



WELCOME TO THE
60+ THE
+ FESTIVAL +
2021
PORTSMOUTH

Monday 4th October – Friday 15th October 2021
Festival of activities and events for over 60s living in Portsmouth



Foreword

from the Lord Mayor of Portsmouth,
Councillor Frank Jonas BEM

Welcome to Portsmouth City Council's 60+ Festival 2021 brochure. I was honoured to be asked to write this foreword. After so much time cooped up in doors throughout the Covid-19 pandemic, it is a real pleasure to look ahead at the many and varied opportunities this year's festival holds to have fun, learn, get active and meet up with people.

As Lord Mayor, born and bred in Portsmouth, I am extremely proud of this great city, its life, history and culture.

Having looked at the festival programme there is truly something for everyone. Whether you enjoy art and painting; or games like bingo and Mah Jong. For those who enjoy keeping active there is cycling, tap dancing and Tai Chi and, if you aren't quite up to that, there is seated dance exercise.

There is also lots to do for the history buffs amongst us. As part of this festival there will be tours of the Lord Mayor's Suite, where it is possible to see historical artefacts dating back to the 14th century, plus a get-together with the history group and a session on the history and future of Portsmouth.

This is just a small taste of what the festival has to offer. I would like to say a great thank you to the Victorious team who have so generously supported this festival and to all those whose hard work has made this festival possible.

This is going to be a great festival, I hope you enjoy it!

Take care and best wishes,

Councillor Frank Jonas BEM
Lord Mayor of Portsmouth

Foreword

from David Williams,
Chief Executive Officer

I would like to welcome everyone to the 60+ Festival, which is due to take place from the 4-15th October 2021. This Festival focuses on bringing individuals together to try out new activities throughout Portsmouth that you were not aware of before.

This has been a longstanding event for people to find out more about all of the amazing clubs and events that happen throughout the city and have your chance to participate in them. This festival always has a wide range of activities, so that there is always something for everyone, from walking tours and learning more about the history to Portsmouth to learning a new language. We hope that everyone can have a great two weeks and potentially join a new club as well.

This whole festival is about bringing people together and trying something new within your local area. After having to cancel in 2020, we are delighted to have this back in place for Portsmouth to allow the citizens a chance to learn more of what Portsmouth has to offer in a safe way.

PCC would particularly like to thank Victorious for their support with this event. We would also like to thank all the event organisers who put on each event for the people of Portsmouth to enjoy. I hope you all have a great two weeks at this festival.

David Williams
Chief Executive Officer

How to book

Welcome to your guide to the 60+ Festival 2021!

You are welcome to just turn up for lots of the activities in this brochure. If an activity requires pre-booking this will be stated.

If the activity description states that places are limited, please be prepared to turn up early to secure your space, places will be allocated on a first come first served basis.

We hope that you enjoy the festival!

The Events Team

60+ Festival at a Glance

Week one: 4 October to 10 October

Monday 4th October	Page	Time
Travel and Landscape photography and mobile editing for phones and cameras	6	09:30-12:30
Learn how to paint loose watercolour flowers	6	13:00- 16:00
Tai Chi & Qi Gong Sessions	6	13:00- 14:00
Special Meeting of Portsmouth Pensioners' Association	6	14:00-15:30
Bingo	6	19:00- 21.30
Tuesday 5th October	Page	Time
Winter Warmer	6	10:00-12:00
Art for All	6	10:00-12:00
NTR Dancers	7	10:30-12:00
Tour of the Royal Marines School of Music	7	13:30-15:30
Seated Dance Exercise	7	14:00-15:00
Local History Group	7	19:30-20:30
Wednesday 6th October	Page	Time
The History and Future of Portsmouth	7	09:30-11:30
Tai Chi & Qi Gong Sessions	7	10:00-11:00
Meet the Archivists Talk	7	10:00-11:00
Architecture	8	10:00-12:00
Stay Active- Eat Healthy	8	10:00-12:00
Pompey Pedlar's Annual Cycle Ride	8	10:00-14:00
Social Perceptions Observatory (SPO) - Seminar/ Workshop	8	11:00-12:00
Craft	8	13:00-16:00
Indoor Bowls	8	14:00-16:00
Wednesday Wealth Day	8	16:00-17:30

Thursday 7th October	Page	Time
Slimming World Group	8	09:00-10:30
Computing for the Terrified	9	09:30-12:30
Tai Chi & Qi Gong Sessions	9	10:00-11:00
Art Appreciation	9	10:00-12:00
Tour of the Lord Mayor's Parlour and Civic Silver	9	11:00-12:00
Science and Technology	9	14:00-16:00
Discover the digital library offer with your Portsmouth library card	9	14:30-16:00
Bingo	10	19:00-21:30
Beginner Adult Tap Class	10	19:00-19:45
Kings Theatre - Friends Quiz	10	19:30-21:00
Friday 8th October	Page	Time
Tai Chi & Qi Gong Sessions	10	10:00-11:00
Mah Jong	10	10:00-12:00
Saturday 9th October	Page	Time
Slimming World Group	10	08:30-10:00
Portsmouth Memory Walk	10	10:00-15:00
Discover our WW2 heritage	11	11:00-15:00
Southsea Green Open Garden	11	12:00-14:00
Sunday 10th October	Page	Time
Kings Theatre Open Day	11	10:00-17:00
James Roseveare Art Exhibit	11	14:00-16:00

Week Two: 11 to 15 October

Monday 11th October	Page	Time
Private tour of Cumberland House	11	10:30-12:00
Tai Chi & Qi Gong Sessions	11	13:00-14:00
Private tour of Cumberland House	12	14:00-15:30
Bedsore: what are they and how can we reduce the risk	12	14:00-15:00
French Reading	12	14:00-16:00
Bingo	12	19:00-21:30
Tuesday 12th October	Page	Time
Learn how to paint a seascape using acrylic	12	09:30-12:30
Winter Warmer	12	10:00-12:00
Allotment Tour	13	10:00-12:00
German Studies	13	10:00-12:00
Tour of the Royal Marines School of Music	13	13:30-15:30
Fortress Portsmouth - the story of the city's historic defences	13	14:00-15:15
The Art of Pilar Correia	13	14:00-15:00
History	13	14:00-15:30
Local History Group	14	19:30-20:30
Pre-Show talk 'The Play that Goes Wrong'	14	18:30-19:00
The Play that Goes Wrong	14	19:30- 21:30
Wednesday 13th October	Page	Time
Getting to know your digital camera	14	09:30-12:30
Stay Safe on the internet	14	09:30-11:30
Meet the Archivists Talk	14	10:00-11:00
Tai Chi & Qi Gong Sessions	15	10:00-11:00
English Poetry	15	10:00-12:00
Stay Active- Eat Healthy	15	10:00-12:00
Craft	15	13:00-16:00
Indoor Bowls	15	14:00-16:00
Portsmouth u3a Open Afternoon	15	14:00-16:00
Spanish	15	14:00-16:00
Wednesday Wealth Day	15	16:00-17:30

Thursday 14th October	Page	Time
Slimming World Group	16	09:00-10:30
Walking Tour of Statues and Monuments	16	10:00-12:00
Tai Chi & Qi Gong Sessions	16	10:00-11:00
Poems and Plays	16	10:00-12:00
Introduction to Portsmouth History Centre	16	10:30-12:00
Tour of the Lord Mayor's Parlour and Civic Silver	16	11:00-12:00
Later Life Love & Relations	17	10:30-12:00
Patchwork and Quilting	17	13:30-16:00
From Rum to Robots: healthcare research in the NHS	17	13:30-15:00
Bingo	17	19:00-21:30
Beginner Adult Tap Class	17	19:00-19:45
Friday 15th October	Page	Time
Tai Chi & Qi Gong Sessions	17	10:00-11:00
History Tour – Kings Theatre	17	10:00-11:30
Mah Jong	17	10:00-12:00
Public involvement in research: Research seminar	18	12:00-13:00
History Tour – Kings Theatre	18	12:30-14:00
History Tour – Kings Theatre	18	13:30-15:00
Philosophy	18	14:00-16:00
Discover the digital library offer with your Portsmouth library card	18	14:30-16:00

Monday 4th October

Travel and Landscape photography and mobile editing for phones and cameras

Do you enjoy traveling and days out? Would you like tips and tricks in how to achieve great photos using your phone or digital camera? Together we will look at landscape photography basics and how to edit 'wow' images using a smart phone in a few clicks of a button. Welcome to camera phone users and Digital camera owners.

Time: 9:30 to 12:30
Venue: City of Portsmouth College, Tudor Crescent, Cosham. Meet in reception.
Cost: Free
Booking: No need to book, just turn up. Places are limited, please be prepared to turn up early to secure your space.

Tai Chi & Qi Gong Sessions

Tai Chi to move in harmony and to relax the body/ Qi Gong to move with breathing. Please wear loose clothing that you can be comfortable in.

Time: 13:00 to 14:00
Venue: Main Hall, Buckland Community Centre, Malins Road
Cost: £5
Booking: No need to book, just turn up
Cost: 07729545710

Learn how to paint loose watercolour flowers

An introduction to watercolour painting, by the end of the session you will learn different techniques to achieve visually loose and expressive watercolour flowers. For this session you will need watercolour paints, watercolour paper, brushes, water pots x2, paper towel.

Time: 13:00 to 16:00
Venue: Carnegie Library & Welfare, Fratton Rd, Portsmouth PO1 5EZ
Cost: Free
Booking: No need to book, just turn up. Places are limited, please be prepared to turn up early to secure your space.
Cost: 02392328795

Special Meeting of Portsmouth Pensioners' Association

A meeting to discuss public issues affecting older people with Luke Pilot, Age UK, HQ Campaign team as speaker. Pensions, Social Care, Scams (keep all the rest)

Time: 14:00 to 15:30
Venue: Buckland Community Centre, Malins Road
Cost: Free
Booking: No need to book, just turn up
Contact: 02392816895

Bingo

Come along and play Bingo, please make sure you bring your own pens. You may also bring your own tea and coffee.

Time: 19:00 to 21:30
Venue: Lounge at Buckland Community Centre, Malins Road
Cost: £10
Booking: No need to book, just turn up

Tuesday 5th October

Winter Warmer

'Winter Warmer' Cookery class. Get ready for winter - come along and learn how to make a delicious soup and traditional homemade Irish soda bread.

Time: 10:00 to 12:00
Venue: The Learning Place, 6 Derby Road, Portsmouth, PO2 8HH- Report to Reception
Cost: Free however, please bring containers to take soup and bread home in.
Booking: Booking required, please contact the number below to book your place. Places are limited, please be prepared to call up early to secure your space.
Cost: 02392621860

Art for All

Come and join your local U3A and try out our Art for All group. No experience necessary, just an interest in the subject. An opportunity to learn new things and make new friends. Please make sure that you turn up with your own equipment.

Time: 10:00 to 12:00
Venue: Somerstown Community Centre, River Street, Portsmouth, PO5 4EY
Cost: Free
Booking: For further information to booking this activity please call 07905 789007

NTR Dancers

Get moving and have fun in our weekly sessions. Wear trainers.

Time: 10:30 to 12:00
Venue: Minghella Studio, New Theatre Royal 20-24, Guildhall Walk, Portsmouth, PO1 2DD
Cost: £7
Booking: Please book your space via our website www.newtheatreroyal.com
Contact: 02392649000

Tour of the Royal Marines School of Music

Ever wondered how to make a world class musician and bugler? Take a former Naval prison, the very best instructors, mix together with a group of young musicians, add polish, precision and limitless passion and train for several years. The Royal Marines School of Music opens its gates for a very special tour of one of the finest military organisations in the world.

Time: 13:30 to 15:30
Venue: The Royal Marines School of Music, HMS Nelson, Queen Street, HM Naval Base, Portsmouth, PO1 3HH
Cost: Free
Booking: Due to the popularity of this event please complete the postal application form at the back of this book.

Seated Dance Exercise

Move your body whilst sitting down. Bring water to drink. Have fun.

Time: 14:00 to 15:00
Venue: Main Hall, Havelock Community Centre 324, Fawcett Road, Southsea, PO4 0LQ
Cost: £3.00
Booking: No need to book, just turn up
Contact: 07816927237

Local History Group

Time: 19:30 to 20:30
Venue: Buckland Community Centre, Malins Road
Cost: Free
Booking: No need to book, just turn up. Places are limited, please be prepared to turn up early to secure your space.

Wednesday 6th October

The History and Future of Portsmouth

This session is filled with interesting facts and you will have the opportunity to test your history knowledge of Portsmouth. There is plenty of time allocated to ask questions and take part in the group discussions regarding Portsmouth City's rich history and future.

Time: 9:30 to 11:30
Venue: 2nd Floor, Portsmouth Central Library, Guildhall Square, Portsmouth PO1 2DX
Cost: Free
Booking: No need to book, just turn up. Places are limited, please be prepared to turn up early to secure your space.

Meet the Archivists Talk

Receive a warm welcome at the stunning Grade II* Listed Kings Theatre. Our expert team will talk you through the history of the venue with images and artefacts from the archive. They will be on hand to answer all your questions and reveal the secrets of the theatre.

Time: 10:00 to 11:00
Venue: Kings Theatre, 24 Albert Rd, Southsea, Portsmouth, Southsea PO5 2QJ
Cost: £5, free tea and coffee are available
Booking: Please book your space by calling 02392828282 or email box.office@kingsportsmouth.co.uk

Tai Chi & Qi Gong Sessions

Tai Chi & Qi Gong outdoor sessions. Please wear comfortable clothing and sports shoes.

Time: 10:00 to 12:00
Venue: Canoe Lake (meeting and training ground, behind the Butterfly Museum, Southsea)
We meet every week Wednesdays and Thursdays 10am.
Cost: £7 per session
Booking: Please book your space by calling 07905417517 or email: fiveelementsacademy@gmail.com or visiting their Website: www.fiveelementsacademy.co.uk
Contact: 07905417517

Architecture

Come and join your local U3A and try out our Architecture group. No experience necessary, just an interest in the subject. An opportunity to learn new things and make new friends.

Time: 10:00 to 12:00
Venue: Somerstown Community Centre, River Street, Portsmouth, PO5 4EY
Cost: Free
Booking: For further information to booking this activity please call 02392756856

Stay Active- Eat Healthy

Healthy Walks, Talks and Advice - Every Wednesday

Time: 10:00 to 12:00
Venue: Age UK Portsmouth, The Bradbury Centre 16-18, Kingston Road, Portsmouth PO1 5RZ
Cost: Free
Booking: Please book your space by emailing, wayne.skeens@ageukportsmouth.org.uk

Pompey Pedlar's Annual Cycle Ride

Leisurely Cycle ride round Portsea Island! Annual event with both the sporting and social elements. Please remember to wear suitable clothing.

Time: 10:00 to 14:00
Venue: Meet at the Tennis Club Caferia, in Southsea (Opposite the D-day Landing craft), will finish at Still and West, Sallyport.
Cost: Free
Booking: No need to book, just turn up

Social Perceptions Observatory (SPO)

The University of Portsmouth Social Perception Observatory (SPO) aims to identify pools of volunteers for participating in research in Portsmouth and surrounding areas. The event will describe the initiative and explain how people can join, after a brief demonstration of participating in an online survey.

We hope this may help shape a local research agenda, and support projects that aim to benefit communities in Portsmouth and Hampshire. For more information please visit port.ac.uk

Time: 11:00 to 12:00
Venue: Via Zoom,
Meeting ID: 84204224450
Passcode: 321362
Cost: Free
Booking: No need to book, just turn up

Crafts

Crafts where you will be able to paint on stones.

Time: 13:00 to 16:00
Venue: Room 7, Buckland Community Centre, Malins Road
Cost: £1, refreshments will be provided
Booking: No need to book, just turn up

Indoor Bowls

Victory Indoor Bowls Club invites you and your friends to 'Give it a go'. Are you a natural bowler, don't worry we are there to help you with qualified coaches and all the equipment. Please wear trainers or flattish shoes and enjoy these FREE sessions.

Time: 14:00 to 16:00
Venue: Victory Indoor Bowls and Social Club, Alex Way (off Northern Parade) Portsmouth PO2 9PB
Cost: Free and tea and coffee will be provided
Booking: To book your space, please email Alanptaw@yahoo.co.uk or call the below number.
Contact: 07860642400

Wednesday Wealth Group

Time: 16:00 to 17:30
Venue: Paul Murray Investments, 108 Marmion Road, Southsea, PO5 2BB
Cost: Free
Booking: No need to book, just turn up

Thursday 7th October

Slimming World Group

Lose weight in a friendly supportive environment. No judgement.

Time: 9:00 to 10:30
Venue: Buckland Community Centre, Malins Road, Portsmouth, PO2 7BT
Cost: £5.65, refreshments are available
Booking: No need to book, just turn up
Contact: 07548201509

Computing for the Terrified

Let us start at the beginning and explain how to use a computer device. We will cover how to find and use applications and how to navigate around the computers interface. Time is allocated for you to ask questions to clarify anything you do not understand. This session is ideal for anyone who has limited or no experience of using a computer.

Time: 9:30 to 12:30

Venue: Carnegie Library & Welfare, Fratton Rd, Portsmouth PO1 5EZ

Cost: Free

Booking: No need to book, just turn up. Places are limited, please be prepared to turn up early to secure your space.

Tai Chi & Qi Gong Sessions

Tai Chi & Qi Gong outdoor sessions. Please wear comfortable clothing and sports shoes.

Time: 10:00 to 12:00

Venue: Canoe Lake (meeting and training ground, behind the Butterfly Museum, Southsea)
We meet every week Wednesdays and Thursdays 10am.

Cost: £7 per session

Booking: To book your place, please call the number below or email:
fiveelementsacademy@gmail.com
or visiting their Website:
www.fiveelementsacademy.co.uk

Contact: 07905417517

Art Appreciation

Come and join your local U3A and try out our Art Appreciation group. No experience necessary, just an interest in the subject. An opportunity to learn new things and make new friends.

Time: 10:00 to 12:00

Venue: Via Zoom

Cost: Free

Booking: For further information to booking this activity please call 02392669938

Tour of the Lord Mayor's Parlour and Civic Silver

Join us for a tour of the Lord Mayors Parlour in Portsmouth Guildhall and Portsmouth's Civic Silver collection, one of the most important in the country with objects dating as far back as the 1500s.

Time: 11:00 to 12:00

Venue: Lord Mayors Parlour, 2nd Floor, Portsmouth Guildhall, Guildhall Square, Portsmouth, PO1 2AJ

Cost: Free

Booking: Please book your space by email **lordsmayoroffice@portsmouthcc.gov.uk** or call 02392834706. Places are limited, please be prepared to call up early to secure your space.

Science and Technology

Come and join your local U3A and try out our Science and Technology group. No experience necessary, just an interest in the subject. An opportunity to learn new things and make new friends.

Time: 14:00 to 16:00

Venue: Somerstown Community Centre, River Street, Portsmouth, PO5 4EY

Cost: Free

Booking: For further information to booking this activity please call 02392863381

Discover the digital library offer with your Portsmouth library card

At this practical workshop librarians will help you to discover the great range of free digital services that are available to you with your Portsmouth library card. The range includes eBooks/eAudiobooks, eNewspapers/eMagazines and eMusic. Please bring your Portsmouth library card and your smartphone/tablet/laptop that you will use to access the services. If you don't already have a Portsmouth library card please bring along some name and address ID and we can register you at the event.

Time: 14:30 to 16:00

Venue: Southsea Library IT Suite, Palmerston Road

Cost: Free, 50p if you wish to purchase tea or coffee

Booking: Please book your space, by emailing **askalibrarian@portsmouthcc.gov.uk** or calling 02392688064

Contact: 02392688064

Bingo

Come along and play Bingo, please make sure you bring your own pens. You may also bring your own tea and coffee.

Time: 19:00 to 21:30

Venue: Lounge at Buckland Community Centre, Malins Road

Cost: £10

Booking: No need to book, just turn up

Kings Theatre- FRIENDS Quiz

Could you BE a bigger Friends fan? Then why not grab your buddies and come test your knowledge at the ultimate Friends quiz night event?

Join us for a night of fun, CASH PRIZES and all things Monica, Chandler, Ross, Rachel, Phoebe and Joey! Ticket includes a drink on arrival.

Time: 19:30 - 21:00

Venue: Kings Theatre, 24 Albert Rd, Southsea, Portsmouth, Southsea PO5 2QJ

Cost: £5 per team, you can form teams up to a maximum of 8 people.

Booking: To book please via Kings Theatre Website.

Beginner Adult Tap Class

Our adult tap classes are a great way to keep healthy and enjoy yourself and meet new people. Whatever the reason all you need is a pair of tap shoes.

Time: 19:00 to 19:45

Venue: Room 3, Buckland Community Centre, Malins Road

Cost: £1 per week for the first six weeks, then £5 per week

Booking: Please book your space by calling Robin on 07702236416

Contact: 07702236416

Friday 8th October

Tai Chi & Qi Gong

Tai Chi to move in harmony and to relax the body/ Qi Gong to move with breathing. Please remember to wear loose clothing that you can be comfortable in.

Time: 10:00 to 11:00

Venue: Room 3, Buckland Community Centre, Malins Road

Cost: £5

Booking: No need to book, just turn up

Mah Jong:

Come and join your local U3A and try out our Mah Jong group. No experience necessary, just an interest in the subject. An opportunity to learn new things and make new friends.

Time: 10:00 to 12:00

Venue: Somerstown Community Centre, River Street, Portsmouth, PO5 4EY

Cost: Free

Booking: For further information to booking this activity please call 02392732980

Saturday 9th October

Slimming World Group

Lose weight in a friendly supportive environment. No judgement.

Time: 8:30 to 10:00

Venue: Buckland Community Centre, Malins Road, Portsmouth, PO2 7BT

Cost: £5.65, refreshments are available

Booking: No need to book, just turn up

Contact: 07548201509

Portsmouth Memory Walk

At Memory Walk we'll walk for a world without dementia. Memory Walk will start and finish in Castle Field, which is next to the Pyramids Centre in West Battery Gardens. Please note, this area is on grass.

Time: 10:00 to 15:00

Venue: Castle Field, Clarence Esplanade, Portsmouth, PO5 3ST

Cost: Free

Booking: Register to walk FOR FREE now at www.alzheimers.org.uk/memory-walk/find-a-walk/portsmouth or call 0300 330 5452

Contact: 03003305452

Discover our WW2 heritage

Explore our WW2 heritage in this exclusive event at The D-Day Story museum. Bring your wartime objects to the museum for identification by our panel of Curators, or get advice on how to research your military ancestors. See unique objects from our collection that are not normally on display. Discover the stories of the incredible people listed on the museum's Normandy Memorial Wall and learn how you can commemorate a loved one.

Time: 11:00 to 15:00
Venue: The D-Day Story, Clarence Esplanade, Portsmouth, PO5 3NT
Cost: Included in museum ticket price, discounts for seniors and visitors with a disability.
Booking: No need to book, just turn up
Contact: 02392 882555

Southsea Green Open Garden

Come and visit our lovely peaceful community garden with plenty of wildlife, and find out about our weekly gardening club where we meet to share gardening hints and tips, and have a chat over a cuppa or two. As this is an outdoor event, please dress appropriately for the weather.

Time: 12:00 to 14:00
Venue: Southsea Green garden, entrance next to the Café Fresco.
Cost: Free, however tea and cakes will be available in return for a small donation to the garden.
Booking: No need to book, just turn up

Sunday 10th October

Kings Theatre Open Day

Kings Theatre throws opens its doors for you to explore this stunning venue. There will be free taster tours, on stage workshops, live music, competitions and much more to discover. All welcome. Please be advised that due to the historic nature of the building, certain areas will not be suitable for those with mobility issues.

Time: 10:00 to 17:00
Venue: Kings Theatre, 24 Albert Rd, Southsea, Portsmouth, Southsea PO5 2QJ
Cost: Free
Booking: Please book your space by calling 02392828282 or email box.office@kingsportsmouth.co.uk

James Roseveare Art Exhibit

Informed by over 35 years in arboriculture, artist James Roseveare has a particular insight into working with form, function and the powerful processes of how things change over time. Jim will talk about recent artworks including large sculptural installations made from concrete and debris; a process which borrows from the languages of archeology, geology and anthropology.

Time: 14:00 to 16:00
Venue: Aspex, The Vulcan Building, Gunwharf Quays, Portsmouth, PO1 3BF.
Cost: Free Event
Booking: To book your space please call 02392778080 or email info@aspex.org.uk

Monday 11th October

Private Tour of Cumberland House

Private tour of Cumberland House and a behind the scenes look at the geology and shell collections with the Curator of Natural History. There are stairs to the first floor of the museum. The event will be in person.

Time: 10:30 to 12:00
Venue: Cumberland House Natural History Museum, Eastern Parade, Southsea, PO4 9RF
Cost: Free
Booking: To book your space please call the below number. Places are limited, please be prepared to call up early to secure your space.
Contact: 02392834779

Tai Chi & Qi Gong

Tai Chi to move in harmony and to relax the body/ Qi Gong to move with breathing. Please remember to wear loose clothing that you can be comfortable in.

Time: 10:00 to 11:00
Venue: Room 3, Buckland Community Centre, Malins Road
Cost: £5
Booking: No need to book, just turn up

Private Tour of Cumberland House

Private tour of Cumberland House and a behind the scenes look at the geology and shell collections with the Curator of Natural History. There are stairs to the first floor of the museum. The event will be in person.

Time: 14:00 to 15:30
Venue: Cumberland House Natural History Museum, Eastern Parade, Southsea, PO4 9RF
Cost: Free
Booking: To book your space please call the below number. Places are limited, please be prepared to call up early to secure your space.
Contact: 02392834779

Bedsore: what are they and how can we reduce the risk.

This session, which is open to all, will look at what bedsores (also known as pressure ulcers) are, what causes them and how we might reduce the risk of them developing. We will also discuss our research project, which will involve patients and carers in designing a toolkit of resources to help prevent bedsores.

Time: 14:00 to 15:00
Venue: Portsmouth Carers Centre, 117 Orchard Rd, Southsea, PO4 0AD
Cost: Free
Booking: Please book your space by emailing jenny.roddis@port.ac.uk or calling 02392 846807
Contact: Jenny Roddis

French Reading

Come and join your local U3A and try out our French Reading group. Please be aware a reasonably high standard in French Reading is required. An opportunity to make new friends.

Time: 14:00 to 16:00
Venue: Somerstown Community Centre, River Street, Portsmouth, PO5 4EY
Cost: Free
Booking: For further information to booking this activity please call 07778484974

Bingo

Come along and play Bingo, please make sure you bring your own pens. You may also bring your own tea and coffee.

Time: 19:00 to 21:30
Venue: Lounge at Buckland Community Centre, Malins Road
Cost: £10
Booking: No need to book, just turn up

Tuesday 12th October

Learn how to paint a seascape using acrylic

Never used acrylic before? No problem, during this session you will learn all the techniques necessary to be able to control the paint to achieve a beautiful impressionistic seascape. For this session you will need acrylic paints, paper/board/canvas, brushes, water pots, paper towel/cloth, palette.

Time: 9:30 to 12:30
Venue: Portsmouth Central Library, Menuhin Theatre, Guildhall Walk, Portsmouth PO1 2DX
Cost: Free
Booking: No need to book, just turn up. Places are limited, please be prepared to turn up early to secure your space.
Contact: 02392328795

Winter Warmer

'Winter Warmer' Cookery class. Get ready for winter - come along and learn how to make a delicious soup and traditional homemade Irish soda bread.

Time: 10:00 to 12:00
Venue: The Learning Place, 6 Derby Road, Portsmouth, PO2 8HH- Report to Reception
Cost: Free However, please bring containers to take soup and bread home in.
Booking: Please book your space by calling 02392621860. Places are limited, please be prepared to call up early to secure your space
Contact: 02392621860

Allotment Tour

Walking tour around the allotments at Milton Piece, Hope Cottage and Eastney Lake. Seeing Flora and Fauna on individual plots and in the community gardens.

Time: 10:00 to 12:00
Venue: Open Air Event, meet at the shop at the end of Looksway Road- Opposite the University Playing Fields.
Cost: Free, however refreshments can be brought onto the site.
Booking: No need to book, just turn up
Contact: 02392837268

German Studies

Come and join your local U3A and try out our German group. No experience necessary, just an interest in the subject. An opportunity to learn new things and make new friends

Time: 10:00 to 12:00
Venue: For more information on venue please contact the phone number below.
Cost: Free
Booking: For further information to booking this activity please call 02392 297867

Tour of the Royal Marines School of Music

Ever wondered how to make a world class musician and bugler? Take a former Naval prison, the very best instructors, mix together with a group of young musicians, add polish, precision and limitless passion and train for several years. The Royal Marines School of Music opens its gates for a very special tour of one of the finest military organisations in the world.

Time: 13:30 to 15:30
Venue: The Royal Marines School of Music, HMS Nelson, Queen Street, HM Naval Base, Portsmouth, PO1 3HH
Cost: Free
Booking: Due to the popularity of this event please complete the postal application form at the back of this book.

Fortress Portsmouth - the story of the city's historic defences

Portsmouth was the most heavily fortified place in Britain from c1580-c1900. How did that affect its landscape? This talk, illustrated with pictures from the city archives and museums, outlines the major developments, why they took the form they did, and emphasises what you can see of them today.

Time: 14:00 to 15:15
Venue: Zoom
Cost: Free
Booking: To get links and access to the Zoom Session please contact, **PortsmouthHistoryCentre@portsmouthcc.gov.uk** or call the number below.
Contact: 023 9268 8046

The Art of Pilar Correia

The Art of Pilar Correia. An illustrated talk and discussion by the talented, prolific, professional Portuguese artist who lives and works in Southsea. Pilar has a degree from the Ecole National Supereieure des Beaux Arts, Paris. She has exhibited in Paris, Lisbon, Bristol, Portsmouth, Tavira (Portugal). She also teaches painting and drawing

Time: 14:00 to 15:00
Venue: Southsea Library 19-21 Palmerston Road, Southsea PO5 3QQ
Cost: Free
Booking: No need to book, just turn up
Contact: 07517071466
gunwharfquaysstory@gmail.com

History

Come and join your local U3A and try out our History group. No experience necessary, just an interest in the subject. An opportunity to learn new things and make new friends.

Time: 14:00 to 15:30
Venue: Somerstown Community Centre, River Street, Portsmouth, PO5 4EY
Cost: Free
Booking: For further information to booking this activity please call 07540597804

Pre-Show talk 'The Play that Goes Wrong'

Mischief's multi award-winning international smash hit comedy 'The Play That Goes Wrong' is returning to Portsmouth, following its previous sell-out success! Join us for an exclusive pre-show talk by the creative team and director Sean Turner.

Time: 18:30 to 19:00
Venue: The Kings Theatre, 24 Albert Rd, Southsea, Portsmouth, Southsea PO5 2QJ
Cost: Free
Booking: Please book your space by calling 02392828282 or email box.office@kingsportsmouth.co.uk

The Play that Goes Wrong

Mischief's multi award-winning international smash hit comedy The Play That Goes Wrong is returning to Portsmouth, following its previous sell-out success!

The Cornley Drama Society are putting on a 1920s murder mystery, but as the title suggests, everything that can go wrong... does! As the accident prone thespians battle on against all the odds to reach their final curtain call, hilarious results ensue!

Time: 19:30- 21:30
Venue: Kings Theatre, 24 Albert Rd, Southsea, Portsmouth, Southsea PO5 2QJ
Cost: Free
Booking: Due to the popularity of this event please complete the postal application form at the back of this book.

Local History Group

Introduction into research and collaboration of local history booklets about Portsmouth.

Time: 19:30 to 20:30
Venue: Buckland Community Centre, Malins Road
Cost: Free
Booking: No need to book, just turn up. Places are limited, please be prepared to turn up early to secure your space.

Wednesday 13th October

Getting to know your digital camera

Do you have a digital camera but not the confidence to use it? Together we will go over the basics in using a digital camera and to help you overcome any obstacles you may have. Students will need to bring their own digital camera.

Time: 9:30 to 12:30
Venue: City of Portsmouth College, Tudor Crescent, Cosham. Meet in reception.
Cost: Free
Booking: No need to book, just turn up. Places are limited, please be prepared to turn up early to secure your space.

Stay Safe on the Internet

With online hacking and data theft making news headlines throughout the world every day, it is important that everyone is made aware of the dangers and how to protect themselves and their family members when using online services.

Time: 9:30 to 11:30
Venue: Carnegie Library & Welfare, Fratton Rd, Portsmouth PO1 5EZ
Cost: Free
Booking: No need to book, just turn up. Places are limited, please be prepared to turn up early to secure your space.

Meet the Archivists Talk

Receive a warm welcome at the stunning Grade II* Listed Kings Theatre. Our expert team will talk you through the history of the venue with images and artefacts from the archive. They will be on hand to answer all your questions and reveal the secrets of the theatre.

Time: 10:00 to 11:00
Venue: Kings Theatre, 24 Albert Rd, Southsea, Portsmouth, Southsea PO5 2QJ
Cost: £5
Booking: Please book your space by calling 02392828282 or email box.office@kingsportsmouth.co.uk

Tai Chi & Qi Gong Sessions

Tai Chi & Qi Gong outdoor sessions. Please wear comfortable clothing and sports shoes.

Time: 10:00 to 12:00
Venue: Canoe Lake (meeting and training ground, behind the Butterfly Museum, Southsea)
We do meet every week Wednesdays and Thursdays 10am.
Cost: £7 per session
Booking: Please book by calling 07905417517 or email:
fiveelementsacademy@gmail.com
or visiting their Website:
www.fiveelementsacademy.co.uk
Contact: 07905417517

English Poetry

Come and join your local U3A and try out our English Poetry group. No experience necessary, just an interest in the subject. An opportunity to learn new things and make new friends.

Time: 10:00 to 12:00
Venue: Somerstown Community Centre, River Street, Portsmouth, PO5 4EY
Cost: Free
Booking: For further information to booking this activity please call 07739832774

Stay Active- Eat Healthy

Healthy Walks, Talks and Advice - Every Wednesday

Time: 10:00 to 12:00
Venue: Age UK Portsmouth, The Bradbury Centre 16-18, Kingston Road, Portsmouth PO1 5RZ
Cost: Free
Booking: To book your place, please email **wayne.skeens@ageukportsmouth.org.uk**

Crafts

Crafts where you will be able to paint on stones.

Time: 13:00 to 16:00
Venue: Room 7, Buckland Community Centre, Malins Road
Cost: £1, refreshments will be provided
Booking: No need to book, just turn up

Indoor Bowls

Victory Indoor Bowls Club invites you and your friends to 'Give it a go'. Are you a natural bowler, don't worry we are there to help you with qualified coaches and all the equipment. Please wear trainers or flattish shoes and enjoy these FREE sessions.

Time: 14:00 to 16:00
Venue: Victory Indoor Bowls and Social Club, Alex Way (off Northern Parade) Portsmouth PO2 9PB
Cost: Free and tea and coffee will be provided
Booking: To book your place, please email **Alanptaw@yahoo.co.uk** or call the number below.
Contact: 07860642400

Portsdown u3a Open Afternoon

Free event for retired people or those in part-time work who enjoy learning and/or sharing their knowledge and expertise. Interest groups present their activities through free-standing and table displays. We are a self-help organisation and everyone, including members, are welcome. Please bring face covering.

Time: 14:00 to 16:00
Venue: Cosham Baptist Church, 48 Havant Road, Cosham, PO6 2QZ
Cost: Free
Booking: No need to book, just turn up
Contact: 07714674245

Spanish

Come and join your local U3A and try out our Spanish group. A basic knowledge of Spanish is required. An opportunity to make new friends.

Time: 14:00 to 16:00
Venue: Somerstown Community Centre, River Street, Portsmouth, PO5 4EY
Booking: for further information to booking this activity please call 02392 669938

Wednesday Wealth Day

Time: 16:00 to 17:30
Venue: Paul Murray Investments, 108 Marmion Road, Southsea, PO5 2BB
Cost: Free
Booking: No need to book, just turn up

Thursday 14th October

Slimming World Group

Lose weight in a friendly supportive environment. No judgement.

Time: 9:00 to 10:30
Venue: Buckland Community Centre, Malins Road, Portsmouth, PO2 7BT
Cost: £5.65, refreshments are available
Booking: No need to book, just turn up
Contact: 07548201509

Walking Tour of Statues and Monuments

A walking tour of selected statues, monuments and plaques of men and women who are commemorated in Portsmouth for their achievements. Also an opportunity to discuss the merits of each person.

Time: 10:00 to 12:00
Venue: Meet at the Guildhall Square beside the Charles Dickens statue. Finish at the Admiral Lord Nelson's statue in Old Portsmouth.
Cost: Free, however refreshments can be purchased throughout the tour.
Booking: No need to book, just turn up

Chi & Qi Gong Sessions

Tai Chi & Qi Gong outdoor sessions. Please wear comfortable clothing and sports shoes.

Time: 10:00 to 12:00
Venue: Canoe Lake (meeting and training ground, behind the Butterfly Museum, Southsea) We do meet every week Wednesdays and Thursdays 10am.
Cost: £7 per session
Booking: Please book by calling 07905417517 or email:
fiveelementsacademy@gmail.com
or visiting their Website:
www.fiveelementsacademy.co.uk
Contact: 07905417517

Poems and Plays

Come and join your local U3A and try out our Poems and Play group. No experience necessary, just an interest in the subject. An opportunity to learn new things and make new friends

Time: 10:00 to 12:00
Venue: Somerstown Community Centre, River Street, Portsmouth, PO5 4EY
Cost: Free
Booking: for further information to booking this activity please call 02392 753169

Introduction to Portsmouth History Centre

Michael Gunton will give participants a tour of the Portsmouth History Centre, and introduce a selection of treasures from archives which participants will be able to look at.

Time: 10:30 to 12:00
Venue: Portsmouth History Centre, Portsmouth Central Library, Guildhall Square, Portsmouth, PO1 2DX
Cost: Free
Booking: To book your place, please email **portsmouthhistorycentre@portsmouthcc.gov.uk**. Places are limited, please be prepared to email early to secure your space

Tour of the Lord Mayor's Parlour and Civic Silver

Join us for a tour of the Lord Mayors Parlour in Portsmouth Guildhall and Portsmouth's Civic Silver collection, one of the most important in the country with objects dating as far back as the 1500s.

Time: 11:00 to 12:00
Venue: Lord Mayors Parlour, 2nd Floor, Portsmouth Guildhall, Guildhall Square, Portsmouth, PO1 2AJ
Cost: Free
Booking: To book your place, please email **portsmouthhistorycentre@portsmouthcc.gov.uk**. Places are limited, please be prepared to email early to secure your space
Contact: 02392834706

Later Life Love & Relations

Later life love & relationships - the ups and downs of and what you need to know. Using equity release to top up your retirement. What does it mean to be a power of attorney?

Time: 10:30 to 12:00 (Followed by refreshments)
Venue: Paul Murray Investments, 108 Marmion Road, Southsea, PO5 2BB
Cost: Free
Booking: Please book your space by calling 02392295300 or email admin@paulmurrayinvestments.co.uk

Patchwork and Quilting

Come and join your local U3A and try out our Patchwork and Quilting group. No experience necessary, just an interest in the subject. An opportunity to learn new things and make new friends.

Time: 13:30 to 16:00
Venue: Somerstown Community Centre, River Street, Portsmouth, PO5 4EY
Booking: For further information to booking this activity please call 02392 835200

From Rum to Robots: healthcare research in the NHS

Find out more about healthcare research in the NHS. Refreshments available from the café.

Time: 13:30 to 15:00
Venue: Main Hall, John Pounds Community Centre, 23 Queen Street, Portsmouth, PO1 3HN
Cost: Free
Booking: Please book your space please visit: [eventbrite.co.uk](https://www.eventbrite.co.uk) and search Rum to Robots event.

Bingo

Come along and play Bingo, please make sure you bring your own pens. You may also bring your own tea and coffee.

Time: 19:00 to 21:30
Venue: Lounge at Buckland Community Centre, Malins Road
Cost: £10
Booking: No need to book, just turn up

Beginner Adult Tap Class

Our adult tap classes are a great way to keep healthy and enjoy yourself and meet new people. Whatever the reason all you need is a pair of tap shoes.

Time: 19:00 to 19:45
Venue: Room 3, Buckland Community Centre, Malins Road
Cost: £1 per week for the first six weeks, then £5 per week
Booking: To book your place, please call Robine on the below number.
Contact: 07702236416

Friday 15th October

Tai Chi & Qi Gong Sessions

Tai Chi to move in harmony and to relax the body/ Qi Gong to move with breathing. Please remember to wear loose clothing that you can be comfortable in.

Time: 10:00 to 11:00
Venue: Main Hall, Buckland Community Centre, Malins Road
Cost: £5
Booking: No need to book, just turn up

Mah Jong

Come and join your local U3A and try out our Mah Jong group. No experience necessary, just an interest in the subject. An opportunity to learn new things and make new friends.

Time: 10:00 to 12:00
Venue: Somerstown Community Centre, River Street, Portsmouth, PO5 4EY
Cost: Free
Booking: For further information to booking this activity please call 02392732980

History Tour - Kings Theater

Ever wanted to go backstage and see the hidden treasures of the theatre? In these history tours you'll see behind the curtain and learn all about the rich history of the Grade II Listed Kings Theatre. Please note that due to the historic nature of the theatre, there are a lot of stairs and low ceilings; sadly, the tour is not recommended for those with accessibility needs.

Time: 10:00 to 11:30
Venue: Kings Theatre, 24 Albert Rd, Southsea, Portsmouth, Southsea PO5 2QJ
Cost: £5
Booking: Please book your space by calling 02392828282 or email box.office@kingsportsmouth.co.uk

Public Involvement in research: Research seminar

Join the University of Portsmouth Health Research Group for an online research seminar about public involvement in research. Find out how members of the public can get involved in University research. We'll be discussing what it involves, why it's important, and talking with other public involvement members about their experiences.

Time: 12:00 to 13:00
Venue: Zoom
Cost: Free
Booking: For further information please email amy.drahota@port.ac.uk

Philosophy

Come and join your local U3A and try out our Philosophy group. No experience necessary, just an interest in the subject. An opportunity to learn new things and make new friends

Time: 14:00 to 16:00
Venue: Somerstown Community Centre, River Street, Portsmouth, PO5 4EY
Cost: Free
Booking: For further information to booking this activity please call 0773982774

History Tour - Kings Theater

Ever wanted to go backstage and see the hidden treasures of the theatre? In these history tours you'll see behind the curtain and learn all about the rich history of the Grade II Listed Kings Theatre. Please note that due to the historic nature of the theatre, there are a lot of stairs and low ceilings; sadly, the tour is not recommended for those with accessibility needs.

Time: 12:30 to 14:00
Venue: Kings Theatre, 24 Albert Rd, Southsea, Portsmouth, Southsea PO5 2QJ
Cost: £5
Booking: Please book your space by calling 02392828282 or email box.office@kingsportsmouth.co.uk

History Tour - Kings Theater

Ever wanted to go backstage and see the hidden treasures of the theatre? In these history tours you'll see behind the curtain and learn all about the rich history of the Grade II Listed Kings Theatre. Please note that due to the historic nature of the theatre, there are a lot of stairs and low ceilings; sadly, the tour is not recommended for those with accessibility needs.

Time: 13:30 to 15:00
Venue: Kings Theatre, 24 Albert Rd, Southsea, Portsmouth, Southsea PO5 2QJ
Cost: £5
Booking: Please book your space by calling 02392828282 or email box.office@kingsportsmouth.co.uk

Discover the digital library offer with your Portsmouth library card

At this practical workshop librarians will help you to discover the great range of free digital services that are available to you with your Portsmouth library card. The range includes eBooks/eAudiobooks, eNewspapers/eMagazines and eMusic. Please bring your Portsmouth library card and your smartphone/tablet/laptop that you will use to access the services. If you don't already have a Portsmouth library card please bring along some name and address ID and we can register you at the event.

Time: 14:30 to 16:00
Venue: Cosham Library IT Suite, Spur Road
Cost: 50p if you wish to purchase tea or coffee
Booking: Book your space by emailing, askalibrarian@portsmouthcc.gov.uk or calling 02392688064
Contact: 02392688064

Tours and Theatre Tickets.

Due to the previous high demand for these tours and theatre shows, **ONLY** postal applications can be made for this event. All entries need to arrive by **29th September 2021**. Please return this form to:

**The Events Team,
Portsmouth City Council,
Portsmouth Museum and Art Gallery,
Museum Road,
Portsmouth,
PO1 2LJ**

Full name:

Full name of **one** guest: (only one guest permitted)

Address:

Postcode:Contact number:

Royal Marines School of Music Tour:

Preferred Dates:

Tuesday 5th October 13:30 to 15:30

Tuesday 12th October 13:30 to 15:30

The Play That Goes Wrong:

Tuesday 12th October 19:30

Where did you hear about 60 Plus Festival:

All forms received will then be put in a hat and names will then be drawn on 30th September. More details will then follow to those who have been selected.

If you are selected, all attendees must bring photo ID with proof of age and address.

Please note: Previous attendees of the tour will not be permitted to enter the draw.



Cut out this form and send





You can get this Portsmouth City Council information in large print, Braille, audio or in another language by calling 023 9283 4109.