



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 4<sup>th</sup> & Fri 25<sup>th</sup> May from 10.45am.**

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



### Singalong –Melodies, Music and Memories

**Fri 11<sup>th</sup> & Fri 18<sup>th</sup> 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 24<sup>th</sup> 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 2<sup>nd</sup> & Wed 16<sup>th</sup> 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 8<sup>th</sup> 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 8<sup>th</sup> May, 7– 8pm**

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



### Singalong –Melodies, Music and Memories

**Thurs 17<sup>th</sup> 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 23<sup>rd</sup> 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 29<sup>th</sup> May, 2.30pm**

Join us for the screening of a classic movie!

## Ferrybank Library

### Music Matters

**Thurs 3<sup>rd</sup>, 10<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> May & 7<sup>th</sup> 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 22<sup>nd</sup> 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 25<sup>th</sup> 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 30<sup>th</sup> 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 4<sup>th</sup> May, 1-2pm

Guitar Music from Ireland and Scotland

Fri 11<sup>th</sup> May, 1-2pm

Popular & Contemporary music  
interpreted on guitar

Fri 18<sup>th</sup> May, 1-2pm

O'Carolan's Connections



### 2D Needle Felting with Maire

Thursdays 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> 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 16<sup>th</sup> 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 24<sup>th</sup> 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. 29<sup>th</sup> 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 11<sup>th</sup> May, 11-1pm**

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



### Tablet Classes for Beginners

**Tues 15<sup>th</sup>- 29th May, 10.30-12.30pm**

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

### Colouring for Adults

**Tues 15<sup>th</sup> May, 2-5pm**

Join in and enjoy social colouring for relaxation!



### Conversation Salon

**Fri 18<sup>th</sup> May, 5.30-7.30pm**

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



### Colours of Nature

**Fri 25<sup>th</sup> 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 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> 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 10<sup>th</sup> May, 1.30pm

Join us for the screening of a classic movie!

### Cards and Crosswords

Thurs 17<sup>th</sup> 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 23<sup>rd</sup> 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 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> 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 15<sup>th</sup> 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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