

Bealtaine Festival 2021





bea(taine)festival

celebrating creativity as we age

1st May – 31st May

There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.

The Social Inclusion Unit invites you
to **Celebrate Creativity** by putting your
imagination to work

Photos / Videos of entries will be accepted by email only and can include any of the following:

Crafts, Poetry, Painting, Photography, Music, Horticultural Skills, Carpentry, Baking, Dance, Flower Arranging, Drama and so on.

Individual and/or Group Entries are welcome

Closing Date for Entries is Friday 21 May

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

Entries received may be advertised on social media and/or be included in promotional material for the Social Inclusion Unit, South Dublin County Council.

For further information and application form contact:

Social Inclusion Unit, Housing, Social and Community Development Department

Tel: 01 414 9270 • Email: socialinclusionunit@sdublincoco.ie

Visit our website at www.sdcc.ie



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



[SouthDublinCountyCouncil](http://SouthDublinCountyCouncil.ie)



Réamhrá an Mhéara



"Tá ríméad orm Bileog Fhéile na Bealtaine 2021 a chur os bhur gcomhair. Ar an drochuair anuraidh de bharr na paindéime Covid-19 ní raibh an Fhéile ar siúl. Táimid ag beartú an oiread imeachtaí ar líne a óstáil agus is féidir linn ámh do bhaill aois ghníomhach ár bpobal.

Ba mhaith mo bhuíochas a ghabháil le gach gníomhaireacht agus eagraíocht rannpháirteach ar fud an Chontae. Thabharfainn spreagadh do gach duine éirí páirteach sna gníomhaíochtaí atá beartaithe agus cuidiú le rath Fhéile na Bealtaine ar líne."

Mayor's Introduction

"I am delighted to introduce the Bealtaine Festival Brochure 2021. Unfortunately last year due to the Covid-19 pandemic the Festival did not take place. This year however we are planning on hosting as many online events as possible for the active age members of our communities.

I would like to acknowledge and thank all participating agencies and organisations throughout the County. I would encourage everyone to get involved in the planned activities and to help make the online Bealtaine Festival a great success."

Mayor Ed O'Brien

Chief Executive's Message



We believe that the month of May belongs to the Bealtaine Festival, celebrating art and 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.

This year marks Bealtaine's

26th Festival. With Level 5 Covid -19 restrictions currently in place it has never been more important to stay connected with our community groups and in particular the active age members of our community. South Dublin County Council has recognised the significant impact of the Covid 19 Pandemic on our older population. This pandemic has posed new challenges for all our citizens particularly older people who have been requested to Cocoon, and keep their distance from family, friends and neighbours. We have been committed to the Governments response, through the Community Call helpline and Keep Well Initiative to support our older population and respond to their needs when called upon. With that in mind, South Dublin County Council will continue to

deliver this year's festival and will endeavour to provide as many virtual events as possible.

We will continue to strive to build positive, healthy communities in our County and this brochure has been produced to advertise the wide variety of events and activities planned for the month of May. With your help, we hope that this year will be our best festival yet.

In South Dublin County the number of people age 65 and over is 30,914 and is rising. Our aging population offers both challenges and opportunities to South Dublin County.

In South Dublin County we have developed useful links and working relationships between our partner agencies and service 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 2019 we had over 4,000 participants in the festival. I commend all the events being organised to celebrate this special month.



Daniel McLoughlin
Chief Executive

Bealtaine Festival 2021 Events



Virtual Tour of Rathfarnham Castle

Sunday 2 May
1.00 pm

Available to view on all South Dublin County Council's Social Media platforms; Facebook, Twitter, Instagram and YouTube.

As one of the longest continually occupied buildings in Dublin, the story of Rathfarnham Castle reflects some of the major developments in Irish history. In this online tour of Rathfarnham Castle, learn how the building changed from an Elizabethan fortified house to an eighteenth century country villa and finally became a home to trainee Jesuits. Using professional photographs of the Castle, this is a chance to explore the Castle's beautiful interiors and discover the lives of the Loftus family who lived there.

Social Inclusion Unit
01 414 9270

Bealtaine Window Art Workshop

Tuesday 4 May
10.30 am

Women Together Tallaght Network would like to invite you to our online Bealtaine Window Art Workshop. As we celebrate Bealtaine this year, after a very challenging year like no other before, we seek out the light and beauty that surrounds us and we will contribute to this with some gloriously colourful window art that we can adorn our homes with in celebration of our strength, resilience, beauty and power. Strong warrior women, coming together in the Celtic tradition of Bealtaine!

Eithne Dunne
087 346 4002
devworkerwtt@gmail.com

Please note that any events that state "booking essential" must be booked in advance.



OPW

Oifig na nObrescha Poblí
Office of Public Works



Rathfarnham Castle

Create your own Wall Garden with Veronika Achleitner

Tuesday 4 May
11.30 am

Brainstorming session with the men and women of St John of Gods. Creating something for the garden that lasts, something to hang up, pots, painting ideas, upcycle ideas – reuse, recycle, flowers, herbs etc.

Open to members of St. John of Gods only.

Veronika Achleitner
087 688 3615



Friendship Yoga

Tuesday 4 May
2.00 pm
St. Michael's House

Reconnecting with friends whilst taking part in a friendship yoga course together.

Open to members of St. Michael's House only.

Debbie Doyle
01 490 0936, Ext 5



Photographs may be taken by a photographer or the organiser at every event during this festival. These images may be used by South Dublin County Council for display and publicity purposes on our website www.sdcc.ie, social media and/or publications. Images will be stored securely and retained in accordance with SDCC's retention policy. If you wish for your image not to be used please make yourself known to the photographer, organiser or Council officials.

Bealtaine Festival 2021 Events

Curious Me

Wednesday 5 May
10.30 am

It's time to get curious about your lovely selves. Celebrate you in a new light through this playful exploration of self-portraiture and identity. We will draw, collage, print, sculpt and photograph our faces in a month long creative and skills-based workshop series with ReCreate Ireland.

Workshops take place on:

Wednesday 5 May
Wednesday 12 May
Wednesday 19 May
Wednesday 26 May

Liz Smith
ReCreate Ireland
01 456 8798



Mindful Chair Yoga

Wednesday 5 May
11.00 am
www.talib.eventbrite.ie

Sally Dunne returns with her popular classes of gentle but thorough yoga, including mindful stretching, breath-work and relaxation. Places are limited. Booking from 9.00 am Monday 26 April.

Tallaght Library
01 462 0073

Plant-Powered Cookery Demonstration

Wednesday 5 May
12.00 noon
www.eventbrite.ie/o/lucan-library-4590537389

Tasty, nutritious, plant-based eating with Dr. Ailis Brosnan. Learn how you can prepare well-balanced, healthy salads, snacks and more for all the family with fruit, vegetables, nuts, seeds and grains. Booking required.

Lucan Library
01 621 6422

Mindful Chair Yoga

Wednesday 5 May

2.00 pm

www.eventbrite.ie/e/144011569481

Sally Dunne returns with her popular classes of gentle but thorough yoga, including mindful stretching, breath-work and relaxation.

Booking essential from 28 April at 1.00 pm

Ballyroan Library

01 494 1900



Teatime Talks 'Dublin's Dancehalls & Cinemas'

Wednesday 5 May

7.00 pm

14 Henrietta Street presents Teatime Talks; a series of talks inspired by the history, people and surroundings of 14 Henrietta Street.

From the Crystal Ballroom to the Volta Cinema, Dublin's dance halls and cinemas were popular with many residents of Dublin's tenements in the 20th century, including 14 Henrietta Street. Through the Your Tenement Memories oral history project, 14 Henrietta Street has heard from many people who fondly remember the cinemas and dance halls of Dublin. They were places of escapism, of hopes and dreams, love and romance. Movies transported children to the plains of the Wild West, and dance halls were filled with heady expectations.

Let Gillian Ryan, our wonderful tour guide here at 14 Henrietta Street, take you down memory lane, revisiting these much-loved and pivotal places of Dublin's social, historical and cultural scene.

Booking link:

<https://14henriettastreet.ie/news-and-stories/may-teatime-talk-dublins-dancehalls-and-cinemas/>

Gemma Howe

01 524 0383

info@14henriettastreet.ie

Bealtaine Festival 2021 Events

Green Fingers Gardening Course

Thursday 6 May

1.30 pm

St. Michael's House

Reconnecting with friends whilst learning how to garden on the green fingers course.

Open to members of St. Michael's House only.

Debbie Doyle

01 490 0936, Ext 5

Generations Together

Thursday 6 May

2.00 pm

An Cosán

Come join our U3A group and The Rainbow House (after school group) to share arts and crafts together to create an inter-generational piece of work to showcase. Refreshments served.

Imelda Hanratty

01 462 8488

i.hanratty@ancosan.ie

Gratitude & Vision Board Workshop With Karen Stokes

Thursday 6 May

7.00 pm

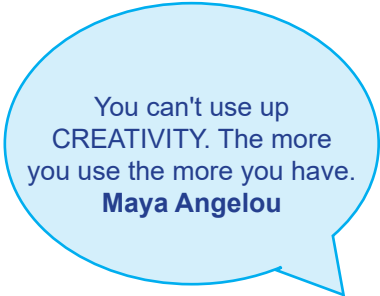
The workshop will help to relax, calm the mind and really think about what it is you want in your life. Come join us for a morning of meditation and creativity with Karen.

Places are limited so booking is required.

Joanne Nolan

085 148 1737

developworkerc.l@gmail.com



You can't use up
CREATIVITY. The more
you use the more you have.
Maya Angelou

Singing Workshops with Eamon Sweeney

Friday 7 May

2.00 pm

Lucan Lodge Nursing Home

&

3.30 pm

Griffen Valley Nursing Home

Music Network presents two interactive singing workshops for residents of Lucan Lodge Nursing Home and Griffen Valley Nursing Home, Dublin. The workshops will be facilitated by renowned musician and educator Eamon Sweeney. Eamon will deliver the workshops from the garden area of the nursing homes to residents who will be located indoors, or, weather permitting, the residents will join Eamon outdoors. During the workshops, participants will sing together, led by Eamon on guitar. Songs will be chosen by both Eamon and the participants. The workshops will also incorporate rhythmic work in the form of clapping, and the

singing will be interspersed with sections where Eamon and the participants share favourite poems. The programme aims to foster a sense of togetherness through music, promote fun and enjoyment, nurture creativity, and connect with music and poetry from participants' pasts. During these socially distanced times, the workshops will connect older people with the wider community through music.

Sarah Ledwidge

01 475 0224

The logo for Music Network features a large, stylized, black letter 'M' composed of three vertical bars. Below the 'M', the words 'Music' and 'Network' are stacked in a bold, black, sans-serif font.

**Music
Network**

Bealtaine Festival 2021 Events

Paint a picture with Paintclub

Saturday 8 May

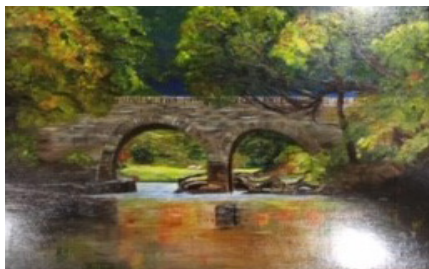
3.00 pm

www.talib.eventbrite.com

Join Paintclub for a live painting session and create the beautiful painting Autumn Falls. All materials will be provided. This event will be delivered via Zoom.

Booking from 9.00 am Thursday
15 April.

Tallaght Library
01 462 0073



Virtual Tour of Rathfarnham Castle

Monday 10 May

11.00 am

Available to view on all South
Dublin County Council's Social
Media platforms; Facebook,
Twitter, Instagram and YouTube.

As one of the longest continually occupied buildings in Dublin, the story of Rathfarnham Castle reflects some of the major developments in Irish history. In this online tour of Rathfarnham Castle, learn how the building changed from an Elizabethan fortified house to an eighteenth century country villa and finally became a home to trainee Jesuits. Using professional photographs of the Castle, this is a chance to explore the Castle's beautiful interiors and discover the lives of the Loftus family who lived there.

Social Inclusion Unit
01 414 9270



OPW Óifig na nOibreacha Poblait
Office of Public Works





HEALTHY FOOD MADE EASY

**Healthy Food Made Easy is
a 6 session HSE
programme designed to
help people develop the
skills, knowledge and
confidence to eat well and
improve their health.**



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

**For more information contact Roisin Ellis
roisin.ellis@sdcpartnership.ie
You may also call on 086 049 0866**



**South Dublin
County Partnership**
Páirtíocht Chontae
Átha Cliath Theas

Bealtaine Festival 2021 Events

Mindful Chair Yoga

Monday 10 May

2.00 pm

www.clondalkinlibrary.eventbrite.com

Sally Dunne returns with her popular classes of gentle but thorough yoga, including mindful stretching, breath-work and relaxation.

Booking essential through Eventbrite from Monday 3 May.

Clondalkin Library
01 459 3315



Clayotic, all but chaotic!

Tuesday 11 May

11.00 am

www.eventbrite.ie/o/lucan-library-4590537389

Sign up for this fun workshop using Ireland's only fast drying clay from Irish company Clayotic. Make clay characters following a step by step pre-recorded tutorial. Learn basic shapes and tips and tricks to perfect your model making skills! Remember Clayotic is an air drying clay so your characters become permanent keepsakes after 24 hours. Participants will receive materials in the post. Booking essential.

Lucan Library
01 621 6422



Health & Wellbeing for 55+ in the Community

Welcome

**Continence Promotion
and Management**

Victoria Doyle, Continence CNM2

Active Ageing

Siobhan Quinn, Physiotherapist

Positive Ageing

Deborah Fitzhenry, Community
Liaison Nurse

Tuesday 11th May 2021

Delivered Virtually via Microsoft Teams

10.00 am - 12.00 noon

Registration: 9.45 am sharp

Booking is essential, so please book early to avoid disappointment

Contact: Deirdre Halford, 087 922 9656

Email: Deirdre.halford@tuh.ie

or

Contact: Social Inclusion Unit, 01 414 9270

Email: socialinclusionunit@sdublincoco.ie

Bealtaine Festival 2021 Events

Friendship Yoga

Tuesday 11 May

2.00 pm

St. Michael's House

Reconnecting with friends whilst taking part in a friendship yoga course together.

Open to members of St. Michael's House only.

Debbie Doyle

01 490 0936, Ext 5

Gardening Workshop

Wednesday 12 May

11.00 am

Let colour lift your mood with flowers from the garden and floral displays. Learn how to create a colourful container for your garden and a floral arrangement for your home. This workshop will take place online through Microsoft Teams. Link to attend will be sent directly to people who register to attend.

Social Inclusion Unit

01 414 9270

socialinclusionunit@

sdblincoco.ie

Mindful Chair Yoga

Wednesday 12 May

11.00 am

www.talib.eventbrite.ie

Mindful Chair Yoga for Over 55's with Sally Dunne via Zoom.

This inclusive class is done seated, using easy, accessible poses. Our aim is to increase flexibility in the spine and the joints with careful and safe movements which are adaptable to everyone. Yoga can increase our range of movement, help muscle and joint flexibility and calm the mind.

Your email will be passed on to the facilitator in order to register you for the session. A link and password will be sent to you on the morning of the class. These sessions are stand alone and you will need to book a ticket for each session. Places are limited.

Booking from 9.00 am Monday 26 April.

Tallaght Library

01 462 0073

Mindful Chair Yoga

Wednesday 12 May

2.00 pm

[www.eventbrite.
ie/e/144011569481](https://www.eventbrite.ie/e/144011569481)

Sally Dunne returns with her popular classes of gentle but thorough yoga, including mindful stretching, breath-work and relaxation.

Booking essential from 28 April at 1.00 pm

Ballyroan Library
01 494 1900



Carnation Theatre presents 'Getting Hitched' a live interactive play via Zoom

Wednesday 12 May

3.00 pm

www.talib.eventbrite.ie

You are cordially invited as guests to the wedding of Maread Ui Rhian and Micheal MacFicil. Dress up, toast, be merry and singalong with us as we reminisce around weddings of days gone by. Places are limited. Booking from 9.00 am Tuesday 4 May.

Tallaght Library
01 462 0073



Bealtaine Festival 2021 Events

Decade of Centenaries Lecture Series -

What did you do in the War of Independence, Grandad? with Myles Dungan

Wednesday 12 May

7.00 pm

[www.southdublinhistory.
eventbrite.com](http://www.southdublinhistory.eventbrite.com)

Based on his new book *Four Killings*, Myles Dungan extracts three of the aforementioned killings - which took place during the War of Independence - and talks about the bloody narrative of his extended family during the revolutionary era and offers suggestions on how to research the activities of your own ancestors in that seminal conflict. Booking essential.

Ballyroan Library
01 494 1900



Summer Wreath Workshop

Thursday 13 May

10.00 am

Join visual artist, Christine Carey in creating a wonderful floral door decoration for your house. Materials will be posted in advance of workshop so please book early.

Christine Carey
087 137 6172

Green Fingers Gardening Course

Thursday 13 May

1.30 pm

St. Michael's House

Reconnecting with friends whilst learning how to garden on the green fingers course.

**Open to members of St.
Michael's House only.**

Debbie Doyle
01 490 0936, Ext 5

Get Moving in May with our Parks & Trails Challenge

**Visit at least five of our South Dublin County
Parks & Trails during the month of May!
Prizes including Zipit Forest Adventure passes &
Picnic Kits**

**To register visit
inspiredsouthdublin.ie**



sdcsp.ie
South Dublin County
Sports Partnership
— SPORT IRELAND —

Bealtaine Festival 2021 Events

Creating Flower & Garden Displays

Thursday 13 May

2.00 pm

An Cosán, Jobstown,
Tallaght

Get Creative with Flower Arranging and Garden Display for people to experience the joy of making floral displays and also gain gardening tips. Questions and answers session. Refreshments served according to guidelines. Booking essential by emailing i.hanratty@ancosan.ie.

Imelda Hanratty

01 462 8488

i.hanratty@ancosan.ie



Carnation Theatre presents 'Getting Hitched' a live interactive play via Zoom

Friday 14 May

3.00 pm

www.ballyroanlibrary.eventbrite.com

You are cordially invited as guests to the wedding of Maread Ui Rhian and Micheal MacFicil. Dress up, toast, be merry and singalong with us as we reminisce around weddings of days gone by. Places are limited. Booking essential.

Ballyroan Library

01 494 1900



Introduction to Impressionism – art history talk with Jessica Fahy

Friday 14 May

7.00 pm

www.eventbrite.ie/o/lucan-library-4590537389

We're delighted to once again host a talk by art historian Jessica Fahy. Impressionism is the ideal artistic style to explore in the month of May. Impressionists painted outdoors and were particularly drawn to flowers and sunny landscapes. They wished to record modern life in a new and exciting way. This talk will cover the development of this style from its rebellious origins to its present-day fame. Artists to be discussed include Monet, Renoir, Degas and Cézanne. Booking essential.

Lucan Library
01 621 6422



Herb Hanging Basket Demonstration with horticulturist Aoife Munn

Monday 17 May

12.30 pm

www.eventbrite.ie/o/lucan-library-4590537389

This session will include everything you need to know about growing herbs in hanging baskets. Discover how to keep the baskets looking good longer, which herbs to combine and much more. There will be plenty of time for questions and answers too. Booking essential.

Lucan Library
01 621 6422

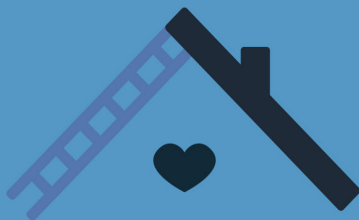




South Dublin
County Partnership
Páirtíocht Chontae
Átha Cliath Theas



An Roinn Coimíree Sóisialaí
Department of Social Protection



Care & Repair

Tús Service
Freephone:
1800 938884





Tús Care & Repair provides a **free odd job service** for people and organisations that are eligible within our local community.

EXAMPLES OF WORK WE DO:

- Minor gardening jobs
- Small painting jobs
- Hanging curtain rails
- Putting up shelves
- minor DIY jobs

YOU ARE ELIGIBLE IF YOU ARE:

- A resident in South Dublin County
- A senior citizen referred from a support worker/health service
- A community or voluntary organization
- You have a long-term illness or disability

HOW IT WORKS

- 1 Contact the freephone number and describe the job that needs to be done
- 2 A member of the Care & Repair team will visit you and assess the job
- 3 A member of the office will then contact you with a start date
- 4 A team of two or more will carry out the job
- 5 Customer service call on completion
- 6 When demand is high, waiting list will apply

- The Care and Repair Team consists of Tús participants who have specifically volunteered for this role.
- All team members are fully Garda vetted.
- Care and Repair works in teams of 2-3 persons under the supervision of SDCP Tús team leaders and Management.
- All staff carry I.D to identify themselves as members of the team.

Email: careandrepair@sdcpartnership.ie

Freephone: 1800 938884

Mon-Fri 9am-5pm



Bealtaine Festival 2021 Events

Planning Ahead with Masseys

Monday 17 May
2.30 pm

An opportunity to discuss your funeral wishes with trained, skilled professionals, who take great pride in honouring people's lives on a daily basis. Planning ahead is the most thoughtful decision you could make.

Social Inclusion Unit
01 414 9270
socialinclusionunit@sdublincoco.ie

Carnation Theatre presents 'Getting Hitched' a live interactive play via Zoom

Tuesday 18 May
11.00 am

www.eventbrite.ie/o/north-clondalkin-library-31079450849

You are cordially invited as guests to the wedding of Maread Ui Rhian and Micheal MacFicil. Dress up, toast, be merry and singalong with us as we reminisce around weddings of days gone by. Booking essential.

North Clondalkin Library
01 414 9269



Thinking about Volunteering

Tuesday 18 May
11.00 am

Join us during National Volunteering Week to find out more about volunteering, the opportunities available, and how small actions can make a big impact!

Colette Gallagher
086 703 6768
Colette@
volunteersouthdublin.ie

Friendship Yoga

Tuesday 18 May
2.00 pm
St. Michael's House

Reconnecting with friends whilst taking part in a friendship yoga course together.

Open to members of St. Michael's House only.
Debbie Doyle
01 490 0936, Ext 5

Mindful Chair Yoga

Wednesday 19 May
11.00 am
www.talib.eventbrite.ie

Mindful Chair Yoga for Over 55's with Sally Dunne via Zoom. This inclusive class is done seated, using easy, accessible poses. Our aim is to increase flexibility in the spine and the joints with careful and safe movements which are adaptable to everyone. Yoga can increase our range of movement, help muscle and joint flexibility and calm the mind.

Your email will be passed on to the facilitator in order to register you for the session. A link and password will be sent to you on the morning of the class. These sessions are stand alone and you will need to book a ticket for each session. Places are limited.

Booking from 9.00 am Monday 26 April.
Tallaght Library
01 462 0073

Bealtaine Festival 2021 Events

Spend your Money Safely

Wednesday 19 May
12.00 noon

Join Ailish Gorman Bank of Ireland Financial Wellbeing Coach to discuss how to 'Spend your Money Safely'. Topics included in the Seminar:

- Understanding Financial Exploitation
- Protecting yourself at home
- Security Tips for using an ATM and your card
- Digital Security & Online Fraud

Social Inclusion Unit
01 414 9270
[socialinclusionunit@](mailto:socialinclusionunit@sdbublincoco.ie)
[sdbublincoco.ie](mailto:socialinclusionunit@sdbublincoco.ie)



Mindful Chair Yoga

Wednesday 19 May
2.00 pm

www.eventbrite.ie/e/144011569481

Sally Dunne returns with her popular classes of gentle but thorough yoga, including mindful stretching, breath-work and relaxation.

Booking essential from 28 April
at 1.00 pm

Ballyroan Library
01 494 1900





Virtual Tour of Rathfarnham Castle

Wednesday 19 May

4.00 pm

Available to view on all South Dublin County Council's Social Media platforms; Facebook, Twitter, Instagram and YouTube.

As one of the longest continually occupied buildings in Dublin, the story of Rathfarnham Castle reflects some of the major developments in Irish history. In this online tour of Rathfarnham Castle, learn how the building changed from an Elizabethan fortified house to an eighteenth century country villa and finally became a home to trainee Jesuits. Using professional photographs of the Castle, this is a chance to explore the Castle's beautiful interiors and discover the lives of the Loftus family who lived there.

Social Inclusion Unit
01 414 9270



OPW

Óifige na nOibreacha Publí
Office of Public Works



Rathfarnham Castle

Bealtaine Summer Wall Art Workshop

Thursday 20 May

10.00 am

NCCWN Rowlagh would like to invite you to our online Bealtaine Hanging Wall Art Workshop, as we celebrate Bealtaine this year, after a very challenging year like no other before. With local artist Christine Carey, we would like to help you create a beautiful, personal piece of hanging wall art that has meaning for you. All participants will be provided with materials required. Booking required.

Karen Stokes
085 851 3040



Bealtaine Festival 2021 Events

Hope for the Future Workshop

Thursday 20 May
10.30 am

Ronanstown Women's CDP are hosting a 'Hope for the Future' Workshop celebrating the May Bealtaine Festival, Keeping yourself connected with the world from your home. This event will be held over zoom exploring our 'Hopes for the Future' and will include inspirational quotes, poetry and creativity, along with self care and well-being tips.

Vivienne Glanville
01 457 0687



Decoupage Workshop with Kim Jenkinson

Thursday 20 May
11.00 am

www.clondalkinlibrary.eventbrite.com

Join artist Kim Jenkinson for this decoupage workshop where we will be creating summer night lights using recycled glass jars and a mix of decorative papers. Booking essential from Monday 10 May.

Clondalkin Library
01 459 3315

Green Fingers Gardening Course

Thursday 20 May
1.30 pm
St. Michael's House

Reconnecting with friends whilst learning how to garden on the green fingers course.

Open to members of St. Michael's House only.

Debbie Doyle
01 490 0936, Ext 5



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Ageing Nurturing our Longevity Dividend

A Zoom talk with
Prof Desmond O'Neill

Professor in Medical Gerontology
Trinity College Dublin.

Brought to you by the
Academic Primary Care Centre
Queries: **Imelda Hanratty**
i.hanratty@ancosan.ie

**Thursday
20th May
2.30 – 3.30 pm**

To book a place and
receive Zoom link,
contact Avril Hannifin
a.hannifin@ancosan.ie



Bealtaine Festival

An Age & Opportunity **arts** initiative

Bealtaine Festival 2021 Events

Creative Mindfulness

Monday 24 May

1.00 pm

Stewarts Care

Creative Journey through Mindfulness where attendees are guided through Mindful practices while experiencing / enjoying the creative process. This is a blend of Mindfulness and Creativity.

Joan Nolan

087 415 2385

Creativity is the way
I share my soul with
the World.

Brene Brown



Create Herb Hanging Baskets with Aoife Munn

Monday 24 May

7.00 pm

www.talib.eventbrite.ie

Join us for a Herb Hanging basket demonstration where horticulturist Aoife Munn, will be showing us how to create lovely herb hanging baskets to suit all. From tips to stop them drying out and great combinations, everything is covered and plenty of time for questions too. Places limited. Booking from 9.00 am Monday 17 May.

Tallaght Library

01 462 0073

Friendship Yoga

Tuesday 25 May

2.00 pm

St. Michael's House

Reconnecting with friends whilst taking part in a friendship yoga course together.

Open to members of St. Michael's House only.

Debbie Doyle

01 490 0936, Ext 5



Celebration of Songs & Their Stories

Tuesday 25 May

2.00 pm

Áras Chrónáin, D22X856

or www.araschronain.ie

(Facebook, Youtube, & Website)

A Celebration of Songs (ballads) & their stories. Join us, sing along and hear the wonderful stories that created some of our famous ballads.

Brian Ó Gáibhín

087 284 4195



Decade of Centenaries Lecture Series - Researching and Writing Your Own Family History with Sinéad McCool

Tuesday 25 May

7.00 pm

[www.southdublinhistory.
eventbrite.com](http://www.southdublinhistory.eventbrite.com)

Following on from Myles Dungan's talk on his family involvement in the revolutionary period, this complementary talk will help you get started in researching and writing your own family history. Sinéad McCool is an Irish historian, author, broadcaster and scriptwriter, specialising on women in Irish history. Booking essential.

Ballyroan Library

01 494 1900



Bealtaine Festival 2021 Events

Mindful Chair Yoga

Wednesday 26 May

11.00 am

www.talib.eventbrite.ie

Mindful Chair Yoga for Over 55's with Sally Dunne via Zoom. This inclusive class is done seated, using easy, accessible poses. Our aim is to increase flexibility in the spine and the joints with careful and safe movements which are adaptable to everyone. Yoga can increase our range of movement, help muscle and joint flexibility and calm the mind.

Your email will be passed on to the facilitator in order to register you for the session. A link and password will be sent to you on the morning of the class. These sessions are stand alone and you will need to book a ticket for each session. Places are limited.

Booking from 9.00 am Monday 26 April.

Tallaght Library
01 462 0073

Lift Your Mood

Wednesday 26 May

11.00 am

Peamount Hospital

RAMS in Rhythm will entertain the staff, patients and residents of Peamount Hospital and sing all the favorite songs for one hour on the grounds of Peamount Hospital.

Matt Dowling
01 458 9007

Mindful Chair Yoga

Wednesday 26 May

2.00 pm

www.eventbrite.ie/e/144011569481

Sally Dunne returns with her popular classes of gentle but thorough yoga, including mindful stretching, breath-work and relaxation.

Booking essential from 28 April at 1.00 pm

Ballyroan Library
01 494 1900



Summer Wreath Workshop

Thursday 27 May
10.00 am

Join visual artist, Christine Carey in creating a wonderful floral door decoration for your home. Materials will be posted in advance of workshop so please book early.

Christine Carey
087 137 6172



Highlights of the Collection of Hugh Lane Gallery

Thursday 27 May
11.00 am

During this illustrated online talk, Aoife Convery will discuss the superb collection of the Hugh Lane Gallery. Now located in Parnell Square, the Hugh Lane Gallery is considered to be one of first galleries of modern art in the world. From the Gallery's beautiful architecture to the magnificent stained glass of Harry Clarke, the colourful chaos of Francis Bacon's studio and the extraordinary paintings of Sean Scully, as well as dynamic programmes of exhibitions, education and concerts, there is so much to see and enjoy.

Social Inclusion Unit
01 414 9270
[socialinclusionunit@](mailto:socialinclusionunit@sducoco.ie)
sducoco.ie

Happiness lies in the joy
of achievement and the
thrill of creative effort.
Franklin D. Roosevelt

Bealtaine Festival 2021 Events

Green Fingers Gardening Course

Thursday 27 May

1.30 pm

St. Michael's House

Reconnecting with friends whilst learning how to garden on the green fingers course.

Open to members of St. Michael's House only.

Debbie Doyle

01 490 0936, Ext 5

Creativity is
contagious, pass it
on.

Albert Einstein



"Lives on the Line" Poetry Workshop

Eileen Casey, local poet and writer, would like to invite participants to get involved in her "Lives on the Line" poem. During the month of May to mark the Bealtaine Festival, Eileen is looking to gather single lines which reflect lives at this present moment in time, from seniors living in the County. A workshop will then take place to discuss & curate all the lines gathered, into one finished poem.

'Lives on the Line' is also a series of emotional telegrams, an opportunity to express a deep felt belief, loss, celebration etc. It crosses culture and gender and in essence provides a literary time capsule.

**To get involved email your
poetry line to:**

Eileen Casey

eileencaseyhome@eircom.net

085 841 4866



Afternoon Tea from the comfort of your own home

As this year's theme is "Keep yourself connected with the world from your home" we are endeavouring to include as many of our active age citizens as possible, in particular those with no access to the World Wide Web. To achieve this we are calling for your nominations for those members to receive an afternoon tea from the comfort of their own homes and join in our 2021 Bealtaine Festival celebrations. The nominations could include those:

- who have been isolated over the past year,
- who you feel have went above and beyond to help others during this difficult period,
- from your active retired group who usually attend events in person but can't take part this year as they are not online.

We have limited resources but will try to include as many nominations as possible.

Send your nominations to socialinclusionunit@sdblincoco.ie – Name, Number of people in the house (max 2), Address, Eircode, Phone Number & Email address if available?

Please be advised that a photographer may attend the delivery. These images may be used by South Dublin County Council for display and publicity purposes on our website www.sdcc.ie, social media and/or publications. Images will be stored securely and retained in accordance with SDCC's retention policy. If you wish for your image not to be used please make the Social Inclusion Unit aware before your delivery is arranged.

beataine festival

celebrating creativity as we age



Comhairle Contae
Átha Cliath Theas
South Dublin County Council



Tús Nua
Older Person's Council for South Dublin

