 556 9579
reception@scottishstorytellingcentre.com
www.scottishstorytellingcentre.co.uk

Tea Dance

Wed 14 Oct 2:30pm - 4:30pm FREE
An afternoon tea dance for people living with dementia and their carers. Enjoy afternoon tea and a wee dance or two to live music. Free to attend but please book your seat.

The Studio, Festival Theatre,
22 Potterrow, Edinburgh EH8 9BL
Box office: Festival Theatre, 13/29 Nicolson Street, Edinburgh EH8 9FT
0131 529 6000
www.edtheatres.com

Dance Workshop with Rambert

Thu 15 Oct 11am - 1pm FREE
Whether you have tried dance before or this is your first time, this workshop will be a fun way to engage with the work of Rambert, one of the UK’s flagship contemporary dance companies. The workshop will include a warm-up followed by the chance to learn movement from Christopher Bruce’s iconic work Rooster, which is set to the music of the Rolling Stones.

The Studio, Festival Theatre,
22 Potterrow, Edinburgh EH8 9BL
Box office: Festival Theatre, 13/29 Nicolson Street, Edinburgh EH8 9FT
0131 529 6000
www.edtheatres.com
RETIRED
(FOR FRANCES)

Somehow it all gets done and over with –
The office emptied of its archival dross,
Papers re-read, or binned, the years of breath
Re-breathed, moment by moment. Why feel cross
At this departure? Why feel worse than sad
For rusted, faded memos, decisions taken,
Or not taken, the good, indifferent, bad,
Right ways of doing, and the mistaken?

Permit no tears, but still, allow a sigh
Closing a door on what was once my life,
My days, my work. Farewell, and so goodbye
While haar is forming over North-East Fife.
I feel like Jack Hawkins, his ship going down –
“Confidential books over the side? Carry on.”
And Number One fills bin-bags for the shredder.
Not Donald Sinden, but I trust in her.

Not pushed, but oh-so-very-gently shoved
Towards the book-loaded van and a pension,
To shelving shadows with the books I’ve loved.
Don’t laugh at Senex. Stuff your condescension.

DOUGLAS DUNN

More poems about ageing can be read
online at www.spl.org.uk/secondwind

DEMENTIA FRIENDLY
SOCIAL: MUSEUM SOCIAL

Fri 16 Oct 10:30am - 12pm FREE

Polka Dot Cotton is a cup and saucer by
artist, James Maskrey featuring images
of EastEnders character Dot Cotton.
Come and explore this and other modern
glass sculptures at the National Museum
of Scotland and have a go at decorating
a cup or mug. This informal Museum Social
is for people living with dementia, their
family and friends. Tea & coffee included.

The National Museum of Scotland,
Chambers Street, Edinburgh EH1 1JF

0300 123 6789 • www.nms.ac.uk/scotland

New joint initiative between The Royal
Botanic Garden Edinburgh, National Library
of Scotland, National Museum of Scotland
& National Galleries of Scotland

POETRY READING AND
LAUNCH: DOUGLAS DUNN,
VICKI FEAVER AND
DIANA HENDRY

Thu 15 Oct 6:30pm - 8pm FREE

Second Wind, a special Saltire Society
pamphlet commissioned by the Scottish
Poetry Library brings together three
award-winning poets. With humour,
melancholy and wisdom, they tackle what
a person loses as he or she ages - and
what they gain. Join us for a reading
and discussion of their latest work.

Saltire Society, 9 Fountain Close,
22 High Street, Edinburgh EH1 1TF

Booking essential

0131 557 2876 • reception@spl.org.uk
www.scottishpoetrylibrary.eventbrite.co.uk

Part of the Baring Foundation’s ‘Late Style’ series
FESTIVAL IN A BOX: A POP-UP EXHIBITION OF STORIES
Fri 16 Oct 2pm - 4pm FREE
Festival in a Box has travelled between Edinburgh, Leeds and London gathering stories of long lives. For Luminate 2015 the box returns for a pop-up exhibition and workshop led by curators Michael Eades and Catriona McAra. We explore how creative approaches to storytelling and arts engagement are helping people live longer, happier lives. Please bring a memory object to be photographed during the session.
The Institute for Advanced Studies in the Humanities, The University of Edinburgh, Hope Park Square, Edinburgh EH8 9NW
0131 650 4671
catrionamcara@gmail.com
Supported by University of Edinburgh, Leeds College of Art and University of London

IHAYAMI (I AM HERE): INDIAN DANCE WORKSHOP AND PERFORMANCE
Tue 20 Oct 1:30pm - 3pm FREE
Scotland's Indian Dance Company - Dance Ihayami and the Edinburgh Mela invite you to try an Indian dance workshop, and enjoy a performance by local performers and Dance Ihayami dancers. The workshop will bring together Indian rhythms with shared stories, combined creatively to music. Open to day care groups, older people, their carers and families, and accessible to people of all abilities.
Stockbridge House, 2 Cheyne Street, Edinburgh EH4 1JB
07722 071 256
karen@danceihayami.org

luminatescotland.org
A PLAY, A PIE AND A PINT: DESCENT
by Linda Duncan McLaughlin

Dates & times below £12
Price includes a choice of pie & beverage

What makes you 'you'? What makes you love someone? And is it possible to hold onto it all when everything you share begins to disappear? Or are you just clinging to the ghost of what used to be?

Descent explores one couple’s struggle to keep their love alive in the face of the raging force of dementia. It takes an unflinching look at the guilt, the anger, and the despair they’re going through. But it also celebrates the courage, the love, the acceptance, and even the hope that they bring to the fight.

Tue 20 - Sat 24 Oct Daily at 1pm, Fri 23 Oct 7pm
Wed 21 Oct – captioned

Traverse Theatre, 10 Cambridge Street, Edinburgh EH1 2ED
0131 228 1404
boxoffice@traverse.co.uk
www.traverse.co.uk

Produced by A Play, A Pie and A Pint, in association with the Traverse Theatre, Edinburgh and Luminate, Scotland’s creative ageing festival.

Part of the Scottish Mental Health Arts & Film Festival

PHOTOGRAPHY WORKSHOP: SMALL, PERFECTLY FORMED

Dates & time below £20/£18
Join photographic artist, Robin Gillanders, to talk about his work and techniques; visit Photography, A Victorian Sensation exhibition and create your own small studio portraits in two practical, hands on sessions using roll film. At Stills Gallery, print your portraits using traditional darkrooms. Suitable for absolute beginners, no experience required and all equipment provided.

Wed 21 Oct 10:30am - 4:30pm
National Museum of Scotland, Chambers Street, Edinburgh EH1 1JF
Thu 22 Oct 1:30pm - 4:30pm
Stills Gallery, 23 Cockburn Street, Edinburgh EH1 1BP
National Museums of Scotland, Chambers Street, Edinburgh EH1 1JF
0300 123 6789
www.nms.ac.uk/scotland

Participants to make own lunch arrangements
DEMENTIA FRIENDLY SOCIAL: GALLERY SOCIAL - ARTHUR MELVILLE

Fri 23 Oct 10:30am - 12pm FREE
Enjoy a guided tour of the extraordinary paintings of Arthur Melville and try out some watercolour painting. This Gallery Social is for people living with dementia, their family and friends.

Scottish National Gallery, The Mound, Edinburgh EH2 2EL
0131 624 6560
www.nationalgalleries.org

New joint initiative between The Royal Botanic Garden Edinburgh, National Library of Scotland, National Museum of Scotland and National Galleries of Scotland

WHALES OF AUGUST

Mon 26 Oct 1pm £7.20/£5.70 & 6:10pm £9/£7.20
A swansong for Bette Davis, her co-star, Lillian Gish, and director, Lindsay Anderson, The Whales of August tells the story of two widowed sisters living together on the Maine coast - one (Davis) is blind and cantankerous, the other (Gish) is optimistic and resilient. There is little in term of plot, but few films exude such a warm (but never sentimental) humanity. Presented in a newly restored print this film is a masterpiece and one of the finest and most poignant films ever made about older age. (Dir: Lindsay Anderson/USA/1988/1h29m/U)

Edinburgh Filmhouse, 88 Lothian Road, Edinburgh EH3 9BZ
0131 228 2688
www.filmhousecinema.com

AUTUMN TEA DANCE AT THE PORTRAIT GALLERY

Mon 26 Oct 2pm - 4pm FREE
Join us in the beautiful Great Hall for an autumn tea dance. Sing and dance along with your hosts Flyright Dance Company and enjoy live music provided by That Swing Sensation. Suitable for community groups including care homes and those with dementia.

Scottish National Portrait Gallery, 1 Queen Street, Edinburgh EH2 1JD
Booking Required. Group bookings only.
0131 624 6560
www.nationalgalleries.org

luminatescotland.org
SEW AND SNACK

Mon 12 Oct 3:30pm - 5:00pm FREE
Sew & Snack is a drop in crafts café for anyone over 65 to participate in and have a chat and learn how to make something that they can take home, it could be a puppet, a square for a blanket, a purse or anything using material with guidance from a tutor.

Clore Education Centre, Scottish National Gallery, The Mound, Edinburgh EH2 2EL
www.volunteeredinburgh.org.uk
Supported by NHS, City of Edinburgh Council, Volunteer Edinburgh and LOOPS

TAP YOUR TOES...

Tue 27 Oct 2pm - 4pm
Students from PASS (Performing Arts Studio Scotland) perform a medley of dance routines to old favourite songs from just after World War Two. Jive, Lindy hop, tap dance and others to get your toes tapping. Following the performance the audience will be offered afternoon tea. This performance is suitable for people living with dementia and their carers.

The Studio, Festival Theatre, 22 Potterrow, Edinburgh EH8 9BL
Booking essential.
Box office: Festival Theatre, 13/29 Nicolson Street, Edinburgh EH8 9FT
0131 622 6000
cerin.richardson@edtheatres.com

THINGUMMY BOB BY LINDA MCLEAN

Thu 29 Oct 7:30pm (preview) £12/£7
Fri 30 & Sat 31 Oct 7:30pm £16/£13/£8
Fri 30 Oct 2:30pm (captioned, post-show discussion) £16/£13/£8
Bob has lost something that makes him happy, he just can't remember where. It may be in his old house, but Bob can't journey there alone from the care home. A friend's daughter visits and decides to rescue Bob. She knows the very people who can help but they'll have to move quickly before Bob forgets everything, including them.

Traverse Theatre, 10 Cambridge Street, Edinburgh EH1 2ED
0131 228 1404
www.traverse.co.uk
www.lungha.com
Production by Lung Ha Theatre Company & directed by Maria Oller. Supported by Creative Scotland & The City of Edinburgh Council, Awards for All Scotland Lottery, The Esmee Fairbairn Foundation. In association with Luminatescotland.org
Photography by Douglas Jones, image design by Emma Quinn
24 CARAT GOLD
DANCE JAZZ

Fri 30 Oct 3pm FREE
24 Carat Gold have turned to jazz this year, inspired by the sophistication of 1920s Paris. New works Little Rock, choreographed by Vincent Hantam and Portuguese A Vaca de Fogo, choreographed by Rhiana Laws, represent that continental glamour. 24 carat is the purest, softest gold but to add tensile strength to our jazz routines, the group are joined by Dance Base's group of young dancers "Great Feats".

Dance Base, 14-16 Grassmarket, Edinburgh EH1 2JU
0131 225 5525
dance@dancebase.co.uk
www.dancebase.co.uk

OUTREACH

LOVE MUSIC’S INSTANT CHOIR - JUST ADD VOICES
Love Music runs a number of community-based music projects, including the UK’s largest community choir. This autumn they will bring their choir-making ingredients to Jubilee House care home. Over 6 weeks, inspirational choir leader Stephen Deazley will be joined by Love Music Community Choir singers and pianist to support staff in developing a residents’ choir in the home.

• Jubilee House Care Home
Love Music www.lovemusic.org.uk

OUTREACH

BROTH: STORYTELLING WORKSHOP WITH DONNA RUTHERFORD AT EDINBURGH COLLEGE
Alongside her new show Broth, artist Donna Rutherford leads a workshop focusing on the value of storytelling and shared memories to communities.

Edinburgh College, Department of Health, Wellbeing and Social Sciences
**ON THE HOOF - WALKING WITH WORDS**

Thu 8 Oct 2pm - 4pm  **FREE**

Whether you’re a ‘Bairn or a blow-in’ we will be celebrating Falkirk’s transformation with fresh eyes and four feet - a Kelpie’s eye view. ‘On The Hoof’ is an afternoon of poetry and photography produced by mature residents and Reader in Residence Jan Bee Brown, tracking the transformation of local canal communities to celebrate National Poetry Day. Poet Valerie Gillies will also make a guest appearance.

Grangemouth Library, Bo’ness Road, Grangemouth FK3 8AG

grangemouthlibrary@falkirkcommunitytrust.org

Part of Walking with Words project, a partnership between Falkirk Community Trust, Falkirk Libraries & Jan Bee Brown - Reader in Residence. The Reader in Residence is funded by The Scottish Book Trust

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**DOUBLE BILL: HIP HOP-ERATION & DIRECTED BY TWEEDIE**

Mon 26 Oct 11am  **£6.30/£4.80**

**Hip Hop-eration**

An engaging documentary that is packed with moments to smile at, Bryn Evans’ Hip Hop-eration is an inspirational look at the antics of 30 senior citizens (the oldest of whom is 96) based on a small New Zealand island who are preparing to take part in the World Hip Hop Dance Championships in Las Vegas. (Dir: Bryn Evans/New Zealand/2014/93m)

**Directed by Tweedie**

Making a film when you’re 87 is less than convenient. As granddad ‘Tweedie’ reluctantly takes up his new role as a filmmaker, we’re invited to examine the difficulties of communication between the generations, whilst exploring that unspoken contract that binds children to their grandparents. (Dir: Duncan Cowles/UK/2015/16m)

Hippodrome, 10 Hope Street, Bo’ness EH51 0AA

01324 506 850

www.falkirkcommunitytrust.org/venues/hippodrome

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FALKIRK

luminatescotland.org
TRADING WISDOM FREE
Sat 10 - Sat 17 Oct
Artist Rosie Gibson has collaborated with older people in Inverkeithing to create wonderful works of art incorporating their nuggets of wisdom! Find each of the 10 works incorporated into the trade of one of 10 local shops.

SK Hardware Store, 15 High Street
Open Mon - Sat, 9.30am - 5.30pm

Ferrier and MacKinnon, 14 High Street
Tue, Thu, Fri 9am - 5.30pm, Wed 9.30am - 1pm, 1.30pm - 5.30pm, Sat 9am - 1.30pm

Thistle Locks and Alarms, 54 High Street
Mon - Fri 9am - 5pm

Millbrae Cafe, 58 High Street
Mon - Fri 8.30am - 2.45pm,
Sat 8.30 - 1.30pm

Computer Repair Centre, 93 High Street
Mon - Sat 9am - 5pm, closed 12pm - 1pm
Visit Luminate website for more information about more shops: www.luminatescotland.org

TRADING WISDOM: AFTERNOON TEA
Thu 15 Oct 2pm - 3:30pm
Come along to an afternoon tea in Inverkeithing to sample the handmade chocolates and other delights inspired by the wise words of the local generation born between 1925 and 1935, before heading out to trade some wisdom.

Civic Centre, 10 Queen Street,
Inverkeithing KY11 1PA
For venue information, please call: 01383 602 340
For more information and bookings, call: 07821 650 973 or email: rosiegibson@me.com
You can also book your place online on the Eventbrite website.

In collaboration with Inverkeithing Arts Initiative
Almost half of our work would not be possible without people remembering Age Scotland with gifts in their wills. If and when the time is right for you, please consider leaving a gift in your will to Age Scotland. Together we can help everyone make the most of later life.

Age Scotland is a charitable company limited by guarantee and registered in Scotland. Reg no: 153343 Charity No: SC010100.

Registered Office: Causewayside House, 160 Causewayside, Edinburgh, EH9 1PR.

p: 0333 3232400
e: fundraising@agescotland.org.uk
w: www.agescotland.org.uk
Charity No: SC010100

LIVE MUSIC NOW TOUR:
ROBYN STAPLETON AND
CLAIRE HASTINGS

Bringing the joy and inspiration of live music to older people in care, Live Music Now Scotland emerging artists, Robyn Stapleton and Claire Hastings, perform a repertoire of Scottish traditional and folk songs in care homes across Fife in interactive programmes tailor made for their audiences.

- Alexander House, Crossgate
- Bandrum Nursing Home, Saline
- Age Concern, Glenrothes
- Balfarg Care Home, Balfarg

Together, we can help everyone make the most of later life.
GLASGOW CITY

**DAILY SHOW BY THOMAS DEMAND: WORKSHOP**

Friday 30 Oct 11am - 3pm FREE

An artist-led workshop with Sarah Forrest and Ginny Hutchinson for older participants, exploring ideas related to a solo exhibition by the German artist Thomas Demand. The workshop will give you an opportunity to explore the artist and artworks in greater detail, offering a platform for discussion, sharing skills and knowledge.

The Common Guild, 21 Woodlands Terrace, Glasgow G3 6DF

Places limited. Booking is essential.

info@thecommonguild.org.uk
www.thecommonguild.org.uk

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**ROYAL CONSERVATOIRE OF SCOTLAND - STRICTLY COME DANCING IN EXTREME**

Fri 2 Oct 1pm £10/£5 DEAL

The Royal Conservatoire of Scotland Wind Orchestra pushes itself to the extremes, ranging from the sublime choral writing of Eric Whitaker before taking the floor as ‘Lords of the Dance’.

Royal Conservatoire of Scotland, 100 Renfrew Street, Glasgow G2 3DB

Quote ‘Luminate’ for £5 ticket (stand. £10)

0141 332 5057
boxoffice@rcs.ac.uk
www.rcs.ac.uk/boxoffice

Part of ‘Friday at 1’ concert series, a cycle of concerts presented by The Royal Conservatoire of Scotland students, staff, or guest artists.

Nigel Boddice, John Logan Conductors

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luminatescotland.org
RELAX AND CREATE - CANVAS PAINTING IN ACRYLICS  
Sat 3 Oct 1pm - 4pm FREE
A beginner’s painting workshop for grandparents and their grandchildren. Spend time together exploring paint and its possibilities, all that’s required is a willingness to try something different. Intergenerational workshop for grandparents and older grandchildren aged 9 and over.
St Mungo Museum, 2 Castle Street, Glasgow G4 0RH
Booking essential
0141 276 1625
museums@glasgowlife.org.uk

DANCE WORKSHOP  
Tue 6 Oct 10:30am - 11:30am £5
Join members of Scottish Ballet’s education team in a fun and informal beginners’ workshop using music and movement inspired by the Company’s autumn programme. Enjoy the challenge and find your feet! No previous dance experience required.
Scottish Ballet, Tramway, 25 Albert Drive, Glasgow G41 2PE
Booking advised
0141 331 2931
education@scottishballet.co.uk

ART DECO AT THE RIVERSIDE MUSEUM  
Tue 6 Oct 1pm - 3pm FREE
Step back in time to 1930s Glasgow to enjoy the Coronation Tram and Cinema City, before creating your own Art Deco design to take home. This workshop will involve a visit to our recreated old street where participants can board a Glasgow tram or visit the picture house. Participants will then move to our comfortable learning space to take part in a simple arts & crafts activity.
Riverside Museum, 100 Pointhouse Place, Glasgow G3 8RS
Advance booking advised
0141 287 2720
museums@glasgowlife.org.uk

RADIATOR
Tue 6 Oct 6pm £8.50/£7
Receiving a call from his mother, that his father Leonard, has got stuck on the sofa Daniel travels to their remote farm only to discover that they have fallen over the edge of eccentricity into outright squalor. Winner of the inaugural Audience Award at Glasgow Film Festival this inspirational and darkly comic film features an outstanding performance from Richard Johnson in his final film role as Leonard. (Dir: Tom Browne/USA/2015/93mins, A12+)
Glasgow Film Theatre, 12 Rose Street, Glasgow G3 6RB
0141 332 6535
www.glasgowfilm.org/theatre

luminatescotland.org
CRAFT CAFÉ OPEN DAY
Wed 7 Oct 10am - 4pm FREE
Impact Arts opens the doors of Craft Café in Govan for a celebratory day of arts filled fun! If you are 60+ and living in Glasgow come along and join us for a slice of cake and our wide variety of art activities.

Elderpark Community Centre,
82 Elderpark Street, Govan,
Glasgow G51 3SS
0141 575 3001
www.impactarts.co.uk
Supported by Elderpark Housing Association & Scottish Government

MILL GIRLS ON TOUR
Thu 8 Oct 6pm - 7:30pm £5/£3
Full of heart and humour: a unique production of poetry, theatre and music. A poignant tribute to the resilient and passionate ‘Mill Girls’. Celebrating the women who worked in the great thread mills of Scotland. From factory floor and war effort to friendships and love. Comic and tragic, always dramatic. Shimmering with glamour.

Glasgow Women’s Library, 24 Landressy Street, Bridgeton, Glasgow G40 1BP
Best suited to 12+; under 12s free and welcome when accompanied by an adult
0141 550 2267
info@womenslibrary.org.uk
www.womenslibrary.org.uk
www.weavingmusicalthreads.com
Produced by Weaving Musical Threads and co-directed with Historical Adventures. Part of Scottish Mental Health Arts and Film Festival & also National Poetry Day

WATCH WITH BURRELL
Wed 7/14/21/28 Oct 2pm FREE
Relive your childhood with Watch with Burrell! Each week we’ll be showing a classic children’s TV series from the 1950s to the 1980s with an animal theme. Come along, put your feet up, and enjoy the show!

The Burrell Collection, Pollok Country Park, 2060 Pollokshaws Road, Glasgow G43 1AT
0141 287 2564
BurrellL&A@glasgowlife.org.uk
SCOTTISH ENSEMBLE AND ROYAL CONSERVATOIRE OF SCOTLAND STRING ENSEMBLE
Fri 9 Oct 1pm £10/£5 DEAL
Take one professional string orchestra. Build another from students at the start of their careers. Put in one intensive week of coaching. Showcase the result. Following a dedicated week of practice and coaching, 12 young musicians from the RCS join forces with Scottish Ensemble to create a veritable strings super-group, featuring the musicians of today and tomorrow.
Royal Conservatoire of Scotland, 100 Renfrew Street, Glasgow G2 3DB
Quote 'Luminate' for £5 ticket (stand. £10)
0141 332 5057
boxoffice@rcs.ac.uk
www.rcs.ac.uk/boxoffice
Part of 'Friday at 1' concert series, a cycle of concerts presented by The Royal Conservatoire of Scotland students, staff, and guest artists. Directed by Jonathan Morton

NEW SHOOTS OLD ROOTS
Sat 10 Oct 2pm - 5pm FREE
An exhibition showcasing the results of a collaboration between photographer Iseult Timmermans and some of the African and Caribbean Women’s Association (ACWA) founding members. The project records their incredible stories of arriving in Scotland, from the late 1950s through to the 1980s. Alongside recorded testimony is a collection of new portraits of these remarkable women, New Shoots.
Street Level Photoworks, Trongate 103, Glasgow G1 5HD
Web based version of the work will be available from 10 October at:
www.streetlevelphotoworks.org
Part of Black History Month

HORRIBLE HEEDIE TOURS
Sun 11 & Sun 25 Oct 1pm FREE
Join “the Heedie” and step back in time to the school days of the past, by taking part in our fun and fear filled interactive tour around Scotland Street School Museum. Learn about the Mackintosh influence on the school, the pupils who came here and the community that was on our doorstep. Beware and fear the wrath of “The Heedie”.
Scotland Street School Museum, 225 Scotland Street, Glasgow G5 8QB
Drop in but don’t be late!
museums@glasgowlife.org.uk

luminatescotland.org
INTERGENERATIONAL DANCE PARTY

Sun 11 Oct 2pm - 4pm £3.50

You are invited to a dance party. Bring yourself, bring a friend, bring your dancing shoes. Intergenerational Dance Party is a group for people of all ages and abilities who meet together to dance. You can expect a warm, welcoming and friendly atmosphere, a variety of music and dancing styles and refreshments.

Centre for Contemporary Arts, 350 Sauchiehall Street, Glasgow G2 3JD
07904 996 844
intergenerationaldanceparty@gmail.com

The event will also include duet performances by a group of performers over 65 and students from the Contemporary Performance Practice Programme at the Royal Conservatoire of Scotland.

A PLAY, A PIE AND A PINT: DESCENT BY LINDA DUNCAN MCLAUGHLIN

Mon 12 - Sat 17 Oct 1pm £12
Wed 14 Oct – captioned

What makes you ‘you’? What makes you love someone? And is it possible to hold onto it all when everything you share begins to disappear? Or are you just clinging to the ghost of what used to be?

Descent explores one couple’s struggle to keep their love alive in the face of the raging force of dementia. It takes an unflinching look at the guilt, the anger, and the despair they’re going through. But it also celebrates the courage, the love, the acceptance, and even the hope that they bring to the fight.

Óran Mór, Top of Byres Road, Glasgow G12 8QX

Tickets available in advance from www.ticketweb.co.uk or on 08444 771 000 (booking fee applies) or from the Óran Mór box office on the day of the performance (sold on a first come first served basis). Doors open 12(noon) (12.30pm on Monday)

www.playpiepint.com

Produced by A Play, A Pie and A Pint, in association with the Traverse Theatre, Edinburgh and Luminate, Scotland’s creative ageing festival. Part of the Scottish Mental Health Arts & Film Festival.
THE LUNCHBOX  
Tue 13 Oct 6pm £5
In bustling Mumbai, widower Saajan receives the wrong lunchbox, the food lovingly prepared by neglected housewife Ila. A few delicious meals later, the two realise the mistake and instead of rectifying it, begin to write to one another. Effortlessly weaved through this simple story about second chances are issues of growing older and finding your way in modern life. (Dir: Ritesh Batra/India/France/Germany USA/ 2013/1h45/Hindi and English with English subtitles, PG)

Glasgow Film Theatre, 12 Rose Street, Glasgow G3 6RB
0141 332 6535
www.glasgowfilm.org/theatre

LGBT AGE PROJECT: BEAT AWAY THE WINTER CHILL  
Wed 14 Oct 2pm - 4pm FREE
Beat away the winter chill with our fun and funky samba-drumming workshop. LGBT Age project provides a warm welcome, BigGroove productions provide the beats and equipment. No previous music experience necessary. People of all genders and sexualities welcome.
Wellington Church, 77 South Park Avenue, Glasgow G12 8LE
0141 271 2330
lynda@lgbthealth.org.uk

SAY IT AINT SEW  
Wed 14 Oct 2pm - 4pm FREE
A fun and exciting sewing class, run by creative costume designer, Iona Baker, which could have you making everything from felted keyrings to badges and brooches to take home on the day. So come along and try something new, or brush up on old hobbies.
The Village Storytelling Centre, St James, 183 Meiklerig Crescent, Glasgow G53 5NA
0141 882 3025
www.thevillageonline.org.uk

luminatescotland.org
**Sleeping Starfish**

Thu 15 Oct 7:30pm £5

Surrounded by a relentless sea, Fair Isle is an island of strong traditions and fierce beauty. Celebrating this, two artists, musician Inge Thomson and artist Deirdre Nelson, are knitting together cross generational waves of sound and yarn, stories and starfish. This work in progress event is in support of the island’s bid for marine protected status and is part of Capefarewell’s Sea Change programme.

Glad Café, 1006A Pollokshaws Road, Glasgow G41 2HG

0141 636 6119
info@thegladcafe.co.uk
www.thegladcafe.co.uk

Part of Cape Farewell’s Sea Change programme

**Bonanza of Stars**

Fri 16 Oct 2pm, Sat 17 Oct 7pm FREE

“The Red Road Young Uns” (average age 76) will delight the audience with a mixture of song, dance and sketches of days gone by.

Springburn Alive and Kicking Centre, 94 Red Road, Glasgow G21 4PH

0141 558 0329 / 0141 558 0349

“The Red Road Young Uns” are part of the award winning Springburn Alive & Kicking Project who received the Queen’s Award for its work and performances in the community

**Royal Conservatoire of Scotland Stevenson Winds Play MacMillan**

Fri 16 Oct 1pm £10/£5 DEAL

Concert by talented team of top woodwind players celebrates the music of the Royal Conservatoire of Scotland’s new visiting professor, renowned Scottish composer James MacMillan.

Royal Conservatoire of Scotland, 100 Renfrew Street, Glasgow G2 3DB

Quote ‘Luminate’ for £5 ticket (stand. £10)

0141 332 5057
boxoffice@rcs.ac.uk
www.rcs.ac.uk/boxoffice

Part of ‘Friday at 1’ concert series, a cycle of concerts presented by The Royal Conservatoire of Scotland students, staff, and guest artists

**Willy Wonka and the Chocolate Factory**

Sat 17 Oct 6pm £5/FREE

Starring Gene Wilder as Willy Wonka, this is the story of Charlie, a poor boy who supports his four grandparents, who wins one of five golden tickets to visit the magical sweet factory. Based on the Roald Dahl book, this film continues to delight and engage children and audiences of all ages. (Dir: Mel Stuart/USA/1971/100mins/PG)

Glasgow Film Theatre, 12 Rose Street, Glasgow G3 6RB

Free to Glasgow Kidz Card Holders

0141 332 6535
www.glasgowfilm.org/theatre

luminatescotland.org
OLD BOY
Sun 18 Oct 3pm £3.50
“Blessed be the ties that bind generations.” ~author unknown.
Old Boy is a brand new work in-progress by acclaimed company Glas(s) Performance exploring the unique relationship between grandfathers and their grandsons through the real life experiences of one family from Scotland.
Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW
Box office: The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW
0141 276 9676
info@platform-online.co.uk
www.platform-online.co.uk

OPEN MIC NIGHT AT THE GLAD CAFÉ
Sun 18 Oct 8pm £5
An opportunity for singers and songwriters aged 18 and upwards to perform their material, accompanied by our house band, all of whom are in their 60s. This intergenerational evening welcomes performers of all ages and styles, encouraging a shared enjoyment of music for participants and audiences across the generations.
Glad Café, 1006A Pollokshaws Road, Glasgow G41 2HG
0141 636 6119
info@thegladcafe.co.uk
www.thegladcafe.co.uk

GET CRAFTY - ANIMAL SCULPTURE
Sun 18 Oct 2pm - 4pm FREE
Museum fun for grandparents and their grandchildren! Roll, squeeze & sculpt our amazing coloured clay to make cool animal models in this creative session where everyone gets hands on!
The Burrell Collection, Pollok Country Park, 2060 Pollokshaws Road, Glasgow G43 1AT
museums@glasgowlife.org.uk
**THE FLAMING ELDERS**

Wed 14 Oct FREE

Using different art forms, Tricky Hat has been working with groups of older people in 3 different parts of Scotland and will create new theatre pieces which seek to explore what growing older in Scotland looks and feels like today.

**Netherton Community Centre,**
**358 Netherton Road, Glasgow G13 2TE**

More information and bookings:
**fiona@trickyhat.com 07808 762 472**
**www.trickyhat.com**

A collaboration with Glasgow Life, Your Voice (Inverclyde) and The Catstrand (New Galloway) and funded from The Big Lottery’s Investing in Ideas programme

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**TRAILBLAZERS: IN DISCUSSION WITH DERVLA MURPHY: BETWEEN RIVER AND SEA**

Tue 20 Oct 6pm - 7:30pm £5/£3

A unique opportunity to hear from Dervla Murphy, an 83 year old writer, traveller, and cyclist whose adventures started in the 1960s with a cycle ride from Ireland to India, which became the subject of her first book, *Full Tilt*. Her latest book *Between River and Sea: Encounters in Israel and Palestine* describes the experience of her most recent journeys into the region.

**Glasgow Women’s Library, 23 Landressy Street, Bridgeton, Glasgow G40 1BP**

£3 concession for those on a low income or unwaged (no proof required)

**0141 550 2267**
**info@womenslibrary.org.uk**
**www.womenslibrary.org.uk**

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**WHALES OF AUGUST**

Tue 20 Oct 6pm £5

A swansong for Bette Davis, her co-star, Lillian Gish, and director, Lindsay Anderson, *The Whales of August* tells the story of two widowed sisters living together on the Maine coast – one (Davis) is blind and cantankerous, the other (Gish) is optimistic and resilient. Presented in a newly restored print this film is a masterpiece and one of the finest and most poignant films ever made about older age. (Dir: Lindsay Anderson/USA/1988/1h29m/U)

**Glasgow Film Theatre,**
**12 Rose Street, Glasgow G3 6RB**

Free to Glasgow Kidz Card Holders

**0141 332 6535**
**www.glasgowfilm.org/theatre**
**BROKEN BISCUITS**

**Wed 21 Oct 2pm FREE**

Come along to see the Gatehouse drama group perform their side-splitting, short comedy. Set in a biscuit factory in 1940s Glasgow, you will laugh, cry and sing-a-long at the workers and their antics. The Gatehouse drama group will be joined by another community group for this informal afternoon of drama and a cuppa.

**Castlemilk Community Centre,**
**121 Castlemilk Drive, Glasgow G45 9UG**

*the_gatehouse_centre@yahoo.co.uk*

*www.gopwa.co.uk*

**BROTH**

**Wed 21 Oct 2pm & 8pm £10/£7.50**
**Thu 22 Oct 2pm & 8pm £10/£7.50**

Broth is an honest exploration of the experience of elders in 21st century Scotland, told by artist Donna Rutherford through the tradition of soup making. It explores the rituals and revelations that trace changes in people’s lives, families and wider communities through a series of personal storytelling conversations.

**Tron Theatre, Changing House,**
**63 Trongate, Glasgow G1 5HB**

Signed performance on 21 October at 8pm

*0141 552 4267*

*www.tron.co.uk*

*Broth is an original performance commissioned by the Seannachies Research Network, led by The Institute of Design Innovation at The Glasgow School of Art and funded by the Scottish Universities Insight Institute. Tour supported by Creative Scotland*

**ROYAL CONSERVATOIRE OF SCOTLAND – FRANCK 125**

**Fri 23 Oct 1pm £10/£5 DEAL**

Virtuoso pianist Sinae Lee is joined by an array of talented chamber musicians to celebrate the anniversary of one of Belgium’s greatest exports, composer César Franck.

**Royal Conservatoire of Scotland,**
**100 Renfrew Street, Glasgow G2 3DB**

Quote ‘Luminate’ for £5 ticket (stand. £10)

*0141 332 5057*

*boxoffice@rcs.ac.uk*

*www.rcs.ac.uk/boxoffice*

Part of ‘Friday at 1’ concert series, a cycle of concerts presented by The Royal Conservatoire of Scotland students, staff, and guest artists

**CONVERSATIONS AT THE FAIR**

**Sat 24 & Sun 25 Oct 11am - 4pm FREE**

A two day art and creative writing workshop inspired by our John Knox painting, Glasgow Fair. A chance to explore the diverse characters in the painting by developing character studies and dialogues and create your own artworks using a range of techniques. No experience necessary.

**Kelvingrove Art Gallery and Museum,**
**Argyle Street, Glasgow G3 8AG**

Booking essential

*0141 276 9505*

*KGLearning@glasgowlife.org.uk*

luminatescotland.org
DANCE BASE’S PRIME AND SCOTTISH BALLET ELDERS’ COMPANY: TARN AND WORDS UNSPOKEN

Sun 25 Oct 1pm £5
There are over 1,800 years of life lived between these dance companies. Join us on the first tour by two remarkable new elder groups, PRIME from Dance Base and the Scottish Ballet Elders’ Company, joined by local older dancers, as they pour their hearts into movement. Choreographers include Angus Balbernie and Winifred Jamieson. Expect to be moved, exhilarated and entertained.

Scottish Ballet Studio, Tramway, 25 Albert Drive, Glasgow G41 2PE
Bookings: 0131 225 5525 education@scottishballet.co.uk

CULTURE AND CRAFT - NEEDLEFELT ANIMALS

Sun 25 Oct 2pm - 4pm FREE
Try the exciting craft of needle-felting in this introductory workshop for beginners! Learn how to create animal sculptures inspired by our collection using nothing more than fluffy wool and special needles - no sewing required! No experience necessary, all materials and equipment provided.

The Burrell Collection, Pollok Country Park, 2060 Pollokshaws Road, Glasgow G43 1AT
Advance booking essential
0141 287 2564 BurrellL&A@glasgowlife.org.uk

TURNER PRIZE 2015 LUMINATE WEEK

Workshops: Mon 26 - Thu 29 Oct 1pm - 4pm £3
Launch: Fri 30 Oct 2pm - 4pm FREE
Europe’s most prestigious visual art award is coming to Tramway this Autumn. The Turner Prize is awarded to a British artist under the age of 50; in response, we are offering creative people over 50 the opportunity to participate in workshops inspired by the shortlist, and produce work for exhibition in Tramway’s Level 1 Gallery. No previous art experience required.

Tramway, 25 Albert Dr, Glasgow G41 2PE
0845 330 3501 Arts&Music@glasgowlife.org.uk www.tramway.org/turnerprize
Part of Turner Prize participation programme

luminatescotland.org
TALK WITH MICHAEL KRÜGER, THE AWARD-WINNING GERMAN POET 📚
Tue 27 Oct 6:30pm FREE
Michael Krüger, the award-winning German poet, will read from and talk about his latest collections to be translated into English, with their themes of ageing, late work, loss. The poet Stanley Moss says about Michael: ‘He gives us a world exploding with memories, a flood, an Ark’.

Goethe-Institut, 3 Park Circus, Glasgow G3 6AX
Enquiries: 0141 332 2555
www.goethe.de/glasgow
Presented by Goethe-Institut, Glasgow, in association with the Scottish Poetry Library and Luminate

CULTURE AND CRAFTS - SILK PAINTING: FLORA AND FAUNA 🌿
Wed 28 Oct 10am - 12pm FREE
Discover the ancient art of silk painting in this introductory class for beginners. Be inspired by the beautiful images of flora & fauna in the Burrell Collection and create your own unique design using a variety of silk painting techniques. No experience is necessary and all materials are provided.

The Burrell Collection, Pollok Country Park, 2060 Pollokshaws Road, Glasgow G43 1AT
Advance booking essential
0141 287 2564
BurrellL&A@glasgowlife.org.uk

MUSIC OF MEMORIES 🎼
Thu 29 Oct 7pm £10/£8
A concert performance of stories, poems and music created by young people across Scotland. All material has been inspired by interviews of residents in care homes. Featuring films of residents, live readings by young people and music from musicians of the RSNO, Scotland's national orchestra. The concert will be live streamed, and the online link will be available late September.

New Auditorium, Glasgow Royal Concert Hall, Glasgow
0141 353 8000
www.rsno.org.uk
In partnership with Scottish Partnership for Palliative Care and schools across Scotland. Funded by Royal Bank of Scotland Community Fund

TWILIGHT ZINE: ZINE MAKING WORKSHOP FOR OLDER WOMEN 📚
Wed 28 Oct 2pm - 4pm FREE
Want to find out more about the wonderful world of fanzines? Or make your own unique zine that celebrates your life as an older woman? Join us for this hands-on, creative workshop! Zines are small, self-made publications and can be about anything - from what you did last week, to your personal, political and social life.

Glasgow Women’s Library, 23 Landressy Street, Bridgeton, Glasgow G40 1BP
For women only
0141 550 2267
info@womenslibrary.org.uk
www.womenslibrary.org.uk

luminatescotland.org
ONCE UPON A TIME

Fri 30 & Sat 31 Oct 7:45pm £16/£12

Once Upon A Time is a thoughtful and passionate show about ageing and the passing of time, told through the extraordinary bodies of two dancers and one trapeze artist, all aged over 65. A celebration of, and a provocation on our relationship with ageing, this dance-theatre performance reveals how time marks its inevitable course through our skin, our muscles, our identity.

Tron Theatre, 63 Trongate, Glasgow G1 5HB • 0141 552 4267 • www.tron.co.uk
For access information, please call in advance.
Produced by Theatre Bristol with Circomedia and the Polish Cultural Institute in London.
Supported by Arts Council England

EXHIBITION LAUNCH

Fri 30 Oct 2pm FREE

An exhibition of the results of workshops involving older adult groups based in Netherton Community Centre and young design collective Bespoke Atelier. Drawing together the skills and experience of both age groups, participants have created something unique and permanent for the building.

Netherton Community Centre,
358 Netherton Road, Glasgow G13 1AX
www.bespokeatelier.co.uk
www.glasgowlife.org.uk

OUTREACH

POETRY RECITAL AT THE GOOD MORNING SERVICE’S HALLOWEEN FANCY DRESS PARTY

Good Morning Service clients are invited to attend a Poetry Recital exploring the theme of light at the Good Morning Service's Halloween Fancy Dress Party. A selection of poetry will be read by service members attending the Halloween Fancy Dress Party, both of their own individual creations and those of Liz Lochead, Scotland’s Makar.

Good Morning Service, Glasgow
www.goodmorningservice.co.uk
Part of National Poetry Day

luminatescotland.org
GREATER GLASGOW & ARGYLL

BROTH: STORYTELLING WORKSHOP WITH DONNA RUTHERFORD

Dates & time below  FREE

Alongside her new show Broth, artist Donna Rutherford is leading workshops around the country focusing on the value of storytelling and shared memories to communities. An exciting and enjoyable opportunity to explore how storytelling helps us all to make sense of our experiences.

Booking essential.

Tue 6 Oct 2pm - 4:30pm
Paisley Arts Centre, 15 New Street, Paisley PA1 1EZ
0300 300 1210

Thu 29 Oct 2pm - 4:30pm
Beacon Arts Centre, Custom House Quay, Greenock PA15 1EQ
01475 723 723

BROTH

Dates & time below  FREE

Broth is an honest exploration of the experience of elders in 21st century Scotland, told by artist Donna Rutherford through the tradition of soup making. It explores the rituals and revelations that trace changes in people’s lives, families and wider communities through a series of personal storytelling conversations.

Thu 8 Oct 2:30pm £10/£6
Paisley Arts Centre, 15 New Street, Paisley PA1 1EZ
0300 300 1210
www.renfrewshireleisure.com/arts

Sat 31 Oct 3:30pm
Beacon Arts Centre, Custom House Quay, Greenock PA15 1EQ
£5/£3.50 for one show
£9/£6 for a double bill with Up, Up and Away (see page 60)
01475 723 723
info@beaconartscentre.co.uk
www.beaconartscentre.co.uk

An original performance commissioned by the Seannachies Research Network, led by The Institute of Design Innovation at The Glasgow School of Art and funded by the Scottish Universities Insight Institute. Tour is supported by Creative Scotland.

luminatescotland.org
LOOM WITH A VIEW - TASTER WORKSHOP IN WEAVING

Sat 10 Oct 11am - 4pm FREE
A wonderful day of beginners weaving in the relaxing setting of Auld Kirk Museum. Learn traditional skills in pulping and pressing. Take a walk round the museum and be inspired by the artefacts and current exhibition. Learn traditional skills in how fabric is constructed. Learn the importance of colour and yarn. Take home your finished samples.

The Barony Chambers, Auld Kirk Museum, Cowgate, Kirkintilloch G66 1HN
0141 777 3143 edlct.bookings@eastdunbarton.gov.uk www.edlc.co.uk

Refreshments provided throughout the day. Materials and equipment supplied. Part of East Dunbartonshire Book & Arts Festival

THE SWEET ESPECIAL SCENE

Tue 13 Oct 2pm - 3pm FREE
Award-winning author Robin Lloyd-Jones reads from and discusses extracts from his book ‘The Sweet Especial Scene’ published in his 80th year. The book is a series of essays in praise of the wild places Robin loves. One piece describes how he took six attempts to climb a very modest Scottish hill, but in the process learned much about the new and special joys to be found in old age. Illustrated with slides.

Dumbarton Library, Strathleven Place, Dumbarton G82 1BD
Head Librarian, Allan Gordon 01389 608 978
Robin Lloyd-Jones 01436 672 010 www.robinlloyd-jones.com
The Flaming Elders
Fri 16 Oct 11:45am FREE
Using different art forms, Tricky Hat has been working with groups of older people in 3 different parts of Scotland and will create new theatre pieces which seek to explore what growing older in Scotland looks and feels like today.

Your Voice, 12/14 Clyde Square, Greenock PA15 1NB
07808 762 472
www.trickyhat.com
Collaboration with Glasgow Life, Your Voice (Inverclyde) and The Catstrand (New Galloway) and funded from The Big Lottery’s Investing in Ideas programme

Pulp Fiction - Taster Workshop in Paper Making
Fri 23 Oct 11am - 4pm FREE
A day of beginners paper making in the relaxing setting of Auld Kirk Museum. Learn traditional skills in pulping and pressing. Take a walk round the museum and be inspired by the artefacts and current exhibition. See how different materials change the colour and texture of your paper. Finished samples will be posted out.

The Barony Chambers, Auld Kirk Museum, Cowgate, Kirkintilloch G66 1HN
0141 777 3143
edlct.bookings@eastdunbarton.gov.uk
www.edlc.co.uk
Refreshments provided throughout the day. Materials and equipment supplied. Part of East Dunbartonshire Book & Arts Festival

POTTERING ABOUT - TASTER WORKSHOP IN CERAMICS
Fri 23 Oct 11am - 4pm FREE
A wonderful day of beginners ceramics in the relaxing and friendly setting of Kilmardinny House and ground. Learn traditional skills in the very basics of clay and ceramic painting. Learn the importance of colour and texture with the help and support of your tutor.

Kilmardinny Art Centre, 50 Kilmardinny Avenue, Bearsden G61 3NN
0141 777 3143
edlct.bookings@eastdunbarton.gov.uk
www.edlc.co.uk
Refreshments provided throughout the day. Materials and equipment supplied. Part of East Dunbartonshire Book & Arts Festival

luminatescotland.org
Thulani Rachia, 26

“No matter what age or stage in life we’re in, our creativity is always accessible to us. I participate in creative activity as it can offer an inclusive space where people (from different walks of life) can have meaningful and, more often than not, life changing exchanges.”

Jess Fitzgerald, 73

“I enjoy, not only the satisfaction of the end product, but the energy and the laughter produced by the creative process. I especially enjoy intergenerational working. The collaboration between young and old produces a rich seam of knowledge, humour and imagination that is hard to beat. An enriching experience.”
MILL GIRLS ON TOUR

Sun 25 Oct 3pm - 4:30pm £6/£4

Full of heart and humour: a unique production of poetry, theatre and music. A poignant tribute to the resilient and passionate ‘Mill Girls’. Celebrating the women who worked in the great thread mills of Scotland. From factory floor and war effort to friendships and love. Comic and tragic, always dramatic. Shimmering with glamour.

Thomas Coats Memorial Baptist Church, High Street, Paisley PA1 2BA

Best suited to 12+; under 12s free and welcome when accompanied by an adult
0141 882 4520 / 07990 981 682
info@weavingmusicalthreads.com
www.weavingmusicalthreads.com

Produced by Weaving Musical Threads and co-directed with Historical Adventures. Part of Scottish Mental Health Arts and Film Festival / Renfrewshire Mental Health Arts and Film Festival

UP, UP AND AWAY...

Sat 31 Oct 2:30pm £6/£4 DEAL

Fly away to another world with All or Nothing Aerial Dance Theatre in partnership with the Beacon Arts Centre’s Platinum Project. The culmination of a participatory performance project for older people in Inverclyde involving material trapezes and aerial harness flying. Up, Up and Away’s performers prove that you are never too old to get air bound and to keep those dreams of running away to the circus very real!

Beacon Arts Centre, Custom House Quay, Greenock PA15 1EQ

£5/£3.50 for one show
£9/£6 for a double bill with Broth (see page 56)
01475 723 723
info@beaconartscentre.co.uk
www.beaconartscentre.co.uk

Supported by Texas Instruments
Performance is part of The Galoshans Festival

luminatescotland.org
LUMINATE PHOTOGRAPHY CHALLENGE: POP-UP EXHIBITION

Dates & times below FREE
Photographic portraits of people from different generations created by people living across Scotland. The exhibitors include people of all ages who took part in the first Luminate Challenge, and photographic artist Robin Gillanders who created portraits to help guide the Challenge participants. Come and explore the wonderful stories behind the portraits!

Thu 1, Fri 2, Mon 4, Tue 6 Oct 9am - 5pm
The Macphail Centre, Mill St, Ullapool IV26 2UN • www.macphailcentre.com
Fri 9 - Sat 17 Oct 9am - 12pm (noon) & 9 Oct 6:30pm - 10pm
Tigh Huaghad, by the Community Shop, Skerray, Sutherland KW14 7TJ
Sun 18 Oct 1pm - 4:30pm
Strath Halladale Hall, Forsinard, Sutherland KW13 6YT
Tue 20 - Fri 23 Oct 11am - 3pm daily & 23 Oct 7pm - 10pm
Dunbeath Heritage Centre, The Old School, Dunbeath, Caithness KW6 6ED
Sat 24 Oct 6pm - 10pm
Melvich Village Hall, Melvich, Sutherland KW14 7YL • 01641 531 355 • 07599 760 798 • patienceart@yahoo.co.uk

CASTING OFF BY PHILIP PARIS

Dates & times below £10
When Joan, Miss Ross and Dorothy are faced with a sudden increase in their Highland care home fees, the three friends devise an ingenious way to make money. A delightful story of friendship, sacrifice and humour, where reaching out to strangers can form bridges between younger and older people in ways that change their lives completely.

Fri 2 Oct 7:30pm
Dornoch Social Club, School Hill, Dornoch IV24 3PF • www.dadca.org.uk
Tickets on door or from Mitchells Chemist, Dornoch (01862 810 253)
Sat 3 Oct 7:30pm
Nairn Community & Arts Centre, King Street, Nairn IV12 4BQ • 01667 453 476 • info@nairncc.co.uk • www.nairncc.co.uk
Tickets on door or from the box office
Fri 9 Oct 7:30pm
Florians Theatre, Bught Drive, Inverness IV3 5SP • www.florians.org.uk
Tickets on door or 07887 751 515
Sat 10 Oct 7:30pm
Carnegie Hall, Well Street, Portmahomack IV20 1YD
Tickets on door or from Carnegie Hall café (01862 871 452)
www.portmahomackcommunity.org.uk
Directed by Dave Smith
**WHALES OF AUGUST**

Sun 4 Oct 1:30pm £7.50/£6.50

A swansong for Bette Davis, her co-star, Lillian Gish, and director, Lindsay Anderson, The Whales of August tells the story of two widowed sisters living together on the Maine coast – one (Davis) is blind and cantankerous, the other (Gish) is optimistic and resilient. Presented in a newly restored print this film is a masterpiece and one of the finest and most poignant films ever made about older age. (Dir: Lindsay Anderson/USA/1988/1h29m/U)

**Eden Court, Bishops Rd, Inverness IV3 5SA**
01463 234 234  
boxoffice@eden-court.co.uk  
www.eden-court.co.uk

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**DANCE BASE’S PRIME AND SCOTTISH BALLET ELDERS’ COMPANY: TARN AND WORDS UNSPOKEN**

Sun 4 Oct 4pm £5

There are over 1,800 years of life lived between these dance companies. Join us on the first tour by two remarkable new elder groups, PRIME from Dance Base and the Scottish Ballet Elders’ Company, joined by local older dancers, as they pour their hearts into movement. Choreographers include Angus Balbernie and Winifred Jamieson. Expect to be moved, exhilarated and entertained.

**One Touch Theatre, Eden Court, Bishops Road, Inverness IV3 5SA**
01463 234 234  
boxoffice@eden-court.co.uk  
www.eden-court.co.uk

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luminatescotland.org
FILM CLUB
Tue 6/13/20/27 Oct 1:30pm - 3:30pm £3
Spectrum Film Club will be screening a special film or series of films celebrating older life every Tuesday in October, as part of Luminate. Maybe comedy, maybe screen sirens, maybe Wild West, maybe blockbusters across the decades!

Spectrum Centre,
Margaret Street, Inverness IV1 1LS
£3, Plus One concession in operation (Carer goes free)
Information & bookings: 07713 242 476, kate.maclean@nhs.net

THE SWEET ESPECIAL SCENE
Fri 9 Oct 6pm - 7pm FREE
Award-winning author Robin Lloyd-Jones reads from and discusses extracts from his book ‘The Sweet Especial Scene’ published in his 80th year. The book is a series of essays in praise of the wild places Robin loves. One piece describes how he took six attempts to climb a very modest Scottish hill, but in the process learned much about the new and special joys to be found in old age. Illustrated with slides.

Grantown Grammar School, Cromdale Road, Grantown on Spey PH26 3HU
01436 672 010
www.robinlloyd-jones.com

PORTSKERRA INTERNATIONAL STORYTELLING FESTIVAL: STORYTELLING FOR ALL AGES WITH ALEX PATIENCE
Dates & times below £7/£5/£3
Bring instruments and stories to share – or food! In the spectacular coastal scenery of the far North, the Portskerra International Storytelling Festival is joining forces with Luminate and stepping out and about with an international zing and a star burst of event options – local, Scottish, Gaelic & international guests all telling stories - stories in films and in beautiful still images touring Scotland - check details about the Luminate Photography Challenge!

Fri 9 Oct 7:30pm
Tigh Huaghad, by the Community Shop, Skerray, Sutherland KW14 7TJ • 01641 531 355 • northtuath@yahoo.co.uk

Fri 23 Oct 7:30pm
Dunbeath Heritage Centre, The Old School, Dunbeath, Caithness KW6 6ED • 01641 531 355 • northtuath@yahoo.co.uk

Sat 24 Oct 7:30pm
Melvich Village Hall, Melvich, Sutherland KW14 7YL
01641 531 355
northtuath@yahoo.co.uk

Portskerra International Storytelling Festival enquiries:
01641 531 355 • 07599 760 798 • patienceart@yahoo.co.uk

luminatescotland.org
HPHOP-ERATION

Dates below
An engaging documentary that is packed with moments to smile at, Bryn Evans’ Hip Hop-eration is an inspirational look at the antics of 30 senior citizens (the oldest of whom is 96) based on a small New Zealand island who are preparing to take part in the World Hip Hop Dance Championships in Las Vegas. (Dir: Bryn Evans/New Zealand/2014/93m)

12 Oct 6:15pm £9/£8
Eden Court, Bishops Rd, Inverness IV3 5SA
01463 234 234
boxoffice@eden-court.co.uk
www.eden-court.co.uk

FILM AND SOUP

Sun 18 Oct 2pm £5
Price includes a bowl of soup
Strath Halladale Hall, Forsinard, Sutherland KW13 6YT
01641 531 355
northtuath@yahoo.co.uk
Doors open from 1pm. Come and see the Luminade Challenge Exhibition open from 1pm - 4:30pm on the day at the venue. Part of the Portskerra International Storytelling Festival

SHEDCASE

Tue 13 - Sat 31 Oct 10am - 5pm FREE
A chance to see a stunning bespoke print created by a group of first time artists from the Men’s Shed in Beauly, supported by some of the Wise Guys group who work at the Highland Print Studio. The print will be editioned to 40 copies and will be sold to raise funds for the Men’s Shed.
Highland Print Studio,
20 Bank Street, Inverness IV1 1QU
01463 718 999
www.highlandprintstudio.co.uk
Highland Print Studio is funded by Creative Scotland and Highland Council

HARMONY QUEST

Sun 18 Oct 2pm £7/£5
Whether your grandchildren are finding their feet with an instrument or just love to make noise, this inventive play for children aged 4-9 is sure to capture their imagination - whilst you enjoy some virtuosic string music. Musicians from internationally-renowned string orchestra Scottish Ensemble play live as musical instruments come to life in a tale of adventure and friendship.
Eden Court, Bishops Rd, Inverness IV3 5SA
01463 234 234
boxoffice@eden-court.co.uk
www.eden-court.co.uk
Funded by Creative Scotland
HELMSDALE - ONE MILLION YEARS IN AN HOUR

Sat 24 Oct 7pm FREE

On 24 October the clocks change, giving us an ‘extra hour’. Helmsdale has decided to use that hour to chart a million years of the village’s history which will be presented as a film and art exhibition as well as using the landscape of the village itself to tell the story.

Helmsdale Community Centre, Dunrobin Street, Helmsdale, Sutherland KW8 6JA
01431 521 655
hello@dementia-friendly.com

A partnership between the Helmsdale Community Hub, Dementia Friendly Communities, Timespan Museum & Eden Court

OLD WOMAN IN A FORSYTHIA BUSH

Bright bush of yellow stars reaching out to me with long bowed wands, among fields ringing with blackbird songs, where lambs, licked into life by sheep’s rough tongues, leap like ballet dancers impossibly high, as if hung on strings of a great puppeteer who dangled me when young, exciting me to strip off vest and bra to celebrate spring; and now I’m old, whose arms have dragged me through long dark corridors of another winter to sit on this sunny seat, among starry stems of forsythia, buoyant again, as if sprung from my body and floating above it, like a seed flung from the grey head of dandelion.

VICKI FEAVER

More poems about ageing can be read online at www.spl.org.uk/secondwind

OUTREACH

LUMINATE PHOTOGRAPHY CHALLENGE: POP-UP EXHIBITION

The Luminate Photography Challenge Pop-up Exhibition, Directed by Tweedie and Storytelling with Alex Patience are also visiting Sinclair Court Care Home, Portskerra.
THE ISLES

HIP HOP-ERATION
Tue 6 Oct 2:15pm FREE
Hip Hop-eration is an engaging documentary that is packed with moments to smile at. Bryn Evans’ Hip Hop-eration is an inspirational look at the antics of 30 senior citizens (the oldest of whom is 96) based on a small New Zealand island who are preparing to take part in the World Hip Hop Dance Championships in Las Vegas. (Dir: Bryn Evans/New Zealand/2014/93m)

Aros Centre, Viewfield Road, Portree, Isle of Skye IV51 9EU
01478 613 750 • bookings@aros.co.uk

DIRECTED BY TWEEDIE
Wed 7 Oct 2:15pm FREE
Making a film when you’re 87 is less than convenient. As granddad ‘Tweedie’ reluctantly takes up his new role as a filmmaker, we’re invited to examine the difficulties of communication between the generations, whilst exploring that unspoken contract that binds children to their grandparents. (Dir: Duncan Cowles/UK/2015/16m)

Aros Centre, Viewfield Road, Portree, Isle of Skye IV51 9EU
01478 613 750 • bookings@aros.co.uk

THE LUNCHBOX
Thu 8 Oct 2:15pm £4
In bustling Mumbai, widower Saajan receives the wrong lunchbox, the food lovingly prepared by neglected housewife Ila. A few delicious meals later, the two realise the mistake and instead of rectifying it, begin to write to one another. Effortlessly weaved through this simple story about second chances are issues of growing older and finding your way in modern life. (Dir: Ritesh Batra/India/France/Germany USA/2013/1h45/Hindi and English with English subtitles, PG)

Aros Centre, Viewfield Road, Portree, Isle of Skye IV51 9EU
01478 613 750 • bookings@aros.co.uk
BROTH
Thu 1 Oct 11:30am FREE
Broth is an honest exploration of the experience of elders in 21st century Scotland, told by artist Donna Rutherford, through the tradition of soup making. It explores the rituals and revelations that trace changes in people’s lives, families and wider communities through a series of personal storytelling conversations.

Motherwell Civic Centre, Windmillhill St, Motherwell ML1 1AB
To reserve a free place for this event you must be over 60 years old and resident in North Lanarkshire. Please send a request with contact details to: Voice of Experience Forum, Airdrie Business Centre, 1 Chapel Lane, Airdrie ML6 6GX • 01236 439 550 • info@voef.org.uk

LUMINATE PHOTOGRAPHY CHALLENGE: POP-UP EXHIBITION
Dates & times below FREE
A pop-up exhibition of photographic portraits of people from different generations created by people living across Scotland. The exhibition includes photographs by people of all ages who took part in the first Luminate Challenge, and by photographic artist Robin Gillanders who created portraits to help guide the Challenge participants. Come and explore the wonderful stories behind the portraits!

Fri 2 - Thu 8 Oct
Mon, Tues, Wed 9:15am - 6pm, Thu 9:15am - 8pm, Fri 10am - 6pm, Sat 9:15am - 5pm

Rutherglen Library, 163 Main Street, Rutherglen G73 2HB
Fri 9 - Thu 15 Oct
Mon, Tues, Wed 9:15am - 6pm, Thu 9:15am - 8pm, Fri 10am - 6pm, Sat 9:15am - 5pm, Sun 12:30pm - 4pm

East Kilbride Library, The Olympia Shopping Centre, East Kilbride G74 1PG

Enquiries: keith.donnelly@southlanarkshireleisure.co.uk

IN THE MOOD
Thu 1/8/22/29 Oct 1:30pm - 2:30pm FREE
Come along for some community singing and enjoy pop tunes from the 50s and 60s. All ages welcome. Refreshments provided.

North Lanarkshire Heritage Centre, High Road, Motherwell ML1 3HU
01698 524 715 • www.culturenl.co.uk

luminatescotland.org
CHAR CHAR CHAR
TEA DANCE
Mon 5/26 Oct 1pm - 3pm £2
Trip the light fantastic with us on an afternoon of live pop music and dancing from the 1940s, 50s and 60s. All ages welcome! Live music and vocals provided by John Findlay, with pop music from the 40s, 50s and 60s. Refreshments included.
North Lanarkshire Heritage Centre, High Road, Motherwell ML1 3HU
01698 524 715
learningandaccess@culturenl.co.uk
www.culturenl.co.uk

SOMETHING
Sat 10 - Sat 31 Oct Mon - Fri 9:30am - 4:30pm FREE
Richard Blass exhibits a series of paintings which form an installation charting the deterioration of memory into white noise depicting the slow descent of Alzheimer’s Disease and represent a celebration of his mother’s life tinged with pathos.
North Lanarkshire Heritage Centre, High Road, Motherwell ML1 3HU
www.culturenl.co.uk
mrbllass@gmail.com
www.richardblass.com
Part of the Scottish Mental Health Arts & Film Festival

DAY OF DANCE WITH BARROWLAND BALLET
Tue 6 Oct 10am - 3pm £6
Join Barrowland Ballet for a day of dance, learning dances from their heart warming and comic dance theatre piece, Bunty and Doris. Look past the ‘frail’ exterior and discover the youthful ravers in all of us, challenging people's perceptions of older people. Dance your way through the day, just bring along your dancing feet!
Airdrie Town Hall, Stirling Street, Airdrie ML6 0AS
01236 632 828
www.culturenl.co.uk
A collaboration between CultureNL & Barrowland Ballet. Part of Encounters Festival, North Lanarkshire

WHO DO YOU THINK THEY WERE?
Sat 31 Oct 11am - 4:30pm FREE
A day of activities, talks and storytelling as part of North Lanarkshire’s War project. Be guided through our WWI exhibition and research resources. Re-enactors will be there to bring to life our exhibition and members of the Lanarkshire Family History Society will deliver talks.
At 3pm, there will be a film screening of Michael Morpugo’s Private Peaceful.
North Lanarkshire Heritage Centre, High Road, Motherwell ML1 3HU
01236 638 352
learningandaccess@culturenl.co.uk
www.culturenl.co.uk
Supported by Heritage Lottery Fund & CultureNL. Part of Archives Awareness
Lothians

**AGE - WHAT’S YOUR NUMBER?**

Thu 8 Oct 7pm - 9pm FREE
Join comedian Susan Morrison for an evening of entertainment and a chance to discover something about the ageing brain! Hear how Edinburgh scientists are leading the way in understanding the ageing brain; quiz the experts, hear from some research participants and test your brain.

Penicuik Town Hall, High Street, Penicuik, Midlothian EH26 8HS
Bar open from 6.30pm
07827 460 770
www.midlothiansciencefestival.com
info@midlothiansciencefestival.com

In association with Centre for Cognitive Ageing and Cognitive Epidemiology, The University of Edinburgh; Part of Midlothian Science Festival

**LIFELINES BY THRAWN CRAWS**

Sat 17 Oct 7pm £8/£5
Tears and laughter from the Thrawn Craws. Find out why ‘Neil Diamond Saved My Life’ and how to ‘Free the West Lothian Forty.’ An evening of short plays and monologues performed in a relaxed setting. Writers Ellie Stewart, Sylvia Dow and Grace Cleary preview some new work.

Howden Park Centre, Howden, Livingston, West Lothian EH54 6AE
Box office: 01506 777 666
Office.Box@westlothian.gov.uk

**WORKSHOPS**

Thu 8 & 15 Oct 1:15pm - 3:15pm FREE
Develop your own 3 minute drama with support from local playwrights, Ellie Stewart, Sylvia Dow, Grace Cleary and Mary Gapinski. Then hear it read by professional actors the following week. FREE but places are limited.
Call 01506 777 666 for more information.
Supported by West Lothian Council

Friday Night Fever

Fri 9 Oct 7:30pm till late £6/£5
An evening of film and dance to celebrate the times of Dunbar in the 1960s and 1970s with us. A short film will explore the town in that era, with local people talking about their memories. Stay and join in the fun with a disco featuring music from the 60s and 70s to get up and dance to!

Hallhill Sports Centre, Kellie Road, Dunbar EH42 1XB • 01875 615 423 • laura@strive.me.uk • www.strive.me.uk
**Coastword Coorie In TP P 🎉**

Sat 17 Oct 6pm - 9pm £7

Join us for a warm and friendly night of song, poetry and stories with local musicians, writers and the national poet Liz Lochhead entertaining us in the cosy atmosphere of Dunbar Library. The evening begins at 6pm with supper in the library, the entertainment starting at 7pm and finishing by 9pm.

**Dunbar Library, Bleachingfield Centre, East Lothian EH42 1DX**
01368 863 521
hannah@coastword.co.uk
www.coastword.co.uk

A partnership between East Lothian Libraries, CoastWord & Scottish Book Trust

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**Day of Dance and Music TP**

Sat 17 Oct 10am - 4pm £4/£3

A day of dance and music workshops for over 50s including guitar, ukulele and Cajon drum workshops. Dance activities include ballroom and jazz.

**Lasswade Centre, Eskdale Drive, Bonnyrigg, Midlothian EH19 2LA**
Bookings: 0131 561 6506
vivian.wallace@midlothian.gov.uk
www.midlothian.gov.uk

Organised by Ageing Well Project & supported by Midlothian Council Education Expressive Arts Team

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**Friday Night Fever TP**

Fri 23 Oct 7:30pm till late £6/£5

Time to get your dancing shoes on! Come along to Friday Night Fever to enjoy an evening of music from the 60s and 70s to dance the night away to! The evening will start with a short film featuring local people reminiscing about Musselburgh in the 60s and 70s. Costumes from that era are optional!

**The Ravelston House Hotel, 182 North High Street, Musselburgh, East Lothian EH21 6BH**

Tickets available from The Ravelston House Hotel & STRiVE Wellbeing, 56 High Street, Tranent EH33 1HH

Bookings & enquiries: Alistair Sim 01875 615 423
www.strive.me.uk
CREATIVE VISION  
**Sat 24 Oct 10am - 4pm FREE**
Creative Vision celebrates the creativity of Scottish War Blinded members throughout the charity’s century of expanding horizons of visually impaired veterans. Archive material will guide visitors through a highly emotive and inspiring storyboard presentation supported by art and craft produced by past and present members of the charity. Linburn Centre tours and interactive visual impairment workshops available.

The Linburn Centre, Louis Braille Avenue, Wilkieston EH27 8EJ
0131 229 1456
www.scottishwarblinded.org

ACTIVE ARTS  
**Tue 27 Oct 2pm - 5pm FREE**
A celebration of ageing and people growing older creatively. A range of arts activities including drama, music and art will be showcased and workshops provided for everyone to join in! Refreshments provided free of charge.

Brunton Theatre, Ladywell Way, Musselburgh, East Lothian EH21 6AA
0131 665 9900
thebrunton.co.uk

GENERATION DANCE  
**Wed 28 Oct 10:30am - 3:30pm £8**
Fun creative dance workshops with seated options and performances for older dancers. Join Generation Arts, Dance House Glasgow, Dance Base and tutors from Scottish Ballet at Howden Park Centre with a performance triple bill featuring Scottish Ballet Elders’ Company, 24 Carat and Still Dancing.

Howden Park Centre, Howden, Livingston, West Lothian EH54 6AE
01506 777 666
Office.Box@westlothian.gov.uk
www.howdenparkcentre.co.uk
Supported by West Lothian Council & Howden Park Centre

ILLUMINATE - NIGHT WALK  
**Thu 29 Oct 6:30pm - 8pm FREE**
A chance to discover the artworks created by community members and groups from Craigshill who worked with artists from Arts Collective Projector Club. During the evening, spectators will follow a trail and discover artworks that will be projected onto major buildings in the area, with the trail ending at a celebration event at the Riverside Primary Community Wing.

Riverside Primary Community Wing, Maree Walk, Livingston EH54 5BP
01506 773 870
len.mccaffer@westlothian.gov.uk
Supported by mcicreate and West Lothian Council

Luminatescotland.org
OUTREACH

ONE VOICE
A specially organised singalong event for older people living in care homes throughout Midlothian and their families and carers.

- Dalkeith Miners Club, Dalkeith
- Archview Lodge Care Home, Dalkeith
- Newbyres Village, Newtongrange
- Highbank, Eskbank
- Nazareth House, Bonnyrigg
- Drummond Grange, Loanhead
- Whitehill Lodge, Dalkeith
- Aaron House, Penicuik
- Pinevilla Lodge, Loanhead

OUTREACH

AFTERNOONS OF MUSICAL DELIGHTS & CREATIVITY
Community events for local older people including people living in care homes and their carers and family. Events include a performance by the North Berwick Day Centre Choir, Centrepiece, and an afternoon of creative activities and fun.

- Dementia Friendly North Berwick
- Fidra House Care Home
- North Berwick Day Care Centre
- Astley House Care Home
- The Abbey Residential Home
- The Edington Hospital
- North Berwick Day Centre Choir

OUTREACH

BOB’S TALES
An afternoon of stories and tall tales by Bob Mitchell with Haddington Day Centre and Dementia Friendly Haddington.

luminatescotland.org
When I retired from working life, having served in the armed forces in Lebanon and Malaysia, I needed a new challenge. I decided to try music. I bought a banjo and started lessons. I also joined two ukulele groups. I really enjoy my weekly classes as well as performing to raise funds for charity. Age has no barriers for me. I love a challenge. I hope to see you all in 20 years!
Double Bill: Hip Hop-eration & Directed by Tweedie

**Hip Hop-eration**
An engaging documentary that is packed with moments to smile at. Bryn Evans’ Hip Hop-eration is an inspirational look at the antics of 30 senior citizens (the oldest of whom is 96) based on a small New Zealand island who are preparing to take part in the World Hip Hop Dance Championships in Las Vegas. (Dir: Bryn Evans/New Zealand/2014/93m)

**Directed by Tweedie**
Making a film when you’re 87 is less than convenient. As granddad ‘Tweedie’ reluctantly takes up his new role as a filmmaker, we’re invited to examine the difficulties of communication between the generations, whilst exploring that unspoken contract that binds children to their grandparents. (Dir: Duncan Cowles/UK/2015/16m)

**Wed 21 Oct 3pm £2.50**

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Dark Horse: The Incredible True Story of Dream Alliance

**Dark Horse: The Incredible True Story of Dream Alliance**
The Sport of Kings becomes the preserve of the working-class in this documentary - a heart-warming David and Goliath tussle between a horse-owning syndicate from a small Welsh village and the elite of the racing world. Jan, husband Brian, accountant Howard and other villagers united to defy all the odds, rearing the horse in a local allotment, paying training fees and watching it exceed all their expectations as it became a serious contender in some of the country’s most prestigious races. (Dir: Louise Osmond/ UK / 2014 / 86mins/PG)

**Thu 29 Oct 6:30pm £6.90/£5.05**

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The Phoenix Cinema, The Pickaquoy Centre Trust, Muddisdale Road, Kirkwall, Orkney KW15 1LR

Box Office: 01856 879 900
www.pickaquoy.co.uk/cinema
**DOUBLE BILL: DIRECTED BY TWEEDIE & DARK HORSE: THE INCREDIBLE TRUE STORY OF DREAM ALLIANCE**

**Fri 2 Oct 7pm £5/£4**

*Directed by Tweedie*

Making a film when you’re 87 is less than convenient. As granddad ‘Tweedie’ reluctantly takes up his new role as a filmmaker, we’re invited to examine the difficulties of communication between the generations, whilst exploring that unspoken contract that binds children to their grandparents.

*(Dir: Duncan Cowles/UK/2015/16m)*

**Dark Horse: The Incredible True Story of Dream Alliance**

A heart-warming David and Goliath tussle between a horse-owning syndicate from a small Welsh village and the elite of the racing world. The villagers unite to defy all the odds, rearing the horse in a local allotment, paying training fees and watching it exceed all their expectations as it became a serious contender in the country’s most prestigious races.

*(Dir: Louise Osmond/UK/2014/86mins/PG)*

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**DOUBLE BILL: HIP HOP-ERATION & DIRECTED BY TWEEDIE**

**Mon 5 Oct 12:15pm £3.50**

*Hip Hop-eration*

An engaging documentary that is packed with moments to smile at, Bryn Evans’ Hip Hop-eration is an inspirational look at the antics of 30 senior citizens (the oldest of whom is 96) based on a small New Zealand island who are preparing to take part in the World Hip Hop Dance Championships in Las Vegas.

*(Dir: Bryn Evans/New Zealand/2014/93m)*

*Directed by Tweedie*

Making a film when you’re 87 is less than convenient. As granddad ‘Tweedie’ reluctantly takes up his new role as a filmmaker, we’re invited to examine the difficulties of communication between the generations, whilst exploring that unspoken contract that binds children to their grandparents.

*(Dir: Duncan Cowles/UK/2015/16m)*

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*The Birks Cinema, Dunkeld Street, Aberfeldy PH15 2DA*  
Includes tea & coffee.

Box Office: **01887 820 845** (phone bookings carry a £1.50 booking fee)

www.birkscinema.co.uk
TAYSIDE SILVER STRUMMERS CONCERT

Sat 10 Oct 1pm £5/£3
Horsecross Arts is delighted to welcome the massed ukuleles of the combined Perth and Dundee Universities of the Third Age. The performance will involve approximately 50 older adults who have been learning to play the ukulele over the last two years through attendance at U3A classes and a one-off Horsecross workshop.

Perth Concert Hall, Mill Street, Perth PH1 5EZ
01738 621 031
www.horsecross.co.uk

BACKSTAGE TOUR & THE LADY IN THE VAN

Wed 14 Oct 11am (backstage tour) £5 & 2pm (performance) £20
Visit The Theatre In The Hills for a popular Backstage Tour - see the Green Room, wardrobe department, scene dock and of course the famous stage itself! Followed by a matinee production of Alan Bennett’s quirky British comedy, The Lady In The Van - a true story of a complex relationship, and a wholly unique tale of British eccentricity.

Pitlochry Festival Theatre,
Port na Craig, Pitlochry PH16 5DR
Price - Red and Green seating bands only, includes Senior Citizen discount and Luminate discount
01796 484 626
box.office@pitlochryfestivaltheatre.com
www.pitlochryfestivaltheatre.com
TURNTABLE
Mon 26 Oct 11am - 3pm FREE
Turntable pop-up invites you to select and play a record of your choice and share your story in a one to one conversation. Turntable works with music to connect, reach out and share experiences with individuals and communities in an exploration of the ways in which music can enrich our lives.

The Birks Cinema, Dunkeld Street, Aberfeldy PH15 2DA
Set up in the Café Bar
For more information, call Fiona MacEwan on 07990 834 092
www.birkscinema.co.uk

Turntable is created by musician, composer and artist Michael John McCarthy with backing tracks by collaborative artists Rachel O’Neil, Martin O’Connor and Alice McGrath. Part of Scottish Mental Health Art and Film Festival

OUTREACH
PERTH MUSEUM AND ART GALLERY
TRAVELLING POP-UP COMMUNITY MUSEUM
A chance to borrow a selection of objects and photographs from the 1950-70s to set up their own mini-museum in their care home environment to interact with residents, their families and encourage inter-generational work with local schools. Available to all care homes in the Care Home Activity Network (CHAN) in the area throughout October 2015.
For more information, contact Barbara Hamilton at bahamilton@pkc.gov.uk

OUTREACH
NATURAL HISTORY AT A TOUCH WORKSHOPS AT PERTH MUSEUM AND ART GALLERY
Hands on sensory nature themed workshops to complement the stone sculptures of Michelle de Bruin and our natural history collections and including a touch quiz called “animal, vegetable or mineral.”
- Murray Royal Art Group
- Perth Blind Group
- A selection of care homes in the area

Perth Museum and Art Gallery
www.pkc.gov.uk/museums
SCOTTISH BORDERS

DARK HORSE: THE INCREDIBLE TRUE STORY OF DREAM ALLIANCE

Fri 2 Oct 7pm £6/£4.50

The Sport of Kings becomes the preserve of the working-class in this documentary - a heart-warming David and Goliath tussle between a horse-owning syndicate from a small Welsh village and the elite of the racing world. Jan, husband Brian, accountant Howard and other villagers united to defy all the odds, rearing the horse in a local allotment, paying training fees and watching it exceed all their expectations as it became a serious contender in the country’s most prestigious races. (Dir: Louise Osmond/ UK / 2014 / 86mins/PG)

Heart of Hawick, Tower Mill, Kirkstile, Hawick TD9 0AE
01450 360 688
www.heartofhawick.co.uk

BITE SIZED ENTERTAINMENT

Tue 6, Tue 13, Tue 20 & Tue 27 Oct 12:30pm - 1:30pm £4

Lunch-time events designed to offer quality live entertainment in a relaxed studio setting. Each event will feature live performance - e.g. music by harpist Esther Swift, a performance of excerpts from plays by actor John Nichol or dramatic storytelling. Audience members are invited to mix and chat over a bowl of soup from the Eastgate café. The live performance will then be followed by an opportunity to mingle and talk to the artist over tea/coffee and cake.

Eastgate Theatre, Eastgate, Peebles EH45 8AD
01721 725 777
box.office@eastgatearts.com
www.eastgatearts.com
TAP, TWIST & TWIRL

Dates & times below FREE

The Eastgate Theatre in Peebles welcomes all over 60s to step onto the dance floor for a free taster lesson as part of Luminate. Take this opportunity to try a class in tap, ballet, jazz, Bollywood, Highland or dance fitness. All classes are led by experienced dance tutors. Then get together for delicious cake and coffee in the easy-going Eastgate café.

Tue 6, 20, 27 Oct 10:00am
Tap (experienced)

Tue 6, 20, 27 Oct 11:00am
Ballet (experienced)

Wed 7, 21, 28 Oct 10:00am
Highland Dance for Exercise

Wed 7, 21, 28 Oct 11:00am
Ballet (introductory)

Thu 8, 22, 29 Oct 7:00pm
Just Jhoom! Bollywood Dance

Fri 9, 23, 30 Oct 10:30am
Jazz for Exercise

Fri 9, 23, 30 Oct 11:30am
Tap (introductory)

Eastgate Theatre, Eastgate, Peebles EH45 8AD
Advance booking essential

01721 725 777
box.office@eastgatearts.com
www.eastgatearts.com

DOUBLE BILL:
HIP HOP-ERATION & DIRECTED BY TWEEDIE

Tue 20 Oct 6pm £6/£4.50

Hip Hop-eration

An engaging documentary that is packed with moments to smile at, Bryn Evans’ Hip Hop-eration is an inspirational look at the antics of 30 senior citizens (the oldest of whom is 96) based on a small New Zealand island who are preparing to take part in the World Hip Hop Dance Championships in Las Vegas. (Dir: Bryn Evans/New Zealand/2014/93m)

Directed by Tweedie

Making a film when you’re 87 is less than convenient. As granddad ‘Tweedie’ reluctantly takes up his new role as a filmmaker, we’re invited to examine the difficulties of communication between the generations, whilst exploring that unspoken contract that binds children to their grandparents. (Dir: Duncan Cowles/UK/2015/16m)

Heart of Hawick, Tower Mill, Kirkstile, Hawick TD9 0AE
01450 360 688
www.heartofhawick.co.uk
**BROTH**

Fri 30 Oct 7pm £8

Broth is an honest exploration of the experience of elders in 21st century Scotland, told by artist Donna Rutherford through the tradition of soup making. It explores the rituals and revelations that trace changes in people’s lives, families and wider communities through a series of personal storytelling conversations.

Heart of Hawick, Heritage Hub, Kirkstile, Hawick TD9 0AE
01450 360 680
www.heartofhawick.co.uk

An original performance commissioned by the Seannachies Research Network, led by The Institute of Design Innovation at The Glasgow School of Art and funded by the Scottish Universities Insight Institute. Tour is supported by Creative Scotland

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**THREADS BY SYLVIA DOW**

Sat 31 Oct 7:30pm £12/£10/£5

In her play Threads, Sylvia Dow weaves together stories; historical, verbatim, and imagined into a multi-stranded piece of theatre featuring the conversations of women knitters, the Borders knitting and textile industry and much more.

The play is the outcome of a longer project, in which Stellar Quines engaged the local community, for the development of the play.

Eastgate Theatre, Eastgate, Peebles EH45 8AD
01721 725 777
box.office@eastgatearts.com
www.eastgatearts.com

Supported by Heritage Lottery Fund (HLF) All Our Stories, Creative Scotland, Scottish Borders Council - Rural Touring Scheme. Visit Stellar Quines’ website for more information on their November tour: www.stellarquines.com
DOUBLE BILL: HIP HOP-ERATION & DIRECTED BY TWEEDIE

Sun 11 Oct 2pm £7/£5

Hip Hop-eration
An engaging documentary that is packed with moments to smile at, Bryn Evans’ Hip Hop-eration is an inspirational look at the antics of 30 senior citizens (the oldest of whom is 96) based on a small New Zealand island who are preparing to take part in the World Hip Hop Dance Championships in Las Vegas. (Dir: Bryn Evans/New Zealand/2014/93m)

Directed by Tweedie
Making a film when you’re 87 is less than convenient. As granddad ‘Tweedie’ reluctantly takes up his new role as a filmmaker, we’re invited to examine the difficulties of communication between the generations, whilst exploring that unspoken contract that binds children to their grandparents. (Dir: Duncan Cowles/UK/2015/16m)

Mareel, Lerwick, Shetland ZE1 0WQ
Box Office: 01595 745 555
www.mareel.org

MOVIES GALORE

Wed 21 Oct 1:30pm FREE
Did you laugh at the Marx Brothers, Three Stooges and Laurel & Hardy? Did you hold your breath as Flash Gordon faced a nasty end? Did you hide your eyes at the appearance of Lon Chaney and Boris Karloff? Then this is your kind of event. Relive the Golden Years of the Cinema.

Shetland Museum and Archives
Learning Room, Hays Dock, Lerwick, Shetland ZE1 0WP
Enquiries: 0141 410 1189
mwhite@alzscot.org
Organised by Alzheimer Scotland & supported by Scottish Screen Archive and the National Library of Scotland
Are you approaching retirement or already retired and feeling like you could use your skills to help a good cause?

Age Scotland is currently recruiting volunteers across Scotland to help raise funds and awareness of our important work in supporting older people in need. If you are interested we would love to hear from you. Call us now on 0333 323 2400 or email fundraising@agescotland.org.uk.

Age Scotland is a charitable company limited by guarantee and registered in Scotland. Reg no: 153343 Charity No: SC010100.

Registered Office: Causewayside House, 160 Causewayside, Edinburgh, EH9 1PR.

Age Scotland is limited by guarantee and registered in Scotland. Reg no: 100343 Charity No: SC010100. Registered Office: Causewayside House, 160 Causewayside, Edinburgh EH9 1PR.

Would you like to help combat loneliness and isolation for older people?

www.agescotland.org.uk
Charity No: SC010100

THE GREAT SHETLAND CARE CENTRE CREATIVITY SWAP

This project featuring five Shetland based artists and the residents of seven Shetland Care Centres is part of the Arts and Wellbeing Strand of Shetland Arts Development Agency’s three year programme of work. It will include creative sessions and culminate with an exchange of the work produced. The artworks from each care centre will be shown in the other care centres throughout October 2015.

- Nordalea, Baltasound
- Taing House, Lerwick
- Newcraigielea, Lerwick
- Wastview, Walls
- Bruce Hall Extra Care, Uyeasound
- Montfield Support Services, Lerwick

Shetland Arts Development Agency
www.shetlandarts.org

Shetland Arts is funded by Creative Scotland & this project is being run in partnership with Global Yell.

luminatescotland.org
WELLBEING & DESIGN
Fri 2 - Thu 22 Oct Mon - Sat 10:30 - 4:30pm
This exhibition by Artlink Central, showcases outstanding examples of participant led design embedded into NHS clinical settings with older people. We are delighted to share this exciting new direction of our work, supporting and improving the experience and positive environment for older people in hospitals and care settings.

Dunblane Museum, The Cross, Dunblane FK15 0AQ • 01786 825 691
www.dunblanemuseum.org.uk
www.artlinkcentral.org
Supported by NHS Forth Valley, Dunblane Museum, Coalfields Regeneration Trust, Stenhousemuir Primary School and Falkirk Council

ART WORKSHOP - WITH WRITER AND ARTIST ANN SHAW
Tue 6 Oct 10am-12pm (noon) £7.50
Writer and artist Ann Shaw challenges the stereotypes of ageing. She talks about her recent exhibition “Older” and invites participants to create their own work using a variety of methods including smartphones, tablets, mud painting and story-telling.

Macrobert Arts Centre, University of Stirling Campus, Stirling FK9 4LA
01786 466 666
www.macrobertartscentre.org

HIP HOP-ERATION
Mon 12 Oct 7:30pm £5
Thu 15 Oct 2pm £3
An engaging documentary that is packed with moments to smile at, Bryn Evans’ Hip Hop-eration is an inspirational look at the antics of 30 senior citizens (the oldest of whom is 96) based on a small New Zealand island who are preparing to take part in the World Hip Hop Dance Championships in Las Vegas. (Dir: Bryn Evans/New Zealand/2014/93m).

Macrobert Arts Centre, University of Stirling Campus, Stirling FK9 4LA
01786 466 666
www.macrobertartscentre.org
TUESDAY TUNES WITH THE EDINBURGH QUARTET

Tue 13 Oct 2pm - 3pm FREE
The Edinburgh Quartet, one of Britain’s foremost chamber ensembles, was established as the Quartet in Residence at the University of Stirling in 2013. Join them at Macrobert Arts Centre for an entertaining afternoon programme of favourites aimed at Grandparents and Grandchildren.

Macrobert Arts Centre, University of Stirling Campus, Stirling FK9 4LA
Booking essential
01786 466 666
www.macrobertartscentre.org

DANCE WORKSHOP TP

Tue 20 Oct 10am - 12pm (noon) £7.50
Join us at Macrobert Arts Centre for a fun, informal dance workshop specifically tailored to participants 50+! No experience necessary, just come along, get those feet moving and get dancing!

Macrobert Arts Centre, University of Stirling Campus, Stirling FK9 4LA
01786 466 666
www.macrobertartscentre.org

WAVES BY ALICE MARY COOPER P

Tue 27 Oct 2pm Dementia Friendly £5 & 7:30pm Family Friendly £8.50/£30 for 4
Combining new writing, highly expressive storytelling, delicate movement and humour, Waves is the amazing tale of Elizabeth Moncello and how, growing up on Gabo Island (Australia) in the 1930s, she employed sea creatures to teach her how to swim. With the help of fish, penguins and amphibian friends, Liz developed ‘the Dolphin,’ known to the world as the Butterfly.

Macrobert Arts Centre, University of Stirling Campus, Stirling FK9 4LA
01786 466 666
www.macrobertartscentre.org

In association with Catherine Wheels Theatre Company and Imaginate
**TO ABSENT FRIENDS: ESSENCE OF A MEMORY COMPETITION**

How do you capture the essence of a memory? Can it be done in 50 well-chosen words and a photograph? Take part by submitting a photo and writing up to 50 words which together evoke a story or memory of someone you love who is dead. Winning entries will be exhibited as part of the To Absent Friends Festival in November 2015.

Competition open: 1 - 16 October

For more information and to enter email rebecca@palliativecarescotland.org.uk

www.toabsentfriends.org.uk

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**LIVEWIRE**

Southlight Magazine celebrates the creative energies and drive of some of Dumfries and Galloway’s older spirits, to show how innovative they can be - how little their age affects their perceptions and output. You are invited to respond digitally to creative ageing in any literary form and upload your creations. LiveWire will finish with flourish at a real life spoken word event on 30 October in the Richard Greenhow Centre, Gretna.

www.southlight.ukwriters.net

*Part of Wigtown Book Festival's annual programme.*

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**LUMINATE PHOTOGRAPHY CHALLENGE**

A selection of photographic portraits of people from different generations created by people living across Scotland. The photographs were created by people of all ages who took part in the first Luminate Challenge, and by photographic artist Robin Gillanders who created portraits to help guide the participants. Explore the wonderful stories behind the portraits!

www.luminatescotland.org

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**NEW SHOOTS OLD ROOTS**

View images from an exhibition showcasing the results of a collaboration between photographer Iseult Timmermans and some of the African and Caribbean Women’s Association (ACWA) founding members. The project recorded their incredible stories of arriving in Scotland, from the late 1950’s through to the 1980’s. Part of Black History Month

Available from 10 October at

www.streetlevelphotoworks.org
**BROTH**

Broth is an honest exploration of the experience of elders in 21st century Scotland, told by artist Donna Rutherford through the tradition of soup making. It explores the rituals and revelations that trace changes in people’s lives, families and wider communities through a series of personal storytelling conversations.

**Broth will be live streamed on 8 October from Paisley Arts Centre.**

Visit [www.luminatescotland.org](http://www.luminatescotland.org) for more details early September.

*Broth is an original performance commissioned by the Seannachies Research Network, led by The Institute of Design Innovation at The Glasgow School of Art and funded by the Scottish Universities Insight Institute. Supported by Creative Scotland*

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**MUSIC OF MEMORIES**

29 Oct 7pm

A concert performance of stories, poems and music created by young people across Scotland. All material has been inspired by interviews of residents in care homes.

**The concert will be live streamed on 29 October at 7:00pm.**

Please email engage@rsno.org.uk for further details.

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

*Part of To Absent Friends: a people’s festival of storytelling and remembrance in partnership with Scottish Partnership for Palliative Care and schools from across Scotland. Funded by Royal Bank of Scotland Community Fund*
Tailor made products and services for the over 50s

- Home Insurance
- Travel Insurance
- Car Insurance
- Gas and Electricity
- Personal Alarms
- Funeral Plans

For a no obligation quote, visit:

Age Scotland Enterprises Ltd – Edinburgh
Causewayside House
160 Causewayside
Edinburgh EH9 1PR

Tel: 0800 456 1137
(Open 9am–5pm Monday–Friday)

Age Scotland Enterprises Ltd – Glasgow
37 Glassford Street
Glasgow G1 1UG

Tel: 0800 500 3159
(Open 9am–5pm Monday–Friday)

or visit
www.agescotland.org.uk/products

Buying through Age Scotland helps us make later life a better life

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