



# luminate

*scotland's creative ageing festival*



October 2014  
[luminatescotland.org](http://luminatescotland.org)

## A Festival for Everyone:

We want Luminare to be accessible to everyone. Where audio description, sign language interpretation, captioning and assistive listening systems are available they will be clearly marked with each listing.

For detailed access information and to discuss your requirements please contact venues directly. Contact information is provided with each listing.

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### Getting to Luminare events

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Public transport information is available from Traveline:  
[www.travelinescotland.com](http://www.travelinescotland.com)  
Or phone 0871 200 22 33.

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

Visit [www.artlinkedinburgh.co.uk](http://www.artlinkedinburgh.co.uk) or call 0131 229 3555 for more information.

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### Connect with Luminare

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You can contact us by email at [info@luminatescotland.org](mailto:info@luminatescotland.org) or call us on 0131 668 8066.

Visit our website: [www.luminatescotland.org](http://www.luminatescotland.org) to sign up for our e-newsletter and be the first to receive updates from Luminare.

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### We're on Twitter & Facebook!

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You can also find Luminare Scotland on Facebook and follow us on Twitter: [@LuminareScot](https://twitter.com/LuminareScot)



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## Welcome to Luminare!

The festival explores creative ageing in its many guises, and you will find activities taking place every day in October that celebrate creativity, share stories, and explore what ageing means to all of us.

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Why not take the opportunity to try something new: attend a play in Stranraer or Ullapool; see a film in Hawick, Bo'ness or Shetland; take part in a dance workshop in Glasgow or Skye or a writing workshop in Kiltarlity.

Take some time to read about the wealth of activities taking place in care homes and day centres too, and find out about our arts and care seminar in Perth which is being streamed online to ensure as many people as possible can join us.

I would like to thank all the communities, artists and cultural organisations who are taking part. Creativity has no age, and I hope you will find something to enjoy in our programme this October.



*Anne Gallacher*

**Anne Gallacher,  
Luminare Director**

# How to use this Brochure



All the events in this brochure are listed by region and then by date, making it easy to plan your festival and find all the activities taking place in your area.

Many of our events are completely free with no ticket required - just turn up on the day. For those that do require a booking, you'll find all the details you need underneath each listing.

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

**E** Exhibition

**F** Film

**I** Insight

**P** Performance

**T** Take Part



Audio Description



Assistive Listening  
Systems



Sign Language  
Interpretation



Open Captioning

**Please note:** events marked as outreach are not open to the public.

**Look out for:**  
*It's the People that  
Make the Place*  
page 64

# 81

On taking part in the *Old Skool* graffiti project during Luminare 2013...

“ I’m not sure about the picture myself but the family all thought it was great. Bringing the younger people and the older people together was just a really really fun day. ”

Bunty Steedman, 81



Image credit: Eoin Carey

# Across Scotland

**In addition to individual events happening in local areas, the programme features projects that are touring across the country.**

This year's Luminare film programme explores what ageing means to all of us with some memorable titles. Two documentaries, screened in many venues as a double bill, offer different but equally engaging approaches to ageing. *Advanced Style* features spirited New York women aged 62 - 95, and *The Lady in Number 6: Music Saved My Life* shares 109-year-old pianist and holocaust survivor Alice Herz Sommer's views on how to live a long and happy life.

Our third documentary, presented in partnership with the Scottish Mental Health Arts and Film Festival, is *Alive Inside*, the story of the charity Music & Memory, which won an Audience Award at this year's Sundance Festival. Our Perth screening will be the film's UK premiere, see page 68.

*Love is Strange* tells the story of Ben and George who tie the knot after 39 years together, but are forced to live separately, and their story echoes that of Leo McCarey's 1937 moving masterpiece *Make Way For Tomorrow*, set in Depression-era America.

Performances touring the country include Uninvited Guests' *Love Letters Straight From Your Heart*, a unique event in which audiences can dedicate a song to someone they love, and Company Chordelia's *Dance Derby*, which brings the dance marathons of the American Depression to life. Both companies will offer workshops to local older people as part of their tours.

*Let Me Stay* is a tender exploration of Alzheimer's in which Julie McNamara shares a celebration of life and love through the eyes of her mother, challenging the view that Alzheimer's must always represent a withdrawal from the world.

We are also thrilled that Live Music Now Scotland will once again bring Luminare to care homes and day centres around Scotland in a series of concerts.

**Check your regional pages to find the touring programme in a venue near you.**

# Aberdeen City & Aberdeenshire

## Hats & Chats

**E T Free**

### Workshops:

**1, 8, 15 & 22 October / 3 - 5pm**

**Exhibition: 29 October / 3 - 5pm**

Every Wednesday in October the Kemnay Knit and Natter Group will be concentrating on the theme of hats. We will be making fisherman's hats, teenage beanies, premature baby bonnets and lady's Shetland tammies. The final Wednesday will be a time to exhibit all the items made and work will be donated to charity.

**Kemnay Library, Kendal Road, Kemnay,  
AB51 5RN • 01467 643906**

## Author's Talk with John Killick

**I T Free**

**7 October / 11.30am - 1pm**

Poet and author John Killick will speak about relationships and dementia, based on his extensive experience as writer in residence in a variety of settings, exploring communication with people with dementia through a wide variety of arts activities. This work has been funded through the Scottish Book Trust and Aberdeenshire Council's Culture Team.

**Inverurie Library, Town Hall,  
Market Place, Inverurie, AB51 3SN  
Booking advised • 01651 871226**

## Creative Writing

**T Free**

### Workshops with John Killick

#### Dates & times below

Poet and author John Killick will run a hands-on workshop for people living with dementia, offering an opportunity to work directly and expressively, with the aim of producing some new creative text. This work has been funded through the Scottish Book Trust and Aberdeenshire Council's Culture Team.

**7 October / 2 - 4pm:**

**Inverurie Library, Town Hall,  
Market Place, Inverurie, AB51 3SN  
Booking advised • 01651 871226**

**9 October / 1.30 - 3.30pm**

**Forget Me Not Club, Roanheads  
Sheltered Housing Complex,  
Peterhead, AB42 1LL  
Booking advised • 01779 491064**





**Liz Aggiss  
is The English  
Channel**

Image credit: Joe Whirray

## Liz Aggiss is The English Channel

**17 October / 7pm**

In this vibrant new solo performance by the grande-dame of anarchic dance, Liz Aggiss becomes a cultural carrier - a conduit to channel wilful women, and a cultural carrion - a vulture feeding off archives and resources. She is a witty commentator on life and death, and the pain, pleasure and paradox of the stage. Bringing together her significant experience and skills as a choreographer, dancer, writer and film-maker, this is Aggiss' first live solo work for many years. Recommended age 15+: contains some flashing lights & strong language.

The Lemon Tree, 5 West North Street,  
Aberdeen, AB24 5AT • £11  
01224 641122 • [www.dancelive.org.uk](http://www.dancelive.org.uk)  
[www.boxofficeaberdeen.com](http://www.boxofficeaberdeen.com)

Part of DanceLive

**P**

## Make Way for Tomorrow

**F**

**21 October / 11am & 6.30pm**

A beautifully made, superbly acted, achingly funny, deliriously romantic and utterly heartbreaking film. This simple depression-era story, of an older couple who are forced to separate after they lose their house and find none of their children prepared to take them in, inspired Yasujiro Ozu's masterpiece, *Tokyo Story* and was described by Orson Welles as a film that "could make a stone cry". See it and weep!

(Leo McCarey/USA/1937/91min/U)

**Belmont Filmhouse, 49 Belmont  
Street, Aberdeen, AB10 1JS • 11am:**

**£3.50/£2 (members) • 6.30pm: £9/£7.50  
(members) / £6 • 01224 343500**

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



## **A Play, a Pie & a Pint: Flying With Swans by Jack Dickson**

**P**

**21 - 25 October:**

**6pm Tuesday - Friday / 1pm Saturday**

Dolly, Jean and Mona are all 83 and grew up together on the Isle of Arran. They haven't seen each other in over fifty years. Out of the blue, Dolly and Jean receive an invitation from Mona to take the ferry back to the island to watch the annual arrival of the whooper swans from Iceland at Catacol Bay. Like these migrating birds, the women are on a journey, guided by instinct and habit.

**The Lemon Tree, 5 West North Street, Aberdeen, AB24 5AT  
£11 • 01224 641122**

**[www.aberdeenperformingarts.com](http://www.aberdeenperformingarts.com)**

*Produced by A Play, a Pie and a Pint in partnership with the Traverse Theatre, Edinburgh*

***"Like these migrating birds, the women are on a journey, guided by instinct and habit"***

*Flying With Swans  
by Jack Dickson*



## **Advanced Style + The Lady in Number 6: Music Saved My Life**

**F**

**23 October / 1pm & 6pm**

### **Advanced Style**

A documentary examining the lives of seven unique New Yorkers whose eclectic personal style and vital spirit have guided their approach to ageing. These intimate and colourful portraits of independent, stylish women aged 62 to 95 challenge conventional ideas about beauty, ageing and Western culture's increasing obsession with youth. (Lina Plioplyte/USA/2014/72min/PG)

### **The Lady in Number 6**

As the world's oldest pianist and holocaust survivor, 109 year-old Alice Herz Sommer shares her views on how to live a long and happy life. She discusses music, laughter and how to remain optimistic come what may. Winner of this year's Academy Award for Best Documentary Short. (Malcolm Clarke/USA/2014/39min)

**Belmont Filmhouse, 49 Belmont Street, Aberdeen, AB10 1JS • 1pm: £7.50/£5.50 Members £6/£4 • 6pm: £9/£6/£5 (under 15) Members £7.50/£4.50 • 01224 343500 • [www.belmontfilmhouse.com](http://www.belmontfilmhouse.com)**



## JOURNEY P

**23 October / 7pm**

A man and a woman are on stage. Two dancers, two generations. Koen is a 31-year-old Belgian choreographer and performer, Alpea an 87-year-old dancer and pedagogue. In *JOURNEY* they probe the borders, push back boundaries. It is a performance about being here - no; about the strength of the human body. Together they bridge the gap between young and old, and 60 years of dance history, in a balancing act between wanting and being able to. These two people share a dream: to go on dancing to the end of their days.

**Woodend Barn, Burn o' Bennie, Banchory, AB31 5QA • £11/£9 in advance £12/£10 on the door • 01330 825431 [www.woodendbarn.com](http://www.woodendbarn.com)**

*Choreographed by Koen De Preter*

*Performed by Alpea Pouget & Koen De Preter*

*Part of DanceLive*

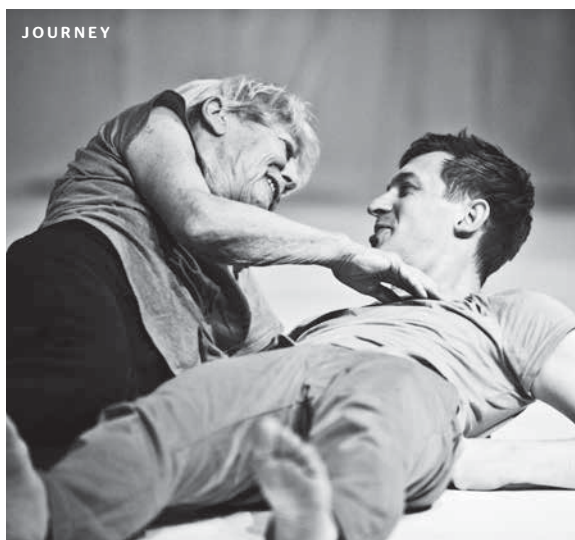


Image credit: Bart Grietens

## Company Chordelia presents Dance Derby P

**26 October / 7pm**

The dance marathons of Depression-era America, with strict rules, extreme conditions and ferocious competition, were the reality shows of their day.

Ten dancers, two actors and a six-piece jazz ensemble bring this drama to life to a soundtrack of songs from the 1930s, performed by soprano Nadine Livingstone.

**The Lemon Tree, 5 West North Street, Aberdeen, AB24 5AT • £11  
01224 641122 • [www.dancelive.org.uk](http://www.dancelive.org.uk)  
[www.boxofficeaberdeen.com](http://www.boxofficeaberdeen.com)**

*In association with Scottish Opera*

*Directed and choreographed by Kally Lloyd-Jones*

*Part of DanceLive*

## Dance Derby Luminate Workshops T

**26 October / 2.30 - 3.30pm**

Company Chordelia's *Dance Derby* tells the story of the dance marathons of 1930s Depression America. In this workshop aimed at older participants, the company will share the dances and music and give an insight into how they became part of the show.

**His Majesty's Theatre Studio, Union Street, Aberdeen, AB25 1GL (Enter by HMT stage door on Shoe Lane)  
£8 - Luminate workshop and ticket deal - includes ticket for Dance Derby performance at The Lemon Tree in the evening • 01224 611486  
[www.dancelive.org.uk](http://www.dancelive.org.uk)**

*Part of DanceLive*



## Love is Strange

F

**27 October / 6.15pm**

After 39 years together, Ben and George take advantage of the new marriage laws and tie the knot. On return from their honeymoon, Ben gets fired and, with no real savings, the couple can no longer afford to live in their small Chelsea apartment. So, only days after their nuptials, their tight-knit community of family and friends must come together and figure out how to help them.

(Ira Sachs/USA/France/2014/98min)

**Belmont Filmhouse, 49 Belmont Street, Aberdeen, AB10 1JS • £9/£6/£5 (under 15) Members £7.50/£4.50 • 01224 343500 • [www.belmontfilmhouse.com](http://www.belmontfilmhouse.com)**



## Outreach



### Making It Matters

MAKLab and Westhill Men's Shed present a two-day workshop to design and make an installation, product, furniture, or something else for a group in the local community. MAKLab will bring some of the latest digital tools and, combining this with the knowledge of Men's Shed members, create teams to design and produce some amazing things. The project will culminate in a show and tell session to showcase the designs.

**Westhill Men's Shed**

[www.maklab.co.uk](http://www.maklab.co.uk)

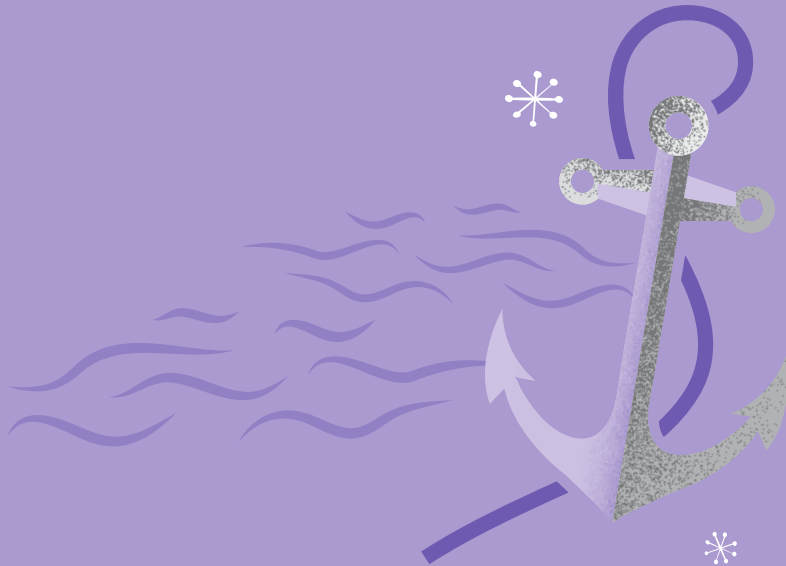
### Creative Writing Workshops with John Killick

Poet and author John Killick will run a hands on workshop for people living with dementia in care settings, offering an opportunity to work directly and expressively, with the aim of producing some new creative text. This work has been funded through the Scottish Book Trust and Aberdeenshire Council's Culture Team.

**Pleyfauld House, Inverurie**

**Borrowmuirhills, Laurencekirk**

# Ayrshire



## Celebration of the Achievements of Older People

**E Free**

**1 - 10 October:**

**Monday - Friday / 9.30am - 5pm**

**Saturday / 10am - 5pm**

**(Closed from 1 - 2pm)**

An exhibition showcasing a small selection of the art, crafts and photographic work produced by older people at workshops funded by the Reshaping Care Fund, as well as examples of intergenerational work with local schools.

**North Ayrshire Heritage Centre,  
Manse Street, Saltcoats, KA21 5AA  
01294 464174**

**naheritage@northayrshire.gov.uk**

*A partnership between Community Development  
and the North Ayrshire Heritage Centre*

## Portraits of Experience

**E**

**1 - 22 October / 10am - 5pm**

The Scottish Maritime Museum presents an exhibition of photographs by award-winning artist Alex Boyd, capturing and celebrating the unique personalities, skills and backgrounds of its volunteers; including retired maritime, aerospace and manufacturing engineers, submariners, merchant seamen, archivists and experts in shipbuilding.

**Scottish Maritime Museum,  
The Linthouse, Gottries Road,  
Irvine, KA12 8QE**

**£7/£5/children free • 01294 278283**

**www.scottishmaritimemuseum.org**



# The Organist Entertains

## The Organist Entertains: 2 Hands, 2 Feet and 27 Stops!

**Every Monday in October / 12 - 1pm**  
Three seniors and a younger one play music from yesteryear on the 1904 Lewis pipe organ in Ayr Town Hall. The organ is one of the most outstanding instruments in Scotland, baby brother to the Lewis in Kelvingrove Art Gallery and Museum. Enjoy an hour of music for the whole community, as experienced organists, specially chosen for Luminare, bring this wonderful instrument to life.

**6 October:** Dr John Kitchen, Edinburgh City Organist

**13 October:** Gordon Cree, International Organist from Darvel, Ayrshire

**20 October:** Gordon Frier, Organist at Stow Brae Kirk, Paisley

**27 October:** Marie Mortimer, Organist at North Parish Church, Girvan and former accompanist to Ken Dodd

**Ayr Town Hall, 29 New Bridge Street,  
Ayr, KA7 1JX • £2 • 01292 617660  
www.south-ayrshire.gov.uk**

*Arranged by volunteers from Fort, Seafield and Wallacetoun Community Council*



## The Dalry Camera Club **E Free**

**10 - 31 October:**

An exhibition of photographs by members of the Dalry Camera Club, formed in early 2013 having taken part in Reshaping Care lifelong learning opportunities.

**Harbour Arts Centre, Harbour Street,  
Irvine, KA12 8PZ • 01294 274059  
www.harbourartscentre.com**

## Sunday Jazz with the New Orleans Joymakers **P**

**12 October / 2pm**

Enjoy a swinging afternoon of authentic New Orleans jazz music from one of Scotland's finest traditional jazz bands.

**Harbour Arts Centre, Harbour Street,  
Irvine, KA12 8PZ • 01294 274059 • £8/£6  
www.harbourartscentre.com**



## Love Letters Straight From Your Heart Workshop

T

**13 October / 3 - 5pm**

Uninvited Guests will hold a workshop for older people, offering the chance to share joyful and moving words and music about their loved ones for the performance in early November.

**Ayr Gaiety, Carrick Street, Ayr, KA7 1NU**  
**£10 - includes a ticket for the performance of *Love Letters Straight From Your Heart* on 3 November**  
**01292 288235 • [www.ayrgaiety.co.uk](http://www.ayrgaiety.co.uk)**

## Love Letters Straight From Your Heart

P

**3 November / 3pm**

Let's raise our glasses to long lost loves and current lovers, to mums, to dads and to absent friends. Uninvited Guests stage an event that is somewhere between a wedding reception, a wake and a radio dedication show. We speak of our own and others' loves and dedicate songs to them. If you want to join us on this happy occasion, send a dedication to someone you love to [info@uninvited-guests.net](mailto:info@uninvited-guests.net).

**Ayr Gaiety, Carrick Street, Ayr, KA7 1NU • £10 (includes workshop admittance, see above)**  
**01292 288235 • [www.ayrgaiety.co.uk](http://www.ayrgaiety.co.uk)**

*Supported by the National Lottery through Creative Scotland and Luminare. A BAC Scratch and Arnolfini We Live Here commission. Also commissioned by Leeds Met Studio Theatre. Originally funded by Arts Council England.*

## SMOKIES

P

**26 October / 7.30pm**

A tasty tale of two lonely old spinsters who make a living catching and smoking fish on a remote shore. Neither of these strange sisters has much luck in capturing the hearts of the sailors nor fishermen who find themselves washed up there. Unable to escape the sisters' romantic pursuits, the reluctant suitors come to a rather gruesome end. An extraordinary visual story told without words, this production is accessible to deaf and hard of hearing audiences.

**Harbour Arts Centre,**  
**Harbour Street, Irvine, KA12 8PZ**  
**£9/£7 • 01294 274059**  
**[www.harbourartscentre.com](http://www.harbourartscentre.com)**

*Presented by Solar Bear Theatre Company*



## Talent on Tour

P **Free**

**28 October / 2 - 3.30pm**

Following last year's successful tour, the ladies of the 24-strong Broomlands and Bourtreehill Community Singers are back at Harbour Arts Centre as part of their 'Talent on Tour' showcase. The group, who are all over 65, have been in great demand since forming two years ago.  
**Harbour Arts Centre, Harbour Street, Irvine, KA12 8PZ • Small charge for tea and coffee • 01294 274059**  
**[www.harbourartscentre.com](http://www.harbourartscentre.com)**



# Dumfries & Galloway

## **Shuffling Off This Mortal Coil: Rants, Wisdom & Shoes**

**11 October / 12.30 - 4pm**

A unique luncheon party for the discerning, quirky and exuberant. Three course lunch by Star catering, two distinguished guest speakers and a pop-up curated memory shoe exhibition in the delightful village of Twynholm.

**Twynholm Village Hall,  
7 Main Street, Twynholm, DG6 4NT  
£15 • 01988 402036  
[carolyn@literaturedevelopment.org](mailto:carolyn@literaturedevelopment.org)**

**T**

## **Love Letters Straight From Your Heart**

**P**

**12 October / 3pm**

Let's raise our glasses to long lost loves and current lovers, to mums, to dads and to absent friends. Uninvited Guests stage an event that is somewhere between a wedding reception, a wake and a radio dedication show. We speak of our own and others' loves - deep, passionate, ambivalent and unrequited - and dedicate songs to them.

If you want to join us on this happy occasion, send a dedication to someone you love to [info@uninvited-guests.net](mailto:info@uninvited-guests.net). Your letters of love may become part of the show: romantic gestures or signs of friendship, shared publicly between us.

**Ryan Centre, Fairhurst Road, Stranraer,  
DG9 7AP • £10/£7 • 01776 703535  
[www.stranraer.org/ryancentre](http://www.stranraer.org/ryancentre)**

*Supported by the National Lottery through Creative Scotland and Luminare. A BAC Scratch and Arnolfini We Live Here commission. Also commissioned by Leeds Met Studio Theatre. Originally funded by Arts Council England.*





## Absolute Classics: Lorraine McAslan, Violin & Victor Sangiorgio, Piano

P

**16 October / 7.30pm**

Two of the classical world's finest soloists come together to perform works by Franck, Brahms, Beethoven and Debussy. Programme: Beethoven 'Spring' Sonata in F major Op. 24, Debussy Sonata for Violin and Piano, Brahms Sonatensatz Scherzo, Cesar Franck Sonata for Violin and Piano in A.

**The Buccleuch Centre,  
Buccleuch Place, Langholm, DG13 0AW  
01387 381196 • £12/£10/£5 (under 18)  
[www.buccleuchcentre.com](http://www.buccleuchcentre.com)**

*Luminate, supported by Age Scotland, is also supporting older audiences in Dumfries and Galloway to attend this event as part of the festival's Outreach programme.*

## Changing Room

E Free

### Dates & times below

Rarely talked about openly, the menopause is one of society's last taboos. This interactive installation explores experiences of this challenging and powerful time of transition. Female artists, including women from Dumfries & Galloway, have explored their own ageing processes, weaving stories and reflections through this work, ultimately revealing that this third stage of female life is more creative, outrageous, funny and profound than we ever imagined.

There will be open sessions running in Dumfries and Galloway in September for women to get involved in contributing to the installation. Email [hotwomenart@gmail.com](mailto:hotwomenart@gmail.com) if you are interested in taking part. Artists: Jo Hodges and Denise Zygadlo; Facilitator: Lee Seekings-Norman

**17 October / 12 - 5 pm**

**18 - 19 October / 10am - 4pm:**

**The Catstrand, High Street,  
New Galloway, Castle Douglas, DG7 3RN  
01644 420374 • [www.catstrand.com](http://www.catstrand.com)**

**20 - 31 October :**

**Monday - Friday / 9am - 5pm**

**Saturday / 11am - 3pm**

**Electric Theatre Workshop,  
28 Munches Street, Dumfries, DG1 1ET  
01387 271820**

*Commissioned by Luminate*

## Advanced Style + The Lady in Number 6: Music Saved My Life **F**

### Dates & times below

#### Advanced Style

A documentary examining the lives of seven unique New Yorkers whose eclectic personal style and vital spirit have guided their approach to ageing. These intimate and colourful portraits of independent, stylish women aged 62 to 95 challenge conventional ideas about beauty, ageing and Western culture's increasing obsession with youth. (Lina Plioplyte/USA/2014/72min/PG)

#### The Lady in Number 6

As the world's oldest pianist and holocaust survivor, 109 year-old Alice Herz Sommer shares her views on how to live a long and happy life. She discusses music, laughter and how to remain optimistic come what may. Winner of this year's Academy Award for Best Documentary Short. (Malcolm Clarke/USA/2014/39min)

**21 October / 7.30pm:**

**Robert Burns Centre Film Theatre,  
Mill Road, Dumfries, DG2 7BE  
£6.90/£5.15, Family £19.90,  
Young Scot/School £4.20  
01387 264808 • [www.rbcft.co.uk](http://www.rbcft.co.uk)**

**23 October / 2pm:**

**The Catstrand, High Street,  
New Galloway, Castle Douglas, DG7 3RN  
£2.50, includes tea or coffee  
01644 420374 • [www.catstrand.com](http://www.catstrand.com)**



## Three Score Years... **E P Free**

**27 October - 2 November / 10am - 4pm**

**Storytelling: 28 October / 2 - 4.30pm**

An exhibition of work by professional older artists living in Dumfries and Galloway. On 28 October, renowned storyteller Jean Edmiston will lead an afternoon of stories, celebrating memories and exploring the power of stories to unlock imagination. An event for older people, their carers, friends and families, and storytellers.

**AD Livingston Antiques, Repairing & Restoring Workshop Gallery,  
183 King Street, Castle Douglas, DG7 1DZ  
[carolyn@literaturedevelopment.org](mailto:carolyn@literaturedevelopment.org)  
01988 402036 • Please note: the gallery has three small steps at the entrance, please phone ahead for ramp access.**

*Supported by Dumfries and Galloway Council and AD Livingston & Sons.*



**The Lady  
in Number 6**  
see opposite  
page

**"109 year-old Alice Herz  
Sommer shares her  
views on how to live  
a long and happy life"**

### **Live Music Now Scotland Tour: Flutes en Route**

Celebrating its 30th anniversary in 2014/15, Live Music Now Scotland provides performance and training opportunities for outstanding emerging musicians who perform in a wide range of community settings, including those for older people.

Following successful tours at Luminare 2012 and 2013, Live Music Now musicians, including flute quartet Flutes en Route, will once again bring the festival into the heart of communities across Scotland.

**Thorney Croft Care Home, Stranraer**  
[www.livemusicnow.org.uk/scotland](http://www.livemusicnow.org.uk/scotland)

### **Love Letters Straight From Your Heart Workshop**

Uninvited Guests will hold a workshop for older people, offering the chance to share joyful and moving words and music about their loved ones for the performance later in October.

**Ryan Centre, Stranraer**  
[www.uninvited-guests.net](http://www.uninvited-guests.net)  
[www.fueltheatre.com](http://www.fueltheatre.com)



**Outreach**



# Dundee & Angus

## Advanced Style + The Lady in Number 6: Music Saved My Life F

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**2 October / 10.30am**

### Advanced Style

A documentary examining the lives of seven unique New Yorkers whose eclectic personal style and vital spirit have guided their approach to ageing. These intimate and colourful portraits of independent, stylish women aged 62 to 95 challenge conventional ideas about beauty, ageing and Western culture's increasing obsession with youth. (Lina Plioplyte/USA/2014/72min/PG)

### The Lady in Number 6

As the world's oldest pianist and holocaust survivor, 109 year-old Alice Herz Sommer shares her views on how to live a long and happy life. She discusses music, laughter and how to remain optimistic come what may. Winner of this year's Academy Award for Best Documentary Short. (Malcolm Clarke/USA/2014/39min)

**Dundee Contemporary Arts, 152 Nethergate, Dundee, DD1 4DY • £4.50, including tea or coffee and a biscuit 01382 909900 • [www.dca.org.uk](http://www.dca.org.uk)**



## Le Weekend at The Retreat: Food and a Film with Angus Arts F

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**4 October / 7pm**

An evening of food and film, with French cassoulet and French pastries, followed by *Le Weekend*, a bittersweet comedy about a British couple who return to Paris 30 years after their honeymoon in an attempt to rejuvenate their marriage. Starring Jim Broadbent, Lindsay Duncan and Jeff Goldblum. Certificate 15.

**Angus Arts @ The Retreat, Glenesk Retreat, Tarfside, Glenesk, DD9 7YT • £10 including food & film [angus.arts@btinternet.com](mailto:angus.arts@btinternet.com) [www.gleneskretreat.co.uk](http://www.gleneskretreat.co.uk) 01561 298173**

*Thanks to NEAT Flicks for their support with this film*

## Make Way for Tomorrow

F

**5 October / 3pm**

A beautifully made, superbly acted, achingly funny, deliriously romantic and utterly heartbreaking film. This simple depression-era story, of an older couple who are forced to separate after they lose their house and find none of their children prepared to take them in, inspired Yasujiro Ozu's masterpiece, *Tokyo Story* and was described by Orson Welles as a film that "could make a stone cry". See it and weep!

(Leo McCarey/USA/1937/91min/U)

**Dundee Contemporary Arts,  
152 Nethergate, Dundee, DD1 4DY  
£7/£5 (student) • 01382 909900  
www.dca.org.uk**



## Lilting

F

**9 October / 10.30am**

A Cambodian Chinese mother mourns the untimely death of her son and her world is suddenly disrupted by the presence of a stranger. Through a translator, they piece together memories of a man they both loved dearly, and realise that while they may not share a language, they are connected in their grief. (Hong Khaou/UK/2014/86min/15)

**Dundee Contemporary Arts, 152  
Nethergate, Dundee, DD1 4DY • £4.50,  
including tea or coffee and a biscuit  
01382 909900 • www.dca.org.uk**



## Under a Spell Place: Voicing Dementia

P T Free

**11 October / 2.30 - 4pm**

Join poet Paula Jennings as she reads from her forthcoming collection *Under a Spell Place* (HappenStance Press, 2015), a sequence of poems in the voice of a woman with Alzheimer's that has grown out of seven years of conversations with residents in care settings. Interspersed between the poems will be a chaired discussion with time at the end for more talking over a cup of tea.

**Dundee Central Library,  
Wellgate, Dundee, DD1 1DB  
Booking essential 01337 842513  
philippajohnston@btinternet.com**

*Presented by Lapidus Scotland as part of the  
'Writing Place' project; Funded by Awards for All  
Scotland with support from Dundee Libraries*

## Love is Strange

F

**24 October / 8pm**

After 39 years together, Ben and George take advantage of the new marriage laws and tie the knot. On return from their honeymoon, Ben gets fired and the couple can no longer afford to live in their small Chelsea apartment. So, only days after their nuptials, their tight-knit community of family and friends must figure out how to help them. (Ira Sachs/ USA/France/2014/98min)

**Dundee Contemporary Arts, 152 Nethergate, Dundee, DD1 4DY • £7 01382 909900 • [www.dca.org.uk](http://www.dca.org.uk)**



## A Guid Blether

P

**28 October / 7.30pm**

Women love a guid blether...some things never change! But the way we chat has changed a lot; from the strong spirit of the war years through to current days of social media. These stories become our history to pass on to the next generation. But how has it changed if you are deaf? Through storytelling and visual performance the Deaflinks Group will work with Solar Bear Theatre Company and playwright Sylvia Dow to devise a performance to share their memories. **Bonar Hall, Park Place, Dundee, DD1 4HN • £6/£4 • Box office: Dundee Rep Theatre, Tay Square, Dundee, DD1 1PB 01382 223530 • [www.dundeerep.co.uk](http://www.dundeerep.co.uk)**

*A devised work by Solar Bear Theatre Company and Deaflinks in partnership with Dundee Rep Theatre and Luminate*

## Company Chordelia presents Dance Derby

P

**29 October / 7.30pm**

The dance marathons of Depression-era America, with strict rules, extreme conditions and ferocious competition, were the reality shows of their day. Attracting huge audiences, they could last for weeks on end. Ten dancers, two actors and a six-piece jazz ensemble bring this drama to life to a soundtrack of songs from the 1930s, performed by soprano Nadine Livingstone. **Dundee Rep, Tay Square, Dundee, DD1 1PB • £14/£12/£5 (student) 01382 223530 • [www.dundeerep.co.uk](http://www.dundeerep.co.uk)**

*In association with Scottish Opera. Directed and choreographed by Kally Lloyd-Jones*

## Dance Derby Luminate Workshops

T

**29 October / 2.30 - 3.30pm**

Company Chordelia's *Dance Derby* tells the story of the dance marathons of 1930s Depression America, and the social dances from that era form the basis for its choreography and soundtrack of original songs. In this workshop aimed at older participants, the company will share the dances and music and give an insight into how they became part of the show. **Scottish Dance Theatre Studio, Dundee Rep, Tay Square, Dundee, DD1 1PB £6 - Luminate workshop and ticket deal (includes ticket for Dance Derby performance at Dundee Rep in the evening) • 01382 223530 [www.dundeerep.co.uk](http://www.dundeerep.co.uk)**

## Live Music Now Scotland Tour: Knox and Ion

Celebrating its 30th anniversary in 2014/15, Live Music Now Scotland provides performance and training opportunities for outstanding emerging musicians who perform in a wide range of community settings, including those for older people.

Following successful tours at Luminare 2012 and 2013, Live Music Now musicians, including jazz guitar duo Knox and Ion, will once again bring the festival into the heart of communities across Scotland.

## Outreach



Oakland Day Centre, Dundee  
Clement House, Dundee  
Craigie House, Dundee  
[www.livemusicnow.org.uk/scotland](http://www.livemusicnow.org.uk/scotland)

*"Live Music Now Scotland provides performance and training opportunities for outstanding emerging musicians"*



**Dance Derby**  
see opposite page

# Edinburgh City

## Colin Gray: a journey with his parents through love, life and death

**E Free**

**1 October - 7 November:**

**Monday - Saturday / 10am - 4pm**

A selection of works documenting Colin Gray's 34-year collaborative journey with his parents. It includes work from *The Parents* series, which started in 1980; from *In Sickness and in Health*, photographs that explore his parents' older age and his mother's death; and a preview of new work from *Do Us Part*, his ongoing series of images of his father and daughter.

**North Edinburgh Arts Centre, 15a Pennywell Road, EH4 4TZ • 0131 315 2151 [www.northedinburgharts.co.uk](http://www.northedinburgharts.co.uk)**

*Part of: To Absent Friends, a people's festival of storytelling and remembrance*

## Colin Gray: Artist's Talk

**I Free**

### Dates & times below

Colin Gray discusses the works that form part of his exhibition at North Edinburgh Arts Centre.

**8 October / 6pm:**

**North Edinburgh Arts Centre (as above) [www.northedinburgharts.co.uk](http://www.northedinburgharts.co.uk)**

**16 October / 7pm:**

**Stills, 23 Cockburn Street, EH1 1BP  
0131 622 6200 • [www.stills.org](http://www.stills.org)**

*Produced for Luminare 2014 by Street Level Photoworks*



LIFE LINES: INTERGENERATIONAL  
LGBT+ STORYTELLING

## Life Lines: Intergenerational LGBT+ Storytelling

**P**

**4 October / 5 - 8pm**

Wit and wisdom from voices across the generations! A welcoming evening of inspiring and moving performance poetry and storytelling from a diverse range of LGBT+ people, aiming to create increased understanding of lesbian, gay, bisexual, and transgender identities and communities. Organised by LGBT Health and Wellbeing and suitable for both the general public and professionals working in older people's services. For ages 13+ and people of all genders and sexualities are welcome.

**Scottish Storytelling Centre,  
43 - 45 High Street, EH1 1SR • £3/£2**

**Tickets: 0131 556 9579 • Information:  
0131 652 3284 • [www.tracscotland.org](http://www.tracscotland.org)  
[www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)**

*Also part of the Scottish Mental Health Arts and Film Festival.*

## Inspired by Dutch Still Life

**E T Free**

**6 - 10 October /  
10am - 12pm or 2 - 4pm daily**

Come and explore the Scottish National Gallery, work with artists and create a beautiful art work inspired by Dutch still life. A practical workshop and tour that is suitable for community groups, including care homes and those with dementia. Wheelchair users are welcome; please note there will be some moving between gallery and workshop spaces during the session.

**Scottish National Gallery, The Mound,  
EH2 2EL • Booking essential 0131 624  
6560 • [www.nationalgalleries.org](http://www.nationalgalleries.org)**

## Intergenerational Animation Event

**T Free**

**7 - 9 October / 10am - 12pm daily**

Young people from Kaimes School, including students with autism, have been working on a two-year animation project with Red Kite Animation. They will share their knowledge and skills with a group of older learners, helping them create their own animated stories based on personal histories, memories and found objects from the past, alongside animators from Red Kite Animation. Participants must commit to all three sessions.

**Leith Library, 28 - 30 Ferry Road, EH6  
4AE • Booking essential 0131 529 5517  
[leith.library@edinburgh.gov.uk](mailto:leith.library@edinburgh.gov.uk)**

*Part of the Kaimes School Unsung Stories Project  
Supported by the Living Memory Association*

## Ageless Animations

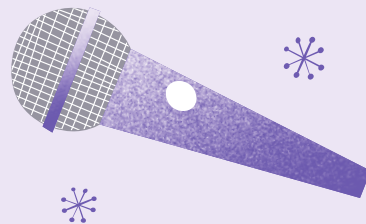
**T Free**

**7 - 9 October / 1 - 3pm daily**

Red Kite Animation is bringing grandparents and grandchildren together to make a short animation inspired by objects from the past. A Red Kite animator will be on hand to help you create your short film using 2-dimensional cut-out characters and backgrounds and there will be lots of tea and biscuits provided. All the films created will be screened at a special event, to which participants will be invited, later in the year. Only one session is required and the project can request a school leave of absence for grandchildren on your behalf.

**Leith Library, 28 - 30 Ferry Road, EH6  
4AE • Booking essential 0131 529 5517  
[leith.library@edinburgh.gov.uk](mailto:leith.library@edinburgh.gov.uk)**

*Part of the Kaimes School Unsung Stories Project  
Supported by the Living Memory Association*



## Sing with the U3A Singers

**T Free**

**7 October / 2.15 - 3.30pm**

A chance to join the U3A Singers at their regular session, sing some favourite songs and meet U3A members. Sight-reading not essential.

**Mayfield Salisbury Church,  
18 West Mayfield, EH9 1TQ  
[www.edinburghu3a.org.uk](http://www.edinburghu3a.org.uk)**

## Still Life: An Audience with Henrietta Moraes

**P**

**9 October / 7.30pm**

**10 October / 4pm (captioned)**

Henrietta Moraes, the uncrowned Queen of 1950s Soho was model and muse for Francis Bacon, Lucian Freud and Maggi Hambling. She led an itinerant and rackets life, sustained by the tolerance of friends, oiled by alcohol and fuelled by an astonishing variety of drugs. Henrietta, with characteristic wit and candour, tells stories from her life and re-creates poses from her illustrious career. Audiences are welcomed and encouraged to engage with this intriguing woman as both audience member and artist. Drawing materials provided or bring your own. Age 16+. Contains nudity throughout.

**Summerhall, 1 Summerhall, EH9 1PL**

**£10/£8 (65 minutes) • 0131 560 1581**

**[www.summerhall.co.uk](http://www.summerhall.co.uk)**

*Created and performed by Sue MacLaine*



## Pop-up Exhibition: A Human Story

**E F Free**

**10 - 17 October**

An exhibition of work, at a surprise location, by the internationally recognised Slovak photographer Jaro Sykora, including unique and moving portraits of older people. The work will be accompanied by a documentary by Slovak filmmaker Marek Kubos.

**Look out for venue details on:**

**[senanose.blogspot.co.uk](http://senanose.blogspot.co.uk)**

## Boxes of Delight: Surrealism at 90

**I T Free**

**10 October / 2 - 4pm**

Michael Eades (University of London) and Catriona McAra (University of Edinburgh) explore creative approaches to dementia care. From games, to the creation of personal memory boxes, the event highlights the role of surrealist art in understanding and living with dementia. It includes a demonstration on 'how to make a festival in a box' incorporating poetry, photography, ceramics and storytelling.

**IASH, 2 Hope Park Square,**

**University of Edinburgh, EH8 9NW**

**Refreshments provided • 0131 650 4671**

**[www.iash.ed.ac.uk](http://www.iash.ed.ac.uk)**

*Hosted by the Institute for Advanced Studies in the Humanities (IASH) at the University of Edinburgh  
Thanks to the School of Advanced Study, University of London*

## Luminate Poetry Slam

**P T**

**12 October / 7.30pm**

The Luminate Slam is back! Judges are Edinburgh's Makar Christine de Luca, doyenne of Scots poetry Sheila Templeton and Miko Berry, the reigning Scottish Slam champion, who will also be our guest performer. Contestants should apply by email to [poetryslam@luminatescotland.org](mailto:poetryslam@luminatescotland.org) by 22 September. There will be two Wild Card entries on the night and generous prizes!

**Ghillie Dhu, 2 Rutland Place, EH1 2AD**

**£4/£3 • [www.ghillie-dhu.co.uk](http://www.ghillie-dhu.co.uk)**

**Box office: Traverse Theatre,**

**10 Cambridge Street, EH1 2ED**

**0131 228 1404 • [www.traverse.co.uk](http://www.traverse.co.uk)**

## U3A Open Meeting

**I T Free**

**15 October / 2 - 4pm**

Edinburgh U3A's monthly meeting will be open to the public in October as part of Luminare. Visiting speaker James McVeigh will take us 'Behind the Scenes at the Edinburgh Festivals' and there will be exhibitions of work by the Art Group, the Craft Group, and a display of photography by U3A members.

**St Cuthbert's Church, Lothian Road, EH1 2EP • [www.edinburghu3a.org.uk](http://www.edinburghu3a.org.uk)**

## Alive Inside

**F**

**15 October / 6pm**

Winner of the 2014 Sundance Film Festival Audience Award: US Documentary. Follow social worker Dan Cohen, founder of the not-for-profit organisation Music & Memory, as he fights against a broken healthcare system to demonstrate music's ability to combat memory loss and restore a deep sense of self to those experiencing it. (Michael Rossato-Bennett USA/2014/78min)

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

**£8.20/£6 • 0131 228 2688**

**[www.filmhousecinema.com](http://www.filmhousecinema.com)**

*Presented by Luminare and the Scottish Mental Health Arts and Film Festival*



## Craft Café Open Day

**T Free**

**16 October / 10am - 4pm**

Craft Cafés in Glasgow and Edinburgh will open their doors in celebration of Luminare 2014. If you are 65+ and want to get involved in creative activity, pop along to our studios to meet artists in residence and Craft Café members and try out an activity for yourself.

**St Raphael's Care Home, 6 South Oswald Road, EH9 2HG • 0141 575 3001**  
**[www.impactarts.co.uk](http://www.impactarts.co.uk)**

*Supported by Viewpoint Housing Association, Elderpark Housing Association, Whiteinch Community Association, Scottish Government and Community Health Partnership*

## It's a Funny Old Story

**P**

**16 October / 2 - 3pm**

An enjoyable afternoon of stories and music in the relaxed setting of the Storytelling Court. Featuring contributions from the Life Stories storytelling group, who specialise in storytelling and reminiscence sessions for older people to help rekindle imagination, trigger memories and increase communication. Suitable for people with dementia, their friends, family and carers.

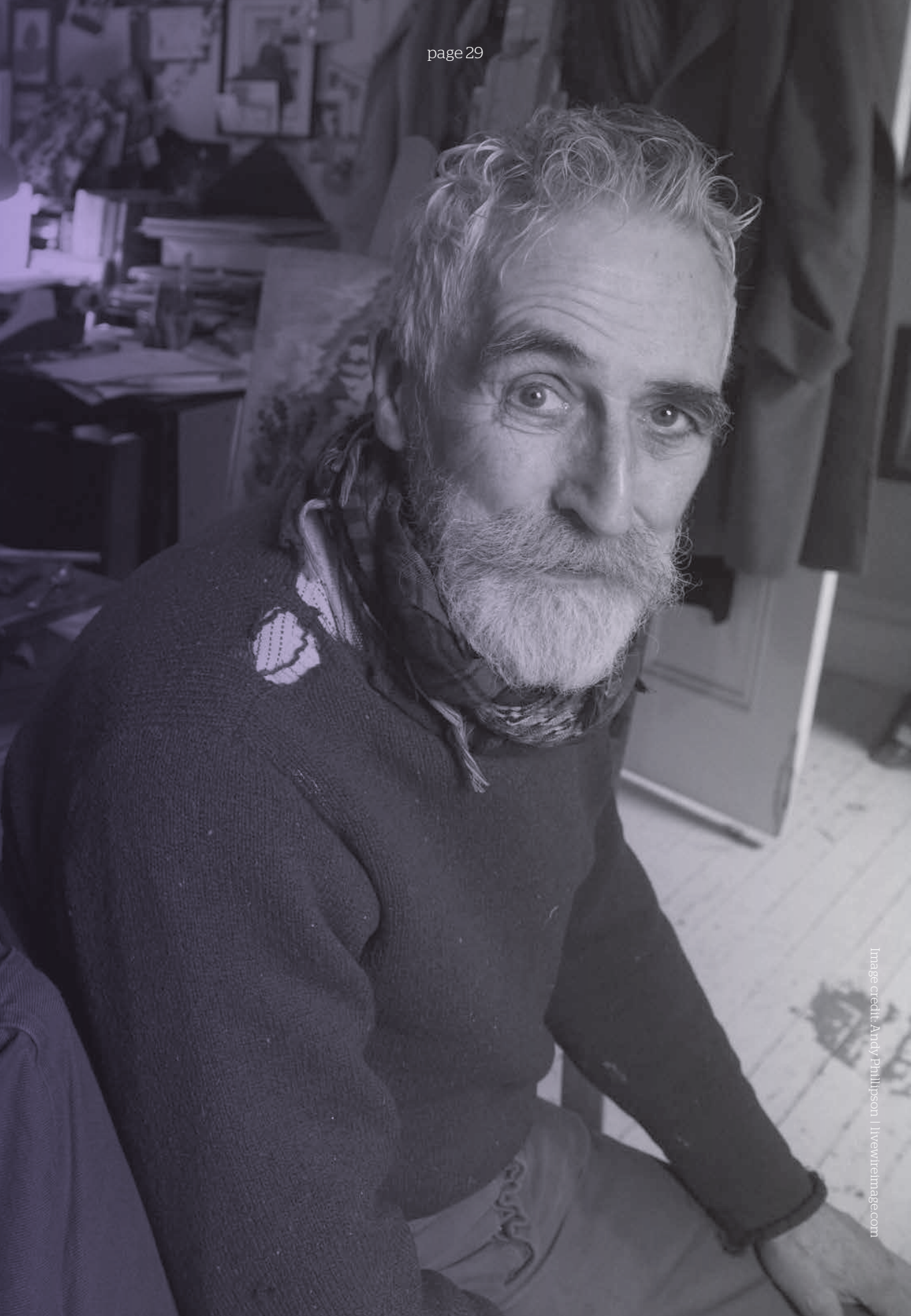
**Scottish Storytelling Centre, 43 - 45 High Street, EH1 1SR • £3**  
**0131 556 9579 • [www.tracscotland.org](http://www.tracscotland.org)**

**Look out for:**  
*Colquhoun  
& MacBryde*  
page 47



“ I have been an artist ever since I can remember and still am! Busier than ever - at 74 I work every day, seven days a week, from when I get up till I go to bed, mostly painting for the past while as I've had shows... I've also had a play-writing spell... ”

John Byrne, 74  
Artist & Playwright



## Late Ripeness: Poems About Memory & Ageing

P T

**16 October / 6.30pm**

Poets Ken Cockburn and Lorna Irvine present a programme of the work of poets in older age and poetry that addresses the ageing process, including MacCaig, Milosz, Morgan, Symborska, Tennyson and Yeats. We'll engage in conversation about experiences and perceptions of ageing - memory and memorialising - settling down or pushing on: "How can one square longing / for distance with settledness." (Friederike Mayröcker).

**Scottish Poetry Library,  
5 Crichton's Close, Canongate,  
EH8 8DT • £5/£4 • 0131 557 2876  
[www.scottishpoetrylibrary.org.uk](http://www.scottishpoetrylibrary.org.uk)**



## Make Way for Tomorrow

F

**20 October / 3.30pm & 6.10pm**

A beautifully made, superbly acted, aching funny, deliriously romantic and utterly heartbreaking film. This simple depression-era story, of an older couple who are forced to separate after they lose their house and find none of their children prepared to take them in, inspired Yasujiro Ozu's masterpiece, *Tokyo Story* and was described by Orson Welles as a film that "could make a stone cry". See it and weep!

(Leo McCarey/USA/1937/91min/U)  
**Filmhouse, 88 Lothian Road,  
EH3 9BZ • 3.30pm: £6.50/£4.50  
6.10pm: £8.20/£6 • 0131 228 2688  
[www.filmhousecinema.com](http://www.filmhousecinema.com)**



## Tuesday Tour & Tea

E I T Free

**21 October / 11am - 12pm**

Stills is a centre for photography which provides exhibitions, courses and open-access photography facilities all year round. Join staff for a relaxed, informal guided tour of the gallery, its creative facilities and the current exhibition, *The King's Peace: Realism and War*. The tour will be followed by conversation, tea and cake in the library area, with the chance to learn more about Stills and ways to get involved.

**Stills, 23 Cockburn Street, EH1 1BP  
0131 622 6200 • [www.stills.org](http://www.stills.org)**

## Advanced Style + The Lady in Number 6: Music Saved My Life **F**

**22 October / 3.30pm & 6pm**

### Advanced Style

A documentary examining the lives of seven unique New Yorkers whose eclectic personal style and vital spirit have guided their approach to ageing. These intimate and colourful portraits of independent, stylish women aged 62 to 95 challenge conventional ideas about beauty, ageing and Western culture's increasing obsession with youth. (Lina Plioplyte/USA/2014/72min/PG)

### The Lady in Number 6

As the world's oldest pianist and holocaust survivor, 109 year-old Alice Herz Sommer shares her views on how to live a long and happy life. She discusses music, laughter and how to remain optimistic come what may. Winner of this year's Academy Award for Best Documentary Short, the film features beautiful photographs and rare film footage that truly brings Alice's inspirational and extraordinary story to life. (Malcolm Clarke/USA/2014/39min)

**Filmhouse, 88 Lothian Road,  
EH3 9BZ • 3.30pm: £6.50/£4.50  
6pm: £8.20/£6 • 0131 228 2688  
www.filmhousecinema.com**



## Writing Dementia: A New Narrative? **T**

**23 October / 10am - 12pm**

So many people are affected by dementia and, despite current media portrayals, there are people with dementia living well. This guided workshop will allow participants to write about their experiences whether as carers or as people living with dementia. **Hanna Cherrie's Teashop, 35 Hamilton Place, EH3 5BA • £5 including coffee or breakfast tea and cake • 0131 315 3634**

### Utsavam

**P T Free**

## 'Celebration': Indian dance workshop for older people & their carers

**23 October / 11am - 12.30pm & 1.30 - 3pm**

Come and try an Indian dance workshop and enjoy a performance by Scotland's Indian dance company, Dance Ihayami. The event is open to day care groups, older people, their carers and their families, and is accessible to people of all abilities. The workshop will bring together Indian rhythms with shared stories that will be brought together creatively to music.

**Stockbridge House,  
2 Cheyne Street, EH4 1JB  
www.lifecare-edinburgh.org.uk**

*Presented by Dance Ihayami in partnership with Lifecare Ltd*

## U3A Greetings Card Exhibition

**E** Free

**24 October / 2 - 4pm**

An exhibition of handmade greetings cards by the Edinburgh U3A Craft Group, following a workshop with residents of the Castle Rock Edinvar Housing Association.

**Castle Rock Edinvar Housing Association, 17 Lauriston Park, EH3 9JA**  
[www.edinburghu3a.org.uk](http://www.edinburghu3a.org.uk)

## Tales of a Grandson

**P**

**25 - 26 October**

**Part 1: The Dig - 2.30pm**

**Part 2: The Feast - 3.45pm**

**Part 3: The Hooly - 5.30pm**

This is one man's re-telling of Scotland's history, but this is no straight and dusty history lesson: Andy Cannon (previously of Wee Stories) takes us on a time-travelling adventure with his grandparents for all the family to enjoy, piecing together the myriad of Kings, Queens, friends and foes that make up our nation's story. Told in three parts, you can stay all day for The Dig, The Feast and The Hooly, and help Andy in his quest to tell Scotland's epic tale.

**The Studio at the Festival Theatre, 22 Potterow, EH8 9BL • Early bird (before 21 September) £10, then £15/£10 • 0131 529 6000**  
[www.edtheatres.com/grandson](http://www.edtheatres.com/grandson)

*Funded by Creative Scotland Traditional Arts Commissioning*



## Tea Dance at the Portrait Gallery

**T** Free

**27 October / 2 - 4pm**

Join us in the beautiful Great Hall for a spirited tea dance with a wartime theme, inspired by the exhibition *Remembering the Great War*. Sing and dance along with your hosts Flyright Dance Company and enjoy live music provided by That Swing Sensation! Suitable for community groups including care homes and those with dementia.

**Scottish National Portrait Gallery, 1 Queen Street, EH2 1JD**  
**Booking essential • 0131 624 6560**  
[www.nationalgalleries.org](http://www.nationalgalleries.org)

## Luminate Week at Dance Base

**T** Free

**27, 29 & 31 October / 3 - 4.30pm**

Open classes, exclusive to Luminate, taught by Morag Deyes, Dance Base's Artistic Director. The whole session lasts 90 minutes with a good warm up and a cool down. The moves are open and relaxed, based on contemporary dance but will have a few surprises from other dance styles thrown in too! Wear loose comfy clothing and footwear that's flexible, non-slip socks or bare feet.

**Dance Base, 14 - 16 Grassmarket, EH1 2JU • Booking advised**  
**0131 225 5525 • [www.dancebase.co.uk](http://www.dancebase.co.uk)**

## Love is Strange

F

**27 October / 6pm**

After 39 years together, Ben and George take advantage of the new marriage laws and tie the knot. On return from their honeymoon, Ben gets fired and, the couple can no longer afford to live in their small Chelsea apartment. So, their tight-knit community of family and friends must come together and figure out how to help them.

(Ira Sachs/USA/France/2014/98min)

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

**£8.20/£6 • 0131 228 2688**

**[www.filmhousecinema.com](http://www.filmhousecinema.com)**



## Flights of Fancy

P Free

**31 October / 2pm**

Fly with 24 Carat Gold, a spin-off group from Dance Base's over-60s class Golden, as they smash the glass ceiling of people's preconceptions of what dancers in their 60s, 70s and 80s can do. Join them for three routines, one choreographed by Vincent Hantam, on the theme of 'Flight' that will prove age is no barrier to the pleasure of dancing.

**Dance Base, 14 - 16 Grassmarket,**

**EH1 2JU • 0131 225 5525**

**[www.dancebase.co.uk](http://www.dancebase.co.uk)**

## Margaret's Wardrobe

I T Free

**31 October / 2 - 3.30pm**

Join Dr Chris Lee, curatorial consultant and researcher, as he tells the lively personal story of one 'ordinary' woman, Margaret and her amazing high-end fashion collection, a vital link to Margaret's identity with the onset of dementia. Share your passion for fashion and enjoy our Jean Muir handling collection.

**National Museum of Scotland**

**Learning Centre, Level 4, Chambers**

**Street, EH1 1JF • Booking advised**

**[www.eventbrite.com](http://www.eventbrite.com) • [www.nms.ac.uk](http://www.nms.ac.uk)**

*Also part of the Scottish Mental Health Arts and Film Festival*

## SMOKIES

P

**31 October / 7.30pm**

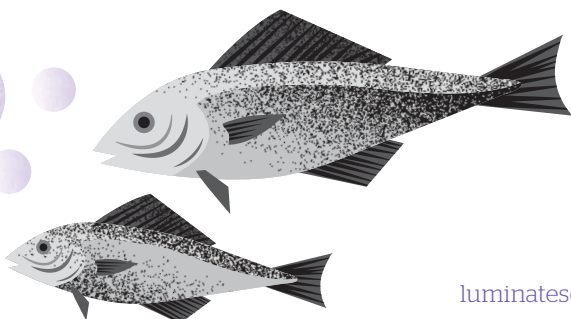
A tasty tale of two lonely old spinsters who make a living catching and smoking fish on a remote shore. Neither has much luck in capturing the hearts of the sailors nor fishermen washed up there. Unable to escape the sisters' romantic pursuits, the reluctant suitors come to a rather gruesome end. An extraordinary visual story told without words, this production is accessible to deaf and hard of hearing audiences.

**The Studio at the Festival Theatre,**

**22 Potterow, EH8 9BL • £14/£10**

**0131 529 6000 • [www.edtheatres.com](http://www.edtheatres.com)**

*Presented by Solar Bear Theatre Company*



## **This is Me**

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A workshop series for people with dementia, including early onset dementia, and their carers with Alzheimer Scotland's Day Care Services at the Prentice Centre. Working with a poet and visual artist and inspired by the collections of Art in Healthcare and the Scottish Poetry Library, workshop participants will create personal books of poetry and visual art reflecting their identity, interests and histories.

A partnership delivered by Scottish Poetry Library and Art in Healthcare.

**Prentice Centre**

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

## **Live Music Now Scotland Tour: Kristan Harvey & Tina Rees**

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Celebrating its 30th anniversary in 2014/15, Live Music Now Scotland provides performance and training opportunities for outstanding emerging musicians who perform in a wide range of community settings, including those for older people.

This year Live Music Now musicians, including Kristan Harvey (fiddle) and Tina Rees (piano), will once again bring Luminare into the heart of communities across Scotland.

**Granton Day Centre**

**Saughtonhall Church Over 60s Group**

[www.livemusicnow.org.uk/scotland](http://www.livemusicnow.org.uk/scotland)

## **U3A: Jazz on an Autumn Afternoon**

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A performance of popular jazz numbers by the U3A Jazz Group for the residents and staff at Oaklands Care Home.

**Oaklands Care Home**

## **U3A Greetings Card Workshop**

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Members of U3A Craft Group will demonstrate card-making skills and help residents and visitors to make their own

**Castle Rock Edinvar Housing Association**



# **Outreach**

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# Falkirk

## BraveheART

**E F T Free**

**1 October / 10am - 3pm**

An exhibition of visual art from Braveheart's participants, volunteers and community members that will inspire you to enjoy our natural environment. You'll also have the chance to try some activities, watch a film about the organisation, taste local food and enjoy a short walk with Braveheart volunteers.

**Falkirk Community Hospital,  
Majors Loan, FK1 5SU  
[www.braveheart.uk.net](http://www.braveheart.uk.net)**

## Monday Cuppas

**F**

**6, 20 & 27 October/**

**Café opens 10.30am, Screening 11am**

Monday morning Cuppa screenings offer a chance to relax with a film, hot drink, and scrumptious cake in the beautifully restored Art Deco surroundings of the Bo'ness Hippodrome. And Luminare audiences get their tickets at a specially discounted price. See right for details of the Luminare Film Programme screening on 20 October. Remaining titles will be announced by early September.

**Hippodrome, Hope Street, Bo'ness,  
EH51 0AA • 01324 506850  
[www.falkirkcommunitytrust.org/  
venues/hippodrome](http://www.falkirkcommunitytrust.org/venues/hippodrome)**



## Advanced Style + The Lady in Number 6: Music Saved My Life

**F**

**20 October / 11am**

### Advanced Style

A documentary examining the lives of seven unique New Yorkers whose eclectic personal style and vital spirit have guided their approach to ageing. These intimate and colourful portraits of independent, stylish women aged 62 to 95 challenge conventional ideas about beauty, ageing and Western culture's increasing obsession with youth. (Lina Plioplyte/USA/2014/72min/PG)

### The Lady in Number 6

As the world's oldest pianist and holocaust survivor, 109 year-old Alice Herz Sommer shares her views on how to live a long and happy life. She discusses music, laughter and how to remain optimistic come what may. Winner of this year's Academy Award for Best Documentary Short. (Malcolm Clarke/USA/2014/39min)

**Hippodrome, Hope Street, Bo'ness,  
EH51 0AA • Special offer: quote  
'Luminare' for film and refreshments  
for £5, or film only £3 • 01324 506850  
[www.falkirkcommunitytrust.org/  
venues/hippodrome](http://www.falkirkcommunitytrust.org/venues/hippodrome)**



## Ballroom Dance

T

**10 October / 8pm**

Swish your way across the FTH dance floor to the live sounds of music maestro John Findlay. From waltzes to cha-chas there's a dance for everyone at this fun and relaxing evening. And the café bar will be open serving drinks and snacks to keep you dancing into the night.

**Falkirk Town Hall, West Bridge Street, FK1 5RS • Box office: Steeple Box Office, High Street, FK1 1NW • Special offer: quote 'Luminate' for £5 entry, usual price £6 • 01324 506850 [www.falkirkcommunitytrust.org/venues/fth](http://www.falkirkcommunitytrust.org/venues/fth)**



## Afternoon Tea Dance

T

**15 October / 2pm**

Grab a partner for a waltz or a foxtrot, or just relax and enjoy the music with friends. This is the perfect place to spend an enjoyable afternoon showing off your dance moves. Refreshments are also on offer from the café and the wonderful John Findlay will provide live music.

**Falkirk Town Hall, West Bridge Street, FK1 5RS • Box office: Steeple Box Office, High Street, FK1 1NW • Special offer: quote 'Luminate' for £3 entry, usual price £4 • 01324 506850 [www.falkirkcommunitytrust.org/venues/fth](http://www.falkirkcommunitytrust.org/venues/fth)**

## Every Picture Tells My Story

E T Free

**20 - 24 October / 11am & 2pm**

A fantastic opportunity to share with you my emotions, experiences and memories of my lives journey. We are all born and eventually we will all die. What we achieve throughout this process moulds and depicts who we are. Join me through pictures, voice and through those that have been a huge part of my ageing journey. See how alive my life has been and how it continues.

**The Haining Care Home,  
Vellore Road, Maddiston, FK2 0BN  
Booking essential • 01324 716755  
[lynn.haining@yahoo.co.uk](mailto:lynn.haining@yahoo.co.uk)**

*Presented by residents of The Haining Care Home*



# Outreach



## The Falkirk Cabaret

A brand new singing project for older people's groups in Falkirk. Groups will work with inspirational choir leader Stephen Deazley to learn and rehearse old favourites and new songs, which will be performed in a sharing event with all the project's participants and their friends and families at Falkirk Town Hall during Luminate.

**Falkirk Town Hall**

*Delivered by Love Music and Luminate and supported by Falkirk Community Trust*

# Fife

## Haydays in the Garden

**E I Free**

**7 October / 10am - 3pm**

Members of Haydays Fife, an Arts and Leisure organisation for the over 50s, will be spending the day at St Andrews Botanic Garden, working with local artist Adela Crone and stained glass artist Liz Rowley to create an installation that celebrates Luminare. Drop in and watch them work, and speak to members about the activities Haydays offer. Artworks created will also be on display at the Haydays Showcase on 28 October.

**St Andrews Botanic Gardens, KY16 8RT**  
**[www.st-andrews-botanic.org](http://www.st-andrews-botanic.org)**

## In The Kingdom That Danced

**P**

**10 October / 7pm**

**11 October / 5pm & 8pm**

**12 October / 5pm**

Once upon a time there were twelve princesses who slept all day and vanished every night to a secret place. Where did they go? Their father needs to know. He wants them married and out of the house. Is anyone brave enough to find out their secret and take them off his hands? An ancient tale for a modern world.

**The Glen Pavilion, Pittencrieff Park,  
Dunfermline, KY12 8QH • £10/£6**  
**01383 602302 • [www.onfife.com](http://www.onfife.com)**

*Directed by Alan Lyddiard. Written by Stuart Paterson.  
Core Funders: Creative Scotland, Fife Cultural Trust,  
Fife Council.*

IN THE KINGDOM THAT DANCED





## Haydays Showcase **E T Free**

**28 October / 9.30am - 4pm**

A chance to try half hour taster classes of some of the activities offered by Haydays, an Arts and Leisure organisation for the over 50s, have a cuppa and meet Haydays members. Classes include salsa, singing, painting, drawing, stained glass, bridge, card-making and literature. There will also be an exhibition of members' work on display.

**The Town Hall, St Andrews, KY16 9TA**  
[www.haydaysfife.co.uk](http://www.haydaysfife.co.uk)

## Welcome to Wellderly **T Free**

**31 October / 10am - 12pm**

Become part of Wellderly's brand new design team to apply your knowledge, skills and creativity to the big issues our society faces. The group will explore and select an issue based on its interests, use creative approaches to discuss possible solutions and model their problem-solving ideas in hands-on group activities. This workshop is a unique and enjoyable way to make a difference!

**Cosmos Community Centre,**  
**Abbey Walk, St Andrews, KY16 9LB**  
**Booking essential • 07515 252419**  
[jenni@wellderly.org.uk](mailto:jenni@wellderly.org.uk)



# Outreach

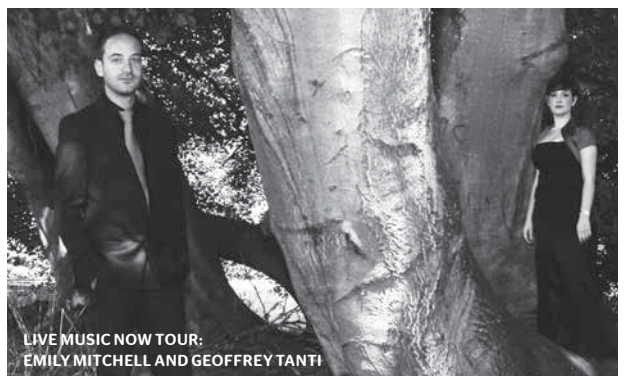


## Live Music Now Scotland Tour: Emily Mitchell & Geoffrey Tanti

Celebrating its 30th anniversary in 2014/15, Live Music Now Scotland provides performance and training opportunities for outstanding emerging musicians who perform in a wide range of community settings, including those for older people.

Following successful tours at Luminate 2012 and 2013, Live Music Now musicians, including Emily Mitchell (soprano) and Geoffrey Tanti (piano), will once again bring the festival into the heart of communities across Scotland.

**Age Concern Glenrothes**  
**Balfarg Care Home, Glenrothes**  
[www.livemusicnow.org.uk/scotland](http://www.livemusicnow.org.uk/scotland)



# Glasgow City

## Still Sounds: The Great War

**F** Free

**1 - 19 October**

This documentary video by artist Margaret Moore investigates the effect of the Great War on Glaswegians whose families were involved in and affected by the global conflict and its aftermath. Screening during museum opening hours, phone ahead to check times.

The Burrell Collection, Pollok Country Park, 2060 Pollokshaws Road, G43 1AT  
[www.glasgowmuseums.com](http://www.glasgowmuseums.com)

0141 287 2564

## Secret Cinema

**F** Free

**1, 8, 15, 22 & 29 October / 2pm**

See old film favourites at the Burrell Collection every Wednesday during Luminare. Phone ahead to check the programme. No need to book.

The Burrell Collection, Pollok Country Park, 2060 Pollokshaws Road, G43 1AT  
[www.glasgowmuseums.com](http://www.glasgowmuseums.com)

0141 287 2564

## Scrapbooking at Maggie's

**T** Free

**2, 9, 16, 23 & 30 October /  
11.30am - 1.30pm**

Unique taster sessions offering the chance to begin the process of scrapbooking your life. Chart your history and open up new horizons for the future in this engaging creative process.

Maggie's Centre, Gartnavel Hospital,  
1053 Great Western Road, G12 0YN  
0141 357 2269 • [www.maggiescentre.org](http://www.maggiescentre.org)

## A Quiet Riot

**F** Free

**3 October / 2pm**

Bob is getting a Community Care interview. Him and Isabel are getting along fine, in their own way. But daughter Sarah's having none of it. Mind you, choice hasn't been on the menu for a while now... Neither has thinking about it. A film about the predicaments faced by thousands of families affected by dementia. Funny, thoughtful, true to life - and about joy, happiness and love. Followed by a discussion and debate concerning our social, cultural and personal approach towards dementia. Anyone and everyone with an interest is cordially invited!

GMAC, 5th Floor, 103 Trongate, G1 5HD  
Booking advised, spaces are limited  
0141 553 5400 • [www.quiriot.com](http://www.quiriot.com)



Image credit: Victor Franowski



## Vanishing Point presents Tomorrow

P

**3 (Preview) 4 & 7 - 11 October / 7.30pm**

Tomorrow tells the story of a young man who suddenly finds himself in an alarmingly unfamiliar place. A place where everyone seems to know him and where strange rules apply. Where everyone seems to have his best interests at heart, but he is not at liberty to leave. *Tomorrow* is a subtle, delicate show about all our possible futures. *"brutally beautiful and makes you shiver"\*\*\*\* The Guardian*

**Tramway, 25 Albert Drive, G41 2PE**

**£10 (Preview) £15 / £12**

**0845 330 3501 • [www.tramway.org](http://www.tramway.org)**

*A co-production between Vanishing Point, Brighton Festival, Tramway (Glasgow) and Cena Contemporânea (Brasilia), in association with Platform (Easterhouse) and National Theatre Studio (London)*

*Also part of the Scottish Mental Health Arts and Film Festival*

## Willow Weekend **E I P T Free**

**4 - 5 October /**

**Saturday: 10am - 5pm**

**Sunday: 11am - 5pm**

A series of events in the Glasgow Style Gallery for generations to come together and celebrate Charles Rennie Mackintosh's love of willow. There will be talks, performances and drop-in sessions where you can draw in willow charcoal, make a Mackintosh motif or try a creative writing workshop.

**Programme:** 11.30am - 12.30pm Willow Wood performance & creative writing session / 1 - 1.30pm Glasgow Style Gallery tour / 1.30-3.30pm Life drawing & willow weaving

**Kelvingrove Art Gallery and Museum, Argyle Street, G3 8AG • 0141 276 9599 [www.glasgowmuseums.com](http://www.glasgowmuseums.com)**

*Part of Silver Sunday and the Creative Mackintosh Festival*

## Kinning Park arty-archi-tea-cake

T **Free**

**4 October / 1 - 4pm**

Take a closer look at the architecture of Kinning Park on a short exploration of the complex and its surroundings with guided sketching activities. Then develop your sketches into artworks using a variety of materials (of course with time for tea and cake and chat about Kinning Park included!).

**Kinning Park Complex, 43 Cornwall Street, G41 1BA • Booking essential via event organiser not venue [alison@crenellatedarts.com](mailto:alison@crenellatedarts.com) 07891 767916**

## Hands on History: Tile-making for Grandparents & their Grandchildren

**T Free**

**4 October / 2 - 4pm**

Intergenerational fun in a practical workshop, where together you can explore the ancient craft of tile making, and make your own tile inspired by the Burrell Collection.

**The Burrell Collection, Pollok  
Country Park, 2060 Pollokshaws  
Road, G43 1AT • 0141 287 2564  
[www.glasgowmuseums.com](http://www.glasgowmuseums.com)**

## Silver Sunday Armouries Afternoon

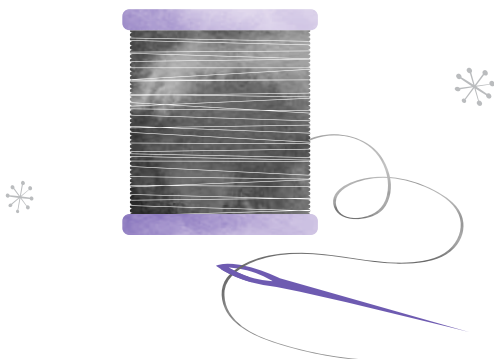
**T Free**

**5 October / 1 - 3pm, drop-in**

Learn more about the fascinating Arms and Armour collection of Sir William Burrell during this drop-in interactive object handling session for older people and their families. Then have a go at creating your own shield or helmet out of card.

**The Burrell Collection, Pollok  
Country Park, 2060 Pollokshaws  
Road, G43 1AT • 0141 287 2564  
[www.glasgowmuseums.com](http://www.glasgowmuseums.com)**

*Part of Silver Sunday and Age Friendly Museums Day*



## Animal, Vegetable or Mineral: The Ancient Art of Making Colour

**T Free**

**5 October / 1 - 3.30pm**

Explore the origin, use and history of natural pigments and dyes from the Ancient world to the present day; as seen in objects from Glasgow Museums' world cultures, textile and art collections. Try your hand at the ancient craft of making colour from dye plants with artist Kathy Beckett and make a drawing with natural minerals, just like our ancient ancestors.

**Glasgow Museums Resource  
Centre, 200 Woodhead Road,  
South Nitshill Industrial Estate, G53 7NN  
Booking essential • 0141 276 9300  
[GMRCbookings@glasgowlife.org.uk](mailto:GMRCbookings@glasgowlife.org.uk)**

*Part of Silver Sunday and Age Friendly Museums Day*

## Sketching Space & Place: An Introduction to Architectural Drawing

**T Free**

**5 October / 1 - 4pm**

Inspired by a sketch by Charles Rennie Mackintosh of the Provand's Lordship, you will develop drawing skills and gain an understanding of architecture and interiors. Discover how environments are used and can be affected by human presence. Drawing will be used to explore line, form, shape, perspective and light and, using mixed media, you will produce observed and experimental drawings.

**St Mungo Museum, 2 Castle Street, G2  
ORH • Booking essential 0141 276 1625  
[mungobookings@glasgowlife.org.uk](mailto:mungobookings@glasgowlife.org.uk)**

*Part of Silver Sunday and Age Friendly Museums Day*

## The Little Girl from 1945 **P** **Free**

**5 October / 2 - 3pm**

*"He's always here. He keeps looking at me and smiling. He keeps taking my hand. He goes and sits in the corner, crying. He looks lonely. He's not my Granddad. I don't know who he is.."*

Violet Black is from Yorkshire, 1945. In this free pop-up performance, she's here to tell stories of her childhood and family - and of a mysterious old man who keeps showing up.

**Check venue at:**

[www.luminatescotland.org](http://www.luminatescotland.org)

Image credit: South Lanarkshire Council



## Silver Swans Workshop **T** **Free**

**6 October / 10 - 11.30am & 1.30 - 3pm**

Scottish Ballet is delighted to offer two Silver Swans workshops for older dancers with little or no ballet experience. Come along to our fabulous studio and enjoy an inspiring introduction to ballet based on steps from McMillan's *Elite Syncopations*. The class will be taught in a relaxed and informal atmosphere and a pianist will accompany the session.

**Tramway, 25 Albert Drive, G41 2PE**

**Booking advised • 0141 331 2931**

[www.scottishballet.co.uk](http://www.scottishballet.co.uk)

## Singing for the Heart **T** **Free**

**8 October / 12.30 - 2pm**

Do you love to sing and want to sing in a group? Why not come along to The Village Storytelling Centre and try our Singing for the Heart taster session? Featuring music from the fabulous 50s, the musicals and guid auld Scots songs. This session is aimed at older adults and song sheets will be provided.

**The Village Storytelling Centre,  
183 Meiklerig Crescent, Pollok, G53 5NA  
[www.thevillageonline.co.uk](http://www.thevillageonline.co.uk)**

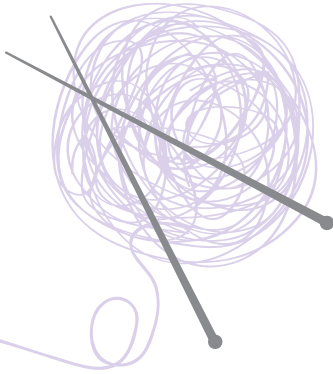
## Linwood No More **P**

**9 - 11 October / 8pm**

New Year's Day 2000. A homeless alcoholic awakes to the new millennium and faces up to the realities of his life on the street. He reflects on his redundancy from the Linwood car plant and the happy family life he has lost. One man's story of what became of his life after the Linwood plant was no more.

**Tron Theatre Changing House,  
63 Trongate, G1 5HB • £10/£7.50  
0141 552 4267 • [www.tron.co.uk](http://www.tron.co.uk)**

*Written by Paul Coulter; Directed by Liz Carruthers;  
Starring Vincent Friell; Produced by White Stag  
Theatre Company*



## Culture and Craft: Felting One-Day Workshop

T

**12 October / 11.30am - 4.30pm**

Explore the Burrell Collection and use it as your inspiration to create a felt item using the wet felt technique. No experience necessary and all materials provided. Bring a packed lunch.

**The Burrell Collection,  
Pollok Country Park, 2060 Pollokshaws  
Road, G43 1AT • £20, concessions  
available • Booking essential, fee  
non-refundable • 0141 287 2591  
BurrellL&A@glasgowlife.org.uk  
www.glasgowmuseums.com**

## Nothing Personal...

P

**12 October / 7.30pm**

Mrs Lees moves into sheltered housing and quickly discovers it's not all it seems. Between guilt-tripping daughters, meddling neighbours, a multitude of carers and a warden that's seen it all before, there are challenging times ahead! A comedy drama about residents, families and carers up against age, authority and each other!

**Òran Mór, Top of Byres Road,  
G12 8QX • £10 • 0141 357 6200  
www.oran-mor.co.uk**

## Craft Café Open Day

T Free

**16 October / 10am - 4pm**

Craft Cafés in Glasgow and Edinburgh will open their doors in celebration of Luminare 2014. If you are 65+ and want to get involved in creative activity, pop along to our studios to meet artists in residence and Craft Café members and try out an activity for yourself.

**The Whiteinch Centre, 1 Northinch  
Street, G14 0UG**

**The Elderpark Community Centre,  
82 Elderpark Street, Govan, G51 3SS  
0141 575 3001**

**www.impactarts.co.uk**

*Supported by Viewpoint Housing Association,  
Elderpark Housing Association, Whiteinch Community  
Association, Scottish Government and Community  
Health Partnership*

## Suffragettes: Our Mothers, Sisters, Aunts?

P T Free

**17 October / 3 - 5pm**

Join the Glasgow Women's Library for an introduction to their Suffragette play scripts and a conversation about these amazing Firebrand Women. A sharing of these famous and funny plays will be followed by a handling session of Suffragette artefacts and a discussion of the experiences of our mothers, daughters, aunts, cousins and friends. #marchofwomen

**Glasgow Women's Library, 23 Landressy  
Street, Bridgeton, G40 1BP • 0141 550  
2267 • www.womenslibrary.org.uk**

*This is a Glasgow Women's Library and Royal  
Conservatoire of Scotland partnership event*

## Make Do, Mend & Makeover

T

18 - 19 October /

1 - 5pm (last admission 4.30pm)

Get crafty at our drop-in workshop! Drawing inspiration from the campaign of WWII, use traditional techniques such as sewing, darning, patching and embroidery to mend and embellish pieces of clothing. The designs will appeal to adults and kids of all ages, so bring the grandchildren along too! Share your skills and memories and make something fun and creative to take home.

**Tenement House, 145 Buccleuch Street, Garnethill, G3 6QN • Workshop included in admission fee • £6.50/£5 adult, Family 2 adults + up to 4 children £16.50, Family 1 adult + up to 4 children £11.50, visitors with disabilities full price but can bring a companion free of charge • 0844 493 2917 [www.nts.org.uk/TenementHouse](http://www.nts.org.uk/TenementHouse)**



## Open Mic Night at The Glad Café

P T

19 October / 7.30pm

An opportunity for singers and songwriters of all styles aged 18 - 80+ to showcase their material to an audience of all ages, encouraging the shared enjoyment of music across the generations.

**The Glad Café, 1006A Pollokshaws Road, G41 2HG • £5 • 0141 636 6119 [www.thegladcafe.co.uk](http://www.thegladcafe.co.uk)**

## Alive Inside

F

19 October / 3.15pm

Winner of the 2014 Sundance Film Festival Audience Award: US Documentary. Follow social worker Dan Cohen, founder of the not-for-profit organisation Music & Memory, as he fights against a broken healthcare system to demonstrate music's ability to combat memory loss and restore a deep sense of self to those experiencing it. (Michael Rossato-Bennett USA/2014/78min)

**Glasgow Film Theatre, 12 Rose Street, G3 6RB • £8/£6.50 Cinocard holders £7/£5.50 • 0141 332 6535 [www.glasgowfilm.org/theatre](http://www.glasgowfilm.org/theatre)**

*Presented by Luminare and the Scottish Mental Health Arts and Film Festival*



## A Place to Sit

**E** Free

**25 - 27 October**

An exhibition of textiles by people with a diagnosis of dementia who use Alzheimer Scotland's services at Oxford Street, Glasgow, following a residency by textile artist Deirdre Nelson. As well as showcasing the work, the exhibition offers visitors the chance to learn more about dementia and the support Alzheimer Scotland can offer. The exhibition will also be presented at the 24th Alzheimer Europe Conference, held in Glasgow this year.

**25 - 27 October: 10am - 5pm**

**CCA, 350 Sauchiehall Street, G2 3JD**

**0141 352 4900 • [www.cca-glasgow.com](http://www.cca-glasgow.com)**

*Presented in partnership with Alzheimer Scotland*

## Bowling Club by Janie Nicoll

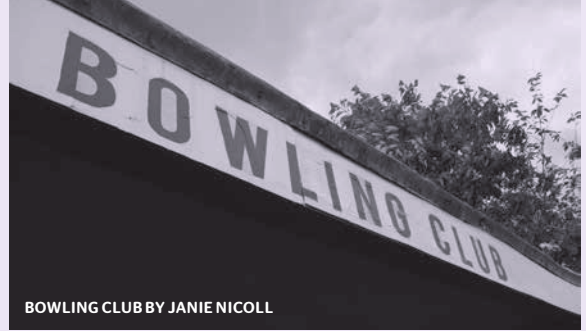
**F** Free

**21 October / 7.30pm**

Commissioned for the 2014 Commonwealth Games Cultural Programme at Kelvingrove Bandstand, this film by artist Janie Nicoll explores Glaswegians' passion for lawn bowls. It was made in collaboration with players and enthusiasts of Willowbank and Burnbank Bowling Clubs, with accompanying creative workshops at Netherton as part of the Age Creative programme.

**Netherton Community Centre,  
358 Netherton Road, G13 1AX  
0141 954 4250**

*Presented by Glasgow Life*



## Advanced Style + The Lady in Number 6: Music Saved My Life

**F**

**21 October / 6pm**

### Advanced Style

A documentary examining the lives of seven unique New Yorkers whose eclectic personal style and vital spirit have guided their approach to ageing. These intimate and colourful portraits of independent, stylish women aged 62 to 95 challenge conventional ideas about beauty, ageing and Western culture's increasing obsession with youth. (Lina Plioplyte/USA/2014/72min/PG)

### The Lady in Number 6

As the world's oldest pianist and holocaust survivor, 109 year-old Alice Herz Sommer shares her views on how to live a long and happy life. She discusses music, laughter and how to remain optimistic come what may. Winner of this year's Academy Award for Best Documentary. (Malcolm Clarke/USA/2014/39min)

**Glasgow Film Theatre, 12 Rose Street,  
G3 6RB • £5 • 0141 332 6535  
[www.glasgowfilm.org/theatre](http://www.glasgowfilm.org/theatre)**



## Culture and Craft: Carpet-making Taster

**T** Free

**22 October / 10am - 12pm**

A practical adult art class exploring the ancient craft of carpet-making, inspired by the beautiful Islamic carpets in the Burrell Collection.

The Burrell Collection, Pollok Country Park, 2060 Pollokshaws Road, G43 1AT  
Booking essential • 0141 287 2591  
BurrellL&A@glasgowlife.org.uk  
www.glasgowmuseums.com

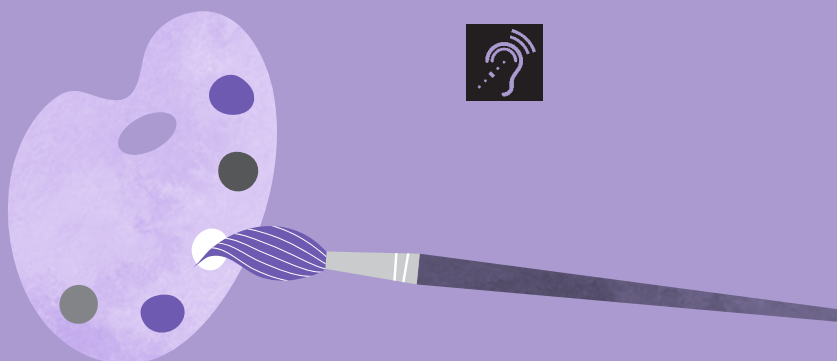
## Love is Strange

**F**

**23 October / 6pm**

After 39 years together, Ben and George take advantage of the new marriage laws and tie the knot. On return from their honeymoon, Ben gets fired and, with no real savings, the couple can no longer afford to live in their small Chelsea apartment. So, only days after their nuptials, their tight-knit community of family and friends must come together and figure out how to help them.

(Ira Sachs/USA/France/2014/98min)  
Glasgow Film Theatre, 12 Rose Street,  
G3 6RB • £8/£6.50 Cinecard holders  
£7/£5.50 • 0141 332 6535  
www.glasgowfilm.org/theatre



## The Red Road: Our Flats

**P**

**24 October / 3pm**

**25 October / 7pm**

The iconic Red Road Flats will be demolished in 2014. Hear the Red Road Young Uns' Concert Party (average age 75) mark this event with a mixture of songs, stories and sketches to bring back memories of the Flats through the years.

Springburn Alive and Kicking Centre, 94 Red Road, G21 4PH  
£5 • 0141 558 0329 / 0349

## Make Way for Tomorrow

**F**

**26 October / 1pm**

A beautifully made, superbly acted, achingly funny, deliriously romantic and utterly heartbreaking film. This simple depression-era story, of an older couple who are forced to separate after they lose their house and find none of their children prepared to take them in, inspired Yasujiro Ozu's masterpiece, *Tokyo Story* and was described by Orson Welles as a film that "could make a stone cry". See it and weep! (Leo McCarey/USA/1937/91min/U)

Glasgow Film Theatre, 12 Rose Street,  
G3 6RB • £8/£6.50 Cinecard holders  
£7/£5.50 • 0141 332 6535  
www.glasgowfilm.org/theatre





## **A Play, a Pie and a Pint: Flying With Swans by Jack Dickson**

**P**

**27 October - 1 November / 1pm**

Dolly, Jean and Mona are all 83 and grew up together on the Isle of Arran. They haven't seen each other in over fifty years. Out of the blue, Dolly and Jean receive an invitation from Mona to take the ferry back to the island to watch the annual arrival of the whooper swans from Iceland at Catacol Bay. Like these migrating birds, the women are on a journey, guided by instinct and habit.

**Òran Mór, Top of Byres Road, G12 8QX**  
**£10 Monday, Tuesday, Thursday**  
**£8 Wednesday • £12.50 Friday and**  
**Saturday • All including a pie and a drink**  
**0844 477 1000 • [www.playpiepint.com](http://www.playpiepint.com)**

*Produced by A Play, a Pie and a Pint in partnership with the Traverse Theatre, Edinburgh*

## **Colquhoun & MacBryde by John Byrne, Directed by Andy Arnold, With Andy Clark & Stephen Clyde**

**P**

**29 October - 8 November / 8pm**

Two painters swagger down to war-torn London to take the art world by storm, and are briefly revered by the city's establishment. But these two Roberts, partners and lovers, are also hedonists, eventually shunned by the Capital's chattering classes. John Byrne's new two-handed version of his fast-moving play crackles with fine art and foul profanities.

**Tron Theatre Changing House,  
63 Trongate, G1 5HB • Preview on  
Wednesday 29 October £6 • From  
30 October £10/£7.50 • 0141 552 4267**  
**[www.tron.co.uk](http://www.tron.co.uk)**

*A Tron Theatre production in association with Glasgow!*

## **Read, Relax, Recharge Special! **T** Poetry, Song and the Female Tradition**

**30 October / 12.30 - 2.30pm**

Bring your lunch and join acclaimed Gaelic singer Flora MacNeill and prize-winning Scottish poet, Magi Gibson as they chat about the Gaelic tradition of passing down song and poetry from mother to daughter. A great opportunity to celebrate the ancient traditions of storytelling.

**Glasgow Women's Library,  
23 Landressy Street, Bridgeton,  
G40 1BP • £2/Free • 0141 550 2267**  
**[www.womenslibrary.org.uk](http://www.womenslibrary.org.uk)**

*Supported by Awards for All Scotland*



## **Live Music Now Scotland Tour: Jemma Brown & Maryam Sherhan**

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Celebrating its 30th anniversary in 2014/15, Live Music Now Scotland provides performance and training opportunities for outstanding emerging musicians who perform in a wide range of community settings, including those for older people.

Following successful tours at Luminate 2012 and 2013, Live Music Now musicians, including Jemma Brown (mezzo soprano) and Maryam Sherhan (piano), will once again bring the festival into the heart of communities across Scotland.

**Dixon Centre**

**Crossmyloof Centre**

[www.livemusicnow.org.uk/scotland](http://www.livemusicnow.org.uk/scotland)



## **Outreach**



### **Light as a Feather**

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All or Nothing Aerial Dance Theatre will give a group of dancers from Scottish Ballet's Regenerate the chance to fly! Aerial dance is an activity for everyone that builds strength and confidence, promoting positive health and wellbeing and challenging stereotypes about what older people can do. Aerialists will demonstrate their skills and lead workshops on aerial silks and harness, before participants take to the air.

**Tramway**

[www.aerialdance.co.uk](http://www.aerialdance.co.uk)

**Look out for:**  
*You Said You Liked  
the Dancing*  
page 76

# 56

**“ As I get older I find I want to work more with older people, people of my own generation and beyond... it seems vital to me to contribute to a shift in attitudes, perceptions and stereotypes and to give voice, visibility and value to ‘the older generation’... ”**

**Janice Parker, 56  
Dance Artist & Choreographer**

# Greater Glasgow & Argyll

## SMOKIES

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**17 October, 23 October & 28 October**

A tasty tale of two lonely old spinsters who make a living catching and smoking fish on a remote shore. Neither of these strange sisters has much luck in capturing the hearts of the sailors nor fishermen who find themselves washed up there. Unable to escape the sisters' romantic pursuits, the reluctant suitors come to a rather gruesome end. An extraordinary visual story told without words, this production is accessible to deaf and hard of hearing audiences.

**17 October / 7.30pm:**

**Eastwood Park Theatre, Rouken  
Glen Road, Giffnock, G46 6UG  
£9/£7 • 0141 577 4956**

**[www.eastwoodparktheatre.co.uk/  
boxoffice](http://www.eastwoodparktheatre.co.uk/boxoffice)**

**23 October / 7.30pm**

**Beacon Arts Centre, Custom House  
Quay, Greenock, PA15 1HJ  
£10/£8 • 01475 723723**

**[www.beaconartscentre.co.uk](http://www.beaconartscentre.co.uk)**

**28 October / 7.30pm**

**Paisley Arts Centre,  
15 New Street, Paisley, PA1 1EZ  
£10/£6 • 0300 300 1210**

**[boxoffice.renfrewshire.gov.uk](http://boxoffice.renfrewshire.gov.uk)**

*Presented by Solar Bear Theatre Company*

## Love Letters Straight From Your Heart

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**17 October / 2.30pm**

Let's raise our glasses to long lost loves and current lovers, to mums, to dads and to absent friends. Uninvited Guests stage an event that is somewhere between a wedding reception, a wake and a radio dedication show. We speak of our own and others' loves - deep, passionate, ambivalent and unrequited - and dedicate songs to them.

If you want to join us on this happy occasion, send a dedication to someone you love to [info@uninvited-guests.net](mailto:info@uninvited-guests.net). Your letters of love may become part of the show: romantic gestures or signs of friendship, shared publicly between us.

**Beacon Arts Centre, Custom  
House Quay, Greenock, PA15 1HJ  
£10/£8 • 01475 723723**

**[www.beaconartscentre.co.uk](http://www.beaconartscentre.co.uk)**

*Supported by the National Lottery through Creative Scotland and Luminare. A BAC Scratch and Arnolfini We Live Here commission. Also commissioned by Leeds Met Studio Theatre. Originally funded by Arts Council England.*

## Portraits of Experience E

**27 October - 22 November /  
10am - 4pm Monday - Saturday**

The Scottish Maritime Museum presents an exhibition of photographs by award-winning artist Alex Boyd, capturing and celebrating the unique personalities, skills and backgrounds of its volunteers; including retired maritime, aerospace and manufacturing engineers, submariners, merchant seamen, archivists and experts in shipbuilding.

**Scottish Maritime Museum  
Denny Tank, Castle Street,  
Dumbarton, G82 1QS**

**£3/£2/children free • 01389 763444  
[www.scottishmaritimemuseum.org/  
sites/dumbarton](http://www.scottishmaritimemuseum.org/sites/dumbarton)**



**Smokies**  
see opposite  
page

## Let Me Stay P

**29 October / 8pm**

A tender and unique exploration of the impact of Alzheimer's on family relations. Julie McNamara shares a celebration of life and love as seen through the eyes of her mother. Alzheimer's does not have to be a tragic withdrawal from life. Think of it as a shedding of all care, with two fingers at the world. A lifestyle choice for some... Suitable for ages 12+: contains infrequent swearing.

**Cove Burgh Hall, Shore Road, Cove,  
G84 0LY • £10 • 01436 842177  
[www.coveburghhall.org.uk](http://www.coveburghhall.org.uk)**

*Supported by Unlimited Impact, Luminare and the  
Scottish Mental Health Arts and Film Festival*



## Outreach



### Love Letters Straight From Your Heart Workshop

Uninvited Guests will hold a workshop for older people, offering the chance to share joyful and moving words and music about their loved ones for the public performance.

**Beacon Arts Centre  
[www.uninvited-guests.net](http://www.uninvited-guests.net)  
[www.fueltheatre.com](http://www.fueltheatre.com)**

# Highlands & Moray

## Wise Guys

**E** Free

**1 - 31 October /**

**10am - 5pm Tuesday - Saturday**

An exhibition of work by participants in the Highland Print Studio's Wise Guys project, a programme of printmaking classes for older men. The work features a range of printmaking techniques, including etching and relief printing.

**Highland Print Studio, 20 Bank Street,  
Inverness, IV1 1QU Closed for lunch**

**1 - 2pm • 01463 718999**

**[www.highlandprintstudio.co.uk](http://www.highlandprintstudio.co.uk)**

*Project funded by High Life Highland*

## Writing Your Life

**T**

**4 October / 1 - 4pm**

This creative writing workshop will explore ways of recording your life, whether through fiction or memoir. Led by prize winning author Cynthia Rogerson, the event will take place at Moniack Mhor Writers Centre, about three miles from Loch Ness, with the fire lit and a soup lunch provided. Transport from central Inverness will be provided.

**Moniack Mhor Writers Centre,  
Teavarran, Kiltarlity, IV4 7HT •  
£5/£3 • Booking essential, places  
are limited 01463 741675  
[www.moniackmhor.org.uk](http://www.moniackmhor.org.uk)**

## Make Way for Tomorrow

**F**

**5 October / 1.30pm**

A beautifully made, superbly acted, achingly funny, deliriously romantic and utterly heartbreaking film. This simple depression-era story, of an older couple who are forced to separate after they lose their house and find none of their children prepared to take them in, inspired Yasujiro Ozu's masterpiece, *Tokyo Story* and was described by Orson Welles as a film that "could make a stone cry". See it and weep! (Leo McCarey/USA/1937/91min/U)

**Eden Court, Bishop's Road,  
Inverness, IV3 5SA • £5 • 01463 234234  
[www.eden-court.co.uk](http://www.eden-court.co.uk)**



**"...the Highland Print Studio's Wise Guys project, a programme of printmaking classes for older men"**

*Wise Guys - see opposite page*

## **Advanced Style + The Lady in Number 6: Music Saved My Life** **F**

**9 October / 6pm**

### **Advanced Style**

A documentary examining the lives of seven unique New Yorkers whose eclectic personal style and vital spirit have guided their approach to ageing. These intimate and colourful portraits of independent, stylish women aged 62 to 95 challenge conventional ideas about beauty, ageing and Western culture's increasing obsession with youth. (Lina Plioplyte/USA/2014/72min/PG)

### **The Lady in Number 6**

As the world's oldest pianist and holocaust survivor, 109 year-old Alice Herz Sommer shares her views on how to live a long and happy life. She discusses music, laughter and how to remain optimistic come what may. Winner of this year's Academy Award for Best Documentary Short. (Malcolm Clarke/USA/2014/39min)

**Eden Court, Bishop's Road,  
Inverness, IV3 5SA • £5 • 01463 234234  
[www.eden-court.co.uk](http://www.eden-court.co.uk)**



## **Alive Inside** **F**

**19 October / 1.30pm**

Winner of the 2014 Sundance Film Festival Audience Award: US Documentary. Follow social worker Dan Cohen, founder of the not-for-profit organisation Music & Memory, as he fights against a broken healthcare system to demonstrate music's ability to combat memory loss and restore a deep sense of self to those experiencing it. (Michael Rossato-Bennett USA/2014/78min)

**Eden Court, Bishop's Road,  
Inverness, IV3 5SA • £5 • 01463 234234  
[www.eden-court.co.uk](http://www.eden-court.co.uk)**

*Presented by Luminare and the Scottish Mental Health Arts and Film Festival*



## Love Letters Straight From Your Heart

**21 October, 24 October & 28 October**

Let's raise our glasses to long lost loves and current lovers, to mums, to dads and to absent friends. Uninvited Guests stage an event that is somewhere between a wedding reception, a wake and a radio dedication show. We speak of our own and others' loves - deep, passionate, ambivalent and unrequited - and dedicate songs to them.

If you want to join us on this happy occasion, send a dedication to someone you love to [info@uninvited-guests.net](mailto:info@uninvited-guests.net). Your letters of love may become part of the show: romantic gestures or signs of friendship, shared publicly between us.

**21 October / 10.30am**

**MacPhail Centre, Mill Street, Ullapool, IV26 2UN • £8/£6 • 01854 613336**  
[www.macphailcentre.co.uk](http://www.macphailcentre.co.uk)

**24 October / 8pm**

**Universal Hall, The Park, Findhorn, Forres, IV36 3TZ • £10/£8/£6 (under 16) 01309 690110 • [www.findhorn.org](http://www.findhorn.org)**

**28 October / 7.30pm**

**One Touch Theatre, Eden Court, Bishop's Road, Inverness, IV3 5SA • £12/£10 • 01463 234234**  
[www.eden-court.co.uk](http://www.eden-court.co.uk)

*Supported by the National Lottery through Creative Scotland and Luminare. A BAC Scratch and Arnolfini We Live Here commission. Also commissioned by Leeds Met Studio Theatre. Originally funded by Arts Council England.*

**P**

## Let Me Stay

**P**

**24 October / 4pm**

A tender and unique exploration of the impact of Alzheimer's on family relations. Julie McNamara shares a celebration of life and love as seen through the eyes of her mother. Alzheimer's does not have to be a tragic withdrawal from life. Think of it as a shedding of all care, with two fingers at the world. A lifestyle choice for some... Suitable for ages 12+: contains infrequent swearing

**The Craigmonie Centre, Glen Urquhart High School, Drumnadrochit, Inverness-shire, IV63 6XA**  
**Check online for prices • 01456 459224**  
[www.craigmoniecentre.co.uk](http://www.craigmoniecentre.co.uk)

*Supported by Unlimited Impact, Luminare and the Scottish Mental Health Arts and Film Festival*



## Let Me Stay Workshop

**T**

**24 October / 11am - 1pm**

A workshop for older people with Julie McNamara, creator and performer of *Let Me Stay*. The production and workshop explore the impact of Alzheimer's on family relationships, proving that it is not always a tragic and apologetic withdrawal from life.

**The Craigmonie Centre, Glen Urquhart High School, Drumnadrochit, Inverness-shire, IV63 6XA**  
**Check online for prices • 01456 459224**  
[www.craigmoniecentre.co.uk](http://www.craigmoniecentre.co.uk)

*Supported by Unlimited Impact, Luminare and the Scottish Mental Health Arts and Film Festival*

## Company Chordelia presents **Dance Derby** **P**

**30 October / 8pm**

The dance marathons of Depression-era America, with strict rules, extreme conditions and ferocious competition, were the reality shows of their day. Attracting huge audiences, they could last for weeks on end. Ten dancers, two actors and a six-piece jazz ensemble bring this drama to life to a soundtrack of songs from the 1930s, performed by soprano Nadine Livingstone.

**Eden Court, Bishop's Road, Inverness, IV3 5SA • £13.50/£10 • 01463 234234**  
**www.eden-court.co.uk**

*In association with Scottish Opera. Directed and choreographed by Kally Lloyd-Jones*



## **Dance Derby** **Luminate Workshops**

**T Free**

**30 October / 2.30 - 3.30pm**

Company Chordelia's *Dance Derby* tells the story of the dance marathons of 1930s Depression America, and the social dances from that era form the basis for its choreography and soundtrack of original songs. In this workshop aimed at older participants, the company will share the dances and music and give an insight into how they became part of the show.

**Jim Love Studio, Eden Court, Bishop's Road, Inverness, IV3 5SA**  
**Booking essential • 01463 234234**  
**www.eden-court.co.uk**

## **Feed the Spirit** **P T**

**Luminate event: 31 October, 7.30pm**

Three generations have come together to share their favourite recipes and tell the stories behind the food in a special Luminate programme as part of the Third Annual Portskerra International Storytelling Festival. Over two evenings, hosted by storyteller Alexandria Patience and on Friday 31st with Luminate special guest "storyteller, piper and pensioner" James MacDonald Reid, participants will make and share the food that inspires them. The Portskerra International Storytelling Festival runs from 30 October - 2 November.

**Melvich Village Hall, Sutherland, KW14 7YL • The village hall is an old building, please phone ahead for assistance with access • Festival admission: £7/£5/£3 (under 16)**  
**01641 531355 • portskerrastorytellingfestival.weebly.com**

*Produced by apatienceart project and supported by Luminate; Festival supported by Scottish Storytelling Centre, Highland Council and Melvich Village Hall*



## Love Letters Straight From Your Heart Workshops

Uninvited Guests will hold a workshop for older people, offering the chance to share joyful and moving words and music about their loved ones for the performances around the Highlands and Moray later in October.

Eden Court  
MacPhail Centre  
Universal Hall

[www.uninvited-guests.net](http://www.uninvited-guests.net)  
[www.fueltheatre.com](http://www.fueltheatre.com)

*“Thank you for making me cry. I was moved - something as simple as a song has something so moving attached. I thought of many who are close to me. My spirit was lifted. It was beautiful. Thank you.”*



Outreach



LOVE LETTERS STRAIGHT FROM  
YOUR HEART WORKSHOP



# The Isles

## Love Letters Straight From Your Heart

P

**8 October / 7pm**

Let's raise our glasses to long lost loves and current lovers, to mums, to dads and to absent friends. Uninvited Guests stage an event that is somewhere between a wedding reception, a wake and a radio dedication show. We speak of our own and others' loves - deep, passionate, ambivalent and unrequited - and dedicate songs to them.

If you want to join us on this happy occasion, send a dedication to someone you love to [info@uninvited-guests.net](mailto:info@uninvited-guests.net). Your letters of love may become part of the show: romantic gestures or signs of friendship, shared publicly between us.

**The Grianan Centre, Westview Terrace, Stornoway, Isle of Lewis, HS1 2LD**  
**£10/£8 • Box Office: An Lanntair, Kenneth Street, Stornoway, HS1 2DS**  
**01851 708480 • [www.lanntair.com](http://www.lanntair.com) •**

*Supported by the National Lottery through Creative Scotland and Luminare. A BAC Scratch and Arnolfini We Live Here commission. Also commissioned by Leeds Met Studio Theatre. Originally funded by Arts Council England.*

## Advanced Style + The Lady in Number 6: Music Saved My Life

F

**13 October / 2pm & 7.30pm**

### Advanced Style

A documentary examining the lives of seven unique New Yorkers whose eclectic personal style and vital spirit have guided their approach to ageing. These intimate and colourful portraits of independent, stylish women aged 62 to 95 challenge conventional ideas about beauty, ageing and Western culture's increasing obsession with youth.

(Lina Plioplyte/USA/2014/72min/PG)

### The Lady in Number 6

As the world's oldest pianist and holocaust survivor, 109 year-old Alice Herz Sommer shares her views on how to live a long and happy life. She discusses music, laughter and how to remain optimistic come what may. Winner of this year's Academy Award for Best Documentary Short.

(Malcolm Clarke/USA/2014/39min)

**An Lanntair, Kenneth Street, Stornoway, Isle of Lewis, HS1 2DS • £5**  
**01851 708480 • [www.lanntair.com](http://www.lanntair.com)**



## Skye Sexagenarian Dance Group

**T** Free

**24 October / 10.30 - 11.30am**

A free open workshop welcoming all dancers between the ages of 60 and 70 years old. The session will include a gentle warm up followed by a creative dance session. No experience necessary, just bring your enthusiasm and curiosity!

**Aros Centre, Viewfield Road, Portree, Isle of Skye, IV51 9EU • 01478 613750**  
[www.aros.co.uk](http://www.aros.co.uk)

## Advanced Style

**F** Free

**24 October / 1pm**

A documentary examining the lives of seven unique New Yorkers whose eclectic personal style and vital spirit have guided their approach to ageing. These intimate and colourful portraits of independent, stylish women aged 62 to 95 challenge conventional ideas about beauty, ageing and Western culture's increasing obsession with youth.

(Lina Plioplyte/USA/2014/72min/PG)

**Aros Centre, Viewfield Road, Portree, Isle of Skye, IV51 9EU**  
**01478 613750 • [www.aros.co.uk](http://www.aros.co.uk)**



## Feis an Linn gu Linn: (Generations): A Gaelic & English Poetry and Storytelling Festival

**P T** Free

**25 October / From 11am**

This mini-literature festival celebrates the ways in which the young and the not-always-so-young have worked together on the island, through bi-lingual storytelling, poetry and music. The festival marks the launch of three pamphlets of new stories, drawings and poems and will include workshops, readings and performances of intergenerational writing.

**Taigh Chearsabhair, Lochmaddy, Isle of North Uist, HS6 5AA • 01870 603970**  
[www.taigh-chearsabhair.org](http://www.taigh-chearsabhair.org)

*Supported by Comann Eachdraidh Uibhist a Tuath, The Uist Writers' Group, Cothrom, Bord na Gaidhlig, Guthan nan Eilean (Island Voices) and Luminare*

## The Lady in Number 6: Music Saved My Life

**F** Free

**26 October / 2.15pm**

As the world's oldest pianist and holocaust survivor, 109 year-old Alice Herz Sommer shares her views on how to live a long and happy life. She discusses music, laughter and how to remain optimistic come what may. Winner of this year's Academy Award for Best Documentary Short.

(Malcolm Clarke/USA/2014/39min)

**Aros Centre, Viewfield Road, Portree, Isle of Skye, IV51 9EU • 01478 613750**  
[www.aros.co.uk](http://www.aros.co.uk)



## Let Me Stay

P

**26 October / 4.30pm**

A tender exploration of the impact of Alzheimer's on family relations. Julie McNamara shares a celebration of life and love as seen through the eyes of her mother. Alzheimer's does not have to be a tragic withdrawal from life. Think of it as a shedding of all care, a lifestyle choice for some... Suitable for ages 12+: contains infrequent swearing.

**SEALL, Sabhal Mòr Ostaig, Sleat, Isle of Skye, IV44 8RQ • £9/£7/£4  
01471 844207 • [www.seall.co.uk](http://www.seall.co.uk)**

*Supported by Unlimited Impact, Luminare and the Scottish Mental Health Arts and Film Festival*



## The 100-Year-Old Man Who Climbed Out the Window & Disappeared

F

**28 October / 2.15pm**

Based on the international bestseller, this is the unlikely story of 100-year-old Allan Karlsson, who decides it's not too late to start over. But this journey is not his first. Karlsson has unwittingly played a role in some of the most important events of the last century, and now he is on the loose again. (Felix Herngren/Sweden/Croatia/2013/114min/15)

**Aros Centre, Viewfield Road, Portree, Isle of Skye, IV51 9EU • £7.50/£7  
01478 613750 • [www.aros.co.uk](http://www.aros.co.uk)**



## Tea Dance

T

**29 October / 3.30 - 5.30pm**

A chance to learn traditional partner dancing in a fun, relaxed atmosphere with an hour long ballroom lesson, a delicious afternoon tea and a practice dancing session. Learn the cha cha cha, valse or quick step and enjoy fresh cream cakes and aromatic teas! Past Participants have said: *'Best £10 I have ever spent', 'Fantastic dancing and wonderful food'*

**Aros Centre, Viewfield Road, Portree, Isle of Skye, IV51 9EU • £10/£7.50  
01478 613750 • [www.aros.co.uk](http://www.aros.co.uk)**

## Argentine Tango

T

**29 October / 4 - 6pm & 7 - 9pm**

A chance for people of all ages to get together and try something new - the tango - a sensuous, improvised and beautiful dance! Join experienced teachers Georgia Moffa and Facundo Menendez for either an afternoon or evening workshop.

**Check venue online • Box office:  
Aros Centre, Viewfield Road, Portree, Isle of Skye, IV51 9EU • £10/£7.50  
01478 613750 • [www.aros.co.uk](http://www.aros.co.uk)**





**The 100-Year-Old Man**  
see previous page



## Outreach



### **Love Letters Straight From Your Heart Workshop**

Uninvited Guests will hold a workshop for older people, offering the chance to share joyful and moving words and music about their loved ones for the performance later in October.

**The Grianan Centre, Stornoway**

[www.uninvited-guests.net](http://www.uninvited-guests.net)

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

### **Time for Traditional Tunes**

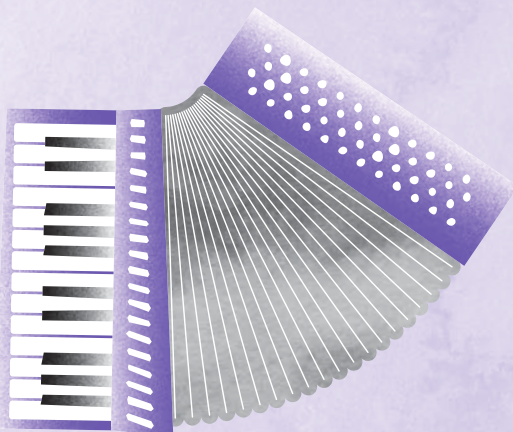
Time for Traditional Tunes is a brand new Live Music Now Scotland initiative, designed to bring time and music together for the benefit of older people with dementia. Delivered by Scots singers Robyn Stapleton (BBC Young Scottish Traditional Musician of the Year 2014) and Claire Hastings, Time for Traditional Tunes brings generations together through the sharing of cultural identity and regular music sessions.

Live Music Now Scotland is delighted to be returning to Mull to deliver this project with Mull Musical Minds, an organisation supported by Alzheimer Scotland and Mull and Iona Community Trust that provides people who are living with dementia, Parkinson's Disease or the after effects of a stroke with the opportunity to meet with other people in a similar situation and to enjoy regular social interaction by taking part in a singing group.

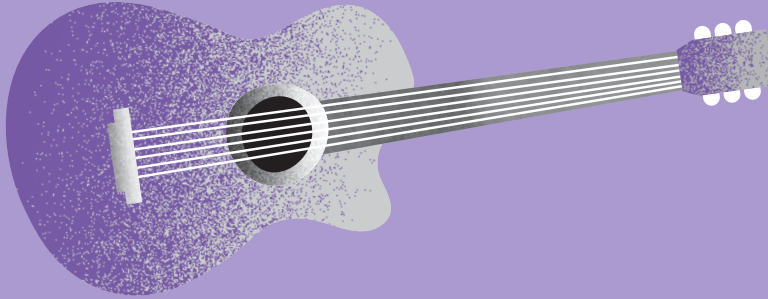
**An Roth Community Enterprise Centre, Craigmure**

[www.livemusicnow.org.uk/scotland](http://www.livemusicnow.org.uk/scotland)

[www.mict.co.uk](http://www.mict.co.uk)



# Lanarkshire



## Nothing Personal...

**P**

**3 October, 4 October & 10 October**

Mrs Lees moves into sheltered housing and quickly discovers it's not all it seems. Between guilt-tripping daughters, meddling neighbours, a multitude of carers and a warden that's seen it all before, there are challenging times ahead! A comedy drama about residents, families and carers up against age, authority and each other!

**3 October / 7.30pm**

**Hamilton Town House, 102 Cadzow Street, Hamilton, ML3 6HH • £10  
01698 452299**

**4 October / 2pm & 8pm**

**East Kilbride Arts Centre, 51 Old Coach Road, East Kilbride, G74 4DU  
Matinee £8, Evening £10  
01355 261000**

**10 October / 2pm & 7.30pm**

**Rutherglen Town Hall, 139 Main Street, Rutherglen, G73 2JJ  
Matinee £8, Evening £10  
0141 613 5700**

**[www.sllcboxoffice.co.uk](http://www.sllcboxoffice.co.uk)**

## In the Mood

**T Free**

**7 October / 11am - 12pm & 1 - 2pm**

Enjoy community singing at the Heritage Centre! Sing along with Old Scots favourites, songs from the First World War, Rock 'n' Roll classics and much more. A fun, sociable event for all ages. Words and musical accompaniment provided and refreshments included.

**North Lanarkshire Heritage Centre, High Road, Motherwell, ML1 3HU • 01698 274590**

**[www.northlanarkshire.gov.uk](http://www.northlanarkshire.gov.uk)**

*Also part of Encounters NL*



# Lothians

## Midlothian Local History Art Project

**E Free**

**1 - 31 October**

An artistic collaboration involving the residents of eight care homes in Midlothian. With help from their activity co-ordinators and visual artist Kirstie Hustler, residents have created large canvases inspired by interesting local places and events. The railway theme linking the canvases is a celebration of the imminent return of Midlothian's railway network.

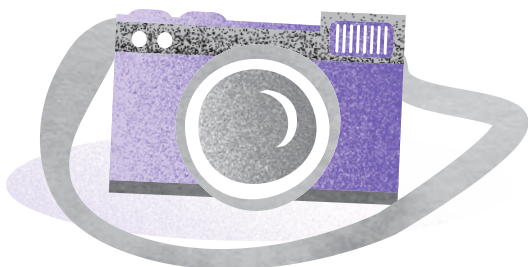
**1 - 15 October / 10am - 4pm**

**The Powerhouse,  
National Mining Museum Scotland,  
Lady Victoria Colliery,  
Newtongrange, Dalkeith, EH22 4QN**  
Opening times vary, call 0131 663 7519  
[www.scottishminingmuseum.com](http://www.scottishminingmuseum.com)

**17 - 31 October**

**The Drum, Penicuik Library,  
39A Carlops Road, Penicuik, EH26 9EP**  
Opening times vary, check online or call  
**01968 664050 • [www.midlothian.gov.uk](http://www.midlothian.gov.uk)**

*Supported by Ageing Well, Nazareth House, Dundas & Wilson (now CMS) and Midlothian Libraries*



## Love Later Life: Art Competition

**E T Free**

**1 - 31 October / 9am - 5pm, Mon - Sat**

Following last year's successful art competition, Age Scotland and West Lothian Council have asked local people to submit art work – photography, painting, short stories, carving, knitting, poems – that tells them what Love Later Life means to them? The best submissions will be displayed in Age Scotland shops during Luminare.

**1 - 15 October /**

**Age Scotland Shop Broxburn,  
45 East Main Street, EH52 5AB**

**16 - 31 October /**

**Age Scotland Shop Bathgate,  
4a George Street, EH48 1NP**

## Nothing Personal...

**P**

**5 October / 7.30pm**

Mrs Lees moves into sheltered housing and quickly discovers it's not all it seems. Between guilt-tripping daughters, meddling neighbours, a multitude of carers and a warden that's seen it all before, there are challenging times ahead! A comedy drama about residents, families and carers up against age, authority and each other!

**Bathgate Regal Theatre, 24 - 34 North  
Bridge Street, Bathgate, West Lothian,  
EH48 8PS • £10 • 01506 630085**  
[www.bathgateregal.org](http://www.bathgateregal.org)

## Revelation, **E P T** **Free** Imagination & Illumination

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**11, 18 & 25 October**

A programme of creative tours, storytelling events and workshops at the John Gray Centre, Haddington.

**Story Tour with Tim Porteus:  
The Land, The Sea, The People  
11 October / 10.30 - 11.15am**

Led by storyteller Tim Porteus and museum guide Helen Bleck, come and hear about the dramas and sometimes desperate times that formed the narratives of East Lothian's past - and share your own tales.

**Story Workshop with Tim Porteus  
11 & 18 October / 11.30am - 12.30pm  
25 October / 12 - 1pm**

Learn how to craft a gripping story from your anecdotes of East Lothian's past, and help Tim create one big story from all your tales (tall or otherwise!).

**Creative Workshop with  
Artist Clare McIntyre  
11 & 18 October / 2.30 - 3.30pm  
25 October / 10.30 - 11.30am**

Make cardboard and paper sun catchers based on stained glass designs, with inspiration from the museum exhibitions and St Mary's Church in Haddington. Or make buttons and badges inspired by the museum's collections of local medals and uniforms from WWI.

**Story Tour with Tim Porteus:  
Our War, East Lothian 1914 - 18  
18 October / 10.30 - 11.15am**

Led by storyteller Tim Porteus and museum guide Helen Bleck. Come and hear some of the stories of East Lothian's families during the First World War, see how everyone was affected and share your own tales. Join Tim at his workshop afterwards to craft stories together.

**John Gray Centre, 15 Lodge  
Street, Haddington, East Lothian,  
EH41 3DX • 01620 820690  
[www.johngraycentre.org](http://www.johngraycentre.org)**

*The Centre is part-funded by the Heritage Lottery Fund.*

## **T** **Free** Intergenerational Dance Project

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**20 - 24 October / 9am - 12.30pm**

Generation Arts is offering a free, week-long dance project bringing together older people (60+) and young people (ages 9-12) to bridge the gap between generations in West Lothian. Whether you are a youngster with ants in your pants, or an older person who likes to groove, come together with our professional dance teachers to see what can happen when the rhythm grabs you.

**Howden Park Centre, Livingston,  
West Lothian, EH54 6AE • 01506 777666  
[www.howdenparkcentre.co.uk](http://www.howdenparkcentre.co.uk)  
[www.generationarts.co.uk](http://www.generationarts.co.uk)**

*Supported by West Lothian Council, Howden Park Centre & Get Scotland Dancing*

## It's the People that Make the Place

**E T Free**

**Exhibition launch: 20 October / 3pm**

Following the success of 2013's Old Skool project, Craigshill Good Neighbourhood Network (50+) and Offbeat Youth Group will once again work together on an intergenerational art project. Working in mixed media and using the talents of local artists, photographers and craft groups, the project will create guerrilla artworks around the groups' homes in Livingston, responding to the theme of 'it's the people that make the place'. The finished exhibition will be curated by the groups and a local artist.

Venues around Craigshill, Livingston West Lothian • The launch venue will be announced online at [www.luminatescotland.org](http://www.luminatescotland.org)

## Magic Carpet

**P T Free**

**21 October / 1 - 2.30pm**

Let Ros Parkyn spin you a tale and help you make the felt flowers for the Harlawhill Magic Carpet. Then settle back with tea and sweet treats and encourage Margaret Gillies as she performs her Eastern Dance to complete the afternoon.

Harlawhill Day Centre, East Loan, Prestonpans, East Lothian, EH32 9ED  
Booking essential • 01875 818684

## Company Chordelia presents Dance Derby

**P**

**24 October / 7.30pm**

The dance marathons of Depression-era America, with strict rules, extreme conditions and ferocious competition, were the reality shows of their day. Attracting huge audiences, they could last for weeks on end, with competitors stopping for only ten minutes every two hours. Ten dancers, two actors and a six-piece jazz ensemble bring this drama to life to a soundtrack of songs from the 1930s, performed by soprano Nadine Livingstone.

The Brunton, Ladywell Way, Musselburgh, East Lothian, EH21 6AA  
£11.50/£9.50/£7 (under 18)  
0131 665 2240  
[www.thebrunton.co.uk](http://www.thebrunton.co.uk)

*In association with Scottish Opera. Directed and choreographed by Kally Lloyd-Jones*

## Dance Derby Luminate Workshops

**T**

**24 October / 2.30 - 3.30pm**

Company Chordelia's *Dance Derby* tells the story of the dance marathons of 1930s Depression America. In this workshop aimed at older participants, the company will share the dances and music and give an insight into how they became part of the show.

The Brunton, Ladywell Way, Musselburgh, East Lothian  
£7 - Luminate workshop and ticket deal - includes ticket for Dance Derby performance in the evening  
0131 665 2240 • [www.thebrunton.co.uk](http://www.thebrunton.co.uk)

## Commemorative Vision

**E P Free**

**25 October / 9am - 4pm**

Visually impaired veterans host an emotive World War One exhibition of art and woodwork. A captivating array of artworks provide a compelling narrative of combat, sacrifice and reflection and woodwork exhibits symbolise the rehabilitation and training provided by Scottish War Blinded since its foundation in 1915. Activity instructors will lead art and woodwork workshops throughout the day and tours of the Linburn Centre will be available.

**The Linburn Centre, Louie Braille  
Avenue, Wilkieston, West Lothian,  
EH27 8EJ • 0131 333 1369  
[www.scottishwarblinded.org](http://www.scottishwarblinded.org)**

## Generation Dance

**P T**

**29 October / 10.30am - 3.30pm**

A day of creative dance workshops and performances for older dancers. Join Generation Arts, Dance House Glasgow, Dance Base and Scottish Ballet for a day at Howden Park Centre, Livingston. Workshops, with seated options, will be held in the morning, and a performance triple bill featuring Scotland's leading 60+ dance groups, Regenerate, 24 Carat and Still Dancing, will take place in the afternoon.

**Howden Park Centre, Livingston,  
EH54 6AE • £8, includes choice of 2 from  
3 workshops, lunch & performances  
[www.howdenparkcentre.co.uk](http://www.howdenparkcentre.co.uk)  
01506 777666**

*Supported by West Lothian Council*

## Concerts for Older People in East Lothian

Specially organised concerts for older people from care homes and day care centres to celebrate Luminate with their families and carers. Featuring a performances by Edinburgh-based band Einstein's Wardrobe and Live Music Now Scotland musicians the Erskine Quartet.

**Haddington Town House  
Hope Rooms, North Berwick**

*Supported by Shoosmiths LLP*

## Luminate Film Programme Animation Workshop

Residents from Braid House in Livingston, West Lothian will take part in a workshop with Red Kite Animation to create a short animated introduction to the Luminate Film Programme, which will be seen in cinemas around Scotland in October.

**Braid House, Livingston**



**Outreach**



Look out for:  
*JOURNEY*  
page 11



69

“ I am indebted to Third Stage as, when I moved to Banchory four years ago, knowing very few people, it gave me a social circle of friends and rekindled an interest in art that had lain dormant since I left Glasgow School of Art in 1980. And lots of fun too by the way!” Gillian Tait, 69

# Perth & Kinross

## Welcome to Wellderly

**T** Free

**2 October / 10am - 12pm**

Become part of Wellderly's brand new design team to apply your knowledge, skills and creativity to the big issues our society faces. The group will explore and select an issue based on its interests, use creative approaches to discuss possible solutions and model their problem-solving ideas in hands-on group activities. This workshop is a unique and enjoyable way to make a difference!  
The Atholl Centre, Atholl Road,  
Pitlochry, PH16 5BX • Booking essential  
07515 252419 • [jenni@wellderly.org.uk](mailto:jenni@wellderly.org.uk)

## The Lady in Number 6: Music Saved My Life

**F** Free

**12 October / 1.15pm**

As the world's oldest pianist and holocaust survivor, 109 year-old Alice Herz Sommer shares her views on how to live a long and happy life. She discusses music, laughter and how to remain optimistic come what may. Winner of this year's Academy Award for Best Documentary Short. (Malcolm Clarke/USA/2014/39min)  
Followed by The Birks' Sing Along Sundays  
The Birks Cinema, Dunkeld Street,  
Aberfeldy, PH15 2DA • 01887 822845  
[www.birkscinema.co.uk](http://www.birkscinema.co.uk)

## Creative Ageing Day

**T**

**13 October / 10am - 4.45pm**

Horsecross Arts presents a day of creative workshops for over 60s, specially for Luminare. So if you have ever fancied writing a play or learning a new instrument, come and pick and mix from a range of fun, practical workshops. The full workshop programme is available online.  
Perth Concert Hall, Mill Street,  
Perth, PH1 5HZ • £4 for three workshops • Café on site • 01738 621031  
[www.horsecross.co.uk](http://www.horsecross.co.uk)



## Arts in Care Seminar

**T**

**14 October**

This day-long event will offer opportunities for artists, arts organisations and care providers to share inspiring partnerships and discuss issues around delivering creative activities in care settings. More details online by early September.  
Perth Concert Hall, Mill Street,  
Perth, PH1 5HZ • 0131 668 8066  
[www.luminareScotland.org](http://www.luminareScotland.org)

*Facilitated by Luminare and Scottish Care & supported by The Baring Foundation and Horsecross Arts*





## Old is the New Young

**E Free**

**14 October - January 2015**

**Preview: 14 October / 4.30pm**

Explore our varied and often joyous notions of ageing. The work includes *Transmission*, presented by Drake Music Scotland, an audio-visual installation created by composer Niroshini Thambar in collaboration with older people in West Lothian, with photography by Anne Binckebanck, whose work will feature alongside Scottish and international artists including Keir Campbell, Denis Mallon, Eve Moran and Martine Foultier Pugh. Curated by Iliyana Nedkova.

**Threshold Artspace, Perth Concert Hall, Mill Street, Perth, PH1 5HZ**

**Booking advised • 01738 621031**

**[inedkova@horsecross.co.uk](mailto:inedkova@horsecross.co.uk)**

**[www.horsecross.co.uk](http://www.horsecross.co.uk)**

*Supported by Horsecross Arts, Luminare, Drake Music Scotland, Perth College, University of the Highlands and Islands, Scottish Cartoon Art Studio, Creative Futures Place Partnerships Perth & Kinross, Perth Museum & Art Gallery, Perth & Kinross Council and Creative Scotland*



## Alive Inside

**F I**

**14 October / 6.30pm**

**UK Premiere**

Winner of the 2014 Sundance Film Festival Audience Award: US Documentary. Follow social worker Dan Cohen, founder of the not-for-profit organisation Music & Memory, as he fights against a broken healthcare system to demonstrate music's ability to combat memory loss and restore a deep sense of self to those experiencing it. (Michael Rossato-Bennett USA/2014 /78min) The film will be followed by a post-screening discussion.

**Perth Concert Hall, Mill Street, Perth, PH1 5HZ • £5/£3 (concession available to participants in the Arts in Care Seminar) 01738 621031 • [www.horsecross.co.uk](http://www.horsecross.co.uk)**

*Presented by Luminare, the Scottish Mental Health Arts and Film Festival and Horsecross Arts*



## Advanced Style + The Lady in Number 6: Music Saved My Life **F**

18 October / 7pm

### Advanced Style

A documentary examining the lives of seven unique New Yorkers whose eclectic personal style and vital spirit have guided their approach to ageing. These intimate and colourful portraits of independent, stylish women aged 62 to 95 challenge conventional ideas about beauty, ageing and Western culture's increasing obsession with youth. (Lina Pliplyte/USA/2014/72min/PG)

### The Lady in Number 6

As the world's oldest pianist and holocaust survivor, 109 year-old Alice Herz Sommer shares her views on how to live a long and happy life. She discusses music, laughter and how to remain optimistic come what may. Winner of this year's Academy Award for Best Documentary Short. (Malcolm Clarke/USA/2014/39min)

**Strathearn Artspace, 6 Comrie Street, Crieff, PH7 4AX • £4/£3 • 07889 145866**  
[www.strathearnartspace.co.uk](http://www.strathearnartspace.co.uk)



## Time for the Arts **E P Free**

25 October / 10am - 4pm

26 October / 12 - 4pm

A celebration of the creative activities of Perth U3A. An exhibition of paintings and photography, with many items for sale, with performances by the Poetry and Ukulele Groups from 2pm on Saturday 25th. A card making workshop will also be available for a small donation. Refreshments of tea, coffee and home baking will be available throughout the day.

**St Mathew's Church of Scotland, Tay Street, Perth, PH1 5LQ**  
[www.stmatts.org.uk](http://www.stmatts.org.uk)

## Secrets of the Stage: The Ladykillers **I**

30 October / 11am

Pitlochry Festival Theatre presents a special 'Secrets of the Stage' interactive talk on our Autumn Classic performance. Fresh from its smash hit-run in London, The Ladykillers is a new take on the 1955 Ealing Studios classic. Enjoy a sneak peek behind the curtain - from set design to rehearsals - and quiz the theatre's Community and Education Director on all things PFT! There is a matinee performance at 2pm.

**Pitlochry Festival Theatre, Port na Craig, Pitlochry, PH16 5DR • Luminare ticket offer £5 (includes tea/coffee and a Danish pastry) • 01796 484626**  
[www.pitlochryfestivaltheatre.com](http://www.pitlochryfestivaltheatre.com)

*Please note: a ticket for the performance is not included*  
*The Ladykillers runs from 23 October - 15 November 2014. Tickets from £15*

# Scottish Borders

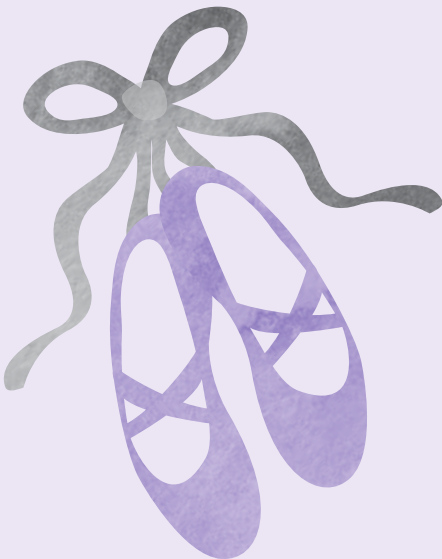
## **Tap, Twist & Twirl**

**T Free**

**1 - 3, 7 - 10, 21 - 24 & 28 - 31 October /  
Between 10am & 12.30pm**

The Eastgate Theatre welcomes all over 60s to experience the fun of dance as part of Luminare. Come and try one free class in either tap, ballet, jazz or dance fitness with experienced dance tutors. It's a great opportunity to try something new and meet new people in the lovely town of Peebles. The Eastgate also has a welcoming café for morning coffee or lunch.

**Eastgate Theatre and Arts Centre,  
Eastgate, Peebles, EH45 8AD • Booking  
advised, check times when you book  
01721 725777 • [www.eastgatearts.com](http://www.eastgatearts.com)**



## **Advanced Style + The Lady in Number 6: Music Saved My Life**

**F**

**14 October / 6pm**

### **Advanced Style**

A documentary examining the lives of seven unique New Yorkers whose eclectic personal style and vital spirit have guided their approach to ageing. These intimate and colourful portraits of independent, stylish women aged 62 to 95 challenge conventional ideas about beauty, ageing and Western culture's increasing obsession with youth. (Lina Plioplyte/USA/2014/72min/PG)

### **The Lady in Number 6**

As the world's oldest pianist and holocaust survivor, 109 year-old Alice Herz Sommer shares her views on how to live a long and happy life. She discusses music, laughter and how to remain optimistic come what may. Winner of this year's Academy Award for Best Documentary Short. (Malcolm Clarke/USA/2014/39min)

**Heart of Hawick, Kirkstile, Hawick,  
TD9 0AE • £6/£4.50 • 01450 360688  
[www.heartofhawick.co.uk](http://www.heartofhawick.co.uk)**





**Scrapers  
& Tooters  
Weekend**

## **Grand Hands**

**T Free**

**22 - 29 October**

Come and join in with the Grand Hands Craft Club as it visits Dovecot Court and the Bakehall in Peebles. Artist Anna Nicholson will show you how to make stunning prints, then to turn them into beautiful cards to keep or to send to loved ones. Grand Hands is free and welcomes anyone over 60yrs.

**22 October / 2 - 3pm**

**Dovecot Court Extra Care Housing  
Development, Dovecot Road, Peebles,  
EH45 8EQ**

**29 October / 1.30 - 2.30pm**

**The Bakehall, St Andrew's Leckie  
Memorial Church, Eastgate,  
Peebles, EH45 8AD**

**Booking essential • 01721 725777  
www.eastgatearts.com**

*Thanks to SBC Community Capacity Building  
Funded by Age Scotland*

## **Scrapers & Tooters Weekend**

**P T**

**25 - 26 October /**

**9.30am - 5pm Saturday**

**10am - 5pm Sunday**

**Informal performance: Sunday 4pm**

Join musicians from the Scottish Chamber Orchestra, led by conductor David Watkin, for a weekend of fun and relaxed music-making. The weekend will bring together like-minded musicians from across the generations, offering the chance to play together and learn from one another, sharing their work in an informal concert for family and friends. Music includes Beethoven's Egmont Overture and Haydn's 'London' Symphony. Some scraping or tooting experience is required but previous knowledge of the music isn't necessary.

**Earlston High School, East End, Earlston,  
TD4 6JP • £45/£25 • Booking essential  
0131 478 8353 • www.sco.org.uk**

## SCO Vocal Weekend



25 - 26 October /

9.30am - 5pm Saturday

10am - 5pm Sunday

**Informal performance: Sunday 4pm**

A brand new open choir weekend from the Scottish Chamber Orchestra with Steve King, Director of Music at Heriot-Watt University. This exciting weekend will bring singers from across the generations together to share and improve their skills in a relaxed environment, and the chance to perform for friends and family in an informal concert. The programme is aimed at people who have sung in a choir before, however you don't need to read music to enjoy this wonderful weekend of singing!

**Earlston High School, East End, Earlston, TD4 6JP • £25/£15 • Booking essential 0131 478 8353 • [www.sco.org.uk](http://www.sco.org.uk)**

## Make Way for Tomorrow

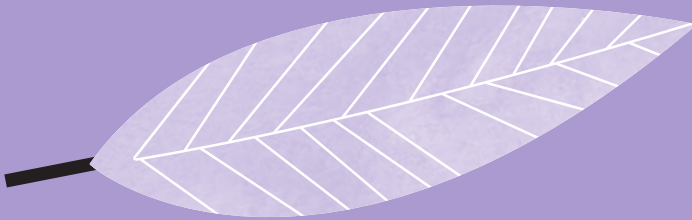
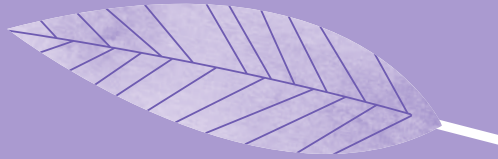
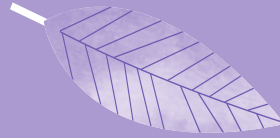
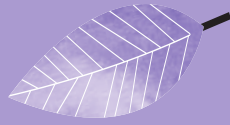


28 October / 6pm

A beautifully made, superbly acted, aching funny, deliriously romantic and utterly heartbreaking film. This simple depression-era story, of an older couple who are forced to separate after they lose their house and find none of their children prepared to take them in, inspired Yasujiro Ozu's masterpiece, *Tokyo Story* and was described by Orson Welles as a film that "could make a stone cry". See it and weep! (Leo McCarey/ USA/1937/91min/U).

**Heart of Hawick, Kirkstile, Hawick, TD9 0AE • £6/£4.50 • 01450 360688 [www.heartofhawick.co.uk](http://www.heartofhawick.co.uk)**





## Love Letters Straight From Your Heart

P

**30 October / 7pm**

Let's raise our glasses to long lost loves and current lovers, to mums, to dads and to absent friends. Uninvited Guests stage an event that is somewhere between a wedding reception, a wake and a radio dedication show. We speak of our own and others' loves - deep, passionate, ambivalent and unrequited - and dedicate songs to them.

If you want to join us on this happy occasion, send a dedication to someone you love to [info@uninvited-guests.net](mailto:info@uninvited-guests.net). Your letters of love may become part of the show: romantic gestures or signs of friendship, shared publicly between us.

**Heart of Hawick, Kirkstile, Hawick, TD9 0AE • £12, includes workshop (see right) • 01450 360688 [www.heartofhawick.co.uk](http://www.heartofhawick.co.uk)**

*Supported by the National Lottery through Creative Scotland and Luminare. A BAC Scratch and Arnolfini We Live Here commission. Also commissioned by Leeds Met Studio Theatre. Originally funded by Arts Council England.*

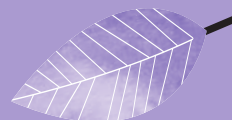
## Love Letters Straight From Your Heart Workshop

T

**30 October / 12.30pm**

Uninvited Guests will hold a workshop for older people, offering the chance to share joyful and moving words and music about their loved ones for the public performance.

**Heart of Hawick, Kirkstile, Hawick, TD9 0AE • £12, includes evening performance • 01450 360688 [www.heartofhawick.co.uk](http://www.heartofhawick.co.uk)**



# Shetland



## Peerie Boxes

**E Free**

**17 - 20 October / 10am - 4pm**

Over many years, 80-year-old Laura has gathered together a unique collection of tiny trinket boxes, bought from charity shops. Peerie Boxes - peerie means 'small' in Shetland dialect - is an exhibition of these boxes and the stories behind their purchase, curated by artists Clair Adlington and Kristi Tait in partnership with Laura and Alzheimer Scotland and displayed in a miniature studio in the oldest part of Lerwick.

**Lodberrie Traders, 43 Commercial Street, Lerwick, ZE1 OAN**

*Supported by Luminare and Alzheimer Scotland*

## Advanced Style

**F**

**19 October / 2.30pm**

A documentary examining the lives of seven unique New Yorkers whose eclectic personal style and vital spirit have guided their approach to ageing. These intimate and colourful portraits of independent, stylish women aged 62 to 95 challenge conventional ideas about beauty, ageing and Western culture's increasing obsession with youth.

(Lina Plioplyte/USA/2014/72min/PG)

**Mareel, Lerwick, ZE1 OWQ • £7/£5**

**01595 745555 • [www.mareel.org](http://www.mareel.org)**



**Look out for:**  
*In The Kingdom  
That Danced*  
page 37

“ I started dancing when I was 15 at a wee dance hall in Kirkcaldy called Curry’s and we learners were called Curry’s jumpers, probably because most folk when they start dancing jump a bit... I gave up in 1962 when I got married and did not take it up again until 1985 after my wife died ... dancing in all the Fife clubs, which were still going strong at that time... ” Tom Young, 90



90

# Stirling

## You Said You Liked the Dancing

**E** Free

**14 - 31 October /  
10am - 10pm Tuesday - Sunday**  
This photography exhibition and sound installation is the second part of a series of art works created by dance artist Janice Parker in collaboration with macrobert and Town Break Stirling, a charity that supports people with dementia and their carers. With photography by Tommy Ka-Gen Wan and sound by Michael John McCarthy, the work is a celebration of the role of dance, music and art in people's lives.  
**macrobert arts centre, University of Stirling, FK9 4LA • 01786 466666  
www.macrobert.org**

*Commissioned as part of macrobert's Get Scotland Dancing programme.*



## Tales of a Grandson

**P**

**18 October /  
Part 1: The Dig & Part 2: The Feast /  
2 - 4.15pm (with interval)  
Part 3: The Hooly / 5 - 6pm  
(includes family ceilidh)**  
This is one man's re-telling of Scotland's history, but this is no straight and dusty history lesson: Andy Cannon (previously of Wee Stories) takes us on a time-travelling adventure with his grandparents for all the family to enjoy, piecing together the myriad of Kings, Queens, friends and foes that make up our nation's story. Told in three parts, you can stay all day for The Dig, The Feast and The Hooly, and help Andy in his quest to tell Scotland's epic tale.  
**macrobert arts centre, University of Stirling, FK9 4LA • £10, one grandparent goes free with every family group  
01786 466666 • www.macrobert.org**

*Part of macrobert's Mini Festival About Family.  
Funded by Creative Scotland Traditional Arts Commissioning.*



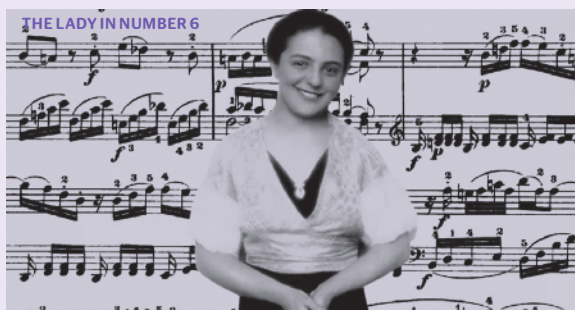
## Advanced Style + The Lady in Number 6: Music Saved My Life **F**

21 October / 7pm  
(with 20 minute interval)

### Advanced Style

A documentary examining the lives of seven unique New Yorkers whose eclectic personal style and vital spirit have guided their approach to ageing. These intimate and colourful portraits of independent, stylish women aged 62 to 95 challenge conventional ideas about beauty, ageing and Western culture's increasing obsession with youth.

(Lina Plioplyte/USA/2014/72min/PG)



### The Lady in Number 6

As the world's oldest pianist and holocaust survivor, 109 year-old Alice Herz Sommer shares her views on how to live a long and happy life. She discusses music, laughter and how to remain optimistic come what may. Winner of this year's Academy Award for Best Documentary Short.

(Malcolm Clarke/USA/2014/39min)

**macrobert arts centre, University of Stirling, FK9 4LA • £5 • 01786 466666**  
[www.macrobert.org](http://www.macrobert.org)



## Dance Derby Luminate Workshops **T**

21 October / 3 - 4pm

Company Chordelia's *Dance Derby* tells the story of the dance marathons of 1930s Depression America. In this workshop aimed at older participants, the company will share the dances and music and give an insight into how they became part of the show.

**macrobert arts centre, University of Stirling, FK9 4LA • £6 - Luminate workshop and ticket deal - includes ticket for Dance Derby performance on 22 October • 01786 466666**  
[www.macrobert.org](http://www.macrobert.org)

## Company Chordelia presents Dance Derby **P**

22 October / 7.30pm

The dance marathons of Depression-era America, with strict rules, extreme conditions and ferocious competition, were the reality shows of their day. Attracting huge audiences, they could last for weeks on end. Ten dancers, two actors and a six-piece jazz ensemble bring this drama to life to a soundtrack of songs from the 1930s, performed by soprano Nadine Livingstone.

**workhouse, macrobert arts centre, University of Stirling, FK9 4LA**  
**£14/£12.50 • 01786 466666**  
[www.macrobert.org](http://www.macrobert.org)

*In association with Scottish Opera*

*Directed and choreographed by Kally Lloyd-Jones*



# Online



## To Absent Friends: Essence of a Memory Competition



Many things remind us of people who have died, but how do you capture the essence of a memory?

Submit a photo and no more than 50 words which together evoke a story or memory of someone you love who is dead. Winning entries will form a photo exhibition, and winners will be invited to an MSPs reception.

Find out more at:

[www.toabsentfriends.org.uk/news/festival-blog/photo-competition](http://www.toabsentfriends.org.uk/news/festival-blog/photo-competition)

Participate by emailing a JPEG or GIF of your photo, and no more than 50 words, to:

[rebecca@palliativecarescotland.org.uk](mailto:rebecca@palliativecarescotland.org.uk)

**Competition open: 1 - 22 October**

**Exhibition: 1 - 7 November**

*Part of: To Absent Friends, a people's festival of storytelling and remembrance*

## Arts in Care Seminar Streaming



**14 October**

Keynote speeches from this day-long event at Perth Concert Hall will be streamed online. The seminar will offer opportunities for artists, arts organisations and care providers to share inspiring partnerships and discuss issues around delivering creative activities in care settings.

**See page 67 for more details about the seminar**

[www.luminatescotland.org](http://www.luminatescotland.org)

[www.scottishcare.org](http://www.scottishcare.org)

*Facilitated by Luminate and Scottish Care and supported by The Baring Foundation and Horsecross Arts*

## Luminate would like to thank:

### Festival supporters:

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The Baring Foundation



### Luminate event supporters:

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SHOOSMITHS



### Trusts and Foundations:

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The Nimar Charitable Trust, The JTH Charitable Trust

### Also thanks to:

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John Byrne, Janice Parker, Bunty Steedman, Gillian Tait and Tom Young

A large, white, cursive script 'Thank you' is written across the bottom of the page. The text is positioned as if it is being written by a fountain pen nib, which is visible on the right side of the image, pointing towards the end of the word 'you'. The background is a solid dark purple.

**luminatescotland.org**  
**0131 668 8066**

**Luminate, First Floor,  
Causewayside House,  
160 Causewayside,  
Edinburgh, EH9 1PR**

**Luminate is a Scottish Charitable  
Incorporated Organisation,  
number SC044652**

Design & Illustration: [weared8.com](http://weared8.com)

