



Kilkenny County
Library Service

Age & Opportunity

Bealtaine Festival

Celebrating the arts and creativity as we age

Rediscover your local library with our wide and varied programme of over **60** FREE events which we hope will inspire you to actively participate, explore your creative side, develop skills and experience a rich creative life.

This programme of Age Friendly events is taking place across all of the library branches as well as in St. Mary's Day Care Centre, St. Gabriel's Ward, St. Canice's Hospital, and St. Columba's Hospital as part of Bealtaine and is supported by Creative Ireland.



Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



Age Friendly County



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

dementia

under stand together



THE ALZHEIMER
SOCIETY of IRELAND



Marie Keating
FOUNDATION



IRISH HEART
FOUNDATION

Graigenamanagh Library

Classic Movie & Morning Coffee

Fri 4th & Fri 25th May from 10.45am.

Come along with friends and enjoy a classic movie, with morning tea & coffee.



Singalong –Melodies, Music and Memories

Fri 11th & Fri 18th May from 11-12pm.

Often our deepest memories of good times are unlocked through songs of old. Ann Moylan will bring you on a musical journey to revive these memories of yesteryear.



Cards & Crosswords

Every Thursday in May from 11am

Keep your mind active with regular card games and crosswords.



Natural Skincare & Household Cleaning Workshop

Thurs 24th May 11-12.30pm.Booking Essential.

Claire Williams of Meadows.ie will show you how to make your own natural skincare products and cleaning products.

Callan Library

Card-making Classes with Anna

Wed 2nd & Wed 16th May: 11 -12pm

Come along and learn how to make a beautiful hand-made card for a loved one.



Castlecomer Library

5 Ways to Wellbeing

Tue 8th May, 11 – 12pm

Theresa Hennessy from HSE will introduce you to 5 simple steps for looking after yourself – from connecting and being active to learning and mindfulness.



Propagating Your Garden

Tues 8th May, 7– 8pm

Learn how to use different methods when cutting to propagate your garden with Monica Conroy.



Singalong –Melodies, Music and Memories

Thurs 17th May, 11am

Often our deepest memories of good times are unlocked through songs of old. Ann Moylan will bring you on a musical journey to revive these memories of yesteryear.



Irish Heart Foundation – Mobile Unit

Wed 23rd May, 10-4pm

The Irish Heart Foundation mobile will be doing free blood pressure checks for all outside the library. Drop in at any time!



Classic Movie Afternoon

Tues 29th May, 2.30pm

Join us for the screening of a classic movie!

Ferrybank Library

Music Matters

**Thurs 3rd, 10th, 24th, 31st May & 7th June,
3-5pm. Booking essential**

A basic introduction to music appreciation – This 5-week course explores how music works, how composers think, how musical pieces are written, and will ponder questions such as “Do you consider Queen’s Bohemian Rhapsody to be a classical piece?”



Introduction to Mindfulness

Tues 22nd May, 3.30-4.30pm

Experienced teacher Deirdre Dowling will guide you through practical mindfulness skills to meet the challenges of daily life.



Singalong –Melodies, Music and Memories

Fri 25th May, 3.30pm

Often our deepest memories of good times are unlocked through songs of old. Ann Moylan will bring you on a musical journey to revive these memories of yesteryear.



Introduction to Digital Photography

Wed 30th May, 11am

Professional photographer, Amanda Burke will guide you through the basics of taking quality digital photos, and how to get the best from your camera.

City Library, John's Quay

Lunchtime Guitar Recitals with Mark Anthony McGrath

Fri 4th May, 1-2pm

Guitar Music from Ireland and Scotland

Fri 11th May, 1-2pm

Popular & Contemporary music
interpreted on guitar

Fri 18th May, 1-2pm

O'Carolan's Connections



2D Needle Felting with Maire

Thursdays 10th, 17th, 24th May from 10.30 -12pm.

Booking Essential.

Felting with needles is a very old craft to create beautiful pieces of work onto wool backgrounds.
All materials provided.



Marie Keating Foundation Mobile & Talk

Wed 16th May, 11-3pm

Drop-in Mobile will be in car park staffed by nurse, with information on all types of cancer.

“Your Body, Your Choice” 12pm

Talk on making healthy choices to protect your body.



Lá na mBan: Irish women against conscription in 1918 . Thurs 24th May, 1-2pm

When conscription was proposed in 1918, it was vehemently opposed by the women of Ireland. They rallied by organising **Lá na mBan**, a day of protest. Ann Murtagh will discuss the day and what happened Kilkenny.



Making a Will

Tues. 29th May, 6.30pm

Reidy Foley Solicitors will discuss the important elements to consider when making a will.

Loughboy Library

Alzheimer's Tea Day

Thurs 3rd May, 10.30-12.30pm

All are welcome for tea, coffee and Home-baked goodies!



Understanding Dementia

Thurs 3rd May at 11am

Moira Knowles will discuss practical tips and advice for supporting those with dementia.

Scrabble Morning

Fri 11th May, 11-1pm

Come along and enjoy some friendly scrabble to give your brain a workout!



Tablet Classes for Beginners

Tues 15th- 29th May, 10.30-12.30pm

Classes cover internet, email, shopping and social media. (Fully booked)

Colouring for Adults

Tues 15th May, 2-5pm

Join in and enjoy social colouring for relaxation!



Conversation Salon

Fri 18th May, 5.30-7.30pm

Come along and connect with others through conversation. Meet new people and new ideas!



Colours of Nature

Fri 25th May, 11.30-12.30pm. Booking advised.

Staff from WIT & Calmast will bring you on a journey through the wonderful colours of nature.



Thomastown Library

Crochet Classes

Tues 8th, 15th, 22nd, 29th May. 10.30-12pm

Booking Essential.

Whether its granny squares or crocheting for charity, come along and learn to make simple items from scratch. All materials provided.



Classic Movie Afternoon

Thurs 10th May, 1.30pm

Join us for the screening of a classic movie!

Cards and Crosswords

Thurs 17th May, 1.30pm

Keep your mind active with regular card games and crosswords.



Creative Writing: Placing Fiction in a Historical Context with Caroline Sutherland.

Wed 23rd May, 5-8pm. Booking Essential.

Creating realistic fictional stories that happen at a definite place and time in the past. Learn how to balance facts and fiction to create a strong narrative.

Urlingford Library

Card-making Classes with Anna

Tues 1st, 8th, 15th, 22nd, 29th May, 10-11.30am.

Come along and make a beautiful hand-made card.



Alzheimer's Tea Day

Thurs 3rd May, 10.30-12.30pm

All are welcome for tea, coffee and home-baking!

"Where Old Ghosts Meet"

Patrick Kavanagh through Poetry, Prose and Song

Tues 15th May, 6.30-7.30pm

An exploration of the life, times & works of Kavanagh by Jimmy Rhatigan. Adapted & Directed by Geoff Rose.



Kilkenny Library Service Outreach Events

Singalong –Melodies, Music and Memories

Takes place in St. Gabriel's Ward, St. Canice's Hospital and also in St. Mary's Day Care Centre, Gaol Road.

Where Old Ghosts Meet - Kavanagh through Poetry, Prose & Song

Takes place in the Day Care Centre, St. Columba's Hospital, Thomastown.

Kilkenny Age Friendly Seniors Forum

"Seisiún Speisialta" with Pat Shortis & Friends in Kilkenny Home Rule Club on Thursday 31st May at 8.30pm.

All are welcome!



Contact numbers for bookings/information:

Callan Library	056 779 4183
Castlecomer Library	056 444 0561
City Library, John's Quay	056 779 4174
Ferrybank Library	051 897 200
Graigenamanagh Library	056 779 4178
Loughboy Library	056 779 4176
Thomastown Library	056 779 4331
Urlingford Library	056 779 4182

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