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National Updates 



Age Friendly Ireland is deeply saddened to hear of the passing of Moya Brennan. We were truly honoured to have known her. Moya was not only a celebrated and much loved musician, a cherished voice and a cultural icon, but also a passionate and committed Age Friendly Ambassador for Donegal.

She will be remembered for her warmth, generosity and lasting contribution to the Age Friendly movement.

Our thoughts are with her family, friends, and all who were inspired by her remarkable life.

Ar dheis Dé go raibh a hanam.



Sharing Memories of Our Local Rivers

JOIN RESTORE BALLYMACRAVEN RIVER ASSOCIATION

WHEN: WED, 27TH MAY

TIME: 12:00PM- 1:30PM

WHERE: ENNISTYMON COMMUNITY CENTRE



FREE EVENT!

COME JOIN FOR A CUPPA TEA/COFFEE



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL





Changing Gears Limerick

Age & opportunity came to Limerick in March 2026, with the Changing Gears Programme which ran over 4 weeks with weekly sessions of 3 hours. The basis of the programme is to manage transitions & change for those aged 50+ years in areas such as retirement, ill health, relationship breakdown etc. It consisted of presentations, lots of interaction, singing, a cuppa & chats! Examples of areas covered are resilience, aging, supports & resources networks available. At the end of the final session those in attendance all agreed they would miss attending on Wednesdays.




Rethinking intimacy and relationships in dementia

Free symposium
Guinness Enterprise Centre
The Liberties, Dublin
Wednesday 20th May

Tickets:
<https://dementiaandintimacy.eventbrite.ie>

civic dollars

A rewarding way to get outdoors in Meath

Download and enter draws for a €50 Mí Meath voucher, Meath GAA Top and FitBit!

Activity level info
We would encourage people to participate in social distancing. See how crowded locations are before going with our traffic light system:

- Busy
- Average
- Quiet

Show activity level: ● ● ●

Athlumney Riverside Walk
Athlumney Riverside Walk is described as a quiet and peaceful place, perfect f...
Quiet 0.19km 30 mins • 81

Peoples Park - Johnstown
The Peoples Park Playground in Kells, County Meath, is a popular, free public...
Quiet 0.36km 30 mins • 81

St. Columbus Crescent Playce

Go to a nearby zone to start earning

iOS Download the App Now **SCAN ME**

Android Download the App Now **SCAN ME**

The Healthy Ireland Fund Supported by Meath County Council and The Department of Health.



Civic Dollars Launch

Meath County Council is proud to announce the launch of Civic Dollars, an innovative app that rewards residents for spending time outdoors in Meath’s beautiful community spaces. The initiative encourages healthier lifestyles, builds community connection, and offers people the opportunity to support local organisations simply by enjoying their parks,

beaches and other local amenities.

The Civic Dollars app allows users to earn virtual “Civic Dollars” by checking in at designated outdoor locations throughout the county. Activities such as being outdoors, walking, running, cycling, and participating in community events all help residents build credit that can be redeemed for rewards or donated to local groups.

Community and voluntary organisations in Meath can directly benefit from the app: residents can donate their Civic Dollars to local groups, which can then exchange them for practical supports.

This initiative aligns with Meath County Council’s commitment to strengthening community engagement and supporting healthy living across the county, echoing the goals of Healthy Meath, Meath LCDC and Meath PPN and other wellbeing programmes.

The initiative is supported through the Healthy Ireland Fund Round 4, funded by the Department of Health, with further funding through Meath PPN, and is overseen by the Meath Local Community and Development Committee (LCDC).

April 22 | 11:00 – 12:30 | Room Q217, DCU Business School (2nd Floor)

Lifelong Learning in Later Life: Possibilities, Limitations and Future Prospects

Presented by Professor Marvin Formosa, University of Malta, a leading expert in U3A, lifelong learning, and ageing policy, with extensive international experience. Register [here](#) to attend.

Local Updates





**Hyde Park, Roscommon GAA
Walkability Audit**

**Cavan Positive Age Day Trip to Knock
Tuesday 19th May 2026**

Bus will leave Castlemanor Community Centre at 9am

Cost €35 per person

Call Positive Age on 049-4380725 to book

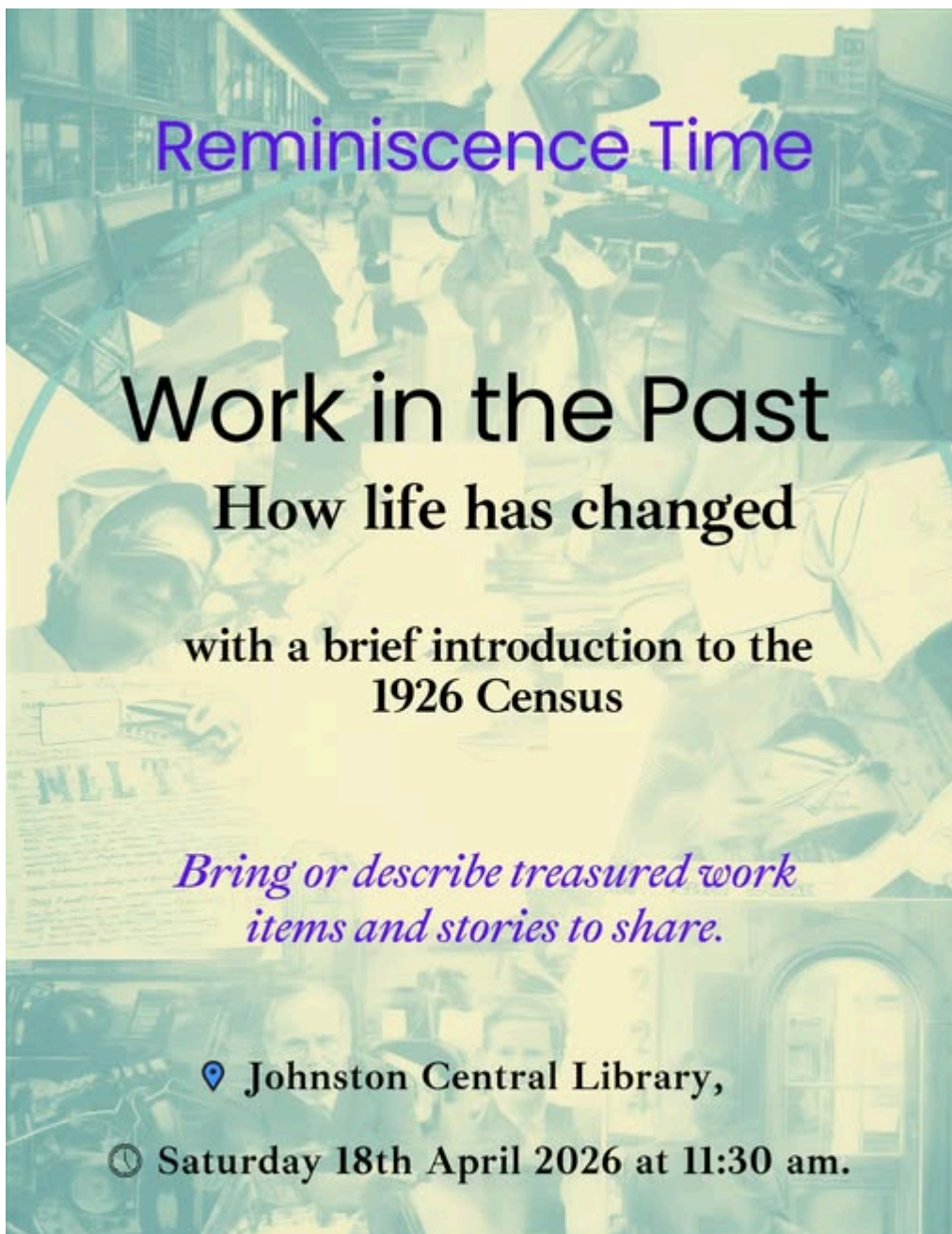


Cork County Fire Service

Age Friendly Ireland attend Community Fire Safety Workshop in Co. Cork as part of the Home Fire Safety Visit Collaboration

Cork County Council Fire Service and Age Friendly Ireland are collaborating to improve the safety and wellbeing of older people in the county. The partnership will see fire officers from the twenty fire stations across Cork County carrying out free home fire safety checks for older people, referred to them by the Healthy Age Friendly Homes Programme. The Home Fire Safety Visit will involve two fire officers from the Local Fire Station visiting the home and providing friendly advice to include escape plans in the event of a fire, potential fire hazards within the home and installation of a free smoke alarm. The overall goal is to work together to increase fire risk awareness amongst older people. The training included presentations by Cork County Council Fire Service and Age Friendly Ireland. Ei Mobile Training Unit was on site to provide training on safety devices.

Picture: Training was held in Bandon Fire Station Training Centre and was attended by Fire Officers from all 20 Fire Stations in County Cork, the Local Coordinators of the Healthy Age Friendly Homes Programme assigned to Cork County, Regional Programme Manager South West Region and Senior Fire Officers.



Reminiscence Time

Work in the Past
How life has changed

with a brief introduction to the
1926 Census

Bring or describe treasured work items and stories to share.

📍 **Johnston Central Library,**
🕒 **Saturday 18th April 2026 at 11:30 am.**



**Cavan County Council's
Library Service**



Art of Life: A Creative Cross Border Approach to Normalising Conversations on Death, Dying and Advance Care Planning

The Art of Life project opened up gentle, meaningful conversations around death, dying, and end of life planning through creativity, community connection, and shared experience.

Led by Cavan County Council's Creative Cavan and funded under the Creative Ireland Health & Wellbeing Shared Island Initiative, this cross border partnership brought together statutory and community organisations across Cavan, Fermanagh and Tyrone including Cavan Age Friendly and South West Age Partnership. The aim was to support older people to feel more confident speaking about future care wishes and to make Advance Care Planning a normal, accessible part of life. The project worked with Cavan Older People's Council and South West Age Partnership Management Board to ensure that delivery included the voice of the older person.

Participants engaged in artist led workshops exploring storytelling, memory objects, visual

art, and guided reflection—creating a safe, uplifting space to consider what matters most to them. Feedback shows that including a creative activity helps reduce fear and stigma, making difficult topics easier to approach.

The project recently completed its first full evaluation cycle, combining Social Return on Investment analysis with participant video case studies in collaboration with Royal College of Surgeons Ireland (Nursing and Midwifery). Findings show clear improvements in awareness, comfort levels, and motivation to plan ahead.

Art of Life was delivered in 2024-2025. The project was recognised nationally, reaching the finals of the Chambers Ireland Excellence in Local Government Awards 2025, and internationally through its feature in the International Journal of Nursing and Health Care Research.

For more information including evaluation reports and participant and facilitator stories - visit : [Art of Life - Cavan County Libraries](#)

Announcing
Limerick Lifelong Learning Festival 2026

Monday 20th - Sunday 26th April 2026

Learning Limerick
Together for a brighter future

Limerick Lifelong Learning Festival

unesco
Member
Global Network of
Learning Cities

Limerick Lifelong Learning Festival Launch Event

The festival is a celebration of lifelong learning and promotes all sorts of learning in Limerick through a wide variety of creative, enjoyable and informative events. Limerick Lifelong Learning Festival has something for everyone - wherever you live, whatever your age is and whatever your interests may be. Learning is promoted as fun with events including performances, debates, taster sessions, tours, displays and demonstrations. The free events and activities taking place include Art, IT Skills, Language Tasters, Entrepreneurship, Guided Tours, Open Days, Educational Pathways, Music and Cookery. There are up to 200 FREE events held over the week, across multiple locations across the city and county. The events take place in a variety of venues, indoors and out, including libraries, museums, community centres, parks, colleges, and on the street!

The festival theme this year is based around the power of connections and will have a particular focus on the fun and joy of learning and family-friendly events. What are you going to learn this year? Whether you are learning to develop new skills or to grow your career, the festival celebrates lifelong learning and can have a real impact on both your professional and personal development. This year we celebrate 16 years of the festival and Limerick as a UNESCO Learning City-Region. The festival is being presented by the Learning Limerick Steering Group, which is representative of all the main stakeholders involved in promoting learning across Limerick. Details on all the upcoming events can be found in the festival brochure 2026.

The outgoing Age Friendly Programme Manager attended the official launch on 27 March, where steering group members took the opportunity to wish her all the best on her retirement!

Festival Brochure



“You have one shot at life, it’s best to live well” - Live Well Expo hears in Portlaoise

The Midlands’ largest health and wellbeing event, the Live Well Expo, took place on Wednesday, 8 April 2026, at the Midlands Park Hotel, Portlaoise. The Expo proved extremely popular, attracting large crowds throughout the day and building on the success of previous years. Visitors engaged with a wide range of exhibitors from Laois and beyond, accessing valuable information, expert advice and interactive demonstrations focused on health, wellbeing and positive ageing.

Cathaoirleach of Laois County Council, Cllr Barry Walsh, addressed attendees on the day, highlighting the importance of the Live Well Expo in supporting healthier, more active communities. He also drew attention to other Age Friendly initiatives delivered by Laois County Council, including Bosca Beo and Laois County Council’s Centenarian Award, which recognise and support older people across the county.

Chief Executive of Laois County Council, Michael Rainey, thanked all exhibitors and contributors, acknowledging the significant role they played in the Expo’s success and the high quality of information and supports made available to attendees.

The event was officially launched by Anna May McHugh, Laois Age Friendly Ambassador, who spoke about the importance of staying engaged, keeping active and maintaining social connections throughout life.

Representing the Laois Older People’s Council, Trudy Nealon encouraged attendees to embrace healthy ageing, remarking that “you have one shot at life - it’s best to live well.”

A full programme of talks took place during the Expo, covering topics such as community safety, heart health, pensions, tax and inheritance, healthy ageing and managing osteoarthritis. Interactive activities, including chair Pilates, activator pole walking and lion dancing, added to the vibrant atmosphere and encouraged participation at all activity levels.

The Live Well Expo is delivered by Age Friendly Laois and Healthy Ireland Laois. The event continues to build on national recognition received in 2025, when the Expo was honoured with the Active and Healthy Ageing Award at the National Age Friendly Recognition and Achievement Awards, acknowledging its positive impact on the health and wellbeing of older people in Laois.

Laois County Council would like to thank everyone who attended, exhibited and supported the event, which once again showcased a strong county-wide commitment to health, wellbeing and active ageing.

King House Boyle



Upcoming Events

| | | |
|---|--|---|
| <p>Mar 28th Sat @ 8pm</p> | <p>Paddy Casey <i>A singer-songwriter having been at the forefront of the Irish music scene with songs 'Saints and Sinners' 'Lucky One' 'Everyone Wants'</i></p> | <p>€30</p> |
| <p>April 15th Wed @ 2pm</p> | <p>Colin Beggan <i>Talented singer and musician, well known for playing a five string banjo player and covering a variety of genres.</i></p> | <p>Cultural Companions €5</p> |
| <p>April 18th Sat @ 7.30pm</p> | <p>Chamber Philharmonic <i>Seven member ensemble of some of the most talented musicians from across Europe who tour and perform around the world.</i></p> | <p>€22 Concession €20</p> |
| <p>April 29th Wed @ 2pm</p> | <p>Charlie McGettigan <i>A singer-songwriter recorded by many artists including De Danann, Mary & Frances Black, Ray Lynam, Daniel O'Donnell and Hal Ketchum.</i></p> | <p>Cultural Companions €5</p> |
| <p>May 13th Wed @ 2pm</p> | <p>Cathy Jordan <i>A professional singer with traditional group Dervish for nearly 30 years, a self-taught guitar, bouzouki, bodhrán and bones player.</i></p> | <p>Cultural Companions €5</p> |
| <p>May 27th Wed @ 2pm</p> | <p>Lola Montez & Lady Morgan <i>A charming and highly entertaining imagined conversation between two ladies of very different lifestyles.</i></p> | <p>Cultural Companions €5</p> |
| <p>June 10th Wed @ 2pm</p> | <p>Coel Binn Linn <i>Nine Sligo musicians that love to share their great enjoyment from the music, poetry and songs with their audience.</i></p> | <p>Cultural Companions €5</p> |
| <p>June 14th Sun @ 2pm</p> | <p>It Takes Three to Tango <i>Cellist Adrian Mantu, accordionist Dermot Dunne, and violinist Sebastian Tegzesiu join forces.</i></p> | <p>€10 Concession €7</p> |

On line Booking www.visitkinghouse.ie
Call 087 144 4739

THE CULTURAL COMPANIONS PROGRAMME AT KING HOUSE IS SUPPORTED BY THE ROSCOMMON COUNTY COUNCIL CREATIVE IRELAND PROGRAMME 2026





Business Service & Recognition

Age Friendly Regional Manager, Dara McGuigan, joined the Age Friendly Kerry team to deliver Age Friendly Business & Services Recognition Programme training with staff from the Tralee branch of the South Munster Citizens Information Service. We look forward to working with the team in attaining recognition as an Age Friendly service.

Roscommon Safety Information Morning

Wednesday 29th April 2026

 **The Abbey Hotel, Roscommon, F42 F992**

 **10am - 1pm**

 **Practical tips & supports for people aged 55+**

 **Guest Speakers include:**



An Garda Síochána
Home Safety & Avoiding Scams





Roscommon Fire Services
Fire Safety in the Home
Smoke, Carbon Monoxide & Fire Alarms



Road Safety Authority
Safety on the Roads

PLUS Information Stands for resources, guidance and support

Organised by Roscommon Local Community Safety Partnership & Roscommon Age Friendly Programme



Retirement Planning Council of Ireland



Are You Ready For Your Retirement?

Age Friendly Cavan Pre Retirement Seminar

May 21st, 2026. Hotel Kilmore, Dublin Road, Cavan.

How to Book: email agefriendly@cavancoco.ie or phone 049/4378654

9.30am - 10.00am
10.00am - 11.30am

Refreshments and registration
Creating a happy and meaningful retirement life. The 8 keys to a fulfilled retirement. Looking to the future in a positive and optimistic way. Exploring the changes that retirement brings in the areas of finance, time & routine, maintaining good health, managing relationships & designing a new life purpose.

11.30am - 11.45am
11.45am - 13.00pm

Refreshments
Legal matters: Wills and Enduring Power of Attorney.
Social Welfare: How to access services, and a summary of the main benefits to which everyone is entitled.

13.00pm

A light lunch will be served.

Attendance is free to anyone who is interested but booking is essential



This seminar is being delivered by the Retirement Planning Council of Ireland. We are a not-for-profit registered charity and the country's leading provider of support, information, and guidance to people on the glide path to retirement. For information on our programmes contact us coursebookings@rpc.ie





Adapted Bike Sessions on the Greenway

A new FREE guided cycling programme for adults with additional mobility needs has commenced on the Southeast Greenway, New Ross. Enjoy cycling on the Greenway in a safe, supportive, and welcoming environment. A wide range of bikes are available for all abilities, such as 3-wheel tandems, trikes, wheelchair platform bike, tri-shaw bike, 4-wheel electric bikes. Sessions take place every second Friday at 11am and 1.30pm, with guiding by qualified tutors from Sheilbaggan Outdoor Education Centre. Booking is essential, with full details available [here](#) For more info, email activetravel@wexfordcoco.ie or phone 087-2139870

WHAT'S ON IN
MONAGHAN

20TH TO 25TH APRIL

MONAGHAN
COUNTY
LIBRARIES



Carrickmacross Library

Monday 20th @ 11am - Crosswords and croissants

Thursday 23rd @10am Bealtaine launch

Thursday 23rd @ 11am Knit n knatter

Castleblayney Library

Monday 20th @ 11am - Knitflix n chill

Saturday 25th @ 11am Adult chess

Clones Library (now has My Open Library)

Monday 20th @ 6.30 - Alzheimer support group with speaker.

Tuesday 21st @11am - The Art of the Parabola

Wednesday 22nd @ 1.30pm - Knit n Knatter

Monaghan Town Library

Monday 20th @ 11am Crosswords & croissants

Tuesday 21st @ 2.30pm - Mindful colouring for adults

Ballybay Library

Ballybay Library is open Monday 2-5pm & 6-8pm

Wednesday -Friday 11am - 1pm & 2 - 5pm

Library News



Loughboy Library Weekly Online Clinic

Tuesday 21st April from 2.30 - 3.30 pm

Would you like to learn more about the wealth of online resources available from Kilkenny Libraries?

Pop in to see us at our weekly online clinic and we can demonstrate to you how to use such fabulous online resources as Borrowbox, Universal Class and more!

No booking required. Just drop in!

Ciorcal Comhrá Gaeilge / Irish Conversation Group in Loughboy Library

Wednesday 22nd April from 11.00 – 11.30am

This is an enthusiastic gathering, seeking to use their cúpla focail. It is open to all levels of fluency, beginners, improvers and advanced.

Just come along any Wednesday agus beidh fáilte romhat!

One-to-One Tech Support in Loughboy Library

Friday 24th April from 11.00 am - 1.00 pm

Do you need assistance with your mobile phone, tablet or laptop, or other digital devices and services?

One-to-One Tech Support will be available in Loughboy Library on Friday 17th March from 11.00 am -1.00 pm.

We are grateful to the Transition Year students from Presentation Secondary School Kilkenny for their support.

Word Games in Ferrybank Library

Every Friday from 2.30 - 3.30 pm

Are you a fan of wordle, crosswords and scrabble? Indulge your passion by dropping in to our Friday afternoon word game group.

A good exercise for the brain cells but lots of laughter guaranteed.

Knitting and Crafting Group in Ferrybank Library

Every Tuesday from 10.00 am – 12.30pm

Do you enjoy getting creative with crafts Meet fellow craft lovers at our weekly get together, where you can share tips, swap inspiration, and work on your own projects in great company.

All are welcome - no booking required.

Morning Mug Club in Castlecomer Library

Every Friday from 10.00 am – 1.00 pm

Join us every Friday from 10am to 1pm at Castlecomer Library for our Morning Mug Club. Relax with a hot cup of Tea or Coffee, enjoy a biscuit or two, tackle a jigsaw or crossword, read the morning paper or simply pop in for a friendly chat. It is a cosy way to start your Friday.

Nattering Knitters in Castlecomer Library

Every Thursday from 10.00 am – 12.00 pm

Join this talented bunch of knitters for a knit and a cuppa every Thursday morning 10am to 12pm. No need to book, everyone welcome.

New Chess Club in Castlecomer Library

Saturday 25th of April from 11.00 am – 12.00 pm

Our new Chess Club continues on Saturday 25th of April, 11.00am to 12.00pm. This is a self-led, everyone welcome, beginners and seasoned players Chess Club. Come along and share skills or learn from one another and enjoy chess at any level.

No Booking Required!

Watercolour Painting Workshop for Bealtaine Festival in Castlecomer Library

Tuesday, 12th of May from 10.00am – 12.00pm

Join artist Rachel Burke for a Watercolour Painting Workshop. Participants will be painting Irish May flowers using watercolours, and will be guided in how to draw and paint native flowers. All materials will be provided and all abilities are welcome.

Booking is essential as places are limited. Please phone 056 4440561 or email castlecomer@kilkennylibrary.ie

Age Action Computer classes in Mayfair Library

Classes are held on Wednesdays, lasting 2 hours each, over a period of five weeks. Each learner is matched with a dedicated tutor and receives personalised, one-on-one instruction tailored to their specific needs and the device they use, i.e. iPhone/Android/tablet/laptop.

Age Action's Getting Started programme provides classes to anyone seeking support with using their smart devices. This includes topics like setting up an email, downloading an app or using video to connect with loved ones.

To register for future classes, email Niamh Budds at info@ageaction.ie

Adult Book Club in Graiguenamanagh Library

meets on the first Tuesday of every month at 7.00 pm. New members are always welcome.

Ciorcal Comhrá Gaeilge / Irish Conversation Group in Graiguenamanagh Library

Every Wednesday, 11.00am – 12.00pm If you're looking to use your cúpla focal, this is a great group to meet up with. It's open to all levels of fluency — beginners, improvers, and advanced speakers are all welcome. Just drop in any Wednesday agus beidh fáilte romhat!

Crafty Crew in Graiguenamanagh Library

Every Wednesday from 10.00am – 12.00pm Enjoy meeting up with like minded crafters? Drop into the library any Wednesday morning to share tips, have a chat, and enjoy a cuppa while you work on your projects. All are welcome — no booking required.

Word Searches & Sudoku in Graiguenamanagh Library

Every Friday from 11.30am–12.30pm Drop into the library for an hour of quiet time and

enjoy our weekly word searches and sudoku. A lovely way to unwind at the end of the week.

Film & Book Club in Graiguenamanagh Library

meets on the second Tuesday of every month at 6.00 pm.

Age Friendly resources available at Graiguenamanagh Library

include hearing loops, magnifiers, C Pens, and a book trolley for use within the library. Reading glasses If you forget your glasses, fear not — we have a selection of reading glasses available to use in the library.

Bunclody Library Knitting Group

The knitting group meets every Thursday, 10.30am to 12.30pm. All welcome, no booking required.

Baroque Art with Elaine Hoysted - Thursday 23rd April at 7.00pm

Join Elaine Hoysted, staff member and independent art historian, for a talk on Baroque art from across Europe. Among the artists that will be discussed are Caravaggio, Artemisia Gentileschi, Rembrandt, Velazquez, Poussin, and others who brought their own characteristic styles to the art of this period. Booking required, please telephone 053 9375466 or book online at wexfordcoco.libcal.com.

Classic Film Club for Adults– Friday 24th April, 11.00am to 1.00pm

Join us for a classic film (some golden oldies as well as more modern classics) for adults. This movie is for adults only. No booking required.

If you would like a PDF version of the newsletter, please click [HERE](#)

- This Newsletter is prepared and circulated by Age Friendly Ireland
- The Newsletter is published weekly, every Friday
- If you wish to provide information that may be included in the Newsletter please email it to: agefriendlyireland@meathcoco.ie no later than midday on the Thursday. Age Friendly Ireland retains full editorial responsibility for content of the Newsletter.

Age Friendly Ireland Shared Service, Meath County Council



Age Friendly Ireland Shared Service Office
Telephone: 046 9032170
Email: agefriendlyireland@meathcoco.ie

Healthy Age Friendly Homes Programme (Referrals)
Telephone: 046 9248899
Email: healthyagefriendlyhomes@meathcoco.ie

HSE Advice Line: Call save 1850 24 1850
Call from 8am – 8pm Monday to Friday and 10am to 5pm
Saturday and Sunday



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