

Welcome

# **GET CREATIVE**

## At Glenalina

Glenalina has joined with Get Creative Festival 2019 aiming to inspire and shine a light on all the great cultural activity that takes place in communities across Ireland on a regular basis and encourages people to try their hand at something new and creative. Part of this huge national celebration of creativity aims to give everyone the chance to get actively involved in creative activities in their local area. Ireland and U.K. wide celebration of creativity reaching every local community.

Glenalina Lodge held its 1st Festival

August '18 which was very unique in that it was resident led and based in a care home. The festival proved to be a huge success.

We would like to extend a warm welcome to family & friends, anyone living close by pop in to any of our events, all events take place in Glenalina Lodge Care Centre.

Enjoy!

All Free Events

# At a Glance

**Monday** 11am A Morning of Traditional Music, Dance & Song **Intergenerational event Musical Journey with Trevor Dixson** Tuesday 2pm Wednesday **Decoupage Art Workshop** 11am Wednesday **Memories of Bygone Days in Belfast** 2pm Thursday 2.30pm 'Get Active' Creatively **Friday** 11am Flower Arranging Workshop

Friday 7pm Traditional Music Night Saturday 2pm Concert

Sunday 12.45pm End of Festival Lunch (Residents)

**Sponsors In Kind** 





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### Sunday 19th May

# END OF FESTIVAL LUNCH FOR THE RESIDNTS OF GLENALINA

Enjoy the savory dishes served to you by Thierry, our very own French Chef serving you up a culnary of delight.

'BON APPÉTIT'

## Friday 11th -27th May

#### **Exhibitions**

**Venue : Falls Road Library (see Library open times)** 

**Dye on Paper**— inspired by Mexican Artist Frida Kahlo. Each image is a unique expression of Freida's characteristic. She developed her own style as an artist, drawing her main inspiration from Mexican folk culture.

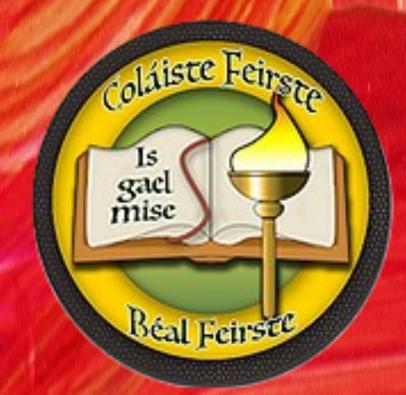
Artist Margaret McKernan, Glenalina's Events/Activity Co-ordinator encouraged the residents to produce a collection of works celebrating Freida's love of culture and traditions by mixing and manipulating paper, tissue and embellishments.

**Self Portrait Oil on Canvas -** Inspired by the work of David Hockney. Arts Care Project Artist Cheryl Bleakley worked with the residents over a number of weeks to produce amazing self-portraits of contemporary artwork. David Hockney who, as an older working artist, has continued to produce work, and is considered one of the most influential artists of the 20<sup>th</sup> century.

Glenalina Art Collection - A variety of creative mixed media works influenced by nature, landscape, sea & sky produced by the residents.



#### 11am Monday 13th May



Colaiste Feirste College
Presents
A Morning of Traditional Music, Dance & Song
Intergenerational Event

Residents, family and visitors will have the opportunity to enjoy the talents and celebrate our young traditional musicians and singers of tomorrow. The audience are welcome to join in with craic agus ceol - music and good times.

A warm welcome to residents, family and friends

Free Event



Professional musicians will be performing live here on

Saturday 11 May 2019 2:00 pm

## Victor Henriquez Charango, Guitar and Ukulele

This concert has been made possible thanks to the generosity of **Enkalon Foundation** 

This concert has been provided by the charity Music in Hospitals & Care. To find out more or to donate online, please visit: mihc.org.uk

Registered Charity England & Wales: 1051659 Scotland SC038864



This concert has been made possible thanks to the generosity of Enkalon Foundation.

A warm welcome to residents, family and friends

Free Event

#### Friday 17th May

# 11am Flower Arranging Workshop

Ever wondered how flower arrangements were made, well now's your chance to make your very own.

Mairead, Fancy Fayre Florist will show you how.



**7pm** Craic agus Ceol **Traditional Music Night** 

A night of traditional music and song, sit back and enjoy the amazing voice of young local singer Cliona Doran well known for her version of 'Grace'

A warm welcome to residents,
family and friends
Free Event

### 2pm Tuesday 14th May

Accomplished musician Trevor Dixson will take you on a musical journey of your best loved songs & instrumentals. Irish melodies, up-temporock and roll, lazy Irish Waltzes and emotional tales and heart rendering songs of Irish love.

From the tender age of just 14 years Trevor began entertaining in old Irish ceili houses.



He was bitten by the showbiz bug playing tenor saxophone, tin whistle and clarinet.

Trevor decided to form his own band on the road, a move which established him as one of Ireland's leading show bands. He became one of the first Irish bands to cross the Irish Sea to play to the Irish communities the length and breadth of England, Scotland and Wales. His claim to fame

occurred when 'I played to the NATO forces in the middle of

the Sahara Desert"!

A warm welcome to residents, family and friends

Free Event

#### Wednesday 15th May

#### 11am Decoupage Art Workshop

Discover the decoupage technique of art & craft, transforming boxes and other objects into a work of art and creating your very own finished masterpiece using paper napkins, paint and gilt. The word decoupage comes from Middle French "decouper", the practice came to China, and by the 12th century cut of



#### **2pm Memories of Bygone Days in Belfast**

The audience are invited to take a stroll down memory lane through the streets, parks, hospitals, fruit stalls, shops, schools, family and working life in bygone days in Belfast.

Sing-a-long to the songs of Ruby Murray and friends.

A warm welcome to residents, family and friends
Free Event

#### Thursday 16th May

#### 2.30pm 'Get Active' Creatively

'Get Active' Creatively, Angela's session will show you how to make the rainbow dance to the rhyme of the rumba & waltz, gradually moving to an upbeat tempo of the dance halls. The session of armchair physical exercises are for people of all levels of abilities,

Angela will have you all dancing in your seats and not in the dark.

Physical activity can relieve stress and anxiety.

