

## **BALLINTOY YOUNG AT HEART CLUB**

### **TRUSTEES ANNUAL REPORT**

Ballintoy Young At heart is a cross community group for people over the age of 55 living in Ballintoy and surrounding area. We work to ensure there are opportunities for older people in the local community to socialise, stay active and try out new skills. We feel it is important for older people to stay connected to the community and that they age positively having new experiences and new skills. We have been running for over 20 years and our committee is made up of volunteers from the local community.

Our activities this year include meetings, topical speakers, creative workshops which were Mosaic, Felting, Sculpture, Glass painting, Flower Arranging and Piano Lessons.

We run a Luncheon Club fortnightly with soup, sandwiches, appetart and cream followed by Bingo which is well attended and enjoyed by all.

Summer recess was round up with a Barbeque and dance.

Our Open Day in September was a great success with children from Mother Goose arriving early to take part in an intergenerational course of music followed by other 55 group invited to a lunch and entertainment.

Tea Dance in October was well attended by sending invites out to other groups.

#### **Outings**

A very enjoyable day was spent at Cloughmills Golden Oldes visiting their Knitted Village. Visit to Broughshane Museum. Summer outing to Bangor.

Our charity for the year was a Coffee morning for Macmillan in August which raised £ 890.

Looking forward now to our Christmas Dinner in Fullerton Arms Hotel.

This ends my report.

Signed *Margaret Reid*  
Chairperson