luminate

Scotland’s creative ageing festival

1st - 31st October 2017

luminatescotland.org
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Big Thanks to our Festival Faces
Kinny Gardner, Norman & Jennifer Houston, Lindsay Kemp, June Don Murray and Carol Sinclair.

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
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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. Don’t forget some extra events are listed on our website too.

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.

Every care has been taken to ensure the accuracy of information at the time of going to print, however all information contained within the brochure is subject to change. Please visit www.luminatescotland.org for the latest information, or contact the venues directly.

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

We have also included the following symbols to highlight accessible performances:

- Audio Description
- Sound Enhancing Systems
- Sign Language Interpretation
- Captioning
Welcome

This October, Luminate will once again offer an exciting array of creative activities nationwide aimed at older people and at audiences from across the generations. Working closely with artists, cultural organisations and community groups across the country, Luminate events will take place in care homes, village halls, community centres and arts venues. The festival will also feature creative activities that bring young and old together and present work that explores what it means to all of us that society is ageing.

The benefits of taking part in creative activities as we age are becoming increasingly clear, with positive impacts on health and wellbeing and on addressing isolation and loneliness.

Luminate celebrates the opportunities that are available for older people in Scotland, and showcases the huge contribution that they make to the cultural life of our country. I encourage you all to try your hand at something new, to experience the focus, joy and challenge that taking part in culture and the arts brings. As this brochure also shows engagement in the arts also brings much experimentation, inspiration and laughter.

In Luminate’s fifth birthday year I am delighted to see that the Scottish Government is able to support its programme through Creative Scotland and Digital Scotland. Luminate continues to prove that creativity has no age limits.

Fiona Hyslop - Cabinet Secretary for Culture, Tourism and External Affairs, Scottish Government

I am delighted to welcome you to Luminate 2017 – our fifth birthday year. Each October the festival extends the length and breadth of Scotland, reaching people of all ages and proving time and again that our creativity doesn’t reduce with age. This year you can try clog dancing or join a writing workshop, attend a cabaret or watch a film, see a memorable theatre performance in a shopping centre or projections on a castle. I hope you will find something in your area that catches your eye, and that you will join us for what promises to be another truly inspiring month!

Anne Gallacher - Director, Luminate
A festival for everyone

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

Getting to Luminate Events

Public transport information is available from Traveline Scotland: www.travelinescotland.com or phone 0871 200 223.

The Artlink Edinburgh Arts Access service helps people in the Edinburgh area who may otherwise have difficulty getting out and about to arts events, connecting service members and volunteers who enjoy the arts and providing a door to door service.

Visit www.artlinkededinburgh.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 www.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. You can also connect with us on social media:

facebook.com/LuminateScotland

twitter.com/LuminateScot

instagram.com/luminatescotland

Luminate is proud to feature a variety of creative events in different venues ranging from theatres and galleries to community halls and care homes. Event organisers – including artists, cultural organisations and community groups – are at the centre of the festival and it is this collaboration that makes Luminate unique. Each local event organiser is responsible for all aspects of managing their event, so please note that any queries in relation to a specific event in your local area can be answered by your local event organiser who will be happy to speak to you about timing, programmes, the facilities provided and health and safety matters.
Sweet Bean, Dir: Naomi Kawase
In addition to individual events happening in local areas, Luminate features projects that travel across Scotland.

**Film**

New to Luminate this year is a specially curated collection of short films from Scottish filmmakers which explore life in older age. Luminate Short Encounters delve into the subject of ageing with wonderful stories about extraordinary older people, touring the Central Belt, Dundee and Skye.

Elsewhere in film we’ve themes of intergenerational relationships with titles including Hotel Salvation, set in contemporary India and following a son forced to accompany his 77 year old father in seeking salvation in the holy city of Varanasi, and A Man Called Ove, a Swedish comedy centred on overcoming loneliness. With many more films to choose from, look out for what’s playing near you.

**Performance**

Theatre productions touring the country include Blanche & Butch by Robert Softley Gale, a new production from Birds of Paradise Theatre Company which explores the relationship between three performers- former ‘Heelz n Wheelz’ disabled drag queens- backstage at their new show.

We are delighted to welcome back Lung Ha Theatre Company with Thingummy Bob by Linda McLean which debuted in Luminate 2015. Hearts & Minds bring us Curious Shoes, a performance specially created for people living with dementia and their loved ones, touring for the first time as part of Luminate.

Poorboy bring Damned Rebel Bitches to the mix celebrating the independent, risk-taking women of the war years generation and featuring an international cast aged 30–75.

**Dementia Friendly Events**

This year sees a fantastic selection of dementia friendly events and activities. Glasgow Film Theatre launch their new film programme, Movie Memories, designed especially for people experiencing early to mid stages of dementia, their carers and families. They kick things off with a screening of the 1949 classic comedy, Whisky Galore! Spanning gallery tours, concerts, theatre, film and craft, look out for all dementia friendly events which are clearly marked.
**Keeping Alive Crafts from the Past**

Sun 1 – Tue 31 Oct, During library opening hours*, FREE

Come along to an exhibition of textile work by the Kemnay Knit & Natter Group. Our friendly group meets every Wednesday in the library to knit, crochet and sew. We support one another to learn new crafts, something you’ve never tried – or forgotten how to get started with! We also knit and sew for various charities and enjoy bringing new people together.


**An Afternoon of Memories of St K’s**

Tue 3 Oct, 2pm–5pm, FREE

An afternoon of memories of St K’s to celebrate the 100th anniversary this month. This event takes place in the studio of the Lemon Tree, formerly the St Katherine’s Club. Five members will share memories and experiences of their days at St Katherine’s Club followed by questions and answers with the audience and refreshments.

The Lemon Tree, 5 West North St, Aberdeen AB24 5AT, 01224 641 122. Booking essential. Supported by Aberdeen Women’s Alliance and St Katherine’s Trust. With thanks to Lemon Tree staff.

**Pop Up Pop In: CAN 2017**

Wed 4 Oct Movement and Dance
Wed 11 Oct Sound and Music
Wed 18 Oct Written and Spoken word
Wed 25 Oct Theatre and Performing Arts
10am–2pm, FREE

Join Aberdeen’s Creative Ageing Network each Wednesday throughout October at the Aberdeen Community Health and Care Village to discover, share and participate in city life. Meet different artists each week to look, learn and share using words, sound, movement and theatre to inspire and connect to the Aberdeen community.

Aberdeen Community Health and Care Village, NHS Grampian, 50 Frederick St, Aberdeen AB24 5HY, www.nhsgrampian.org, 01224 611 161, creativelearningteam@aberdeencity.gov.uk

© Sid Scott

luminatescotland.org 10
**Curious Shoes by Magdalena Schamberger: A joyful performance for people living with dementia and their loved ones to share**

Wed 11 Oct, 2.30pm
Thur 12 Oct, 11am
£4 per adult
Plus family member/friend/carer

Dementia friendly event: Live music, movement and very few words bring this funny, entertaining and beautifully simple story to life. The audience is invited to join our quartet of talented performers on their curious voyage of discovery.

Citymoves Studio, Anatomy Rooms, Marischal College, Shoe Ln, Aberdeen AB10 1AN,
www.citymoves.wordpress.com,
01224 611 486,
citymoves@citymoves.org.uk
Booking essential.
Presented by The Work Room, Luminate and Citymoves.

**Intro to Design and Laser Cutting**

Wed 11 Oct, 10am–12pm, FREE

Join us at MAKE Aberdeen for an introduction to the world of digital fabrication and find out what is possible. We will guide you through the design process to create a unique laser cut object that you can take away with you on the day. Get creative at MAKE.

MAKE Aberdeen, 17 Belmont St, Aberdeen AB10 1JR,
www.make-aberdeen.com,
01224 644 885, b.durack@rgu.ac.uk
Booking essential. MAKE Aberdeen is hosted by RGU and supported by Aberdeen City Council.

**Dancing Across The Borders:**

A workshop led by Liz Lerman

Sat 7 Oct, 10am–4.30pm
Open to dance artists and choreographers, FREE

Renowned American choreographer, performer, writer, educator and speaker Liz Lerman will lead a workshop that brings together professional dance artists and elder community dancers. Responding to the participants, it will offer tools to navigate the choreography and thinking that accompanies the beauties and challenges of dancing with people of all ages.

Citymoves Studio, Anatomy Rooms, Marischal College, Shoe Ln, Aberdeen AB10 1AN,
www.citymoves.wordpress.com,
01224 611 486,
citymoves@citymoves.org.uk
Booking essential.
Presented by The Work Room, Luminate and Citymoves.
**A Conversation with Curious Shoes creator Magdalena Schamberger**
Thur 12 Oct, 7pm, £6 (£5), FREE to Friends of The Barn

Magdalena is Artistic Director of Hearts & Minds, an arts in health charity with over 16 years experience of working with people living with dementia. Share Magdalena’s creative journey and learn how positive interaction with the arts can enhance the wellbeing of people living with dementia, their loved ones and carers.

_The Barn, Burn O Bennie, Banchory AB31 5QA, www.thebarnarts.co.uk, 01330 826 520, admin@thebarnarts.co.uk_  
_Booking essential. Supported by the Paul Hamlyn Foundation Breakthrough Fund._

**Thingummy Bob by Linda McLean**  
Wed 18 Oct, 7pm, £12 (£10)

don’t know what I’m doing here; came to visit; don’t remember who; they let him go and kept me; it’s a terrible mistake. Bob has lost something, something that might make him happy – for the life of him he can’t remember where. ‘Oller’s production is a sheer delight’ The Reviews Hub. Lung Ha Theatre Company is a leading theatre company for people with learning disabilities in Scotland, and with a growing reputation internationally. Directed by Maria Oller.

_The Lemon Tree, Aberdeen Performing Arts, 5 West North St, Aberdeen AB24 5AT, www.aberdeenperformingarts.com, 01224 641 122._  
_Booking essential._

*Please note there is an additional 10% booking fee.*
Carol Sinclair, 56, Ceramic Artist

“I have worked professionally as a ceramic artist all my life, so being creative has always been very important to me. In the last 6 years however my creativity has served a very different purpose. Initially it gave me a method to process the personal experience of being a carer for a family member with dementia and now I use it as a catalyst for shared conversations and experiences.”

Look out for Associations – page 36
The thing about getting old is that everyone who can tell you off has died. Septuagenarian Scottish sisters Ella and Agnes survived the 1941 Clydeside Blitz, and now, in New York, are searching for Ella’s feckless grandson, whose life is in danger. Featuring an international cast aged 30-75, Damned Rebel Bitches celebrates the independent, risk-taking women of the war years generation.

Harbour Art Centre, 114-116 Harbour St, Irvine KA12 8PZ, www.whatsonayrshire.com, 01294 274 059, harbourarts@north-ayrshire.gov.uk
Booking essential.
Presented by Poorboy.
Supported by Creative Scotland.

Blanche & Butch are backstage in a mist of hairspray and sequins as they reminisce about life as a troupe of disabled drag queens. Butch sings touching ballads - he’s all about reflection. Blanche, all camp, lip-syncs - well, tries to - his “unique speech pattern” means nothing ever syncs.

Directed by Kenny Miller.

Blanche & Butch
by Robert Softley Gale
Tue 10 Oct, 8pm, Pay what you can

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Directed by Kenny Miller.

The Gaiety, Carrick St, Ayr KA7 1NU, www.ayrgaiety.co.uk, 01292 288 235.
Booking essential.
Presented by Birds of Paradise Theatre Company.
Irvine Community Art Club Exhibition
Thur 12 – Fri 27 Oct, 9.30am–4.30pm, FREE

Irvine Community Art Club started in September 1999 and have never looked back! Based in Castlepark Community Centre, our members meet every Thursday afternoon. The club consists of a group of retired people who share a passion for art.

Irvine Town House, Portal, High St, Irvine KA12 0AZ, 01294 310 060.

Creative Ageing Day
Fri 13 Oct, 10am–3pm, FREE

A fun, explorative event which aims to generate some genuinely creative thinking through a range of hands-on workshops, performances, talks and screenings of short films. There will also be a marketplace to promote local opportunities for creative learning, arts and cultural activities.

Ayr Town Hall, 29 New Bridge St, Ayr KA7 1JX, 01292 616 273, joan.elliott@south-ayrshire.gov.uk Booking essential. A South Ayrshire Arts Partnership.

WINCHIN by Kelly Craig
Fri 13 Oct, 7.30pm, £12.50–£16.50 (Concessions £11.50–£15.50)

A wonderful tale of life in Ayrshire in the 1950’s, a hive of industry and world of glamour and dreams await the younger generation in Dance Halls and Picture Houses. Annie and Lizzie come of age, get their first job in Gray’s Factory and fall in love... Humour abounds in this poignant tale of the best days of your life. Written and directed by Kelly Craig.

The Gaiety, Carrick Street, Ayr KA7 1NU, www.ayrgaiety.co.uk, 01292 288 235, info@ayrgaiety.co.uk Booking essential.
**Step into My Parlour**
by Michelle Burke
Tue 17 Oct, 11am & 2pm, £5 (Free for companions)

Dementia friendly event: Scottish based Cork singer Michelle Burke takes the audience back to her great grandmother’s era with a delicious selection of parlour songs and housekeeping tips which were collected by her great granny in Ballynoe.

The Gaiety Studio Theatre, Carrick Street, Ayr KA7 1NU, www.ayrgaiety.co.uk, 01292 288 235, info@ayrgaiety.co.uk
Booking essential.

**Sunday Jazz**
Sun 22 Oct, 2pm, £8 (£6)

Enjoy a special swinging afternoon of traditional jazz with HAC regulars the New Orleans Joymakers. The Joymakers promise that this session will be full of hot jazz, pop jazz, hokum and hilarity!

Harbour Art Centre, 114-116 Harbour St, Irvine KA12 8PZ, 01294 274 059.
Booking essential.

**Talent on Tour**
Tue 24 Oct, 2pm-3.30pm, FREE

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 five years ago. Why not come along and enjoy songs old and new?

Harbour Arts Centre, Harbour St, Irvine KA12 8PZ, 01294 274 059.
Booking essential. Small charge for refreshments.

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**Live Music Now Scotland Outreach**

Live Music Now Scotland musicians bring their talented skills to venues across Scotland across the worlds of classical music, traditional Scottish and jazz. Musicians tailor their programmes according to where they are performing, and love to get the audience involved whether that is singing along to some old favourites, or simply enjoying the music.

**Stronach Day Centre, Arran** - Calum Robertson and Juliette Philogene, clarinet and piano duo
**Montrose House & Cooriedoon Care Home, Arran** - Grainne Brady and Ryan Murphy, Scottish traditional fiddle and uilleann pipes.

Supported by The Imlay Foundation. Funded by The Gannochy Trust.
Festival Faces

Kinny Gardner B.E.M, 58, Actor
“Our ‘Birds of Paradise’ theatre work champions the visibility of deaf and disabled people, and I love reflecting our ‘lived experience’ in song, dance and idiocy. Aspire and achieve, I tell yez, cos our maturing ages give us texture, colour and insight to all forms of arts.”

Look out for Blanche and Butch tour dates across Scotland
Dumfries & Galloway

Hotel Salvation
Dates & Times Below

A charming, gently humorous and life-affirming drama set in contemporary India. Rajiv, an over-worked, middle-aged son, is forced to accompany his 77 year old father, Daya, who is seeking salvation in the holy city of Varanasi. While rooted in Indian values and culture, Hotel Salvation transcends borders with its themes of family ties, revelations and finding peace and contentment during the later stages of life. (Dir: Shubhashish Bhutiani, India/2016/1h43m/12A).

Wed 4 Oct, 2pm, FREE

Ryan Centre, Fairhurst Rd, Stranraer, Dumfries and Galloway DG9 7AP 01776 703 535, ryancentre@Dumgal.gov.uk

Tue 17 Oct, 5.30pm, £7 (£5.30) Thur 19 Oct, 10.45am, £5.30 & 7.30pm, £7 (£5.30)

Hotel Salvation will be preceded by Panorama of Calcutta from the River Ganges, a one minute early archive short film of Varanasi, the world’s earliest surviving footage of India (from 1899), courtesy of the BFI National Archive.

Blanche & Butch by Robert Softley Gale
Wed 11 Oct, 7.30pm, £10 (£7)

Blanche & Butch are backstage in a mist of hairspray and sequins as they reminisce about life as a troupe of disabled drag queens. Butch sings touching ballads - he’s all about reflection. Blanche, all camp, lip-syncs - well, tries to - his “unique speech pattern” means nothing ever syncs. Directed by Kenny Miller.


Heart for Art Outreach

Heart for Art seeks to bring creativity and connection to those living with dementia in Scotland. Free community art classes cater to the individual, supporting participants to create whatever image they have in mind that day. Skilled tutors provide assistance with a choice of materials and will introduce felt making as a new activity for Luminate. Carers are more than welcome to participate too!

Kirkcudbright Parish Church.
Festival Faces

Jennifer and Norman Houston, 61 & 64, participants in the Face to Face photography project. “Highland Print Studio’s intergenerational photography project has had a positive influence in the development of a local dementia friendly community. It was great to be involved in working with the Fortrose Academy pupils, to raise awareness of dementia. The portrait perfectly captures a poignant moment in time and a memory of our relationship that will be forever dear to me.”

Look out for Face to Face – page 58
Hotel Salvation
Sun 1 Oct, 1pm, £6.50
Tue 3 Oct, 6pm, £6.50
Thur 5 Oct, 10.30am – Senior Citizen Kane Club screening, £6
Including a cup of tea or coffee and a biscuit. Senior Citizen Kane Club is our weekly screening for anyone over the age of 60

A charming, gently humorous and life-affirming drama set in contemporary India. Rajiv, an over-worked, middle-aged son, is forced to accompany his 77 year old father, Daya, who is seeking salvation in the holy city of Varanasi. While rooted in Indian values and culture, Hotel Salvation transcends borders with its themes of family ties, revelations and finding peace and contentment during the later stages of life. (Dir: Shubhashish Bhutiani, India/2016/1h43m/12A).

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

Hotel Salvation will be preceded by Panorama of Calcutta from the River Ganges, a one minute early archive short film of Varanasi, the world’s earliest surviving footage of India (from 1899), courtesy of the BFI National Archive.

Arborantics: Traditional Wood Working
Sun 1 Oct, Drop-in 12pm-4pm, FREE*

Celebrate National Grandparents Day by taking part with your grandchildren in a workshop run by a time served, experienced traditional carpenter, Chas Heath, see website Arborantics.co.uk. A chance to use axes, shaving horses, draw knives and chisels in an appropriate and safe manner to make a small piece of green wood to take home.

HM Frigate Unicorn, Victoria Dock,
Dundee DD1 3BP, www.frigateunicorn.org,
01382 200 900,
education@frigateunicorn.org
*HM Frigate Unicorn admission prices apply. Free entry for over 60s on National Grandparents Day!
Suitable for ages 10+ and their grandparents. Delivered as part of the exhibition Shipyard Stories. Some areas of HM Frigate Unicorn are only accessible via steep stairs.
Blanche & Butch
by Robert Softley Gale
Wed 4 Oct, 7.30pm, £15 (£12)

Blanche & Butch are backstage in a mist of hairspray and sequins as they reminisce about life as a troupe of disabled drag queens. Butch sings touching ballads - he’s all about reflection. Blanche, all camp, lip-syncs - well, tries to - his “unique speech pattern” means nothing ever syncs. Directed by Kenny Miller.

Dundee Rep, Tay Sq, Dundee DD1 1PB, www.dundeerep.co.uk, 01382 223 530.
Booking essential.
Presented by Birds of Paradise Theatre Company.

Luminate Short Encounters
Sun 8 Oct, 1pm, £6.50
Thur 12 Oct, 10.30am, Senior Citizen Kane Club screening, £6 including a cup of tea or coffee and a biscuit. Senior Citizen Kane Club is our weekly screening for anyone over the age of 60

Luminate Short Encounters delve into a range of issues which affect us all as we age: challenging topics of loneliness and living with grief, to uplifting tales of new beginnings and finding unexpected joy. Touching and insightful, take a journey from the Scottish Highlands to Govan to the suburbs of Australia with these wonderful stories about extraordinary older people. Small but perfectly formed, we think this collection will inspire you to think differently about ageing. (Dir: Various, Various/1h/Recommended 12+).


BED
All families have hidden secrets. In this travelling installation that will be popping up in a Dundee shopping centre and community centre, memories of the past come back to haunt an older woman in the space between waking and sleep. Bed is a nomadic street event performed by the Elders Company from London-based Entelechy Arts.

Tue 3 Oct, 12pm-2pm & 3pm-5pm
Wellgate Centre, Dundee DD1 2DB.

Wed 4 Oct, 12pm-2pm & 3pm-5pm
The Crescent Whitfield Community Project, 71 Lothian Cres, Dundee DD4 0NN.

In collaboration with Dundee Repertory Theatre. Enquiries: 01382 223 530.
Woven Tapestry Workshop: Mixing Colours
Fri 13 Oct, 2pm–4pm, £20 (Free for over 60s, unemployed and students)

Join Louise Martin on board HM Frigate Unicorn as she provides practical tips to help successfully blend from one colour to another. The looms will be warped ready for you to begin weaving. Workshop open to beginners and all materials provided.

HM Frigate Unicorn, Victoria Dock, Dundee DD1 3BP, www.frigateunicorn.org, 01382 200 900, education@frigateunicorn.org
Booking essential. Some areas of HM Frigate Unicorn are only accessible via steep stairs.

Shane
Sun 15 Oct, 1pm, £6.50

A mysterious stranger comes to the aid of a family in peril. See Shane when you are young and it’s a stirring adventure told from a boy’s point of view. See it when you are older and it becomes a film about the loss of childhood innocence. See it later still and it becomes something far more wistful and mature. Shane offers a poetic, touching meditation on life’s responsibilities, regrets, and missed opportunities. This is a masterpiece that grows with you. (Dir: George Stevens, USA/1953/1h58m/ PG).

Dundee Contemporary Arts, 152 Nethergate, Dundee, Angus DD1 4DY, 01382 909 900, dca@dca.org.uk
Making an Embellished Collage: An Intergenerational Workshop
Sat 21 Oct, 10am–12pm
£20 per adult and £10 per child attending with the adult
£15 per adult over 60 and £10 per child attending with the adult
Concession: extra person(s) £10.00 each

Join designers Sheila Roussel and Victoria Wylie in a workshop where you and your child/grandchild can become absorbed in the world of creative making. Spend time learning techniques, exchanging stories and sharing the experience together. Materials will be provided to make a collaborative personalised memory collage. Bring copies of family photos, small mementos and embellishments to include in the collage.

Explore Play Create Studio, 23 Arbroath Rd, Forfar DD8 2JJ (entrance via driveway off Yeaman Street),
www.projectstuff.org.uk, 07740 509 297 / 07985 005 963, sheila.roussel@yahoo.co.uk
Please note there is no disabled toilet at this venue. A collaboration between Sheila Roussel Jewellery Design and Explore Play Create.

Heart for Art Outreach

Heart for Art seeks to bring creativity and connection to those living with dementia in Scotland. Free community art classes cater to the individual, supporting participants to create whatever image they have in mind that day. Skilled tutors provide assistance with a choice of materials and will introduce felt making as a new activity for Luminate. Carers are more than welcome to participate too!

Broughty Ferry New Kirk.

BED: Workshop Outreach

David Slater, Artistic Director of London-based Entelechly Arts, and members of their Elders Company will lead a workshop with members of The Beautiful People, Dundee Rep’s older people’s company.
Hidden Voice  
Sun 1 Oct, 2pm-4pm, £5

Scottish premiere of a new multimedia composition by John McHugh. This work gives a voice to people living with dementia by using the melodies and rhythms in their speech creating a thought-provoking musical experience. Musicians from the Royal Liverpool Philharmonic Orchestra, film and audio clips take us into their innermost thoughts. Followed by post-performance panel Q&A.

St Cecilia’s Hall, St Cecilia’s Hall Concert Room & Music Museum, Niddry St (by Cowgate) Edinburgh EH1 1NQ, www.stceciliass.ed.ac.uk, 0131 650 2600.  
St Cecilia’s Hall opening hours: Tue–Fri 10am–5pm, Saturdays 12pm–5pm. Tickets can be purchased during these hours by telephone or in person. Booking essential.

Reading Muriel Spark  
at the National Library of Scotland  
Tue 3 Oct, 10.30am-12pm, FREE

This workshop will focus on the work of Muriel Spark, with selections drawn from the National Library of Scotland’s archive. Participants will read Spark’s work aloud and discuss it in a relaxed and friendly format.

National Library of Scotland,  
George IV Bridge, Edinburgh EH1 1EW,  
Supported by Open Book and the Scottish Poetry Library.

Art and Memory  
Tue 3 Oct, 11am-4pm, FREE

Discover the joy and stimulation of looking at contemporary visual art by visiting the Travelling Gallery’s Lauren Printy Currie exhibition outside Kirkliston Library. Come and explore something new and old and expect to be inspired. Just bring enthusiasm and an open mind!

Travelling Gallery at Kirkliston Library,  
16 Station Rd, Edinburgh EH29 9BE,  
0131 529 5510, www.edinburgh.gov.uk/directory_record/5064/kirkliston  
In partnership with Glasgow Women’s Library and supported by Heritage Lottery Fund, Outset Scotland, the City of Edinburgh Council and Creative Scotland.

Gallery tours available. Tours will be followed by hands-on reminiscence sessions and short, simple creative activities in workshop spaces set up within the library. Seating and tea and coffee will be provided free of charge for participants as well as any materials needed. Seats can be provided in the gallery if necessary.
Variation on Foundation
Tue 3 Oct, 2.30pm-4pm, FREE
Fri 20 Oct, 11am-1pm, FREE

Be enriched by treasured stories, objects and imaginations of people living with dementia and their carers. Immerse yourself in the poetry and artwork created by the Eric Liddell Centre’s Lunch Breaks, Befriending and Day Care groups. Read our poem ‘Variation on Foundation’ (after Edwin Morgan) and see our artwork ‘Interwoven Hands.’ Add your own variation and story of hands.

Eric Liddell Centre, 15 Morningside Rd, Edinburgh EH10 4DP, www.ericliddell.org, 0131 446 3301, pollardm@ericliddell.org Supported by The Life Changes Trust, the RS Macdonald Charitable Trust, the Robertson Trust and the City of Edinburgh Council.

Freedom of Movement
Wednesdays, All sessions 3pm-4pm, FREE
4 Oct with Chris Stuart-Wilson
11 Oct with Lindsay Kemp with Daniela Maccari
18 Oct with Morag Deyes
25 Oct with Matthew Hawkins

Dance Base offers a programme of free dance classes for over-60s throughout October. The classes will be Contemporary Dance and Performance Art with the iconic Lindsay Kemp, Jazz with Chris Stuart-Wilson, Ballet with Matthew Hawkins and ‘let-it-all-hang-out’ Freestyle Contemporary with Morag Deyes. These classes encourage a sense of joy in movement and creativity and will be fun, open and free.

Dance Base, 14-16 Grassmarket, Edinburgh EH1 2JU, www.dancebase.co.uk, 0131 225 5525, dance@dancebase.co.uk Booking essential. Supported by Creative Scotland.

Thrawn Craws: A Brief Archaeology of Love
Wed 4 Oct, 8pm, £7 (£5)

Thrawn Craws is a Murder of Writers aged between 40 and 80, committed to writing for older actors. We invite you to join us as we present important stories about the many facets of love in contemporary Scotland. Come and enjoy an exciting evening of vibrant new short plays, read script-in-hand by a crack cast of four.

Traverse Theatre, 10 Cambridge St, Edinburgh EH1 2ED, www.traverse.co.uk, 0131 228 1404, boxoffice@traverse.co.uk Booking essential. Access by lift for wheelchairs and those with mobility issues.
Craft Café Exhibition & Sale of Work
Fri 6 Oct, 10am-4pm, FREE

Celebrating an inspiring selection of artwork created by older artists including paintings, textiles, illustrations and printmaking. Join us for the opening weekend for the opportunity to discuss the show with those involved. Artworks are available for purchase. In celebration of Luminate, all Impact Arts’ Craft Cafés are coming together to create a collaborative piece which will be unveiled at the opening of this exhibition. To watch how the artwork was created, please visit www.impactarts.co.uk

The Image Collective, 2nd Floor, Ocean Terminal, Edinburgh EH6 6JJ, 07813 340 846. Exhibition runs until Sunday 29 October, 10am-4pm each day. Supported by Viewpoint Care Homes, FLAIR Housing Associations, Barrhead Housing Association, Scottish Government’s People and Communities Fund and Elderpark Housing Association.

Meet The Vintage Chorus
Tue 10 Oct, 10am-1pm, FREE

An opportunity to meet and sing with the Festival Theatre’s Vintage Chorus for folk of a certain vintage with a song in their heart! Sessions are fun and relaxed led by the lovely Wendy Weatherby and Duncan Black on piano. A drop in session for people to try out the group and socialise over lunch after the rehearsal.

Festival Theatre, 13-29 Nicolson St, Edinburgh EH8 9FT, www.edtheatres.com, 0131 622 8444, paul.hudson@edtheatres.com Please contact Paul with any dietary requirements for lunch.

Fight dementia: Learn languages through Drama!
Tue 10 Oct, 2pm-3pm, FREE

Language learning has been proven to delay dementia so join us for an hour of fun on stage at the tip of your tongue! Re-connect with your long lost French, Italian, Spanish or Gaelic self as you learn linguistic and acting skills!

Institut Francais d’Ecosse, Lothian Chambers, 59–63 George IV Bridge, Edinburgh EH1 1RN, www.ifecosse.org.uk, 07583 015 249, hello@theatresansaccents.co.uk Booking essential. Open to all. No need to be bilingual or an experienced thespian!

Tell Your Tale
Tue 10 Oct, 6pm-8pm, FREE

Everyone has a story and we’re interested in hearing yours. Come along to our sharing and recording workshop to add your story to our collection. Enjoy a cup of tea, tell your tale and have the opportunity to learn new digital recording skills under the guidance of our session leader. We’ll be compiling your stories into a booklet which will be posted out to participants after the workshop. Loops phoneline volunteers will also be on hand to help with questions on using IT and tablets.

Virgin Money Lounge, 28 St Andrew Sq, Edinburgh EH2 1AF, 0131 603 8311. Booking essential. A LOOPs phone line project.
Reading Edwin Morgan at the Scottish Poetry Library
Wed 11 Oct, 1pm–2pm, FREE

This workshop will focus on the poetry of Edwin Morgan, with selections drawn from the Scottish Poetry Library Edwin Morgan Archive. Participants will read Morgan’s work aloud and discuss it in the format of a traditional book club, with the opportunity to hear about the library’s archive of Morgan material.

Supported by Open Book and the Scottish Poetry Library.

Make the Things That Make the Things
Wed 11 Oct, 1pm–3pm, FREE

Dementia friendly event: Artist James McLardy will work with families and relatives with experience of dementia. This will involve group rope weaving, which is designed to involve everyone regardless of previous experience.

Artlink Glasshouses, Royal Edinburgh Hospital, Morningside Ter, Edinburgh EH10 5HF, 0131 229 3555, info@artlinkededinburgh.co.uk
Booking essential.

Creating Community
Thur 12 Oct, 1pm–3.30pm, FREE

The LOOPS (Local Opportunities for Older People) Community Navigator project invites you to come together for music, crafts, conversation and laughter. Find out what is happening at local groups in your area, share skills and stories or try out something new. Refreshments provided.

Gilmerton Society Hall, 27 Drum St, Edinburgh EH17 8RQ, 0131 225 8508, jenny.green@health-in-mind.org.uk
Booking encouraged. Community Navigator is a LOOPS project delivered by Health in Mind. LOOPS is funded by the City of Edinburgh Council’s Health and Social Care Dept and delivered by Pilmeny Development Project and Edinburgh Voluntary Organisation’s Council.
Blanche & Butch
Fri 13 & Sat 14 Oct, 7.30pm, £14 (£9)

Join us for Blanche and Butch Cabaret following this event. See below for details.


Summerhall, Summerhall Pl, Edinburgh EH9 1PL, www.summerhall.co.uk, 0131 560 1580.
Booking essential.
Presented by Birds of Paradise Theatre Company.

Blanche & Butch Cabaret
Sat 14 Oct, 9pm-11pm, £5 (£3) or £3 if coming to main show

Celebrate the final night of our tour with an inter-generational cabaret in partnership with Luminate and LGBT Age. Featuring LBGTQI+/disabled performers supported by Birds of Paradise Theatre Company, the cast and invited guests, you’re assured an evening of fun, frocks and frolics. Visit company website to find out more – www.boptheatre.co.uk.

Summerhall, Summerhall Pl, Edinburgh EH9 1PL, www.summerhall.co.uk, 0131 560 1580.

When We Were Young:
Photographs of Childhood from the National Galleries of Scotland
Sat 14 – Tue 31 Oct, Gallery opening hours*, FREE

The second in a series of thematic photography exhibitions, this display documents the experience and representation of childhood to coincide with Scotland’s Year of the Young Person 2018. Using photographs from the permanent collection of the National Galleries of Scotland, When We Were Young explores not only how the experience of childhood has changed over the years, but also how the portrayal of children has shifted too. Featuring daguerreotypes from the 1840s to digital prints from 2017, the exhibition is sure to delight visitors young and old.

Scottish National Portrait Gallery, 1 Queen St, Edinburgh EH2 1JD, www.nationalgalleries.org, 0131 624 6560.
*Gallery open: 10am–5pm daily, Thur 10am–7pm. Exhibition runs until 15 April 2018.

Thingummy Bob by Linda McLean
Sat 14 Oct, 7.30pm, £12 (concessions available)

don’t know what I’m doing here; came to visit; don’t remember who; they let him go and kept me; it’s a terrible mistake. Bob has lost something, something that might make him happy- for the life of him he can’t remember where. ‘Oller’s production is a sheer delight’ The Reviews Hub. Lung Ha Theatre Company is a leading theatre company for people with learning disabilities in Scotland, and with a growing reputation internationally. Directed by Maria Oller.

Booking essential.
Illuminations
Sat 14 Oct, 8pm, £5

The Dance Base Illuminations showcase features new work created by a legend – performer, director and teacher Lindsay Kemp. The work is made on a group of selected dance artists throughout the preceding week. Illuminations also features Dance Base’s over-60s semi-professional company PRIME, in a series of bespoke, fascinating two minute solos, created by top Scottish choreographers for individual company members.

Dance Base, 14-16 Grassmarket, Edinburgh EH1 2JU, www.dancebase.co.uk, 0131 225 5525, dance@dancebase.co.uk.
Booking essential. Supported by Creative Scotland.

Edinburgh Festival Theatre Tea Dance
Mon 16 Oct, 2pm-3.30pm, FREE

Dementia friendly event: Live Music Now Scotland musicians bring their talented skills to venues across Scotland across the worlds of classical music, traditional Scottish and jazz. The talented Knox and Ion (Latin/Jazz guitar duo), present this concert at the Lafayette Bar, Festival Theatre. Refreshments provided.

Lafayette Bar, Edinburgh Festival Theatre, 13-29 Nicolson St, Edinburgh EH8 9FT, 0131 529 6000.
Booking essential. Supported by Edinburgh Festival Theatre.

The Story of the Little Gentleman
Wed 18 Oct, 11.30am & 2.30pm, FREE

Dementia friendly event: All the Little Gentleman wants is a friend...The Little Gentleman thinks he will live a sad and lonely life forever... Until one day he is woken up by a curious dog who just wants to play. An energetic two-hander, this is a playful celebration of friendship and acceptance.

The Studio, Festival Theatre, 22 Potterrow, Edinburgh EH8 9BL, www.edtheatres.com, 0131 529 6000, paul.hudson@edtheatres.com
Booking essential. Performance for an intergenerational audience and specially adapted for people living with dementia. Supported by Life Changes Trust and Festival Theatre.

Celebrate Your Feet
Wed 18 – Mon 30 Oct, Mon to Fri 9am-9pm, Saturdays 9am-4pm. Closed Sundays, FREE (donations welcome)

An exhibition of art celebrating feet; their stories and journeys. Installed by older people who use the ‘Caring Soles’ personal footcare service at the Eric Liddell Centre.

Eric Liddell Centre, 15 Morningside Rd, Edinburgh EH10 4DP, www.ericliddell.org, 0131 447 4520, lisa@ericliddell.org
Celebrate Your Feet: Art workshops for over 50s
Wed 18 & Sat 21 Oct, Drop in 10am–4pm, FREE (donations welcome)

‘Celebrate Your Feet’ at art workshops led by Lisa Jennings artist and coordinator of ‘Caring Soles’ personal footcare service at the Eric Liddell Centre. People over 50 are invited to drop in to create drawings and prints that ask ‘where have your feet taken you?’ ‘What stories do they have to tell?’ Artwork will be exhibited from 18th – 30th October.

Eric Liddell Centre, 15 Morningside Rd, Edinburgh EH10 4DP, www.ericliddell.org, 0131 447 4520, lisa@ericliddell.org

Art in the City: Behind the Scenes
Thur 19 Oct, 10.30am–12pm, FREE

Dementia friendly event: Do you want to find out what goes on behind the scenes at the Museums and Galleries Edinburgh? Discover the Museums Collection Centre, a hidden treasure trove of museum collections. Learn about how we store and conserve our collections at this special event. Art in the City is for people affected by dementia and their friends, family and carers.

Museums Collection Centre, 10 Broughton Market, Edinburgh EH3 6NU, www.edinburghmuseums.org.uk, 0131 529 6365, diana.morton@edinburgh.gov.uk
Booking essential. Art in the City provides an opportunity for people whose lives are affected by dementia to share a gallery visit and discuss art (and other things) in a friendly and supportive environment.
Grow Up:
100 Years of Stories, Friendship, Community and Childhood
Thur 19 Oct, 11am-1pm, FREE

Grow Up is about celebrating the joy, fun and stories of childhood, no matter your age. We’ll screen a fantastic short film created by local 10-13 year olds, creatives Media Education and those who grew up in Edinburgh between 1920 and 1960. We’ll then have a fun, interactive workshop to continue sharing memories about growing up in our fair city. Free refreshments. We encourage you to bring along photographs and memorabilia from your childhood.

LifeCare, 2 Cheyne St, Stockbridge, Edinburgh EH4 1JB, www.lifecare-edinburgh.org.uk, 0131 343 0958, georgiaartus@lifecare-edinburgh.org.uk
Hosted by LifeCare Edinburgh
Funded by Big Lottery and Inverleith Neighbourhood Partnership.

An Audience With...
Sat 21, Thur 26 & Sat 28 Oct, 3pm-4.30pm, FREE

A rare opportunity to join 3 prolific professional dancers, from the Variety Era aged 94, 90 and 85 respectively, who each performed on the stage of the Empire (now Festival) Theatre, talking dance, dancing, and thinking about their relevance now. Journey through the Festival Theatre’s Empire Rooms and inhabit a world filled with past, present and future. Dancers: Marie Duthie, Katie Miller, June Murray, Janice Parker and Doreen Ward.

Booking essential. With thanks to the Life Changes Trust.

WeCan Workshops
Mon 23 & Tue 24 Oct, 12.30pm lunch followed by 2 workshops. 4pm finish, FREE

Dementia friendly event: Join us from some music, art and dance for two fun filled afternoons for people living with dementia. These workshops are led by professional artists. You are invited to meet up with friends old and new over two afternoons to share lunch and then engage in creative workshops making, singing, dancing and lots of laughter!

The Studio, 22 Potterow, Edinburgh EH8 9BL, www.edtheatres.com, 0131 529 6000, paul.haudson@edtheatres.com
Booking essential. WeCAN Edinburgh is made up of a group of organisations who deliver creative activities for people with dementia and their carers. We include: Alzheimer Scotland, Festival Theatre, Art in Healthcare, Hearts & Minds, Dance Base and Music in Hospitals. Supported by Life Changes Trust.

Step into My Parlour
Mon 23, Tue 24 & Wed 25 Oct, 10.30am & 2pm, FREE

Dementia friendly event: Join singer Michelle Burke and pianist James Ross for this intimate performance celebrating the theme of childhood, linked to our photography exhibition When We Were Young. Step Into My Parlour is inspired by Michelle’s childhood memories of visiting her grandparents. The show is a collection of traditional songs interspersed with stories and memories performed in a parlour setting.

Scottish National Portrait Gallery, 1 Queen St, Edinburgh EH2 1JD, 0131 624 6560.
Booking essential. Running time 2 hours.
Appalachian Autumn
Tue 24 Oct, 7.30pm–9pm, £3 to participate or watch

Scotland’s only Appalachian dance group, Kick the Cat, invites you to join us at our workshop. You will learn some percussive ‘clogging’ steps, evolved from step dance, and a short social dance. It’s hard work and fun, and certainly keeps us young; some steps can be done while seated. Hard shoes are helpful.

Dean Bowling Club, 18 Comely Bank Ter, Edinburgh EH4 1AS, 0131 552 1622.

Luminate Short Encounters
Wed 25 Oct, 2pm, FREE

Luminate Short Encounters delve into a range of issues which affect us all as we age: challenging topics of loneliness and living with grief, to uplifting tales of new beginnings and finding unexpected joy. Touching and insightful, take a journey from the Scottish Highlands to Govan to the suburbs of Australia with these wonderful stories about extraordinary older people. Small but perfectly formed, we think this collection will inspire you to think differently about ageing. (Dir: Various, Various/1h/Recommended 12+)

WHALE Community Cinema,
WHALE Arts Centre, 30 Westburn Gr, Edinburgh EH14 2SA,
www.whalearts.co.uk,
0131 458 3267, info@whalearts.co.uk

Dancing with Mrs Murphy
Thur 26 Oct, 5pm–6pm, FREE

Do you remember the 1950s? Citadel Arts Group’s Dancing with Mrs Murphy by Vincent Maguire directed by Liz Hare, may bring back a few memories. This performed reading of a powerful slice-of-life drama is set against this era of social change. Citadel is keen to get your feedback as we develop an exciting new play.

Living Memory Association,
Ocean Terminal, Ocean Dr, Edinburgh EH6 6JJ, 07770 623 924,
lizhare@blueyonder.co.uk
Supported by the Robertson Trust.
Northern Lights: A Celebration of Colour in Dance
Fri 27 Oct, 3pm, FREE

The 24 Carat Gold dancers meet at Dance Base. This year we are celebrating colours in dance: Pink Panther, Yellowstone Cowboy, Fields of Gold and the glorious colours of the Northern Lights. Our dances are lyrical, serious, funny, moving and joyous. There is time for the audience to join in and dance too. Northern Lights choreographed by Rhiana Laws.

Dance Base, 14-16 the Grassmarket, Edinburgh EH1 2JU, www.dancebase.co.uk, 0131 225 5525, dance@dancebase.co.uk
Costumes by Just Jess Dancewear
With thanks to Dance Base staff.

Beyond Creativity, Colour and Inspiration
Sat 28 & Sun 29 Oct, 10am–4pm, FREE

The exhibition will seek to explore and challenge popular perceptions of creativity in later life through a cross-generational artistic exchange of mediums, techniques, colour and tone. A short, documentary style film will introduce the exhibition artists who will describe the inspiration and techniques behind their work.

Edinburgh Napier University, Merchiston Campus, 10 Colinton Rd, Edinburgh EH10 5DT, www.napier.ac.uk, 0131 455 3214, g.seath@napier.ac.uk

I See Tomorrow
Sat 28 Oct, 2pm-3.30pm, £3 (£1.50) proposed donation

This short film is part of a unique project by the North Edinburgh Theatre group capturing the oral histories of those who moved from Edinburgh City Centre to Muirhouse and Pilton from the 1950s.

North Edinburgh Arts, 15a Pennywell Ct, Edinburgh EH4 4TZ, www.northeedinburgharts.co.uk, 0131 315 2151, admin@northeedinburgharts.co.uk
Booking essential. Part of Scottish Mental Health Arts & Film Festival 2017. This project has been funded by the Heritage Lottery Fund, Stories, Stones & Bones programme, and Scottish Mental Health Arts & Film Festival.

Spinning a Yarn with Storyteller Jan Bee Brown
Sat 28 Oct, 11am–12pm, FREE

Storyteller Jan Bee Brown shares stories from around the world inspired by the Daughters of Penelope exhibition, accompanied by a spinning demonstration by the Broughton Spinners. Nettle shirts and spidery curses, these Hallowe’en tales are a perfect hour’s entertainment to enjoy with families and grandchildren. Following 30 years working professionally in the arts, Jan is now an apprentice storyteller with the Scottish Storytelling Centre in Edinburgh.

Dovecot Gallery, 10 Infirmary St, Edinburgh EH1 1LT, www.dovecotstudios.com, 0131 550 3660, info@dovecotstudios.com
Part of the Scottish International Storytelling Festival.
International Older People’s Day Concert Outreach

Contact the Elderly and Luminate mark International Older People’s Day with an afternoon concert for older people in the Edinburgh area who live alone and are Contact guests. Traditional music duo Ainsley Hamill and Alistair Paterson from Live Music Now Scotland will entertain, and afternoon tea will be served.

A collaboration between Contact the Elderly and Luminate.

Runners by NADFLY Outreach

Artist studio NADFLY will lead the making of table decorations that reflect the role food plays in our lives – social, celebratory, nourishing. Older people from the Chinese and South Asian communities in Edinburgh will contribute to the fabric designs through a series of creative workshops, and the designs and the ideas that inspired them will be shared with family and friends at a community dinner during the festival.

Commissioned by Luminate and MECOPP.

An Introduction to Mono Printing Outreach

Over three workshops during the festival, older people from the Deaf community will work with artist Christine Hilditch to learn how to print from different materials. Chris will introduce different one-colour printmaking techniques in each session, and participants will each make a range of small prints that could be used as cards or gift tags. The workshops will be taught in BSL.

A collaboration between Deaf Action and Luminate.

Heart for Art Outreach

Heart for Art seeks to bring creativity and connection to those living with dementia in Scotland. Free community art classes cater to the individual, supporting participants to create whatever image they have in mind that day. Skilled tutors provide assistance with a choice of materials and will introduce felt making as a new activity for Luminate. Carers are more than welcome to participate too!

Charteris Centre.

Live Music Now Scotland Outreach

Live Music Now Scotland musicians bring their talented skills to venues across Scotland across the worlds of classical music, traditional Scottish and jazz. Musicians tailor their programmes according to where they are performing, and love to get the audience involved whether that is singing along to some old favourites, or simply enjoying the music.

Whitefoord House: Ron Jappy and Grant McFarlane, Scottish traditional accordion and fiddle duo and Ryan Young and David Foley, Scottish traditional fiddle and guitar duo, Erkine Home: Emily Mitchell and Geoffrey Tanti, Soprano and piano duo, St Michael’s Friendship Club: Ryan Young and Seán Gray, Scottish traditional fiddle and guitar duo.

Supported by Live Music Now Scotland and UK Chancellor using Libor Funds.
When We Were Young: Dementia friendly poetry workshop
Mon 30 Oct, 10am-12pm, FREE

Dementia friendly event: Join writer Marjorie Gill for this relaxed and playful workshop, exploring our exhibition of childhood photography through words and language. During the workshop, we will be inspired by images and poetry that explore childhood and there will be the option to create a new piece of writing either individually or as part of a group.

Scottish National Portrait Gallery, 1 Queen St, Edinburgh EH2 1JD, 0131 624 6560.
Booking Essential. Suitable for anyone living with dementia and carers, friends or family members. In partnership with the Scottish Poetry Library.

Tour and Tea with Robin Gillanders
Tue 31 Oct, 10am, FREE

Join us for a tour of Robin Gillanders’ exhibition followed by refreshments in our library. Stills are delighted to be presenting a body of work by the established photographic artist in an exhibition that marks Stills’ 40th anniversary year. We are delighted that the artist himself will deliver the tour – a treat for new and established fans of his work.

Stills, 23 Cockburn St, Edinburgh EH1 1BP, www.stills.org, 0131 622 6200.
Gallery tour approx. 40 mins
Tea/coffee/chat; Until it runs out!

Hotel Salvation
Mon 16 Oct, 11am, £6.60*

A charming, gently humorous and life-affirming drama set in contemporary India. Rajiv, an over-worked, middle-aged son, is forced to accompany his 77 year old father, Daya, who is seeking salvation in the holy city of Varanasi. While rooted in Indian values and culture, Hotel Salvation transcends borders with its themes of family ties, revelations and finding peace and contentment during the later stages of life. (Dir: Shubhashish Bhutiani, India/2016/1h43m/12A).

Hippodrome, 10 Hope St, Bo’ness EH51 0AA, 01324 506 850, arts@falkirkcommunitytrust.org

Hotel Salvation will be preceded by Panorama of Calcutta from the River Ganges, a one minute early archive short film of Varanasi, the world’s earliest surviving footage of India (from 1899), courtesy of the BFI National Archive.
*Tickets £6.60 includes tea/coffee + cake (£4.10 film only).
Visual Dialogues and Narratives
Sun 1 – Tue 31 Oct, 9am-5pm (Mon – Fri), FREE

Visual artists Daniele Sambo and Christine Goodman respond to their experiences of working creatively with older people during a joint residency at the St. Andrews Community Hospital that began in January 2017. This exhibition highlights patients’ stories and features work created by older patients, outpatients and the general public during this time.

St. Andrews Community Hospital, Largo Rd, St. Andrews KY16 8AR, 07403 534 188, info@dansambo.com
Part of St. Andrews Photography Festival.

Associations
Tue 3 – Sun 29 Oct, During gallery opening hours*, FREE

Associations is an exhibition of new work by ceramic artist Carol Sinclair, presented by Fife Contemporary at Kirkcaldy Galleries. Inspired by the experience of being a carer for a family member living with dementia, Carol uses thin layers of porcelain to explore the role of memory, personal connections that define us, and the confusion caused when those associations are lost.

Supported by Fife Carers’ Centre
Visual Dialogues and Narratives is a further development from Making Space, part of Luminate 2016
*Gallery opening hours: Mon 12pm-7pm, Tues and Thurs 9.30am-7pm, Wed & Fri 9.30am-5pm, Sat 9.30am-4pm, Sun 12pm-4pm.
Luminate Short Encounters
Fri 6 Oct, 2.30pm, £5

Luminate Short Encounters delve into a range of issues which affect us all as we age: challenging topics of loneliness and living with grief, to uplifting tales of new beginnings and finding unexpected joy. Touching and insightful, take a journey from the Scottish Highlands to Govan to the suburbs of Australia with these wonderful stories about extraordinary older people. Small but perfectly formed, we think this collection will inspire you to think differently about ageing. (Dir: Various, Various/1h/Recommended 12+).

The Byre Theatre,
University of St. Andrews, Abbey St,
St. Andrews KY16 9LA,
www.byretheatre.com, 01334 475 000,
byreboxoffice@st-andrews.ac.uk

Byre Film Club presents The King and I (U) plus Screen Memories
Thur 12 Oct, 10am, £6

The Byre Film Club offers an opportunity to watch films in an informal and comfortable setting. Enjoy The King and I with complimentary tea, coffee and a cream scone! Those interested in film can stay for discussion with organisation Screen Memories. Share what you enjoyed, meet other film fans and look at film memorabilia from the late 40s to 80s.

The Byre Theatre,
University of St. Andrews, Abbey St,
St. Andrews, Fife KY16 9LA,
www.byretheatre.com, 01334 475 000,
byreboxoffice@st-andrews.ac.uk
The Screen Memories element of the event is FREE. Working with partners: Regional Screen Scotland, Glasgow and Alzheimer Scotland.
**Sweet Bean**  
Fri 13 Oct, 2.30pm, £5

Introverted loner Sentaro runs a tiny “dorayaki” (pancakes filled with “an,” a sweet red bean paste) stand in the suburbs of Tokyo. When 76-year-old Tokue persistently asks Sentaro to work in the shop’s kitchen, he reluctantly accepts. Having uncanny culinary skills and a mysterious communion with nature, Tokue has the ability to transform those around her. The little business soon flourishes and with time Sentaro and Tokue open their hearts to reveal old wounds and painful secrets. (Dir: Naomi Kawase, Japan/2015/1h53m/Japanese with English subtitles/PG).

_The Byre Theatre,  
University of St. Andrews,  
Abbey St, St. Andrews KY16 9LA,  
www.byretheatre.com, 01334 475 000,  
byreboxoffice@st-andrews.ac.uk_

**The Carer**  
Sat 21 Oct, 2.30pm, £5

Retired Shakespearean actor Sir Michael Glifford suffers from a form of Parkinson’s that has left him flailing and cantankerous at his country estate. After alienating a host of caregivers, the foul-mouthed and impossible to live with curmudgeon is forced by his daughter to take a chance on yet another new companion, Hungarian refugee Dorottya, who has acting aspirations of her own. After a rather rocky start the pair discover their mutual love of Shakespeare and an unlikely friendship develops. (Dir: Janos Edelenyi, UK/Hungary/2016/1h28m/12A).

_The Byre Theatre,  
University of St. Andrews,  
Abbey St, St. Andrews KY16 9LA,  
www.byretheatre.com, 01334 475 000,  
byreboxoffice@st-andrews.ac.uk_

**Thingummy Bob by Linda McLean**  
Fri 20 Oct, 7.30pm, £12 (£8)

don’t know what I’m doing here; came to visit; don’t remember who; they let him go and kept me; it’s a terrible mistake. Bob has lost something, something that might make him happy - for the life of him he can’t remember where. ‘Oller’s production is a sheer delight’ The Reviews Hub. Lung Ha Theatre Company is a leading theatre company for people with learning disabilities in Scotland, and with a growing reputation internationally. Directed by Maria Oller.

_The Byre Theatre,  
University of St. Andrews,  
Abbey St, St. Andrews, Fife KY16 9LA,  
byretheatre.com, 01335 475 000.  
Booking essential._

**Cupalele in Concert**  
Sat 21 Oct, 7.30pm-9pm, FREE  
(Donations to St. James welcome)

The joyful music of the Cupar U3A Ukulele ensemble together with The Singing for Fun Group, providing an evening of musical entertainment. An opportunity to sing-a-long with songs old and new. Tea, coffee and biscuits will be provided.

_St. James the Great,  
Scottish Episcopal Church,  
St. Catherine St, Cupar KY15 4HH,  
www.stjamesandstmarys.co.uk,  
07504 090 898.  
Thanks to supporters of Cupar U3A._
A Man Called Ove
Fri 27 Oct, 2pm, £5

Ove decides he’s had enough of the world. Lonely since the death of his beloved wife Sonja, let go from his job by a younger manager and irritated by newcomers disobeying the rules in his sleepy neighbourhood, he is going to end his life. But at each turn he is thwarted by unwelcome visitors, chiefly Parveneh, a young mother who has moved in next door. Unwilling to accept Ove’s grumpy rebuttals at her offers of kindness, she perseveres and the two develop an unlikely friendship. (Dir: Hannes Holm, Sweden/2015/1h56m/Swedish with English subtitles/15).

The Byre Theatre,
University of St. Andrews,
Abbey St, St. Andrews KY16 9LA,
www.byretheatre.com, 01334 475 000,
byreboxoffice@st-andrews.ac.uk

The Joy of Clay: Associations Workshops Outreach

Working with clay is a wonderfully relaxing and enjoyable experience, and ceramic artist Carol Sinclair is giving carers an opportunity to escape into the world of making and experiment with this fantastic material. Carol uses her creative processes to express her personal experiences of being a carer for a family member living with dementia, and wants to share this way of working with others in similar situations. Workshop participants will be given a guided tour of Carol’s exhibition, an introduction to the techniques she uses working with porcelain paper clay, and then an opportunity to create their own work and experience the joy of clay.

Kirkcaldy Galleries,
Fife Carers’ Centre.

Live Music Now Scotland Outreach

Live Music Now Scotland musicians bring their talented skills to venues across Scotland across the worlds of classical music, traditional Scottish and jazz. Musicians tailor their programmes according to where they are performing, and love to get the audience involved whether that is singing along to some old favourites, or simply enjoying the music.

Balnacarron Care Home: Ainsley Hamill and Alistair Paterson, Gaelic traditional voice and piano duo.

Supported by The Imlay Foundation.
Festival Faces

Lindsay Kemp, 79, Dancer
“Being creative is my way of making life better, giving pleasure and inspiring others. I enjoy sharing everything that I love, especially the creative process from the idea to the studio to the stage.”

Look out for Freedom of Movement and Illuminations – pages 25 & 29
Dance House Glasgow Free Classes!
Sun 1 Oct – Tue 31 Oct, Class times vary, FREE

Dance House Glasgow are opening up their programme as part of Luminate. If you are over 55 you can access any of our classes for FREE for the month of October! Check out our timetable and choose which genres you will try then phone and quote ‘Luminate17’ when booking. All classes must be booked 48 hours in advance.

0141 552 2442. Multiple venues. Booking essential www.dancehouse.org for classes, times and details. This offer applies to new customers who have not previously participated in Dance House Glasgow classes.

Paint it Red
Sun 1 Oct – Tue 31 Oct, Open during building opening hours*, FREE

Paint it Red is a contemporary portrait of Easterhouse by Glasgow-based artist Colin James Tennant. The exhibition is the culmination of a year-long photography project that has developed through conversations, interactions and experiences gained while working in Easterhouse. The work explores the local landscape; the social history, its personalities and the human spirit that contribute to this notoriously misunderstood community.

Platform, 1000 Westerhouse Rd, Glasgow G34 9JW, www.platform-online.co.uk, 0141 276 96 96, info@platform-online.co.uk Exhibition continues until Sun 19 Nov.
*Platform opening hours: Mon – Fri 9am-9pm, Sat 9am–5pm, Sun 10am–7pm.
Meet Me at GMRC
Sun 1, Mon 2 & Sun 8 Oct, 2-4pm,
Fri 6 & 27 Oct, 11am-1pm
FREE

Journey through the last hundred years as we explore some of the stories and objects housed in the Glasgow Museums Resource Centre. Join this friendly tour, share memories, handle objects and reminisce. Teas and coffee will be provided. These sessions have been especially designed to suit older visitors. Available to individuals, groups, lunch clubs or care homes.

Glasgow Museums Resource Centre (GMRC), 200 Woodhead Rd, Nitshill, Glasgow G53 7NN,
www.glasgowlife.org.uk/museums,
0141 276 9300,
GMRCbookings@glasgowlife.org.uk
Booking essential. Part of Age Friendly Museums Day.

Kelvin Hall Tours for people living with dementia
Tue 3, 10 & 17 Oct, 11am, FREE
Fri 20 Oct, 1.30pm, FREE

Dementia friendly event: Join us for our volunteer led tours at Kelvin Hall. We will be offering dementia friendly tours and reminiscence sessions throughout October as part of Luminate. These tours offer an insight into the history and heritage of Kelvin Hall. We can also offer tours in Mandarin, BSL, Italian, Spanish or Arabic.

Kelvin Hall, 1445 Argyle St, Glasgow G3 8AW,
www.kelvinhall.org.uk, 0141 276 1450,
kelinhalltours@glasgowlife.org.uk
Booking essential.

Curious Shoes by Magdalena Schamberger: A joyful performance for people living with dementia and their loved ones to share.
Tue 3 Oct, 11am, £8.50 (£5), £4 Local Links Rate (for anyone living locally)

Dementia friendly event: Live music, movement and very few words bring this funny, entertaining and beautifully simple story to life. The audience is invited to join our quartet of talented performers on their curious voyage of discovery.

Platform, 1000 Westerhouse Rd, Glasgow G34 9JW,
www.platform-online.co.uk, 0141 276 9696,
matt@platform-online.co.uk
Booking Essential. There are additional free performances especially for care home residents and groups on Monday 2 & Tuesday 3 October. If you would like to make a booking or find out more please contact Matt on Tel 0141 276 9672 or email Matt@Platform-online.co.uk
Presented by Hearts & Minds. Supported by the Paul Hamlyn Foundation Breakthrough Fund.
The Flames
Wed 4 Oct, 3pm & 7pm, £6 (£3.50)
Combining performance with striking audio and visual design elements and original music, The Flames take inspiration from everyday life making the extraordinary, out of the ordinary. Glasgow’s theatre company exclusively for creatives over 50, devise work which challenges preconceived ideas of how older people think, and what they aspire to.

Centre for Contemporary Arts, 350 Sauchiehall St, Glasgow G2 3JD, www.cca-glasgow.com, 0141 352 4900. Supported by Creative Scotland, Robertson Trust, Glasgow Life and Lloyds TSB Foundation for Scotland. There will be a chance to ask any burning questions and meet the team over some refreshments after the event.

Damned Rebel Bitches by Sandy Thomson
Wed 4 Oct, 7.30pm, £8.50 (£5/£4)
The thing about getting old is that everyone who can tell you off has died. Septuagenarian Scottish sisters Ella and Agnes survived the 1941 Clydeside Blitz, and now, in New York, are searching for Ella’s feckless grandson, whose life is in danger. Featuring an international cast aged 30-75, Damned Rebel Bitches celebrates the independent, risk-taking women of the war years generation.


Say it Ain’t Sew
Wednesdays 4, 11, 18 & 25 Oct, 2pm-4pm, FREE
Come along to The Village Storytelling Centre in Pollok for 4 weekly Say it Ain’t Sew sessions, weaving stories and conversation into creating interesting and challenging textile projects. This year for Luminate we introduce Smart Textiles, combining traditional sewing with electronics! Using conductive thread we will create a fun light up decoration, then why not return in weeks 2, 3 and 4 where you’ll continue to practise and learn new skills in our friendly group, with session leader Iona.


Scotland’s creative ageing festival
Blanche & Butch by Robert Softley Gale
Thur 5 Oct, 7pm, £8.50 (£5)


Platform, 1000 Westerhouse Rd, Glasgow G34 9JW, www.platform-online.co.uk, 0141 276 9696.
Booking essential.
Presented by Birds of Paradise Theatre Company.

Dancing Across The Borders:
A workshop led by Liz Lerman
Fri 6 Oct, 9.30am-3.30pm
Open to dance artists and choreographers; priority given to members of The Work Room
Free

Renowned American choreographer, performer, writer, educator and speaker Liz Lerman will lead a workshop that brings together professional dance artists and elder community dancers. Responding to the participants, it will offer tools to navigate the choreography and thinking that accompanies the beauties and challenges of dancing with people of all ages.

The Work Room, Tramway, 25 Albert Dr, Glasgow G41 2PE, www.theworkroom.org.uk, 0141 423 3864, hello@theworkroom.org.uk
Booking essential.
Presented by The Work Room, Luminate and Citymoves.

Living Lines:
Hand Drawn Animation Workshop
Sat 7 Oct, 2pm-4.30pm, £5 (£3)

Have you ever wondered how an animation is made? In this beginner’s workshop you will make a sequence of simple drawings, which will be animated during the session and then screened while we sit back with a cup of tea. Learn how to design a set of drawings which appear to grow and change from one shape to another, and join up with your neighbour’s drawing. This workshop is delivered at a gentle pace, and is about conversation: both with your neighbouring animators and between the drawings you make.

Booking essential. Part of The Big Draw.
Shipbuilding Stories on Screen
Tue 10 Oct, 11.30am-12.30pm, FREE

Dementia friendly event: This screening event, hosted by the experts at Fairfield, will take you through heritage highlights celebrating Govan as the centre of shipbuilding in Scotland. Included in the screening will be the unique chance to see, from the Moving Image Archive, Seawards The Great Ships (1960) – Scotland’s very first Oscar winning documentary.


Shane
Sun 8 Oct, 1pm, £9.50 (£7.50)

A mysterious stranger comes to the aid of a family in peril. See Shane when you are young and it’s a stirring adventure told from a boy’s point of view. See it when you are older and it becomes a film about the loss of childhood innocence. See it later still and it becomes something far more wistful and mature. Shane offers a poetic, touching meditation on life’s responsibilities, regrets, and missed opportunities. This is a masterpiece that grows with you. (Dir: George Stevens, USA/1953/1h58m/PG).

Glasgow Film Theatre, 12 Rose St, Glasgow G3 6RB, www.glasgowfilm.org, 0141 332 6535, boxoffice@glasgowfilm.org
**Autumn Voices**

Tue 10 Oct, 2.15pm-3.45pm, FREE

Glasgow-based writer Carl MacDougall talks about and reads from his latest short story collection: Somebody Always Robs the Poor. Following this, step up for an open-mike session for writers over 60. Those wanting to take part in the open-mike should contact Robin Lloyd-Jones at robinlj34@gmail.com no later than 30th September.

Waterstones, 153-157 Sauchiehall St, Glasgow G2 3EW, www.waterstones.com, events.glasgowsauchiehallst@waterstones.com

**The Later Learner:**

A workshop led by the Royal Conservatoire of Scotland and ABRSM

Sat 14 Oct, 10am-4pm, FREE

Open to amateur adult string players and professional and trainee instrumental teachers. The Royal Conservatoire of Scotland and ABRSM pull together their joint expertise to enrich the skills of the amateur musician and those who teach adult string players. This workshop also offers teachers and learners the opportunity to discuss and rehearse alongside professional teachers. The day will culminate with an informal performance and reflection on the challenges and rewards of teaching adults and learning an instrument later in life.

Royal Conservatoire of Scotland, 100 Renfrew St, Glasgow G2 3DB, www.rcs.ac.uk/laterlearner, 0141 270 8213.

**Fight dementia:**

Learn languages through Drama!

Thur 12 Oct, 2pm-3pm, FREE

Language learning has been proven to delay dementia so join us for an hour of fun on stage at the tip of your tongue. Re-connect with your long lost French, Italian, Spanish or Gaelic self as you learn linguistic and acting skills!

Pearce Institute, 840 Govan Rd, Glasgow G51 3UU, www.pearceinstitute.org.uk, hello@theatresansaccents.co.uk

Booking essential. Open to all. No need to be bilingual or an experienced thespian!

**@TheGlasgowJam: Class and Jam**

Sun 15 Oct, 12pm-3pm, £5 with password “Luminate2017”

@TheGlasgowJam is a playful, creative space to move, sing, dance, draw and create music. This session will consist of a specially extended 1.5 hour contact improvisation class suitable for all levels, which will lead into an open improvisation space, or ‘jam’. A regular event in Glasgow, we welcome people from all walks of life and ages to join in. Feel free to bring instruments or drawing materials, or just yourself!

Centre for Contemporary Arts, 350 Sauchiehall St, Glasgow G2 3JD, www.cca-glasgow.com, 0141 352 4900.

Live Music Now Scotland
Tue 17 Oct 2pm–3pm, FREE
Voice and Verse, Soprano and piano duo
Tue 31 Oct, 11am–12pm, FREE
Kilda, Gaelic voice and instrumental trio

Dementia friendly event: A brand-new series of dementia-friendly performances in the Glasgow Royal Concert Hall’s Strathclyde Suite. Drop by the café before or after the performance for a cup of tea (free with your ticket), and enjoy these special performances.

Strathclyde Suite,
Glasgow Royal Concert Hall,
Sauchiehall St, Glasgow G2 3NY,
www.glasgowconcerthalls.com,
0141 353 8000.
Booking essential. Supported by Glasgow Life.

Luminate Short Encounters
Tue 17 Oct, 6.30pm, £5.50

Luminate Short Encounters delve into a range of issues which affect us all as we age: challenging topics of loneliness and living with grief, to uplifting tales of new beginnings and finding unexpected joy. Touching and insightful, take a journey from the Scottish Highlands to Govan to the suburbs of Australia with these wonderful stories about extraordinary older people. Small but perfectly formed, we think this collection will inspire you to think differently about ageing. (Dir: Various, Various/1h/Recommended 12+).

Glasgow Film Theatre, 12 Rose St,
Glasgow G3 6RB, www.glasgowfilm.org,
0141 332 6535,
dutymanager@glasgowfilm.org
Booking essential. Supported with funding from the Life Changes Trust. The Trust is funded by the Big Lottery Fund.

Movie Memories Launch Event: Whisky Galore!
Thur 19 Oct, 10.30am–1pm, £5
(bring your companion for free)

Dementia friendly event: October marks the launch of Glasgow Film Theatre’s brand new dementia friendly film programme. Designed especially for people experiencing early to mid stages of dementia, their companions and/or carers to socialise in a safe and welcoming environment. Join us to celebrate the launch of Movie Memories with a very special screening of the 1949 classic Ealing Studios’ comedy, Whisky Galore!

Glasgow Film Theatre, 12 Rose St,
Glasgow G3 6RB, www.glasgowfilm.org,
0141 332 6535,
dutymanager@glasgowfilm.org
Booking essential. Supported with funding from the Life Changes Trust. The Trust is funded by the Big Lottery Fund.
‘Slow Objects’ brings together the work of three artists whose work explores the relationship between materials and natural processes, transformation and alchemy. Please join us for a special introduction to the exhibition and the organisation, followed by a cup of tea and cake! Artists: Vanessa Billy, Edith Dekyndt and Erin Shirreff.

The Common Guild, 21 Woodlands Terrace, Glasgow G3 6DF, www.thecommonguild.org.uk, 0141 237 3402. Booking essential. Stepped access to gallery from the street, plus an internal staircase. Staff are on hand to assist where needed and a power-assisted stair climber is available for wheelchair users by appointment (please allow 48 hours notice).

Aditi Mangaldas: Inter_rupted
Fri 20 Oct & Sat 21 Oct, 7.30pm, £14 (£10)

A high-octane fusion of the ancient art of Kathak with 21st-century sound, rhythm, and light, from maverick dance maker Aditi Mangaldas. She and six other dancers are joined on stage by a group of musicians for a startlingly rich piece that emerges from the depths of the body, exploring its fragility, disintegration and renewal.

Tramway, 25 Albert Dr, Glasgow G41 2PE, www.tramway.org, 0845 330 3501, info@tramway.org
Booking essential. Free ticket for one disability Personal Assistant if accompanying a ticket holder. Inter_rupted is a co-production by Drishtikon Dance Foundation with Dance Umbrella, London and is supported by Akademi, London; NCPA, Mumbai; India Heritage Desk and Aakash Odedra Company. Part of India@UK2017 Year of Culture.
The Sense of an Ending
The Sense of an Ending
Sat 21 Oct, 3.30pm, £9.50 (£7.50)

Tony Webster, divorced and retired, leads a reclusive and relatively quiet life. One day he learns of a long forgotten diary once kept by his best friend, now in the possession of his university girlfriend, Veronica. Tony’s quest to recover it forces him to revisit his flawed recollections of his friends and of his younger self. Digging deeper into his past uncovers the first love, the broken heart, the deceit, the regrets and the guilt. (Dir: Ritesh Batra, UK/2017/1h46m/15).

Glasgow Film Theatre, 12 Rose St, Glasgow G3 6RB, www.glasgowfilm.org, 0141 332 6535, boxoffice@glasgowfilm.org

Craft Café Govan: Open Day 2017
Tue 24 Oct, 10am-4pm, FREE

Impact Arts opens the doors of Craft Café Govan for a celebratory day of arts-filled fun! It gives the public the opportunity to experience the Craft Café, meet the members, see the artwork and participate in creative workshops. Come along for tea, cake and a variety of art activities.

Elderpark Street Centre, 82 Elderpark St, Govan, Glasgow G51 3SS, 0141 575 3001. Supported by Elderpark Housing Association and Scottish Government’s People & Communities Fund.

Old Boy
Wed 25 Oct (Preview), 7pm, £8 (£4.50/£3.50)
Thur 26, Fri 27 & Sat 28 Oct, 7pm, £8.50 (£5/£4)

Old Boy is a brand new show from award-winning theatre company Glas(s) Performance about the unique bond between grandfathers and grandsons. It features the real relationships of men and boys of various ages from Glasgow in an attempt to explore the love that is shared between men in families and the legacy passed down through generations.

It’s Cabaret Time at the Red Road
Fri 27 & Sat 28 Oct, 7.30pm, £5

The Red Road Young Uns, aptly named, are a group of active older people who will perform song, dance and script from various musicals, films and shows throughout time. Audiences will be treated to ‘a pie and peas’ during the interval, so come along and enjoy a great evening of entertainment.

Springburn Alive & Kicking Centre, 94 Red Rd, Glasgow G21 4PH, 0141 558 0349.
The Red Road Young Uns are part of the Award Winning Springburn Alive & Kicking Project who received the Queens Award for their work and performances in the community - “Its greatest accolade”.

Dance House Glasgow Tea Dance
Sat 28 Oct, 2.30pm-4pm, suggested £3 donation

Dance House Glasgow’s older people’s company Still Dancing are hosting a tea dance this October that is accessible for all. Join us for an afternoon of dance performances, toe tapping, hip swinging, tea and cake!

Partick Burgh Halls, 9 Burgh Hall St, Glasgow G11 5LW, 0141 552 2442, info@dancehouse.org
Still Dancing has been supported this year by The Henry Duncan Award.

Here, Today: Artist talk and publication launch
Sun 29 Oct, 3pm, FREE

Here, Today is a photographic essay that takes an intimate look at the lives of older lesbian, gay, bisexual and transgender people living in Cumbria, North England. The work explores themes of age, gender and sexuality in a rural region and asks what it is like to be LGBT in a predominantly rural community. Colin will discuss this project in depth, from his approach and process to the dilemmas he faced when creating this body of work.

Platform, 1000 Westerhouse Rd, Glasgow G34 9JW, www.platform-online.co.uk, 0141 276 96 96, info@platform-online.co.uk
Booking essential. Here, Today was created as part of the CELEBRATE: LGBT History in Cumbria Project. Colin James Tennant’s exhibition, Paint it Red, runs throughout October at Platform.
**Glasgow Echoes Outreach**

Australian artists Madeleine Flynn and Tim Humphrey will lead a workshop with the listening expertise of local people from across the generations, whose echoes will be heard in the Megaphone Project. In Glasgow as part of Sonica, the Megaphone Project is an installation which explores how we communicate in public spaces. See [www.sonic-a.co.uk](http://www.sonic-a.co.uk) or phone 0141 354 0544 for more information on visiting the installation.

*A collaboration between Luminate, Sonica and Tramway.*

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**Heart for Art Outreach**

Heart for Art seeks to bring creativity and connection to those living with dementia in Scotland. Free community art classes cater to the individual, supporting participants to create whatever image they have in mind that day. Skilled tutors provide assistance with a choice of materials and will introduce felt making as a new activity for Luminate. Carers are more than welcome to participate too!

*Broomhill Church, Stamperland Church.*

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**Live Music Now Scotland Outreach**

Live Music Now Scotland musicians bring their talented skills to venues across Scotland across the worlds of classical music, traditional Scottish and jazz. Musicians tailor their programmes according to where they are performing, and love to get the audience involved whether that is singing along to some old favourites, or simply enjoying the music.

*Glasgow Erskine Home: Roberto Kuhn, Classical guitar solo. Supported by UK Chancellor using Libor Funds.*
Greater Glasgow & Argyll

Craft Café Renfrewshire: Open Day
Fri 6 Oct, 10.30am-4.30pm, FREE
Join us for a day of creativity and reminiscing to music! Impact Arts opens the doors of Craft Café workshops in Johnstone for fun-filled arts sessions and musical reminiscence. If you are 60+ and living in Renfrewshire, come along for art, tea and cake. Places limited, please call ahead. Art activities will be held in the morning sessions from 10.30am-12.30pm. Musical reminiscence session will be held 2-4pm.

Farrier Court Sheltered Housing, 7 Farrier Ct, Johnstone PA5 8AQ, 07976 623 552, amwilson@impactarts.co.uk
Booking essential. Supported by FLAIR Housing Associations and The Scottish Government’s People and Communities Fund.

In The Mood
Thur 5 & Fri 27 Oct, 1.30pm-3pm, £2.50
Join us for an informal sing along with some favourite tunes from the 1950s and 60s as well as some Scots variety and more.

North Lanarkshire Heritage Centre, High Rd, Motherwell ML1 3HU, www.culturenl.co.uk, 01698 274 59, brogang@culturenl.co.uk
Booking essential. Part of North Lanarkshire Encounters Festival.
**Damned Rebel Bitches**
by Sandy Thomson
Sat 7 Oct, 7.30pm, £10 (£6) + booking fee

The thing about getting old is that everyone who can tell you off has died. Septuagenarian Scottish sisters Ella and Agnes survived the 1941 Clydeside Blitz, and now, in New York, are searching for Ella’s feckless grandson, whose life is in danger. Featuring an international cast aged 30-75, Damned Rebel Bitches celebrates the independent, risk-taking women of the war years generation.

*Paisley Arts Centre, 15 New St, Paisley PA1 1EZ, www.renfrewshireleisure.com 0300 300 1210.
Booking essential.
Presented by Poorboy.
Supported by Creative Scotland.*

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**Blanche & Butch**
by Robert Softley Gale
Sat 7 Oct, 7.30pm, £14 (£12)

Blanche & Butch are backstage in a mist of hairspray and sequins as they reminisce about life as a troupe of disabled drag queens. Butch sings touching ballads - he’s all about reflection. Blanche, all camp, lip-syncs - well, tries to - his “unique speech pattern” means nothing ever syncs. Directed by Kenny Miller.

*Eastwood Park Theatre, Rouken Glen Rd, Giffnock G46 6UG, 0141 577 4956, www.eastwoodparktheatre.co.uk
Booking essential.
Presented by Birds of Paradise Theatre Company.*

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**You & Yours:**
Investigating the past using libraries
Dates & times below, FREE

Do you have ancestors from the Clydebank or Dumbarton area? Interested in tracing family or social history? Be introduced to a wealth of resources, including Census and Poor Relief Records, maps, house plans and photographs. Explore your past and work with the group and library and heritage staff to display your findings in the library space. Enjoy a day of discovery!

*Tue 10 Oct, 10.30am-4pm
Clydebank Library and Heritage Centre, Dumbarton Rd, Clydebank G81 1XH, 0141 562 2440.*

*Wed 11 Oct, 10.30am-4pm
Dumbarton Library and Heritage Centre, Strathleven Place, Dumbarton G82 1BD, 01389 608 992, Jo.Sherington@west-dunbarton.gov.uk
Booking essential. Part of Libraries Week.*
**Singer Sensory Sewing**

**Tue 10, Wed 18 & Tue 24 Oct, Drop-in 1-4pm, FREE**

Join the team who look after the Singer Sewing Machine Collection to make small items or cushions with various fabrics and which give sensory stimulation to people living with dementia. Take your item home or ‘create to donate’. Meet us in the beautiful Garden Gallery in Clydebank Town Hall where materials, refreshments and Singer stories will be provided.

**Garden Gallery, Clydebank Museum and Art Gallery, Clydebank Town Hall, 5 Hall St, Clydebank G81 1UB, www.west-dunbarton.gov.uk, 0141 562 2889, Jennifer.smith@west-dunbarton.gov.uk**

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**Open Day: Craft Café East Renfrewshire**

**Wed 11 Oct, 10.30am-4.30pm, FREE**

Impact Arts opens the doors of Craft Café workshops in Barrhead for a fun-filled day of arts, crafts and musical reminiscence. If you are 60+ and living in East Renfrewshire, come along and join us for creative activities, tea and cake. Places are limited, please call beforehand. Art Activities will be held in the morning sessions from 10.30am-12.30pm. Musical reminiscence session will be held 2-4pm.

**Barrhead Sheltered Housing, 113 Main St, Barrhead G78 1SB, 07976 623 552, amwilson@impactarts.co.uk**

Booking essential. Supported by Barrhead Housing Association and The Scottish Government’s People and Communities Fund.
**Drawing to Music:**
*Taster Workshop in Drawing and Experimental Mark Making*

Fri 13 Oct, 11am-2pm, £2

New and more experienced visual artists are invited to participate in a relaxing setting and meet likeminded creatives. Students will be introduced to mark making with a range of musical clips to inspire creativity, ranging from mindfulness music to invigorating emotional pieces. See how these influence your mood and your style.

Kilmardinny House Arts Centre,
50 Kilmardinny Av, Bearsden G61 3NN,
www.edlc.co.uk, 0141 777 3143.
Booking essential. Part of EDLC Book & Arts Festival and Scottish Mental Health Arts and Film Festival.

**Curious Shoes by Magdalena Schamberger** – a joyful performance for people living with dementia and their loved ones to share.

Tue 17 Oct, 11am & 2.30pm, £4

Dementia friendly event: Live music, movement and very few words bring this funny, entertaining and beautifully simple story to life. The audience is invited to join our quartet of talented performers on their curious voyage of discovery.

The Beacon, Custom House Quay,
Greenock, PA15 1HJ,
www.beaconartscentre.co.uk,
01475 723 723,
info@beaconartscentre.co.uk
Booking essential. There are additional free performances especially for care home residents and groups on Monday 16 October. If you would like to make a booking or find out more please contact the box office. Presented by Hearts & Minds. Supported by the Paul Hamlyn Foundation Breakthrough Fund.
Moving Memories: Home Movie Day  
Sat 21 Oct, 11am & 2pm, FREE  
Hosted by Chris O’Kane, Scottish Co-ordinator of the Projected Picture Trust, Moving Memories will feature home movies and amateur films depicting twentieth century Scottish life, plus an informal Q&A session and a small display from the museum collections. Why not bring along your own home movies? 16mm, Standard 8mm, Super 8, VHS or DVD formats can be accommodated.

North Lanarkshire Heritage Centre, High Rd, Motherwell ML1 3HU, culturenl.co.uk, 01236 856 374 - ask for Jenny Noble, noblej@culturenl.co.uk  
In conjunction with Culture NL and Projected Picture Trust.

Cha Cha Cha Tea Dance  
Thur 26 Oct, 1.30pm–3.30pm, £5  
Come along and enjoy an afternoon of dancing, with live music and refreshments.

Cha Cha Cha Tea Dance  
Thur 26 Oct, 1.30pm–3.30pm, £5  
Come along and enjoy an afternoon of dancing, with live music and refreshments.

Let’s Make a Scone  
Fri 27 Oct, 8pm-10.30pm, FREE  
This is a twist on our regular new music and spoken word open mic, Let’s Make a Scene, and a chance to turn expectations of older people on their heads. The evening will feature older performers as well as inviting contributions from new writers, singers and musicians. Fun will be had, stereotypes will be challenged and scones will be served!

The Rockfield Centre, Stevenson St, Oban PA34 5NA, 07555 342 707.
Live Music Now Scotland Outreach

Live Music Now Scotland musicians bring their talented skills to venues across Scotland across the worlds of classical music, traditional Scottish and jazz. Musicians tailor their programmes according to where they are performing, and love to get the audience involved whether that is singing along to some old favourites, or simply enjoying the music.

Glasgow Erskine Home: Roberto Kuhn, Classical guitar solo. Supported by UK Chancellor using Libor Funds.

Scottish Ballet Dance Workshop Outreach

Scottish Ballet’s education team are visiting day care centres and nursing homes with a free, specially created workshop inspired by their ballet Emergence. Supported by members of Scottish Ballet Elders Company these workshops will deliver an hour-long, fun and fully accessible dancing, talking and sharing workshop for all abilities.


Under the Skin
Fri 27 – Sun 29 Oct, Times vary*, FREE

An exhibition of photographs by the The Rockfield Centre camera club. The club takes Luminate and creative ageing as its theme for October, looking at it from a different angle and trying to get under the skin of the subject.

The Rockfield Centre, Stevenson St, Oban PA34 5NA, 07555 342 707, arts@therockfieldcentre.org.uk
*Opening times: Fri 8pm-10pm, Sat & Sun 12pm-4pm.

Sketches in Time
Sat 28 Oct, 2-4pm, FREE

An afternoon of performed readings of sketches and works in progress, led by older writers and actors and drawing on themes relevant to them and to the festival. Cake and refreshments will be served.

The Rockfield Centre, Stevenson St, Oban PA34 5NA, 07555 342 707, arts@therockfieldcentre.org.uk


**Is This It?**

*Tue 3 Oct, 10am-12pm, £5*

Pushing Up The Daisies presents... Is This It? A one-woman show with poet and storyteller Margot Henderson. A warm, wry take on the journey through love and loss and all that death brings in its wake. Followed by morning coffee and a chance to reflect on the performance.


**Face to Face**

*Wed 4 – Tue 31 Oct, Tue – Sat (10am-1pm & 2pm-5pm), FREE*

An exhibition of portraits of young and older people taken by pupils from Fortrose Academy and Black Isle Youth Development. Highland Print Studio taught the pupils both film and digital photography, focussing on portraiture. The young people learnt by taking photographs of each other and then portraits of older people from their local dementia cafe, where the young people volunteer.

*Highland Print Studio, 20 Bank St, Inverness IV1 1QU, www.highlandprintstudio.co.uk, 01463 718 999, info@highlandprintstudio.co.uk Highland Print Studio is supported by Creative Scotland and Highland Council.*

**Season of Mists**

*Thursdays 5, 12, 19 & 26 Oct, 2pm-4pm, FREE*

Dementia friendly event: Art afternoons for people living with dementia and their carers. A month of workshops exploring ideas of autumn by playing with paper, including printmaking and concertina books, cake and poetry. Led by artists Lorna Campbell, Susan McSweeney and Anne Marie Quinn.

*An Talla Solais Studios, Market Street (next to the Village Hall), Ullapool IV26 2XE, www.antallasolais.org, 01854 612 310, marketing@antallasolais.org*
**Casting Off**  
SAT 7 OCT, 1PM-2PM, FREE

Highland author Philip Paris’ latest novel, *Casting Off*, is a hilarious, poignant story of friendship, loyalty and sacrifice. When a Highland care home increases fees, the residents rebel and their lives are changed in ways they could never have imagined. Expect entertaining readings and a unique insight into adapting the novel from the author’s own stage play.

*Inverness Library, Farraline Park, Inverness IV1 1NH,*  
www.highlifehighland.com/libraries/inverness-library, 01463 236 463, nessbookfest@gmail.com

Booking essential. Part of NessBookFest. Supported by Black and White Publishing.

**Brian Johnstone’s Double Exposure**  
SAT 7 OCT, 2.30PM-3.30PM, FREE

Two revelations, each coming to light twenty years apart following the deaths of his father and mother, prompt Brian Johnstone to turn a poet’s eye on his 1950s childhood and explore his parents’ lives before and during World War II. Sure to resonate with baby-boomers, the author ponders why he was never trusted with the truth and vividly evokes a post-war upbringing. Brian Johnstone is an acclaimed poet, writer and performer, born in Edinburgh in 1950.

*Waterstones, 69 Eastgate Shopping Centre, Inverness IV2 3PR,*  
www.nessbookfest.wordpress.com 07391 898 743, nessbookfest@gmail.com

Part of NessBookFest.

**Football Memories**  
SUN 8 OCT, 2PM-4PM, FREE

Held at the Tulloch Stadium, home of Inverness Caledonian Thistle, a group of poets from the charity Football Memories will read from their work. With football memories aplenty, members of the ICT team in attendance and a tour of the stadium included in the event, this is sure to be an entertaining and enjoyable afternoon for any football fan.

*Family Bar, Tulloch Caledonian Stadium, Stadium Rd, Inverness IV1 1FF,*  
www.nessbookfest.wordpress.com, 07391 898 743, nessbookfest@gmail.com

Part of NessBookFest.
If Only the Walls Could Talk  
Sun 22 Oct, 7pm & 8pm, FREE

Castle Varrich overlooks the town of Tongue, and has been seen on the landscape by countless generations. This autumn older people who attend North Coast Connection community centre have worked with children from Tongue Primary School to explore the two generations’ stories of the castle, and during Luminate the projections they have created together will be screened on the walls of Castle Varrich. Join us at North Coast Connections for a great view!

North Coast Connections, Tongue, Lairg, Sutherland IV27 4XA, 01463 239 841 (ask for Teya-Jean Bawden).  
A collaboration between Luminate and Eden Court Theatre.

Hotel Salvation  
Thur 26 Oct, 6pm, £5 (£4)

A charming, gently humorous and life-affirming drama set in contemporary India. Rajiv, an over-worked, middle-aged son, is forced to accompany his 77 year old father, Daya, who is seeking salvation in the holy city of Varanasi. While rooted in Indian values and culture, Hotel Salvation transcends borders with its themes of family ties, revelations and finding peace and contentment during the later stages of life. (Dir: Shubhashish Bhutiani, India/2016/1h43m/12A).

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

Hotel Salvation will be preceded by Panorama of Calcutta from the River Ganges, a one minute early archive short film of Varanasi, the world’s earliest surviving footage of India (from 1899), courtesy of the BFI National Archive.

Make Anew with Rona and Sue: MAWRAS  
Mon 30 Oct, 10am-4pm, FREE

Make a small folded book using simple printing techniques. Participants will learn and use a simple printing technique to design and print their own front cover, then enjoy creative freedom developing their own written and decorative content. Suitable for beginners! Materials provided.

Elephants in the Pantry, 52 High St, Grantown on Spey PH26 3EH, 01506 414 047, suedaviesp@hotmail.co.uk  
Booking essential. Lunch available for purchase at the venue.
Make Anew with Rona and Sue: MAWRAS Outreach

Rona and Sue will lead a bookmaking workshop in which participants will make a small folded book incorporating a simple printing technique and design written and decorative content.

Grant House.

The Places We Love to Remember Outreach

Novelist Cynthia Rogerson will lead a literary workshop on memory and place. Cynthia will read poems focusing on the importance of place in our emotional lives, followed by a group discussion of the places where we have been happy. Materials will be provided to record these memories, as will personal assistance in writing.

Mackenzie Centre.

Hotel Salvation

Tue 24 Oct, 8pm, £7 (£4.50)

A charming, gently humorous and life-affirming drama set in contemporary India. Rajiv, an over-worked, middle-aged son, is forced to accompany his 77 year old father, Daya, who is seeking salvation in the holy city of Varanasi. While rooted in Indian values and culture, Hotel Salvation transcends borders with its themes of family ties, revelations and finding peace and contentment during the later stages of life. (Dir: Shubhashish Bhutiani, India/2016 /1h43m/12A).

An Lanntair, Kenneth St, Stornoway, Isle of Lewis HS1 2DS, 01851 708 486, info@lanntair.com

Hotel Salvation will be preceded by Panorama of Calcutta from the River Ganges, a one minute early archive short film of Varanasi, the world’s earliest surviving footage of India (from 1899), courtesy of the BFI National Archive.
Stayin’ Alive!
Sun 22 Oct, 2.30pm-4pm, £4
Sparkle, zest, joie de vivre! Whatever you call it - we have it in abundance. Join us, West Lothian’s elder dance, music and song groups and some very special guests, for a life affirming variety show celebrating our lust for life.
Howden Park Centre, Howden Livingston, West Lothian EH54 6AE, www.howdenparkcentre.co.uk, 01506 777 666, box.office@westlothian.gov.uk
Booking essential. Produced by Generation Arts. Supported by West Lothian Council, Howden Park Centre, Covenant Fund and Government’s People and Communities Fund.

Art Through Our Eyes
Sat 14 Oct, Drop-in between 10am-4pm, FREE
An exhibition of paintings, sculptures and textiles showcasing the artwork of military veterans with severe sight loss, highlighting the techniques bringing their creativity to light. Tour the centre’s creative studios led by creative talents and get to grips with interactive demos. Participants can wear simulation spectacles, trying out artistic techniques to gain insight into the effects of sight loss.
Linburn Centre, Louise Braille Av, Wilkieston EH27 8EJ, 0131 333 1369.
**Make Anew with Rona and Sue: MAWRAS**  
**Mon 23 Oct, 10am–4pm, FREE**

Make a small folded book using simple printing techniques. Participants will learn and use a simple printing technique to design and print their own front cover, then enjoy creative freedom developing their own written and decorative content. Suitable for beginners! Materials provided.

Ladywell Baptist Church Hall, Cedarbank, Ladywell, Livingston, West Lothian EH54 6DR, 01506 414 047, suedaviesp@hotmail.co.uk  
Booking essential. Light lunch provided.

**Middle Age SPREAD**  
**Wed 25 Oct, 10am–2pm, FREE**

Join our Ageing Well volunteers for a day of middle age SPREAD: Song, poetry, refreshments, enthusiasm, activity and dance. Mary Johnston, award winning Scottish poet, will be performing and you can join us for a singing session and learn a dance as well as check your fitness levels. The day is free and includes refreshments and a blether.

Dalkeith Art Centre, 2 White Hart St, Dalkeith EH22 1AE, 0131 561 6506.

**A Vintage Performance**  
**Thur 26 Oct, 2pm, FREE**

Join West Lothian’s newly established elder dance company, Vintage, for their debut performance showcase. Come and enjoy an entertaining afternoon of performance dance with the company and special guests.

Howden Park Centre, Howden, Livingston, West Lothian EH54 6AE, www.howdenparkcentre.co.uk, 07521 358 239.  
Produced by Generation Arts. Supported by West Lothian Council and Howden Park Centre.
Nourishing Words Outreach

Older people in Midlothian have taken part in creative reading and writing workshops led by Jayne Wilding during September and October, and will share their writing informally with invited guests at Lasswade Library during Luminate. This is the first phase of a project that will continue into November, with a public performance given by the group as part of Book Week Scotland on Friday 1st December at Dalkeith Library (for more details on the public reading see www.scottishbooktrust.com/book-week-scotland).

A collaboration between Luminate, Scottish Book Trust and Midlothian Libraries.

Everybody Loves Saturday Night Outreach

Catching The Past will whisk you back to when suited and booted and all dolled up you were ready to go. Or was it family round the telly for Dixon of Dock Green, Ready Steady Go or Pans People on Top of the Pops? Performance storytelling using objects to engage those living with dementia, their family and friends. Followed by refreshments and an opportunity to dance to the music of the time.

Dementia Friendly East Lothian will invite people affected by dementia from the community and care settings to this event.

Make Anew with Rona and Sue: MAWRAS Outreach

Rona and Sue will lead a bookmaking workshop in which participants will make a small folded book incorporating a simple printing technique and design written and decorative content.

Ladywell Baptist Church Hall, Middleton Hall Nursing Home.

Heart for Art Outreach

Heart for Art seeks to bring creativity and connection to those living with dementia in Scotland. Free community art classes cater to the individual, supporting participants to create whatever image they have in mind that day. Skilled tutors provide assistance with a choice of materials and will introduce felt making as a new activity for Luminate. Carers are more than welcome to participate too!

Northesk Parish Church.
June Don Murray, 90, Dancer
“It’s a laugh a minute, but nobody knows what goes into making a show, the time it takes, how hard we work, the precision.”

Look out for An Audience With... page 31

Festival Faces
A Man Called Ove
Sun 8 Oct, 6pm, £8.50 (£7.50)
Ove decides he’s had enough of the world. Lonely since the death of his beloved wife Sonja, let go from his job by a younger manager and irritated by newcomers disobeying the rules in his sleepy neighbourhood, he is going to end his life. But at each turn he is thwarted by unwelcome visitors, chiefly Parveneh, a young mother who has moved in next door. Unwilling to accept Ove’s grumpy rebuttals at her offers of kindness, she perseveres and the two develop an unlikely friendship. (Dir: Hannes Holm, Sweden/2015/1h56m/Swedish with English subtitles/15).

The Birks Cinema, Dunkeld St, Aberfeldy PH15 2DA, 01887 822 845, manager@birkscinema.co.uk

In Her Own Words, Rivendell Stories
Fri 13 Oct, 2pm-4pm, £9 (£7/£5u16)
In Her Own Words, Rivendell Stories is a verbatim theatre performance developed from residents’ stories by playwright Lesley Wilson. Join the residents of Rivendell for an afternoon of sharing stories that travel across time and place and tell tales of love and loss, childhood and family and of growing up and growing old.

Birnam Arts, Station Rd, Birnam PH8 0DS, www.birnamarts.com, 01350 727 674, admin@birnaminstitute.com
Lesley Wilson was awarded a place at Luminate’s Emerging Older Artists Lab in 2017.

Common Ground
Mon 2 – Sat 7 Oct, 10am-6pm, FREE
Common Ground is an exhibition of new textiles made by people of all ages who live and work around the Cateran Trail in Eastern Perthshire for schools, care homes and other public spaces. They have been inspired by newly commissioned aerial photography of the archaeology of the Trail and new Place Name research.

The Barony, Barony Church, Commercial St, Alyth PH11 8AF, www.baronyalyth.co.uk, 07914 375 226.
Hotel Salvation
Sun 15 Oct, 3.30pm, £5

A charming, gently humorous and life-affirming drama set in contemporary India. Rajiv, an over-worked, middle-aged son, is forced to accompany his 77 year old father, Daya, who is seeking salvation in the holy city of Varanasi. While rooted in Indian values and culture, Hotel Salvation transcends borders with its themes of family ties, revelations and finding peace and contentment during the later stages of life. (Dir: Shubhashish Bhutiani, India/2016/1h43m/12A).

The Birks Cinema, Dunkeld St, Aberfeldy PH15 2DA, 01887 822 845, manager@birkscinema.co.uk

Hotel Salvation will be preceded by Panorama of Calcutta from the River Ganges, a one minute early archive short film of Varanasi, the world’s earliest surviving footage of India (from 1899), courtesy of the BFI National Archive.

Making an Embellished Collage:
An Intergenerational Workshop
Sun 29 Oct, 2pm-4pm
£20 per adult and £10 per child attending with the adult.
£15 per adult over 60 and £10 per child attending with the adult.
Concession: extra person(s) £10.00 each

Join designers Sheila Roussel and Victoria Wylie in a workshop where you and your child/grandchild can become absorbed in the world of creative making. Spend time learning techniques, exchanging stories and sharing the experience together. Materials will be provided to make a collaborative personalised memory collage. Bring copies of family photos, small mementos and embellishments to include in the collage.

Create at NEST, 30 Reform St, Blairgowrie PH10 6BD, www.createatnest.co.uk, 07740 509 297 / 07985 005 963, sheila.roussel@yahoo.co.uk
Booking essential. Suitable for children 8+ Please note there is no disabled toilet available at this venue. A collaboration between Sheila Roussel Jewellery Design and Explore Play Createhad.
Common Ground
Tue 10 – Sat 14 Oct, 9.30am-3pm, FREE

Common Ground is an Exhibition of new textiles made by people of all ages who live and work around the Cateran Trail in Eastern Perthshire for schools, care homes and other public spaces. They have been inspired by newly commissioned aerial photography of the archaeology of the Trail and new Place Name research.

Wellmeadow Café, Wellmeadow House, Gas Brae, Blairgowrie and Rattray, Blairgowrie PH10 6AY, 07914 375 226.

Arts, Older People and the Criminal Justice System
Tue 24 Oct, 10am-1pm, FREE

Can engagement in the arts promote better health for ageing individuals? Even in a prison? This discussion event is aimed at anyone with an interest in arts in prisons. The panel will bring together an arts practitioner, Scottish Prison Service officer and an artist who has experienced custody to discuss their experiences and thoughts on future provision of the arts for older people in custody. Part of the Scottish Prison Arts Network’s Creative Conversations series.

Perth Concert Hall, Mill St, Perth PH1 5HZ, www.scottishprisonarts.net
Booking essential via Eventbrite https://creativeconversation3.eventbrite.co.uk
Presented by the Scottish Prison Arts Network and Luminate; Supported by Horsecross Arts.

Heart for Art Outreach

Heart for Art seeks to bring creativity and connection to those living with dementia in Scotland. Free community art classes cater to the individual, supporting participants to create whatever image they have in mind that day. Skilled tutors provide assistance with a choice of materials and will introduce felt making as a new activity for Luminate. Carers are more than welcome to participate too!

Bankfoot Church.
Scottish Borders

**Acting Up:**
Drama Workshops for 50+
Mondays 2, 16, 23 & 30 Oct,
11am–12.30pm, first class FREE then £7.50 per class

Acting Up drama classes for ages 50+ offers a 4 week exploration of Macbeth, Shakespeare’s Scottish Play, with theatre director Clare Prenton. Come and discuss the play’s themes, act them out and see the play come to life from page to stage in an enjoyable, friendly workshop atmosphere. Please read the play beforehand and bring a copy to workshops.

Eastgate Theatre, Eastgate,
Peebles EH45 8AD,
www.eastgatearts.com,
01721 725 777,
letspretendacting@gmail.com
Booking essential. 10% cafe discount for participants.

**Bite Sized Entertainments**
Wednesdays 11, 18 & 25 Oct,
12.30pm–2pm, £6

The Eastgate celebrates Luminate by presenting 4 lunchtime entertainments offering intriguing high quality performances by musicians, a storyteller and actors. Each bite sized event combines the performance with the chance to enjoy a light, healthy lunch and social time in good company in the theatre.

Eastgate Theatre and Arts Centre,
Peebles EH45 8AD,
www.eastgatearts.com,
01721 725 777,
participation@eastgatearts.com
Booking essential.

**Still Moving**
Tue 3, 17, 24 & 31 Oct, 12pm–12.45pm,
first class FREE then £5 per class

Still Moving with Sara Boles. Take a seat, get comfortable then enjoy a dance (or three) in this class for older people aiming to improve stability, strength and mobility in a fun and safe environment.

Eastgate Theatre and Arts Centre,
Peebles EH45 8AD,
www.eastgatearts.com,
01721 725 777,
participation@eastgatearts.com
Booking essential.
**Grand Hands Outreach**

This travelling creative club takes weekly craft making, music and dance and storytelling sessions into assisted accommodation in Peebles, offering a creative outlet for older members of the community. Workshops are led by 3 different tutors giving opportunities to learn new skills, explore creativity, strengthen bodies and have some fun in good company.

*Eastgate Theatre Community Outreach Project.*

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**Hotel Salvation**

*Thur 12 Oct, 7pm, £6 (£5.10)*

A charming, gently humorous and life-affirming drama set in contemporary India. Rajiv, an over-worked, middle-aged son, is forced to accompany his 77 year old father, Daya, who is seeking salvation in the holy city of Varanasi. While rooted in Indian values and culture, Hotel Salvation transcends borders with its themes of family ties, revelations and finding peace and contentment during the later stages of life. (Dir: Shubhashish Bhutiani, India/2016/1h43m/12A).

*Heart of Hawick, Tower Mill, Kirkstile, Hawick TD9 0AE, 01450 360 688, hawick@visitscotland.com*

Hotel Salvation will be preceded by *Panorama of Calcutta from the River Ganges*, a one minute early archive short film of Varanasi, the world’s earliest surviving footage of India (from 1899), courtesy of the BFI National Archive.

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**Hotel Salvation**

*Sun 15 Oct, 5pm, Wed 18 Oct, 8pm £9 (£7.50)*

A charming, gently humorous and life-affirming drama set in contemporary India. Rajiv, an over-worked, middle-aged son, is forced to accompany his 77 year old father, Daya, who is seeking salvation in the holy city of Varanasi. While rooted in Indian values and culture, Hotel Salvation transcends borders with its themes of family ties, revelations and finding peace and contentment during the later stages of life. (Dir: Shubhashish Bhutiani, India/2016/1h43m/12A).

*Heart of Hawick, Tower Mill, Kirkstile, Hawick TD9 0AE, 01450 360 688, hawick@visitscotland.com*

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Hotel Salvation will be preceded by *Panorama of Calcutta from the River Ganges*, a one minute early archive short film of Varanasi, the world’s earliest surviving footage of India (from 1899), courtesy of the BFI National Archive.
The Sense of an Ending
Tue 3 Oct, 2.15pm, £7.50

Tony Webster, divorced and retired, leads a reclusive and relatively quiet life. One day he learns of a long forgotten diary once kept by his best friend, now in the possession of his university girlfriend, Veronica. Tony’s quest to recover it forces him to revisit his flawed recollections of his friends and of his younger self. Digging deeper into his past uncovers the first love, the broken heart, the deceit, the regrets and the guilt. (Dir: Ritesh Batra, UK/2017/1h46m/15).

Aros Centre, Viewfield Rd, Portree, Skye IV51 9EU, 01478 613 750, bookings@aros.co.uk

Luminate Short Encounters
Wed 11 Oct, 11am, £6 (including tea/coffee)

Luminate Short Encounters delve into a range of issues which affect us all as we age: challenging topics of loneliness and living with grief, to uplifting tales of new beginnings and finding unexpected joy. Touching and insightful, take a journey from the Scottish Highlands to Govan to the suburbs of Australia with these wonderful stories about extraordinary older people. Small but perfectly formed, we think this collection will inspire you to think differently about ageing. (Dir: Various, Various/1h/Recommended 12+).

Aros Centre, Viewfield Rd, Portree, Skye IV51 9EU, 01478 613 750, bookings@aros.co.uk
Creative Writing Workshop
Fri 27 Oct, 11am–1pm, FREE

Come along to this writing workshop exploring the theme of ageing. Poet Rody Gorman will lead an informal discussion and use simple exercises to help get your creative juices flowing. Whether you are a novice or a seasoned writer, you are welcome to join. Participants are invited to join in the Open Mic in the afternoon.

Aros Centre, Viewfield Rd, Portree, Skye IV51 9EU, 01478 613 649
iseabail@aros.co.uk
Booking essential.

Afternoon Tea Ceilidh
Mon 30 Oct, 2.30pm–4.30pm, £6

Come and enjoy an afternoon of tea, cakes and ceilidh dancing with live music by the Breakish Community Ceilidh Band. Take the floor for a Canadian Barn Dance or a Gay Gordons, sway to a Gaelic Waltz or sit back and enjoy the music. The dances will be called. Ticket price includes refreshments.

Aros Centre, Viewfield Rd, Portree, Skye IV51 9EU, www.aros.co.uk, 01478 613 649, bookings@aros.co.uk
Booking essential.

Stories, Poems and Song: Open Mic
Fri 27 Oct, 1.30pm–3.30pm, £5

Join us for an afternoon of poetry, storytelling and music. Rody Gorman will compere proceedings and read some of his poems. He will be joined by local storyteller Morag Henriksen and other local writers and musicians. You are welcome to share a story, poem or song of your own. Refreshments included in ticket price.

Aros Centre, Viewfield Rd, Portree, Skye IV51 9EU, www.aros.co.uk, 01478 613 750, bookings@aros.co.uk
Booking essential.
Family focus: Get Your Act Together
Wed 25 Oct, 1pm-3pm, FREE

Family Focus, a series of thought provoking films, will make you laugh and sometimes cry as you follow the true stories of older people across Scotland. People with lived experience working with artists Dee Faulds and Indie Flynn have produced beautiful films which use humour and real life examples to tell their incredible stories. The theme of this event is mental health in family relationships; questioning stigma and discrimination and enlivening positivity within the subject.

Action in Mind, 19 Dean Cres, Riverside, Stirling FK8 1UR, 01796 451 203, angela.dias@actioninmind.org.uk
Booking essential. Age in Mind (led by the Scottish Mental Health Co-op), is part of See Me’s programme of work aimed at ending mental health stigma and discrimination in Scotland. Thanks to Awards for All for funding the films.

W-Hat About?
Sun 29 Oct, 2.30pm, £8.50

A brand new interactive dance-theatre piece by Fuora Dance Project celebrating grandparents who help us grow up and teach us to be brave when life is difficult. An interactive discovery of family ties with a humorous combination of Italian and Scottish cultures. We welcome children, parents and grandparents to come and meet two Italian sisters and a Scottish grandfather, and dive into their colourful and active world.

Macrobert Arts Centre,
University of Stirling, Stirling FK9 4LA,
www.macrobertartscentre.org,
01786 466 666.
Booking essential. Supported by Creative Scotland, Macrobert Arts Centre, Dance Base, Platform, Scottish Dance Theatre, North Edinburgh Arts, Scottish Storytelling Centre and Citymoves Dance Agency.
**W-Hat About? Workshop**  
29 Oct, 12pm-1pm, FREE with play ticket (spaces limited)

A creative workshop to accompany the performance of W-Hat About aimed at grandparents and grandchildren. Themed around movement, sound, colours and textures, Giulia our Artistic Director will guide you through a series of playful tasks exploring the special relationships between generations. Starting with a general warm-up, we will explore creative tasks in order to create a short dance piece with an original soundtrack composed by our musician Ross.

*Macrobert Arts Centre, University of Stirling, Stirling FK9 4LA,*  
[www.macrobertartscentre.org](http://www.macrobertartscentre.org),  
[01786 466 666.](http://01786 466 666)  
Booking essential. Supported by Creative Scotland, Macrobert Arts Centre, Dance Base, Platform, Scottish Dance Theatre, North Edinburgh Arts, Scottish Storytelling Centre and Citymoves Dance Agency.

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**Live Music Now Scotland**  
Tue 31 Oct, 2pm-3pm, £5

Dementia friendly performance: Live Music Now Scotland musicians bring their talented skills to venues across Scotland across the worlds of classical music, traditional Scottish and jazz. Sirocco Winds (flute, clarinet and bassoon trio), present an afternoon concert, with tea and biscuits included!

*Macrobert Arts Centre, University of Stirling, Stirling FK9 4LA,*  
[www.macrobertartscentre.org](http://www.macrobertartscentre.org),  
[01786 466 666.](http://01786 466 666)  
Booking essential. Supported by The MacRobert Trust.
Online

Absent Friends from the 40s & 50s
Sun 1 – Mon 23 Oct

Everyone has a story to tell of someone that they miss. Share your stories of ‘absent friends’ who made the 40s and 50s special for you, helping us to create a fascinating online social history resource. We welcome memories captured in all kinds of ways, including in written form, digitally recorded, artwork, photography, poetry and more. Individuals, groups, care homes and support services are welcome to take part. Simply email us your contribution, and we will ensure it becomes part of the Absent Friends collage of remembrance.

0131 272 2735,
robert@palliativecarescotland.org.uk
The completed online collage of remembrance will be promoted as part of the To Absent Friends Festival, 1–7 November. Supported by Scottish Partnership for Palliative Care, Scottish Care and Good Life, Good Death, Good Grief.