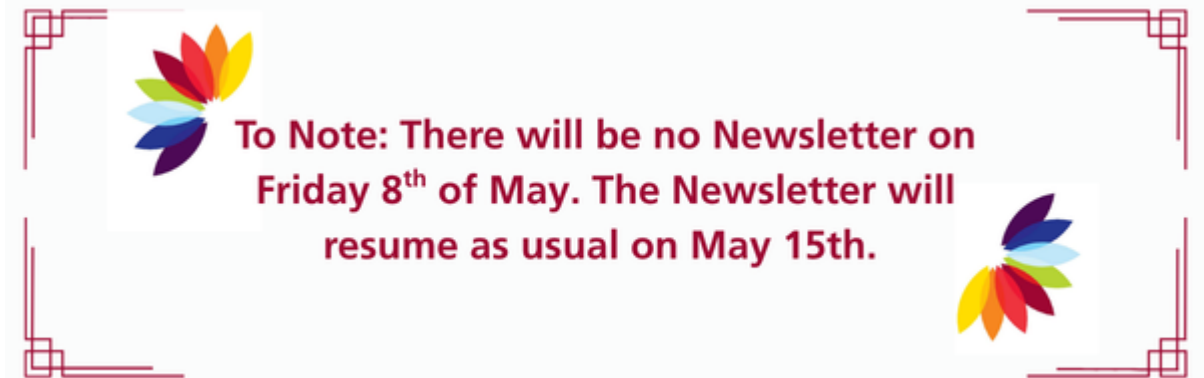


To view this email in your browser, please [click here](#).



## **Age Friendly, Climate Friendly Village in Ballymore Eustace**

We were delighted to be part of the launch of Ireland's first Age Friendly, Climate Friendly Village in Ballymore Eustace — a landmark initiative that places inclusion, sustainability and community at its core.

Our Chief Officer, Catherine McGuigan was honoured to speak at this monumental event. Our sincere thanks to An Tánaiste Simon Harris TD for joining the occasion, alongside Cathaoirleach of Kildare County Council Cllr Carmel Kelly, Chief Executive Sonya Kavanagh, Kildare Age Friendly Programme Manager Carmel Cashin, and Stephen Deegan, Former Chairperson of the Community Development Association. We also extend our appreciation to the entire Ballymore Eustace community for their leadership, vision and commitment in bringing this initiative to life.

This achievement highlights the power of collaboration between Kildare County Council, local partners and the community. Contributions from speakers on the day reinforced the importance of aligning Age Friendly principles with climate action — ensuring our communities are inclusive, resilient and supportive for people of all ages.

It was especially meaningful for our Chief Officer, to meet Margaret Dowling, Ballymore Eustace's oldest resident at 98 years young, whose pride in her village reflects the spirit of this initiative.

Ballymore Eustace now stands as a strong example of what can be achieved through shared ambition and partnership. We look forward to seeing this model inspire communities across Ireland.



**Webinar: The Air We Breathe: Clean Air,  
Healthy Lives: Why It Matters at Every Age -  
Wednesday 6th May, 10 am - 11:30 am**

Air is something we all share—and it shapes our health and wellbeing far more than most of us realise. In this webinar, we'll explore why clean air matters from the very beginning of life right through to older age, and why there is no "safe" level of air pollution for our health.

Presented by Dr Sandra Green, Respiratory Registrar, this webinar will look at how air pollution affects our bodies, contributing to many health conditions in families and communities over a lifetime. We'll also discuss why those who live in poverty are more likely to suffer its effects.

Most importantly, this is a hopeful conversation. You'll hear about proven, practical strategies that are already delivering cleaner air—locally and globally—and how informed citizens can play a powerful role in shaping healthier, fairer communities for future generations.

Presented by BOLD Climate Action, a group for those 60+ who care about what is happening to our planet. Presented in partnership with Irish Doctors for the Environment as part of the "Healthy Ageing, Healthy Planet" series. Supported by Friends of the Earth. Contact [bold.climate.action@gmail.com](mailto:bold.climate.action@gmail.com).

Future webinar topics:

- Dental Health is Whole Health
- Sustainable Diets – For You, For the Planet

## Register Here

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## Changing Gears



Age & Opportunity are delighted to offer **Changing Gears** in Wexford this May and June 2026.

**Changing Gears** is a course designed to boost wellbeing and resilience for those aged 50+ years. It supports people to manage transitions/change in mid to later life. The change may be to do with: retirement, having more free time, bereavement, job-loss, ill health, becoming a carer or relationship breakdown. Its aim is to: help participants to identify what has served them well to date in life, the successes and challenges they have experienced, what supports they have in their lives and what they may need to put in place, and/or discard, for the next stage of life. It aims to lay the foundations for a positive and fulfilling approach to mid/late life.

### How does it work?

Changing Gears runs over 5 weeks with weekly sessions of 2 ½ hours. It offers participants time to:

- Develop skills and techniques build resilience and confidence in managing life-changes or transitions
- Reframe change as opportunity with positive options and also challenging negative stereotypes about ageing

This course had been funded by the HSE and is free of charge. Participation requires attendance at each of the five sessions.

*"I am really enjoying the presentation, the interaction, the musical content and the general dynamic of the class. I look forward to attending the class in The Lexicon every Wednesday. Wishing you every success in your important work in Age & Opportunity"*

Teresa, Dublin. Changing Gears participant, March 2025

*"I want to thank the HSE for funding this wonderful course Changing Gears. I enjoyed the weekly sessions and was sorry when it came to an end. Everyone I spoke to afterwards had enjoyed it too. The course was very well presented by Brian, each week brought something new to think about. Again, many thanks"*

Vivienne, Louth. Changing Gears participant, March 2025

**Venue:** Whites of Wexford, Abbey Street, Wexford Y35 C5PF

**Dates:** Wednesdays 20, 27 May and 3, 10 and 17 June 2026

**Times:** 11.00 to 13.30 (Refreshments will be provided)

To book your place please contact Fiona on [engage@ageandopportunity.ie](mailto:engage@ageandopportunity.ie) or call on 01 9133922

### Who are Age & Opportunity?

Age & Opportunity is the national organisation creating opportunities that empower older people to enhance individual and community wellbeing through participation in physical activity and recreational sport, arts and creativity, personal development and active citizenship initiatives.

Visit our website: [www.ageandopportunity.ie](http://www.ageandopportunity.ie)

Age & Opportunity is funded by





ELECTRICITY  
ASSOCIATION  
OF IRELAND

# YOUR ENERGY BILL GUIDE

Helping you to understand  
your electricity bill, get  
started with smart meters  
and save money



[Learn More](#)



## **Advance Health Care plans and Enduring Power of Attorney**

An Enduring Power of Attorney (EPA) gives authority to a person you know and trust, to act on your behalf if you lose the capacity to make certain decisions in the future. If you require support with your application to register your EPA, you can call our dedicated EPA helpdesk on Freephone (01) 211 9750, or email [epahelpdesk@decisionsupportservice.ie](mailto:epahelpdesk@decisionsupportservice.ie).

## Learn More



## Ennis Route 7 Walkability Team

Age Friendly Ireland were delighted to undertake a walkability audit in Ennis, Co. Clare this week.

The audit process involves understanding the visitors experience across a range of ability ranges. The initiatives seeks to understand barriers which impacts all users experience from an Age Friendly and Universal Design perspective. Ensuring all outdoor spaces and buildings are fully inclusive is a core element of the World Health Organization framework of creating Age Friendly environments with supports social participation, respect and social inclusion to support ageing demographics. A huge thanks to everyone who attended the audit and provided their invaluable feedback.

## Local Updates



## Age Friendly Safety Morning Held in Roscommon

Roscommon County Council's Age Friendly Programme, in collaboration with the Local Community Safety Partnership (LCSP), hosted a highly successful Age Friendly Safety Morning on Wednesday, 29th April 2026, at the Abbey Hotel, Roscommon.

The event was MC'd by long standing Older People's Council member, Margaret Mulligan, whose warm and steady presence guided the morning's proceedings.

The gathering opened with a welcome address from Cllr. Paschal Fitzmaurice, Chair of the Local Community Safety Partnership. This was followed by an introduction from Inspector James O'Leary, also a member of the LCSP, who outlined the purpose of the event and the importance of safety awareness for older residents.

The morning featured three expert speakers, each addressing a key area of safety for people aged 55 and over:

- Garda Kelley Doolan delivered the first presentation, focusing on personal safety and scam awareness. Her talk highlighted common tactics used by scammers and offered practical advice on how to stay vigilant.
- After a short comfort break, complete with tea, scones and time to browse the many information stands, the programme resumed with a presentation from Roscommon County Council's Chief Fire Officer, John Keane, who spoke about fire safety in the home, prevention strategies, and the importance of early detection.
- The final speaker, Fionnuala Daniels of the Road Safety Authority, provided an engaging and informative session on road safety, covering issues relevant to older drivers, pedestrians, and other road users.

The Age Friendly Safety Morning was widely praised as an excellent and practical event, offering clear, accessible information to support the safety and wellbeing of older people in Roscommon. Attendees left better informed, more confident and equipped with advice that can make a real difference in their daily lives.



# LONGFORD PROGRAMME OF EVENTS

## MAY 2026 Bealtaine AT THE LIBRARY

Ireland's national festival celebrating  
the arts and ageing.

 [www.bealtaine.ie](http://www.bealtaine.ie)



### Music & Dance

- Fri 1 May ● Bealtaine Concert with Songbirds – **Ballymahon Library at 6:30pm**
- Sat 25 Apr, 2, 9, 16, 23 May ● Grow, Eat, Groove! – **Granard Library at 10:30 – 12:30pm**
- Fri 29 May ● Grow, Eat, Groove! – **Drumlish Library at 2:30 – 4:00pm**
- Fri 24 Apr, 1, 8, 15, 22 May ● Grow, Eat, Groove! – **Ballymahon Library at 6:30 – 8:30pm**
- Thurs 14 May ● Musical Bingo – **Longford Library at 11am**
- Tues 19 May ● Musical Bingo – **Ballymahon Library at 2pm**
- Thurs 21 May ● Musical Bingo – **Lanesboro Library at 2:30pm**
- Wed 27 May ● Musical Bingo – **Granard Library at 2:30pm**
- Fri 22 May ● Community & Music Morning – **Edgeworthstown Library at 10:30 – 12pm**

### Literature, Arts & Crafts

- Sat 9 May ● Get inspired by local author Jo Nestor – **Ballymahon Library at 12:30pm**
- Mon 11 May ● Bookclub Bealtaine Reading – **Lanesboro Library at 11am**
- Weds 6 – Weds 20 May ● Craft Exhibition – **Lanesboro Library**
- Weds 13 May ● Classic Movie – **Ballymahon Library at 2pm**
- Thurs 21 May ● Bosca Beo Workshop – **Granard Library at 11am**
- Thurs 21 May ● Bosca Beo Workshop – **Edgeworthstown Library at 2pm**
- Thurs 28 May ● 'Found Poetry' Workshop – **Lanesboro Library at 4pm**
- Weds 6 May ● Local History Walking Tour with Eamon Brennan – **The Mall at 11am**

### Health & Wellbeing

- Sat 25 Apr ● Healthy Eating Talk with Sharon Murtagh – **Lanesboro Library at 11am**
- Sat 16 May ● Healthy Eating Talk with Sharon Murtagh – **Edgeworthstown Library at 11am**
- Fri 22 May ● Healthy Eating Talk with Sharon Murtagh – **Drumlish Library at 11:30am**
- Weds 6, 13, 20 May ● Mindfulness 3-Week Course – **Drumlish Library at 2:30pm**
- Weds 6, 13, 20 May ● 3-Week Holistic Healthcare Workshop – **Longford Library at 11am**
- Fri 8, 15, 22 May ● Mindfulness 3-Week Course – **Lanesboro Library at 2:30pm**
- Thurs 26 May ● Heart Health Talk with Sinead Costello – **Longford Library at 11am**

### Sustainability & Biodiversity

- Sat 23 May ● Microbe Buddies Biodiversity Workshop – **Longford Library at 11am – 12:30**
- Thurs 28 May ● Circular Economy talk with REVAMP – **Longford Library at 11am**

### Community Safety

- Tues 5 May ● Stay Safe Talk with Community Gardaí – **Ballymahon Library at 2:30pm**

To book your place at any of these events  
please visit [longfordlibrary.ie](http://longfordlibrary.ie) or contact your local branch.





## **Midlands Safety Information Event in Roscommon**



## **Housing & Public Realm training with staff in Clare County Council**



**FREE 4 WEEK**

# DIGITAL SKILLS CLASS

Helping you get to grips with all things online such as how to use your smart phone, laptop, social media, and an introduction to basic AI.



5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>,  
26<sup>th</sup> of May



2:30PM-  
4:00PM



Dunleer  
Library

**Register Now**

**Book your place today by phoning Dunleer Library on 041-6859016**

Public Participation Network Louth

Skills For Life  
Don't let the skills you need at your local library

Comhairle Contae Lú  
Louth County Council

Age Friendly LOUTH

**FREE 4 WEEK**

# DIGITAL SKILLS CLASS

Helping you get to grips with all things online such as how to use your smart phone, laptop, social media, and an introduction to basic AI.

5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> of May

11:00AM-12:30PM

Dundalk Library

**Register Now**

**Book your place today by phoning Dundalk Library on 042-9353190**

Age Friendly Louth are partnering with Louth Libraries Life Skills Programme and Louth PPN to deliver a series of Digital Skills Classes in May 2026 in Dundalk Library and Dunleer Library.

Classes run every Tuesday in May and, a tutor will cover topics such as basic computer skills, AI, staying safe online, scams, misinformation and understanding how social media works.

Classes are free and no digital experience is necessary, and people of all ages are welcome.

Session 1 topics: Basic Digital Literacy - Introduction to using a Smartphone, Tablet, Laptop.

Session 2 topics: Financial Literacy – Being alert to scams, safer online banking and things to look out for in online transactions.

Session 3 topics: Misinformation and Media Literacy -How to spot what is real on social media, fake sites, targeting, AI generated content.

Session 4 topics: Online Safety and Privacy – How to stay safe online and how to update privacy settings across online platforms.

Contact Dunleer Library 041 6859016 & Dundalk Library 042 9353190 to book your place today.



## **Liscannor Healthy Agers Spring Fling – 9th April 2026**

The Liscannor Healthy Agers hosted a Spring Fling Party on Wednesday, 9 April 2026, at the Liscannor Community Centre. The event took place between 12:30 pm and 2:30 pm and brought together community members for an enjoyable social afternoon.

The gathering also provided an opportunity to showcase the newly refurbished community hall, which was warmly received by attendees. The Spring Fling Party highlighted the strong sense of community in Liscannor and the ongoing efforts of the Liscannor Healthy Agers to create welcoming, inclusive social opportunities for local people.



## Community Engagement Events

On Tuesday, 21st April 2026, Clare Age Friendly Programme Manager Shanelle Waring met with the Harmony Ladies Group to deliver an informative presentation on Ageing in Place, available home adaptation grants, and the key priorities of the Clare Age Friendly County Strategy 2024–2030.

During the session, Shanelle discussed how the strategy is designed to support older people to live independently in their own homes and communities for as long as possible. She outlined initiatives that promote safety, accessibility, and social inclusion, alongside the practical supports available to help older adults plan positively for later life.

The presentation also created an opportunity for open discussion, with members sharing their experiences and raising questions about local issues affecting older people. This engagement reflects the Clare Age Friendly Programme's ongoing commitment to listening to older people and ensuring their voices inform the implementation and delivery of the Age Friendly Strategy across the county.



## **Road Safety for Older People – 18th April in Clare Marts**

A free Road Safety and Information and Demonstration Event for older road users was held on Saturday, 18 April 2026, from 2:00 pm to 4:00 pm at Clare Marts, Quin Road, Ennis. The event was organised by the Clare Older People's Council in partnership with Clare County Council's Age Friendly Programme.

The afternoon featured practical demonstrations and advice on safe driving, roundabout use, and road safety for motorists, pedestrians, and cyclists. An Garda Síochána attended alongside the Local Community Safety Partnership, providing a property marking service and crime prevention advice. RSA driving instructor Chris Quin was also present, offering guidance to road users on safe and confident driving.

Keith Whyte of Pat Foudy & Daughter carried out complimentary tyre checks for car and van owners, while Clare Fire Brigade personnel engaged with attendees, providing advice on fire service procedures and what to expect during a road traffic accident.

The event was well attended and provided a valuable opportunity for older road users to access expert advice, practical supports, and safety information in a welcoming and accessible setting.



## **Bealtaine Art Expo – 16th April 26 in the Temple Gate Hotel**

The Bealtaine Art Expo took place today at the Temple Gate Hotel, Ennis, celebrating the creativity of older people across County Clare. The exhibition showcased a vibrant collection of artworks created by clients of Clarecastle Day Care Centre, Carrigoran Day Care Centre, Raheen Day Care Centre, the Community Nursing Unit, and Ennistymon Community Hospital.

The event ran from 10:00 am to 4:00 pm, with a well-attended evening viewing held from 6:00 pm to 8:00 pm. Admission was free, encouraging the public to engage with and enjoy the diverse range of artistic pieces on display.

As part of the Bealtaine Festival, selected artworks from the expo will also be exhibited throughout May in libraries across Ennis, Shannon, Scariff, and Ennistymon, ensuring wider community access to the work and continuing the celebration of creativity in later life.

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# CREATIVE

## BRAINWAVES

TALKS & DISCUSSIONS ON THE  
CREATIVE ARTS AND TECHNOLOGY  
IMPROVING BRAIN HEALTH

**22** **FRIDAY** **11:00AM - 3:00PM**  
**MAY** **CARNEGIE LIBRARY SWORDS**  
NORTH STREET, SWORDS. K67 N5H2

**Light refreshments and lunch will be provided**  
*Booking essential via [Fingal Libraries Eventbrite](#)*



Creative Fingal are delighted to be partnering with the Global Brain Health Institute to deliver a session of talks and discussions around brain health. Curated by Atlantic Fellows for Equity in Brain Health, Karen Meenan and Mike Hanrahan, this event will

showcase global and local initiatives in creative arts, dementia, brain health, Parkinson's, and extended reality (XR), with talks, workshops, and performances aimed at promoting wellbeing through creativity and innovation.



**The Limerick Opera Festival**  
**" Opera for All "**  
 Presents  
**OPERA FRIDAY**  
*Arias for Peace*  
 In association with  
**RTÉ lyric fm**  
**VENUE: The Milk Market - Friday**  
**May 1st 2026 @ 1.30PM**



## Limerick Opera Festival

### Act 1

Opera Friday is a new partnership between RTÉ Lyric FM and the Limerick Opera Festival, created to celebrate Limerick's thriving operatic culture and to bring world-class music into everyday spaces.

On Friday, May 1st, 2026, Niall Carroll's Classical Daytime on RTÉ Lyric FM will broadcast a specially chosen selection of operatic arias at noon. We are inviting businesses across Limerick and the surrounding areas to join by tuning in to their in-house radios or speakers to Lyric FM for this 15-minute celebration of music.

#### Purpose of the Initiative

Celebrate the 5th birthday of the Limerick Opera Festival with a shared musical moment across the city.

- Support local culture by spotlighting opera as an accessible, vibrant art form.
- Enhance visitor and customer experience through a unique, atmospheric musical interlude.
- Strengthen community connection by uniting local businesses in a simple, collective action.

## **Act 2**

### **Live Operatic Arias**

And to finish off this special day join in the Milk Market @ 1.30 PM on Friday May 1st for Opera Friday - Arias for Peace

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## Join us in 'Doing Pana'

"Doing Pana" is a beloved Cork tradition involving strolling up and down St. Patrick's Street ("Pana").

It is a social, leisurely activity often involving people-watching, window shopping, chatting with friends, old and new. Join us to revive this long standing Cork tradition!



Sunday 10th May 2026  
Starts: 2:30 p.m. in Daunt Square  
Duration: approx. 90 mins

### Come Along & Bring a Friend!

Join renowned Cork Historian Liam O hUigin and our City Centre Wardens for a fun, leisurely, and informative walk along both sides of St. Patrick's Street



## Cork Age Friendly Public Forum

Tuesday, May 19<sup>th</sup> at 11am

Council Chamber, Cork City Hall, T12 T997



Join the quarterly Age Friendly Forum – an opportunity to share your voice, meet others, and learn something new and have your say in the Local Cork City Safety Plan

### Guest Speakers:

Sandy Mc Groarty, Local Community Safety Partnership  
Sgt. Michael O'Connell, Crime Prevention Officer Cork City

**Text** 086 0123479 | **Email:** agefriendlycork@corkcity.ie

Help us reduce food waste - please register in advance!

Like many, you may have grown up collecting glass jars, mending broken items, maintaining bicycles or cars, changing a fuse or rewiring a plug, making and preserving food, growing vegetables, and repurposing materials—whether turning collars and cuffs or creating something entirely new.

The RCE are currently working on – Education for Sustainability Unit at St. Patrick's Campus on an exciting potential project for next semester. RCE has invited the AFU to

collaborate on developing an intergenerational storytelling initiative that brings together sustainability practices from older generations with creative storytelling, alongside possible links to science.

You are warmly invited to join an exploratory meeting on May 12th at 2.00pm in the Nursing Building, Room HG10. The session will focus on actions from the past (and present) and we'd value your input in shaping the direction of this project.

## Register Here

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### **Rights & Entitlements for the Older Persons**

11th May in the Cabra Library, Navan Road, Dublin 7

2:30pm - 4:30pm

## Register

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## Library News



### **Loughboy Library Weekly Online Clinic**

Tuesday 5th May 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 6th May 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!

### **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.

### **Movie Mornings for Bealtaine Festival in Castlecomer Library**

Friday 8th of May from 11.00am – 1.00pm

Join us every Friday morning in May for a relaxed Movie Morning as part of the Bealtaine Festival. Every Friday (starting Friday, May 8th), at 11.00am we will be screening a classic movie while highlighting Kanopy, the free streaming service available with your library card. Come along and enjoy a selection of timeless classics together with a cuppa and biscuits!!! Everyone welcome. No Booking required.

Friday 8th of May - Bringing Up Baby starring Katherine Hepburn and Cary Grant.

### **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 9th of May from 11.00 am – 12.00 pm

Our new Chess Club continues on 9th of May from 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!

### **Poetry Workshop for Poetry Day Ireland in Castlecomer Library**

Thursday, 28th of May from 2.30 – 4.30pm.

Celebrate Poetry Day Ireland with a Poetry Workshop led by local poet/creative writer lecturer Derek Coyle. Derek will deliver a two-hour creative hands-on session where you will leave with new poem beginnings to develop at home. Beginners, dabblers and experienced writers all welcome!!

Booking is essential as places are limited. Please phone 056 4440561 or email [castlecomer@kilkennylibrary.ie](mailto:castlecomer@kilkennylibrary.ie)

### **Bealtaine Festival – Cairdeas Choir in Mayfair Library**

Thursday 7th May from 11.00am – 12.00pm

Once again, the Cairdeas Choir, led by their conductor Ann Moylan, will join us to celebrate the Bealtaine Festival.

Cairdeas is a unique choir, made up of people with Parkinson's disease, and their friends and family. The choir members range in age up to their 90s. They are a lively bunch performing an incredible variety of music from classical to popular, and all in glorious harmony. The choir sings best when in front of an audience, and are looking forward to

seeing you all.  
No Booking Required.

### **Bealtaine Festival – New Bridge Club in Mayfair Library**

Wednesdays, 6th, 13th, and 20th May from 3.00 – 4.00pm  
Come join this new self-led club, and hone your bridge playing skills.  
Please register your interest with library staff by calling 056 7794174.

### **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](mailto: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.

**Colour & Makeup: Enhancing, Not Disguising with Johanna Costigan (Bealtaine)**

**Thursday 21st May  
11am to 1pm**



This workshop looks at light, wearable makeup and colour choices that bring freshness and vitality, with an emphasis on enhancement rather than heavy techniques. It is accessible, confidence-boosting, and suitable for everyday wear.

It focuses on simple, wearable makeup for everyday confidence; colour choices that brighten and refresh and practical tips rather than formal techniques. Places are limited. Phone 056 7794176 or email [loughboy@kilkennylibrary.ie](mailto:loughboy@kilkennylibrary.ie) to book a place.



**LOUGHBOY LIBRARY**

**OPENING HOURS**

Monday:	Closed
Tuesday:	10am - 5pm
Wednesday:	10am - 5pm
Thursday:	10am - 5pm
Friday:	10am - 8pm
Saturday:	Closed

Please contact us to book events:  
0567794176 or [loughboy@kilkennylibrary.ie](mailto:loughboy@kilkennylibrary.ie)

**Dyslexia Friendly Books**

Loughboy Library is delighted to have added a section of Dyslexia-Friendly books to our collection. This collection includes many bestselling titles such as *Sail Away* by Celia Imrie, *A Thousand Splendid Suns* by Khaled Hosseini and *Circe* by Madeline Miller.

These editions use sans-serif font, cream-coloured paper and blue text to increase page/text contrast.




**LOUGHBOY LIBRARY**

[loughboy@kilkennylibrary.ie](mailto:loughboy@kilkennylibrary.ie)

0567794176

[www.kilkennylibrary.ie](http://www.kilkennylibrary.ie)



**Alzheimer's Tea Day**  
**Thursday 7th May**  
**10.30am-12pm**

Pop in to Loughboy Library on the morning of Thursday 7th May for some tea and treats, maybe a chat and some laughs with old friends, take part in the raffle and support a very worthwhile cause! We'll see you there. All are welcome.




**Loughboy Library**

**Alzheimer's Tea Day**

**Dry Needle Felting with Trish Middleton, for Bealtaine: Friday 15th May at 11.00am**  
Join local textile artist Trish Middleton to discover the quiet rhythm of making, for complete beginners. Slow down, explore and enjoy the process of making a small textured piece to take home.

**Clay Ladybird Workshop for Adults for Bealtaine: Saturday 16th May at 2:00pm**  
Join local tutor Noel McCormick for an afternoon creating air-dry clay ladybirds using moulds and decorating some already made. Each one is bound to be unique!

**Local Native Bats: Tuesday 19th May at 7.00pm**  
Gorey Bat Group invites you to an evening of learning about our local native bat species, their habits and habitats during this Biodiversity Week.

**Creative Writing Workshop with Sheila Forsey: Thursday 21st May at 2.30pm**  
Turn your memories into stories in this two-hour creative writing workshop led by author and playwright Sheila Forsey.

**BYOC (Bring Your Own Craft) for Bealtaine: Saturday 23rd May at 10.30am**  
Bring Your Own Craft to our informal craft circle for older people where you can enjoy creating something in company, share skills to tips or just socialise with other crafty people. All skill levels welcome!

## REGULAR EVENTS

**Scrabble Club: Every Tuesday at 7.00pm**  
Enjoy playing Scrabble? Come along to our adult scrabble club. No booking needed.

**Knitting Circle: Every Friday at 11.00am**  
Join the knitting circle any Friday between 11.00am and 1.00pm. All abilities welcome. Bring

along whatever you are knitting.

**Wordsmiths Writing Group: Every Friday at 2.00pm**

Are you a writer or would you like to start writing? Wordsmiths Writing group can help you to fulfil your writing dream in a supportive environment with others who want to share their work.

**Lifting the Lid Public Piano: First Monday of the Month at 2.30pm (11th May)**

All players are welcome to play on our piano on the first Monday afternoon of the month.

**Ciorcal Comhrá (evening): First Tuesday of the Month at 7:00pm (5th May)**

Bain usaid as do chúpla focal. Come along for an hour of informal chat as Gaeilge! Gígí linn sa leabharlann. All are welcome, bring a coffee and chat as Gaeilge.

**Ciorcal Comhrá (afternoon): Second Tuesday of the Month at 2.00pm (12th May)**

Due to popular demand we have added a second Irish Conversation Circle to our schedule Bain usaid as do chúpla focal. Tá fáilte roimh gach duine agus gach leibeéal Gaeilge. Use your Irish, all levels welcome.

**English Conversation Circle: First Saturday of the Month at 2:30pm (9th May)**

Do you want to practise your conversation skills? Are you learning English, or are you new to the area or just looking to meet new people? Drop into our monthly Conversation circle to practise in a relaxed environment.

**Happy to Chat Coffee Morning: Second Wednesday of the Month at 11:00am (13th May)**

Join us for a chat and a cuppa on the second Wednesday of every month.

**Gorey Library Film Club: Second Thursday of the Month at 2:30pm (14th May)**

Join us for "Page to Screen" month in our Film club, where we'll watch a film with refreshments throughout.

**Short Story Reading Club: Third Thursday of the Month at 7.00pm (21st May)**

Find the Joy of Reading! Join Mary in Gorey Library to read short stories together in a relaxed and friendly environment.

**Book of the Month Book Club: Last Tuesday of the Month at 7.00pm (May 26th)**

Booking is required as spaces are limited – to enquire about joining this book club please call 053 9483820 or email [goreylibrary@wexfordcoco.ie](mailto:goreylibrary@wexfordcoco.ie)

**Wexford Library Service Online Book Club: Last Wednesday of the Month at 11.00am (27th May)**

Join us on the TEAMS App for a discussion about books from the comfort of your own home. For more information email [Jan.Doran@wexfordcoco.ie](mailto:Jan.Doran@wexfordcoco.ie)



Age Friendly Ireland Shared Service Office

Telephone: 046 9032170

Email: [agefriendlyireland@meathcoco.ie](mailto:agefriendlyireland@meathcoco.ie)

Healthy Age Friendly Homes Programme (Referrals)

Telephone: 046 9248899

Email: [healthyagefriendlyhomes@meathcoco.ie](mailto: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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