



bealtaine festival

celebrating creativity as we age

1-31 Bealtaine 2016
1-31 May 2016



Visit our website at www.sdcc.ie



SouthDublinCountyCouncil



sdublincoco



Méara Réamhrá

Tá an-áthas orm bróisiúr Fhéile na Bealtaine a chur i láthair agus ba mhaith liom aitheantas agus buíochas a thabhairt do na gníomhaireachtaí agus na heagraíochtaí rannpháirteacha go léir ar fud an Chontae.

Ba mhaith liom gach duine a spreagadh le bheith rannpháirteach sna himeachtaí atá beartaithe agus bheinn buíoch as aon chúnamh a bheadh le fáil ionas go n-éireodh go breá le Féile na Bealtaine.

Mayor's Introduction

I am delighted to introduce the Bealtaine Festival Brochure and I would like to acknowledge and thank all participating agencies and organisations throughout the County.

I encourage everyone to get involved in the planned activities and to help make the Bealtaine Festival a success.

Mayor Sarah Holland





Chief Executive's Message

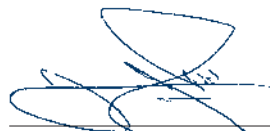
We believe that the month of May belongs to the Bealtaine festival, celebrating creativity as we age! The Bealtaine Festival gives everyone the opportunity to discover a new talent or find a new way to use an old skill. It is an opening to make new friends and connect with your community. The name Bealtaine comes from the ancient Celtic festival of that name celebrating springtime, freshness and renewal.

South Dublin County Council has organised a number of events during the month to celebrate this festival and has produced this programme to advertise the wide variety of events and activities that are planned for the festival.

In South Dublin County the number of people age 65 and over is 23,053 and is rising. Our aging population offers both challenges and opportunities to South Dublin County.

In South Dublin we have developed useful links and working relationships between our partner agencies and services providers. We have established the Age Friendly County Alliance and Tús Nua Older Persons Forum. It raises more awareness of issues affecting older persons and allows us to put the necessary structures in place to address this. South Dublin County is fully committed to being an Age Friendly County.

The Bealtaine Festival improves the quality of life of older people by promoting their greater participation in various aspects of life. In 2015 we had over 4,000 participants in the festival. I commend all the events being organised to celebrate this special month.



Chief Executive Daniel McLoughlin



To celebrate Bealtaine 2016

bealtainefestival

celebrating creativity as we age

1st May – 31st May

the Social Inclusion Unit invites you to tell us:

As you age what makes you happy

This can include any of the following:

Crafts, Poetry, Painting, Photography, Music, Horticultural Skills,
Carpentry, Baking, Flower Arranging, Sports and any other interests.



Closing date for entries: Friday 20th May 2016

Lots of prizes to be won. All prizes will be vouchers.

First Prize: €50

Second Prize: €30

Third Prize: €20

Runner Up Prizes

If further information is required please contact:

Sandra Hickey, Social Inclusion Unit, Housing, Social and Community Development Department

Tel: 01 414 9270 or 086 043 1779 • Email: shickey@sdublincoco.ie

Or visit our website www.sdcc.ie

Visit our website at www.sdcc.ie

[sdublincoco](https://twitter.com/sdublincoco)

[SouthDublinCountyCouncil](https://www.facebook.com/SouthDublinCountyCouncil)



Coffee Mornings

We are hosting a series of coffee mornings in a number of Community Centres in South Dublin County to mark the start of the festival. This is an opportunity for older persons to visit their local centre and see what activities and events are available to them. See participating centres below.

Tuesday 3 May

9.30 am - 11.00 am

Whitechurch Community and Youth Centre,
Whitechurch Heights, Dublin 16

Contact:

Brigitte Foley

Telephone:

01 445 7035

Tuesday 3 May

10.30 am - 12.00 noon

Killinarden Community Centre,
Killinarden Heights, Tallaght

Contact:

Hilda Hamilton or
Laura O Connor

Telephone:

01 452 6617

Clondalkin Active Retirement,
Towers GAA Club, Convent Road,
Clondalkin

Contact:

Clare Morgan

Telephone:

086 327 4323

Tuesday 3 May

11.00 am - 12.00 noon

Newcastle Community Hall

Contact:

Matt Dowling

Telephone:

01 458 6007

Tuesday 3 May

11.00 am - 1.00 pm

Arás Rualach, Neilstown Road,
Clondalkin

Contact:

Bernie Beatley

Telephone:

01 623 0574

Tuesday 3 May

12.00 noon - 1.00 pm

Bawnogue Youth and
Community Centre

Contact:

Emer Drummond

Telephone:

01 457 6734

Knockmitten Youth and
Community Centre

Contact:

Rita Harte

Telephone:

01 411 1511

Coffee Mornings

Wednesday 4 May **9.00 am - 11.00 am**

Lucan East Educate Together NS

Contact:

Rebecca Doyle

Telephone:

086 170 1972

Wednesday 4 May **11.00 am - 12 noon**

Griffeen Parent and Toddler Group
Griffeen Centre, Lucan

Contact:

Anita Fletcher

Telephone:

087 124 1837

Wednesday 4 May **11.00 am - 1.00 pm**

Griffeen Lucan Youth Services, Lucan

Contact:

John Gregg

Telephone:

085 877 0711

Healthy Living Centre,
4 Neilstown Crescent, Clondalkin

Contact:

Anne Troy

Telephone:

01 457 0665

Wednesday 4 May **11.00 am - 1.00 pm**

Esker ETNS Lucan

Contact:

Gemma Stokes

Telephone:

086 026 1061

Thursday 5 May **11.00 am - 12.00 noon**

St. Ronan's Community Centre,
St. Cuthbert's Road, Clondalkin

Contact:

Mary McKeever

Telephone:

01 457 8211

Thursday 5 May **12.00 noon - 1.00 pm**

Clondalkin Sports and Leisure Centre,
Old Nangor Road, Clondalkin

Contact:

Margaret McKay

Telephone:

01 457 4858



Coffee Mornings

Friday 6 May
11.00 am - 1.00 pm

Quarryvale Community
& Leisure Centre, Clondalkin

Contact:
David Graham

Telephone:
01 623 3417

Monday 9 May
10.00 am - 12.00 noon

Palmerstown Community and
Youth Centre, Palmerstown Shopping
Centre, Kennelsfort Road,
Palmerstown

Contact:
Pat Smith

Telephone:
086 385 6270

Monday 9 May
11.00 am - 12.30 pm

Newcastle Community Hall

Contact:
Margaret Maher

Telephone:
01 458 9195

Thursday 26 May
11.00 am - 12.00 noon

Srleen Parish Centre,
St. John's Drive, Clondalkin

Contact:
Mary Genocky

Telephone:
01 457 0032



55+ Daily Activity

SOUTH DUBLIN COUNTY

Copies of the planner are available from
Community Services Department,
Tel: 01 414 9270 or it can be downloaded
from www.sdcc.ie

Tuesday 3 May

Time: All Day

Venue:

Lucan Library, Supervalu Shopping Centre, Newcastle Road, Lucan, Co. Dublin

Telephone:

01 621 6422

Art Exhibition by Lucan Adult Education

A display of artworks created by students of Lucan Adult Education with tutor Marysia Harasimowicz

Time: 11.30 am

Venue:

Dominics Community Centre, Avonbeg Gardens, Tallaght, Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Dominics Celebrate Bealtaine Festival

Dominics Community Centre are hosting a coffee morning to mark the start of Bealtaine Festival.

Time: 2.00 pm - 4.00 pm

Venue:

Tallaght Stadium, Whitestown Way, Tallaght

Contact:

Sarah O'Gorman

Telephone:

01 414 9270

Admission: €3.00

Whist Drive

Good for mind, body and soul.

Beginners Welcome.



Wednesday 4 May

Time: 11.00 am

Venue:

Louis Fitzgerald Hotel, Naas Road

Contact:

Maria Finn or Sandra Hickey

Telephone:

01 414 9270 or 086 380 3060

Launch of Bealtaine Festival by Mayor Sarah Holland

Finbar Coady will provide the musical entertainment for the morning. Light refreshments will be served.



Time: 2.00 pm

Venue:

An Cosan, Kiltalown Village Centre, Jobstown, Tallaght

Contact:

Maria Finn or Sandra Hickey

Telephone:

01 414 9270 or 086 043 1779

NALA Health and Wellbeing for Life

South Dublin County Council in partnership with the National Adult Literacy Agency are delivering an eight week course on Health and Wellbeing.

Time: 3.00 pm - 5.00 pm

Venue:

Dominics Community Centre, Avonbeg Gardens, Tallaght, Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Chair Yoga

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair.

Thursday 5 May

Time: 10.00 am - 12.00 noon

Venue:

Whitechurch Community and Youth Centre, Whitechurch Heights, Dublin 16

Contact:

Brigitte Foley

Telephone:

01 445 7035

Spring Flower Arranging

This workshop will show you how to arrange flowers in an artistic manner.

Time: 11.00 am - 1.00 pm

Venue:

Dominics Community Centre, Avonbeg Gardens, Tallaght, Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Felt Making

A complete introduction to feltmaking. Hand made felt can have many uses, both practical and decorative.



Time: 11.00 am

Venue:

Ballyroan Library,
Orchardstown Avenue,
Rathfarnham, Dublin 14

Telephone:

01 494 1900

Gardening talk and workshop

Get your garden summer ready with Linda Adams.

Booking is essential.

Time: 11.00 am - 12.45 pm

Venue:

Castletymon Library,
Castletymon Shopping Centre,
Tallaght, Dublin 24

Telephone:

01 452 4888

Create a dried flower picture

Create your own picture with Anne Foster.

Booking is essential.

Time: 8.00 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght,
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Angel Meditation

We begin by taking a very deep breath and inhaling all of the good energy from the angels and on the exhale, letting go of anything that could be stressing or bothering us.

Friday 6 May

Time: 10.30 am - 12.30 pm

Venue:

Tallaght Leisure Centre,
Tallaght

Contact:

Paula Swayne or Alison Silke

Telephone:

086 829 2443
or 086 851 6669

Senior Games - Flisk

Time: 8.30 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght,
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Prize Bingo



Monday 9 May

Time: 10.00 am - 12.00 noon

Venue:

Aras Rualach, Neilstown Road,
Clondalkin

Contact:

Maria Finn or Sandra Hickey

Telephone:

01 414 9270 or 086 380 3060

Flower arranging and hanging basket workshop

This is a practical demonstration on how to design your own hanging basket and arrange flowers.

Time: 10.30 am - 12 noon

Venue:

Lucan Library, Supervalu
Shopping Centre, Newcastle
Road, Lucan, Co. Dublin

Telephone:

01 621 6422

Knitting Club

Time: 2.00 pm - 4.00 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght,
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Creating a vegetable window box

Introduction to growing vegetables.



Time: 6.30 pm

Venue:

Clondalkin Library,
Monastery Road, Clondalkin

Telephone:

01 459 3315

Music Appreciation with Ted Courtney

Join the always entertaining Ted Courtney for an introduction to music appreciation and also a celebration of Irish song and dance.

Tuesday 10 May

Time: 10.30 am

Venue:

Ballyroan Library,
Orchardstown Avenue,
Rathfarnham, Dublin 14

Telephone:

01 494 1900

Adult Craft Class with Joan Connolly

Learn a new craft in a relaxed environment in our monthly craft class.

Booking is essential.

Time: 11.15 am - 12.45 pm

Venue:

Castletymon Library,
Castletymon Shopping Centre,
Tallaght, Dublin 24

Telephone:

01 452 4888

The Natural Beauty Facial

The natural beauty facial workshop with Barbara McAteer.

Booking is essential.

Time: 1.00 pm - 3.00 pm

Venue:

An Cosan, Kiltalown Village
Centre, Jobstown, Tallaght

Contact:

Imelda Hanratty

Telephone:

01 462 8488

Admission: €5

Lunchtime entertainment with Blue Heaven Barbershop Chorus

Come along and support this fund raising event for An Cosan



Time: 2.00 pm - 4.00 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght,
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Art Workshop

No artistic genius needed for this practical art session.

Time: 6.30 pm

Venue:

John J Jennings Library,
Stewarts Care Ltd,
Palmerstown, Dublin 20

Telephone:

01 651 8129

Mill Lane Writers with Roslyn Hickey

This workshop will explore some of Ireland's great story tellers. The programme will include the writers James Joyce, Colm Tóibín, Anne Enright, Éilís Ní Dhuibhne, William Trevor, Edna O'Brien, John McGahern, Bernard MacLaverty and Frank O'Connor. (4 week course)

Wednesday 11 May

Time: 11.00 am - 1.00 pm

Venue:

Sean Walsh Park, Tallaght,
Dublin 24

Contact:

Maria Finn

Telephone:

01 414 9270 or 086 380 3060

Grow Your Own Garden

This is a horticultural programme for people who are unemployed. The main activity of this programme is growing vegetables, fruit and learning new gardening skills. It is a great garden with a small community of local gardeners.

Time: 11.30 am - 12.30 pm

Venue:

Lucan Library, Supervalu
Shopping Centre, Newcastle
Road, Lucan, Co. Dublin

Telephone:

01 621 6422

Iridology and Nutritional Therapy

An Iridology reading gives us more information about ourselves so that we can make informed choices on how to live a healthier and more fruitful life.

Time: 12.00 noon - 1.00 pm

Venue:

The Park Community Centre,
Ballycragh Park, Ballycullen

Contact:

Denise McGann

Telephone:

086 318 1665

Pilates for beginners

Four Week Course

Time: 3.00 pm - 5.00 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Chair Yoga

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair.

Time: 7.00 pm - 8.00 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght,
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Ballroom Dancing Classes

Ballroom dance is a set of dances which are enjoyed both socially and competitively around the world.

Thursday 12 May

Time: 10.30 am - 12.30 pm

Venue:

Killinarden Community Centre,
Killinarden Heights, Tallaght

Contact:

Hilda Hamilton or
Laura O Connor

Telephone:

01 452 6617

Knitting and Crochet Demonstration and Exhibition of Work

Time: 11.00 am - 1.00 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght,
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Felt Making

A complete introduction to feltmaking. Hand made felt can have many uses, both practical and decorative.

Time: 11.30 am - 12.45 pm

Venue:

Castletymon Library,
Castletymon Shopping Centre,
Tallaght, Dublin 24

Telephone:

01 452 4888

Mindfulness Workshop with Sarah Tully

Mindfulness is the practice of being aware of what is going on in the moment and has been proven to help with anxiety, depression and stress.

Booking is essential.

Time: 2.00 pm - 4.00 pm

Venue:

Pearse Museum, Rathfarnham

Contact:

Maria Finn or Sandra Hickey

Telephone:

01 414 9270 or 086 380 3060

Tour of Pearse Museum with afternoon tea and music recital from Blush

The Pearse Museum is dedicated to the memory of Patrick Pearse and his brother, William. Patrick Pearse was an educationalist and nationalist who was executed for his part in the 1916 Rising. The museum is situated in the suburb of Rathfarnham on the south side of Dublin, Ireland.

Booking is essential.

Time: 8.00 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght,
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Angel Meditation

We begin by taking a very deep breath and inhaling all of the good energy from the angels and on the exhale, letting go of anything that could be stressing or bothering us.

Friday 13 May

Time: 10.30 am - 12.30 pm

Venue:

Tallaght Leisure Centre,
Tallaght

Contact:

Paula Swayne or Alison Silke

Telephone:

086 829 2443
or 086 851 6669

Senior Games - Scidils

Time: 8.30 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght,
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Prize Bingo



Monday 16 May

Time: 10.00 am - 12.00 noon

Venue:

Newcastle Community Hall,
Newcastle, Co. Dublin

Contact:

Maria Finn

Telephone:

086 380 3060

Love, Life and Laughter

This workshop helps to balance the Chakra System through colour, meditation and laughter. Calming music and incense create a healing atmosphere. Angel cards provide angelic guidance, illuminating personal space with light and harmony.

Booking is essential.

Time: 11.30 am - 1.00 pm

Venue:

Castletymon Library,
Castletymon Shopping Centre,
Tallaght, Dublin 24

Telephone:

01 452 4888

The Healing Power of Clay Workshop

Clay workshop facilitated by Elena Buttner.

Booking is essential.

Tuesday 3 May

- Art Exhibition by Lucan Adult Education
- Dominics Celebrate Bealtaine Festival
- Whist Drive

Wednesday 4 May

- Launch of Bealtaine Festival by Mayor Sarah Holland
- NALA Health and Wellbeing for Life
- Chair Yoga

Thursday 5 May

- Spring Flower Arranging
- Felt Making
- Gardening talk and workshop
- Create a dried flower picture
- Angel Meditation

Friday 6 May

- Senior Games - Flisk
- Prize Bingo

Monday 9 May

- Flower arranging and hanging basket workshop
- Knitting Club
- Creating a vegetable window box
- Music Appreciation with Ted Courtney

Tuesday 10 May

- Adult Craft Class with Joan Connolly
- The Natural Beauty Facial
- Lunchtime entertainment with Blue Heaven Barbershop Chorus
- Art Workshop
- Mill Lane Writers with Roslyn Hickey

Wednesday 11 May

- Grow Your Own Garden
- Iridology and Nutritional Therapy
- Pilates for beginners. Four Week Course.
- Chair Yoga
- Ballroom Dancing Classes

Thursday 12 May

- Knitting and Crochet Demonstration and Exhibition of Work
- Felt Making
- Mindfulness Workshop with Sarah Tully
- Tour of Pearse Museum with afternoon tea and music recital from Blush
- Angel Meditation

Friday 13 May

- Senior Games - Scidils
- Prize Bingo

Monday 16 May

- Love, Life and Laughter
- The Healing Power of Clay Workshop
- Creating a floral hanging basket
- Make Up with Marie Joseph
- Ballyroan Film Club
- Old Time Film Show
- Remembering Delia Murphy

Tuesday 17 May

- Exercise/Dance Lessons/Garda Talk
- Craft Class
- Art Workshop
- Horticultural Workshop
- A dramatisation of Delia Murphy's Life and songs by her niece Carmen

Wednesday 18 May

- Health Talk
- Love, Life and Laughter
- Craft Class
- Horticultural Workshop
- Love, Life and Laughter
- Chair Yoga
- Tea Dance
- Ballroom Dancing Classes

Thursday 19 May

- Walking in Massey Woods, Kilakee
- Craft Class
- Trip to Collins Barracks
- Angel Meditation

Friday 20 May

- Walking Soccer for all 55 plus
- Senior Games - Lobbers
- Painting demonstration with Irish Artist Morgan Gibbs
- A Midsummer Night Dream by the Irish National Youth Ballet
- Art Festival and Exhibition of Work
- Prize Bingo

Monday 23 May

- Craft Class
- Mindfulness with Gaye Mullen

Tuesday 24 May

- An evening with author Catherine Dunne
- Art Workshop

Wednesday 25 May

- Love, Life and Laughter
- St. Mark's Silver Surfers Tea Dance with 1916 Commemorations Dress
- Chair Yoga
- An evening with author Catherine Dunne
- Ballroom Dancing Classes

Thursday 26 May

- Trip to Croke Park GAA Museum
- Craft Class
- Creative Writing Workshop

Friday 27 May

- Prize Bingo

Monday 30 May

- Memoir Writing Workshop
- Classic movie night

Tuesday 31 May

- Tea Dance 1916 Theme



bea(t)aine festival
celebrating creativity as we age

1st May – 31st May

Monday 16 May (continued)

Time: 2.00 pm - 4.00 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght,
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Creating a floral hanging basket

Come along and learn how to create a floral hanging basket.

Time: 6.30 pm

Venue:

Clondalkin Library, Monastery
Road, Clondalkin

Telephone:

01 459 3315

Make Up with Marie Joseph

With over 25 years experience, Marie Joseph is one of Ireland's leading make-up artists. Join her to learn how to make the most of your face!

Time: 7.00 pm

Venue:

Ballyroan Library,
Orchardstown Avenue,
Dublin 14

Telephone:

01 494 1900

Ballyroan Film Club

Come along to our monthly film club and enjoy movies from bygone days.

Time: 7.00 pm

Venue:

Palmerstown Community and
Youth Centre, Palmerstown
Shopping Centre, Kennelsfort
Road, Palmerstown

Contact:

Pat Smith

Telephone:

086 385 6270

Old Time Film Show



Time: 7.00 pm - 8.00 pm

Venue:

Lucan Library, Supervalu
Shopping Centre, Newcastle
Road, Lucan, Co. Dublin

Telephone:

01 621 6422

Remembering Delia Murphy

A performance and readings by her neice Carmen Cullen. A show with live music by Delia's niece Carmen Cullen and music by Gerry Anderson.

Booking is essential.



Tuesday 17 May

Time: 10.00 am - 12.00 noon

Venue:

Palmerstown Community and
Youth Centre, Palmerstown
Shopping Centre, Kennelsfort
Road, Palmerstown

Contact:

Pat Smith

Telephone:

086 385 6270

Dance Classes

Time: 12 noon - 1.00 pm

Venue:

Palmerstown Community and
Youth Centre, Palmerstown
Shopping Centre, Kennelsfort
Road, Palmerstown

Contact:

Pat Smith

Telephone:

086 385 6270

Garda Talk on Safety



Time: 11.00 am - 12.30 pm

Venue:

Menni Services, St. John Of God, Exchange Hall, Tallaght, Dublin 24

Contact:

Maria Finn or Sandra Hickey

Telephone:

01 414 9270 or 086 380 3060

Craft Class

Learn a new craft. No experience needed.

Time: 2.00 pm - 4.00 pm

Venue:

Dominics Community Centre, Avonbeg Gardens, Tallaght, Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Art Workshop

No artistic genius needed for this practical art session.

Time: 2.00 pm - 4.00 pm

Venue:

Tallaght Mens Sheds, Glenview Lodge, Tallaght, Dublin 24

Contact:

Maire Redmond

Telephone:

01 451 2983

Horticultural Workshop

Come along and learn how to grow your own vegetables and flowers.

Time: 7.00 pm - 8.15 pm

Venue:

Ballyroan Library, Orchardstown Avenue, Dublin 14,

Telephone:

01 494 1900

A dramatisation of Delia Murphy's Life and songs by her niece Carmen

A performance and readings by her neice Carmen Cullen. A show with live music by Delia's niece Carmen Cullen and music by Gerry Anderson.

Booking is essential.

Wednesday 18 May

Time: 12.00 noon - 1.00 pm

Venue:

Palmerstown Community and Youth Centre, Palmerstown Shopping Centre, Kennelsfort Road, Palmerstown

Contact:

Pat Smith

Telephone:

086 385 6270

Health Talk



Time: 10.30 am - 12.30 pm

Venue:

St. Mary's Parish Centre, Lucan, Co. Dublin

Contact:

Maria Finn

Telephone:

01 414 9270 or 086 380 3060

Love, Life and Laughter

This workshop helps to balance the Chakra System through colour, meditation and laughter. Calming music and incense create a healing atmosphere. Angel cards provide angelic guidance, illuminating personal space with light and harmony.

Time: 11.00 am - 12 noon

Venue:

Four Districts Day Care Centre, Rathcoole Health Centre, Main Street, Rathcoole

Contact:

Maria Finn or Sandra Hickey

Telephone:

01 414 9270 or 086 043 1779

Craft Class

Learn a new craft. No experience needed.



Time: 2.00 pm - 4.00 pm

Venue:

An Cosan, Kiltalown Village
Centre, Jobstown, Tallaght

Contact:

Maria Finn or Sandra Hickey

Telephone:

01 414 9270 or 086 380 3060

Horticultural Workshop

Come along and learn how to create a floral hanging basket.

Time: 2.30 pm - 4.30 pm

Venue:

Laurels Pub, Clondalkin Village

Contact:

Clare Morgan

Telephone:

086 327 4323

Love, Life and Laughter

This workshop helps to balance the Chakra System through colour, meditation and laughter. Calming music and incense create a healing atmosphere. Angel cards provide angelic guidance, illuminating personal space with light and harmony.

Time: 3.00 pm - 5.00 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght,
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Chair Yoga

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair.

Time: 7.00 pm

Venue:

Palmerstown Community and
Youth Centre, Palmerstown
Shopping Centre, Kennelsfort
Road, Palmerstown

Contact:

Pat Smith

Telephone:

086 385 6270

Tea Dance



Time: 7.00 pm - 8.00 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght,
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Ballroom Dancing Classes

Ballroom dance is a set of dances which are enjoyed both socially and competitively around the world.



Thursday 19 May

Time: 11.00 am - 1.00 pm

Venue:

Meet in South Dublin County
Council Headquarters, Tallaght

Contact:

Maria Finn or Sandra Hickey

Telephone:

086 380 3060 or 01 414 9270

Walk in Massey Woods, Kilakee

One hour walk in Massey Woods. Appropriate footwear and clothing is essential. A level of fitness is required.

Time: 11.00 am - 1.00 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght,
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Craft Class

Learn a new craft. No experience needed.



Time: 2.30 pm

Venue:

Palmerstown Community and Youth Centre, Palmerstown Shopping Centre, Kennelsfort Road, Palmerstown

Contact:

Pat Smith

Telephone:

086 385 6270

Trip to Collins Barracks

Time: 8.00 pm

Venue:

Dominics Community Centre, Avonbeg Gardens, Tallaght, Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Angel Meditation

We begin by taking a very deep breath and inhaling all of the good energy from the angels and on the exhale, letting go of anything that could be stressing or bothering us.

Friday 20 May

Time: 10.00 am - 12.00 noon

Venue:

Pobail Scoil Sport Centre, Palmerstown

Contact:

Pat Smith

Telephone:

086 385 6270

Walking Soccer for all 55 plus

Time: 10.30 am - 12.30 pm

Venue:

Tallaght Leisure Centre

Contact:

Paula Swayne or Alison Silke

Telephone:

086 829 2443
or 086 851 6669

Senior Games - Lobbers



Time: 11.00 am

Venue:

Ballyroan Library,
Orchardstown Avenue,
Dublin 14

Telephone:

01 494 1900

Time: 12.00 noon

Venue:

Civic Theatre, Tallaght,
Dublin 24

Box Office:

Admission €8

Telephone:

01 462 7477

Time: 7.00 pm

Venue:

Palmerstown Parish Centre,
Palmerstown

Contact:

Pat Smith

Telephone:

086 385 6270

Time: 8.30 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght,
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Painting demonstration with Irish Artist Morgan Gibbs

Morgan is a completely self-taught artist. In this workshop Morgan will take the audience through how he paints a picture in two hours.

Booking is essential.

A Midsummer Night Dream by the Irish National Youth Ballet

The Irish National Youth Ballet will be performing with a live orchestra. This promises to make every performance a special one.

Art Festival and Exhibition of Work

Prize Bingo



GR W YOUR OWN



Community Garden

Sean Walsh Park, Tallaght, Dublin 24

If you are interested in growing vegetables, fruit and learning new gardening skills please Join in.

This is a great garden with a small community of local gardeners. We meet every Wednesday from 11.00 am to 1.00 pm

For more information on this project please contact Maria Finn/Sandra Hickey, Social Inclusion Unit, South Dublin County Council
Tel: 01 414 9270/086 380 3060/086 043 1779



Monday 23 May

Time: 11.00 am - 12 noon

Venue:

Kilnamanagh Day Activity Centre, Kilnamanagh Family Recreation Centre, Kilnamanagh, Tallaght

Contact:

Dennis Gaff

Telephone:

01 452 1199

Craft Class

Learn a new craft. No experience needed.



Time: 6.30 pm

Venue:

Clondalkin Library, Monastery Road, Clondalkin

Telephone:

01 459 3315

Mindfulness with Gaye Mullen

Mindfulness is the practice of being aware of what is going on in the moment and has been proven to help with anxiety, depression and stress. Gaye Mullen has been a mindfulness practitioner and mentor for over 25 years and has taught courses on it's application in parenting, the workplace and creativity. Join her to learn how it can enhance your life.

Tuesday 24 May

Time: 11.00 am

Venue:

Castletymon Library, Castletymon Shopping Centre, Tallaght, Dublin 24

Telephone:

01 452 4888

An evening

with author Catherine Dunne

Catherine's latest book, *The Years That Followed*, has just been published. Catherine has described how exhilarating she found writing *The Years that Followed*, delving into mythology and psychology and the complex relationships that human beings have with each other. Catherine is always a welcome speaker with insights into writing and her love of all things literary.



Time: 2.00 pm - 4.00 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght,
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Art Workshop

No artistic genius needed for this practical art session.

Wednesday 25 May

Time: 11.00 am - 1.00 pm

Venue:

An Cosan, Kiltalown Village
Centre, Jobstown, Tallaght

Contact:

Imelda Hanratty

Telephone:

01 462 8488

Love, Life and Laughter

This workshop helps to balance the Chakra System through colour, meditation and laughter. Calming music and incense create a healing atmosphere. Angel cards provide angelic guidance, illuminating personal space with light and harmony.

Time: 2.30 pm - 6.30 pm

Venue:

St. Mark's GAA Club,
Cookstown Road, Springfield,
Tallaght, Dublin 24

Contact:

Josie Flanagan

Telephone:

01 451 6735

St. Mark's Silver Surfers Tea Dance with 1916 Commemorations Dress

The events start with Traditional Music and the grand finale is the Finbar Coady Show.



Time: 3.00 pm - 5.00 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght,
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Chair Yoga

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair.



Computer Skills Classes

in County Library, Tallaght

Introduction to researching and buying goods and services online

How to send emails & attachments

Introduction to the use of online government services

Introduction to online banking services



Course Length 8 Hours
(Consisting of 2 Hours
2 Mornings a Week)





How to book airline tickets / online services

Use an online TV playback or podcast facility

Selection of dates available

To confirm your place contact:
Sandra Hickey, Housing, Social and Community Development
Email: shickey@dublincoco.ie
Tel: 01 414 9270 / 086 043 1779

Visit our website at www.sdcc.ie
 [sdublincoco](https://twitter.com/sdublincoco)
 [SouthDublinCountyCouncil](https://www.facebook.com/SouthDublinCountyCouncil)

Time: 7.00 pm

Venue:

Lucan Library, Supervalu Shopping Centre, Newcastle Road, Lucan, Co. Dublin

Telephone:

01 621 6422

An evening with author Catherine Dunne

Catherine's latest book, *The Years That Followed*, has just been published. Catherine has described how exhilarating she found writing *The Years that Followed*, delving into mythology and psychology and the complex relationships that human beings have with each other. Catherine is always a welcome speaker with insights into writing and her love of all things literary.

Time: 7.00 pm - 8.00 pm

Venue:

Dominics Community Centre, Avonbeg Gardens, Tallaght, Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Ballroom Dancing Classes

Ballroom dance is a set of dances which are enjoyed both socially and competitively around the world.

Thursday 26 May

Time: 9.30 am - 1.00 pm

Venue:

Meet in South Dublin County Council Headquarters, Tallaght

Contact:

Maria Finn or Sandra Hickey

Telephone:

01 414 9270 or 086 043 1779

Trip to Croke Park GAA Museum

The GAA Museum celebrates Ireland's unique national games of Hurling and Gaelic Football. The museum's exhibition galleries vividly illustrate the rich history and development of Gaelic games from ancient times to the present day.



Time: 11.00 am - 1.00 pm

Venue:

Dominics Community Centre, Avonbeg Gardens, Tallaght, Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Craft Class

Learn a new craft. No experience needed.



Time: 11.30 am - 1.00 pm

Venue:

Ballyroan Library,
Orchardstown Avenue,
Dublin 14

Telephone:

01 494 1900

Creative Writing Workshop

"Writing Memoir" workshop with well known Tallaght Writer Eileen Casey.

Booking is essential.

Friday 27 May

Time: 8.30 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght,
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Prize Bingo



Monday 30 May

Time: 6.30 pm

Venue:

Clondalkin Library,
Monastery Road, Clondalkin

Telephone:

01 459 3315

Memoir Writing Workshop

Ivy Bannister has written an acclaimed memoir and award winning plays, poetry and novels. She teaches a very popular memoir writing course in the Irish Writer's Centre. Join her to learn how to begin to write the story of your life.

Time: 7.00 pm

Venue:

Dominics Community Centre,
Avonbeg Gardens, Tallaght,
Dublin 24

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Classic Movie Night



Tuesday 31 May

Time: 3.00 pm - 6.00 pm

Venue:

Lucan Spa Hotel, Lucan,
Co. Dublin

Contact:

Maria Finn or Sandra Hickey

Telephone:

01 414 9270
or 086 380 3060

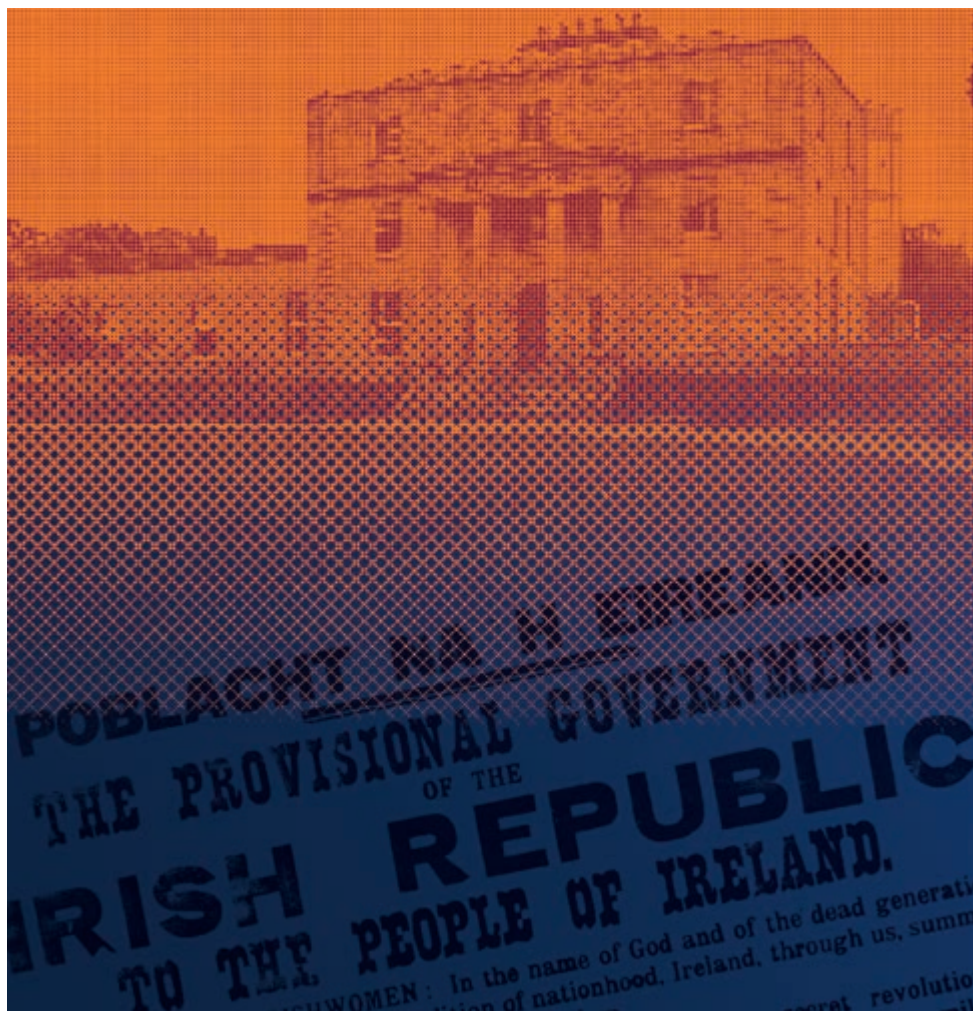
Tea Dance 1916 Theme

Prize giving ceremony for winners of the Bealtaine Competition. This will be followed by a tea dance.

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2016

Clár Comórtha
Céad Bliain
Centenary
Programme





South County Dublin Leisure Services

Why Exercise?

- to have fun and meet friends.
- to increase healthy life expectancy.
- to improve mobility for daily living.



Senior Specials Include:

Living the Life Fitness Class & Activities

Clondalkin Leisure Centre:	Thursday 11am. Cost €3 (Includes Tea/Coffee)
Tallaght Leisure Centre:	Thursday 11am. Cost €3 (Includes Tea/coffee)
Lucan Leisure Centre:	Wednesday 12pm. Cost €3

Senior Swim/Sauna & Steam:

- Clondalkin Leisure Centre: Monday & Friday 10.30am. Cost €2
- Tallaght Leisure Centre: Monday & Wednesday 10.30am. Cost €2

Active Age Membership:

Discounted membership rates include the use of the gym/pool and all timetabled fitness and Aquafit classes and personalized fitness programme.

For further information contact:

Clondalkin Leisure Centre.	www.clondalkinleisure.com
Lucan Leisure Centre.	www.lucanleisure.com
Tallaght Leisure Centre.	www.tallaghtleisure.com

South Dublin County Council Enquiries

Housing, Social & Community Development Department
Email us at: comdevof@sdblincoco.ie

01 414 9270

Social Inclusion Unit

Maria Finn, Social Inclusion Officer
Sandra Hickey, Staff Officer

086 380 3060

086 043 1779

Sports & Recreation

Alison Silke
Paula Swayne

086 851 6669

086 829 2443

Tús Nua

Sarah O'Gorman

01 414 9270

Sports Partnership

Thos McDermott

086 044 1071

Community Development Team

01 414 9000

Senior Community Officer

Paul McAlerney

Tallaght South Area Team

Jimmy Morrissey	Ext: 3387
Niamh Carton	Ext: 3344
Cian Ó Lonargáin	Ext: 3139

Clondalkin, Lucan, Palmerstown & Newcastle Area Team

Donal Walsh	Ext: 4632
Valerie Brien	Ext: 4673
Andrea Molloy	Ext: 4669
Frank Price	Ext: 4622

Tallaght Central, Rathfarnham, Templeogue & Terenure Area Team

Ger Neill	Ext: 3377
Bernadette Kaluzny	Ext: 3378
Su Clarke	Ext: 3380

South Dublin County Libraries

Development Unit

01 459 7834 or email: libdevoff@sdblincoco.ie

South Dublin County Council Disability Liaison and Access Officer

Selina Bonnie

01 414 9041 or email: sbonnie@sdblincoco.ie

Senior Helpline

1850 440 444

South Dublin County Council Leisure Centres

Tallaght Leisure Centre
Clondalkin Leisure Centre
Lucan Leisure Centre

01 452 3300

01 457 4858

01 624 1930