



# Tipperary Bealtaine

Celebrating the  
arts & creativity  
as we age



**May 2023**  
**Tipperary**

**Age & Opportunity**

**Bealtaine Festival**

Celebrating the arts and creativity as we age

## The Old House by Helen Hutchinson

Artist in Residence,  
Nenagh Arts Centre, 2023

The old house in this poem is the house where we grew up as a family in Coolmamaona, Cloughjordan, Co. Tipperary. The house holds many happy memories for each of us – we sang and played music. We had great fun.

But then everything changed when my two brothers Paddy and Jack died by suicide.

My name is Helen Hutchinson, also known as Nellie. I am a Traveller woman also a poet. I was brought up in a small village in Cloughjordan but now live in Nenagh.

I use my poetry to voice my pride as a Traveller and in this way I hope to educate members of the settled community about travellers.

### **The Old House**

*Standing at the old house now  
This house where I grew up  
My mind is full of memories  
Tears run down my face in floods  
Remembering the happy times  
When we were all of us young  
All the drinking parties  
And all the songs we sang.  
We've all gone in different directions now  
It's so hard to believe  
We lived a life and had some fun  
Until the BAD times began  
I'm so lonely and heartbroken now  
As I stand here on my own  
Looking back at history now  
I know where things went wrong  
A Traveller family in a house  
This never should have been  
Taken away from our own clan  
And left to live a life on our own  
This old house is still standing  
It almost welcomes me in  
I turn away with my memories  
I don't think I'll be back again*

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Front Cover Credit:

'Paddy goes to Petra' written and directed by Aine Ryan, The Jack Studio Theatre, London Nov 22.

Actor: Brendan Dunlea

Photography by Steve Gregson

# Welcome to Tipperary Bealtaine 2023

Each year in the month of May, Bealtaine is presented as an annual nationwide festival celebrating the arts and creativity as we age. The festival is an initiative of Age & Opportunity, the national organisation that promotes active and engaged living as we get older. At Tipperary Arts Office together with our colleagues in the Library Service, we are delighted to once again present an extensive, interactive programme throughout the county.

## Festival Launch with Michael Fortune

Roscrea Library • Friday 5 May 1pm



**Join us for the Tipperary Bealtaine Launch at 1pm on Friday 5th of May when artist/folklorist Michael Fortune and participants from Age Friendly Roscrea showcase their work and findings from their recent folklore and reminiscence project.**

Back in late 2022 artist/folklorist Michael Fortune began work on a project with staff and participants from Age Friendly Roscrea recording stories, tales and memories in the centre and also in people's homes. For the Tipperary Bealtaine Programme, Michael and the group have produced this material into a pop-up exhibition featuring images, text and films.

These exhibition boards will also contain QR codes so you can scan your phone and be brought directly to YouTube to hear interviews and chats come alive. The boards will be on display in Roscrea Library for the month of May.

Michael Fortune has been a pioneer in the area of socially engaged work within Ireland over the past twenty years and his practice has widened the conversations regarding the intersection of traditional and contemporary cultures. Michael grew up in a family immersed in story, superstition and folk belief in an area known as 'The Macamores', an old Gaelic stronghold stretching along the east coast of Wexford. He completed his BA in Fine Art, specialising in video and performance, at Limerick School of Art in 1999 and his MA in Screenwriting at DLIADT in 2003.

Fortune continues to produce project work throughout the country and works as a part-time Associate Lecturer at Limerick School of Art and Design (Master of Education and Digital Media). He also conducts work as a Visiting Lecturer in many colleges and in universities Ireland.

## Darn It - Mending Matters

Mon 8 - Thur 18 May

**Darn It - Mending Matters is a creative, empowering programme of sustainability and renewal through the arts.**

Initiated by the Tudor Artisan Hub, this programme is inspired by 'Kintsugi', the Japanese art of putting broken pottery pieces back together with gold - built on the idea that in embracing flaws and imperfections, you can create an even stronger, more beautiful piece to cherish.

Participants are invited to engage, through a series of workshops and demonstrations, in learning simple practical skills to repair, reuse, repurpose and renew belongings. Environmental sustainability and reconnecting people with vanishing life skills is at the core of this mending project. We have an opportunity to raise awareness and work together to be more intentional and creative about what we consume, keep, and discard.

Key members of the creative team are: project director, Linda Fahy, Owner, Tudor Artisan Hub; Visual artists Sheila Wood, Mia Carney, Renée Ní Gig, Tony Oakey, Rikey and Paddy Howe; Writers, Margaret O'Brien, (Writing Changes Lives), Patricia Cantwell and John Corcoran.

### Mixed Media Showcase

Sean Healy Memorial Library,  
Greenside, Carrick on Suir, E32 X860

Mon 8 - Thurs 18 May

**For further details see:**

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

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

[www.instagram.com/tudorartisanhub](https://www.instagram.com/tudorartisanhub)

### Workshops & Demonstrations:

Mon 8 May 2-4pm

#### 'Much is in the Little' with writer Margaret O'Brien

A writing workshop where you discover how small, common objects can be repurposed as portals to brief but compelling pieces of original writing.

Wed 10 May 7-8pm

#### Radio Drama KINTSUGI written by Patricia Cantwell

**Live rehearsed Play Reading with  
Patricia Cantwell and John Corcoran**

This drama is centered on an interview with the late Kathleen Hackett former resident at Sonas Nursing Home, Melview, Clonmel during Covid-19 lockdown. The original play was produced as part of the Keep Well Campaign 2021.



Thur 11 May 2-4pm

## 'Making T-Shirt Yarn' with Rickey Howe

Learn how to make yarn for knitting/ crochet by repurposing an old Cotton T-shirt. Learn how to turn that Tee-Yarn into something new and have fun!

Mon 15 May 2-4pm & Wed 17 May 6.30-8pm

## Visible Mending pop- up demonstrations with Hub Artists

Through the Japanese art of Kintsugi, we have an opportunity to be more intentional about what we consume, keep, and discard. Repairing or re-configuring broken or damaged items and re-introduce them, embracing the "brokenness" as a distinctive feature. The process is therapeutic and fun!

Thur 18 May 2-4pm

## Decorative Darning - Visible Mending with Rickey Howe

Learn how to mend a piece of fabric using fun decorative darning techniques. Instead of seeing clothes as disposable, visible mending values sustainability and suggests a different way of relating to our clothes.

# THURLES

Decadent Theatre Company and Galway Arts Centre present

## From A Low and Quiet Sea

8 pm, Friday 12 and Sat 13 May  
Tickets: €20

A Bealtaine ticket offer will be available  
Booking: [www.thesourceartscentre.ie](http://www.thesourceartscentre.ie)  
Phone: 0504 90204

Four souls. Each searching for something they have lost. Each trying to make sense of the road they have chosen.

For Farouk, family is all. He has protected his wife and daughter from the war. If they stay, they will lose their freedom. If they flee, they will lose all they have known of home, for a faraway land across the merciless sea. Lampy is distracted. He's with Eleanor, but she's not Chloe. His granddad's sniping jokes are getting on his wick. And on top of all that, he has a bus to drive; those old folks from the home can't wait all day.

For John, the game was always the lifeblood coursing through his veins. Manipulating people for enrichment, for enjoyment, for spite. But it was never enough. The lifeblood is slowing down, will God listen? Florence's son is acting differently which forces her to look for answers, but she is afraid of the truth that lies within herself.

The mother, the refugee, the penitent, the dreamer. Four characters, four lost souls, searching for a version of home.

Adapted from Donal Ryan's novel by Donal Ryan, Andrew Flynn & the original cast, directed by Andrew Flynn.

## The Slieveardagh Recollection Collection

Tue 23 - Wed 31 May

The Slieveardagh Recollection Collection is a project created by older members of the community who use the services of The Millennium Family Resource Centre, the staff of the centre and artist Katy Goodhue.



For this project, participants celebrate their collective and individual pasts, highlighting that everyone has a story, a memory, an object, a thought, a recollection to share. Katy has photographed and recorded individuals and groups as they talk about items they still have and speak of their memories of past days.

Katy Goodhue is a visual artist who lives and works in the Slieveardagh Hills. Alongside her sculpture she works with senior members of the locality to gather and share stories of the heritage of local coal mines and life in the past, this project will continue this collection.

### Public Exhibition

There will be an exhibition of items from the mid-20th century along with photos from the project.

Millennium Family Resource Centre,  
Glengoole, Thurles, E41A065

Tues 23- Wed 31 May

## Sound, Sight, Story

1 March - 3 May



**Chelsea Canavan and Andy Spearpoint are working with residents at Newport Day Centre. Residents are sharing of stories associated with items of personal significance to co-create artworks and soundscapes.**

Using a variety of media the group members are exploring technology through the making of short animations and time-lapse pieces. The sound work involves the collection of various sound elements, some group playing and singing and the creation of recorded sound pieces to accompany the artworks.

Sight, Sound, Story will be sharing the work with participants' friends and families in a community gathering during the month of May.

Andy Spearpoint is a community musician who works with groups of all ages in education and community settings. He has been developing work for older adults involving the creation of interactive sound worlds using the voice of participants along with various home made and electronic instruments.

Chelsea Canavan is a socially engaged, multi-disciplinary visual artist who uses a broad range of media including drawing, collage, construction, sound, video and animation.

## Tinctures, Tonics & Teas

Wed 5 April - Wed 10 May

For Bealtaine 2023, local artist Aoife Barrett (Print Van Go, travelling print studio) is working with Clonoulty's 'Young At Heart' club and other members of the community on a creative project to explore the joys of herbal health and the many and varied uses and needs for herbs.



Aoife will facilitate a pop-up tea room at the Clonoulty Community Hall and run a series of creative sessions and gatherings to restore, reconnect and reimagine our herbal traditions. Aoife invites members of Young At Heart and the wider Clonoulty community to join her at the Clonoulty Community Hall to make and share together over a cup of herbal tea while engaging in activities and discussions around our herbal traditions. Creative workshops will involve planting and growing herbs, sharing herbal remedies, recipes, printmaking and textiles. No experience necessary.

Aoife Barrett graduated with an M.A. in Multi-Disciplinary Printmaking from the University of the West England in 2015 before going on to set up 'Print Van Go', traveling print studio. She has exhibited in a number of solo and group shows throughout Ireland and internationally. Aoife also enjoys working in community and health care settings, as well as with artists and arts organisations to deliver large-scale public print events and projects.

### Drop-in creative sessions and herbal tea making

Clonoulty Community Hall

every Wednesday from

Wed 5 April- Weds 10 May 10am-12pm

### Final Event/Garden Party

Clonoulty's Biodiversity Garden, Priests Road

Weds 10 May 12-2pm

## The Retracing Project



Prompted by a reprinting of the original Nature Trail pamphlet of Glengarra Wood (courtesy of Galtee Honey Farm), a series of recorded interviews with senior citizens from the Galtee Vee Valley in April 2023 will be featured, alongside woodland drone footage and interviews of retired foresters and former hikers, as part of a short documentary film. Participants, on revisiting Glengarra Wood and Mountain Lodge on a Nature Trail By Bus will retrace their steps before a screening of this documentary. Serving as the inspiration for our tea-time storytelling session at Glengarra Mountain Lodge, the afternoon will close with a leaf printing workshop and real-time creation of a new Nature Trail pamphlet for Glengarra Wood with artist Deirdre Dunne.

Joey Maguire is a multi-disciplinary artist, educator and live event technician. He performs as both a solo artist and as a member of Timpeall. Joey's artistic work encourages the audience to connect with their inner-child, create a sense of immersion and engage the participant in a state of play with the piece. Aisling Fitzgerald is a Musician, Creative Producer and Lecturer and works predominately in Opera and Festival production.

Her creative practice is channelled through the development of an arts and cultural programme at Glengarra Mountain Lodge where Aisling's community-based and inter-generational artistic programming is inspired by heritage, both natural and architectural.

**New Nature Trail pamphlet will be available from Fri May 26**

See [www.facebook.com/glengarralodge](https://www.facebook.com/glengarralodge) or [www.instagram.com/glengarralodge](https://www.instagram.com/glengarralodge) to download.

**Audio Recordings can be enjoyed by all as part of a new Audio trail in Glengarra Wood during Suaimhneas sna Coillte - Festival of Wellbeing on Sun 20 August.**

## *Paddy goes to Petra*

Nenagh Arts Centre • Tue 30 May 1.30pm • Tickets: €15

### Ticket Information

Ticket price includes selection of sandwiches with tea/coffee to be served from 1pm.

Get your tickets on [www.nenagharts.com](http://www.nenagharts.com)

Email [reception@nenagharts.com](mailto:reception@nenagharts.com) or call 067 34400



Rural Ireland meets the Middle East in a plot which follows middle aged farmer Paddy, whose lust for life has long vanished. A trip to the ancient city of Petra in Jordan encourages him to feel a fresh wonder for the world, develop new friendships and begin an exciting love affair... with himself. Pretending to lose his passport so he can stay longer in Petra, Paddy begins a journey of recovery and renewed enthusiasm for living. How long until responsibilities of old take hold of him again, however? A play about survival and strength amidst the shackles of grief.

Written and Directed by Áine Ryan, Performed by Brendan Dunlea, Music by Eyal Arad & Cáit Ní Riain, Lighting Design by Alex Forey, Set Design by Constance Comparot, Dramaturgy by Pamela McQueen with thanks to support from Galway Theatre Festival Photography by Steve Gregson

Áine Ryan is an award-winning writer and theatre maker from Upperchurch, Co. Tipperary whose work responds primarily to issues of young people, women, contemporary life in rural Ireland, isolation, travel and environment. She holds a B.A (Honours) in Theatre and Performance from Goldsmiths, University of London and has had her work presented and toured all over Ireland, the UK and the U.S. She has been awarded Professional Development, Agility Award and Project Award funding from the Arts Council of Ireland.

"When Paddy Goes to Petra" feels like a flawless theatrical masterpiece...Áine Ryan skilfully combines tragedy and comedy, embroiling the audience in an adventure to a foreign land" Westend Evenings



[www.nenagharts.com](http://www.nenagharts.com)

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

[www.instagram.com/nenaghartscentre](https://www.instagram.com/nenaghartscentre)

## Other Events at Nenagh Arts Centre

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### Country & Irish

Sat 20 May 8pm • Tickets: €15

Fight 2Flight Theatre presents the world stage premiere of Patrick McCabe's play *Country and Irish*, a hilarious but savage portrait of a man at the end of his rope, starring Peter Gowen. It is a wild joyride that pays homage to film noir, Samuel Beckett and even the Teletubbies - *a startling, provocative fever dream... McCabe's absurd tragic-comedy brought to life in a crowning performance by Peter Gowen, making for an unforgettable encounter*" *The Arts Review*

McCabe's absurd tragic-comedy brought to life in a crowning performance by Peter Gowen, making for an unforgettable encounter" *The Arts Review*

### Luka Bloom

Sat 13 May 8pm • Tickets: €22

Description: "I was singing *Wave* up to the Shore at home in May 2022. Suddenly I realised that it was 50 years old" Join us for the amazing performance of Luka Bloom presenting *WAVE UP TO THE SHORE*- a 50 song collection

### Seen Unseen exhibition by Helen Costello

1 - 31 May

FREE EVENT

Discover the behaviours and interactions of the farm animals and wildlife that surround us, captured in clay. Helen's work has been inspired by a lifetime of working with animals. Come and join us in celebrating the unseen magnificence of the ordinary, everyday creatures in her life.

### Ageing creatively

Tue 2 May 7-9pm

FREE EVENT

Is ageing affecting your identity? Does it change how others see you? If you're over 50 and interested in how our own creativity can help us age well this free workshop is for you!

### Are you Nenagh born and bred?

Tue 9 May 7-9pm

FREE EVENT

Do you know your local history and have roots deep down? Come share your stories in a fun, free, creative workshop.

### How's your mental health these days?

Tue 16 May 7-9pm

FREE EVENT

If it's not great, you're certainly not alone. If you could do with a break and to channel your energy creatively, come to this free workshop as part Mental Health Awareness week.

### Tipperary Dance Connects

Fri 9 June 2.30pm

FREE EVENT

Tipperary Dance's adult performance ensemble *Age in Movement* joins 3rd and 4th class students from Gaelscoil Aonach Urmhumhan to present 'UNBOUND' - dance pieces created in weekly workshops during May led by dance artist Mia DiChiaro.

Email: [production@tipperarydance.com](mailto:production@tipperarydance.com)

# ONLINE CONCERT

## Hit Songs of The New Seekers-Online Concert

In this online concert Pat and Fran Marnane, Eddie Golden and Kathleen O'Callaghan will perform a selection of hit songs from the world-renowned British folk/pop group The New Seekers.



The band was formed in London in 1969 by Keith Potger after the breakup of his band, The Seekers. Pat, Fran, Eddie and Kathleen have come together to record an online concert which will be available from May 1st for the duration of the Tipperary Bealtaine Festival.

We hope that viewers and listeners will sing along to hit songs such as I'd Like to Teach the World to Sing, Never Ending Song of Love, Beg, Steal or Borrow, I Get a Little Sentimental Over You, and Circles, to name but a few.

The New Seekers also recorded hits from the Beatles, Simon & Garfunkel, Elton John and Bob Dylan, which will be familiar to everyone. The concert will feature Pat on piano and vocals, Fran on vocals and guitar, Eddie on vocals and guitar, and Kathleen on vocals.

Available from 1st May on the Tipperary County Council Arts Office website [www.tipperarycoco.ie/arts](http://www.tipperarycoco.ie/arts)

### MUSIC TOUR

The Music Tour is a centrepiece of the Tipperary Bealtaine offering, where professional musicians perform in day care centres, nursing homes, hospital settings and other locations around the county.

#### Music Tour Locations

- Borrisokane Day Care Centre
- St Conlon's, Nenagh
- St Vincent's Day Care Centre, Tipperary town
- Excel Arts Centre, Tipperary town (see also page 12)
- Templemore Day Care Centre
- Community Hospital of the Assumption, Thurles
- Sue Ryder, Holycross
- Cashel Day Care Centre

## Write Minds: spoken word

Fri 26 May 7.30pm • The Main Guard, Clonmel  
All welcome

**Return of the Light is an initiative from poetry and wellness group Write Minds designed to engage members of the retired community and beyond through a series of writing workshops and an online poetry call out that will culminate in a poetry gallery display and a live, spoken word event.**

Focusing on the belief that writing can be a cathartic and rewarding process open to people of all ages, Return of the Light symbolises a return of creativity, activity, hope and purpose. Through the uplifting and enjoyable process of writing we can celebrate our artistic and creative abilities, encouraging and inspiring others.

This project is facilitated by Jenny Cox and Eileen Acheson of Write Minds Poetry & Wellness. Eileen Acheson works as an Adlerian Counsellor, group facilitator and writer. Jenny Cox is a freelance writer and project facilitator. Both Eileen and Jenny are published poets and have curated numerous poetry events for the Clonmel Junction Arts Festival and Poetry Day Ireland and the Clonmel Applefest, respectively.



### Poetry Gallery display

Clonmel Library, Mick Delahunty  
Square, Clonmel, E91YW66

Throughout month of May, during  
library opening hours.

# TIPPERARY TOWN

## Excel Arts Centre Art Gallery

### Creative Places, Tipperary town

Share your views on how to make Tipperary town a more Creative Place

**Tue 9 May 11am-12.30pm** **FREE EVENT**  
No need to book

Tipperary Town has been selected as one of 12 Creative Places aimed at getting more of us involved in arts activities. Join Leisa Gray, Creative Places Coordinator, to hear about plans in Tipperary and share your ideas about what creativity means to you and how it relates to your sense of place. This workshop will involve informal discussions and creative activities. No experience, only enthusiasm and curiosity are necessary.

### Celebrate National Drawing Day - Workshop for adults of all ages

**Sat 20 May 2-4pm** **FREE EVENT**  
Reserve place by emailing [creative.places@youthworktipperary.ie](mailto:creative.places@youthworktipperary.ie)  
Or call/text to 083 174 1680

Join artist Chelsea Canavan for this workshop that will involve using your imagination, observation skills and experimenting with art materials and drawing tools. The workshop will include activities such as collaborative drawing and using unusual drawing materials such as bamboo sticks and charcoal. It will result in expressive, large-scale new artworks created by you. No experience or skill necessary.

### Live music performance by Deirdre O'Leary & Aingeala DeBúrca

**Thur 11 May 11am-12noon** **FREE EVENT**  
Book your place for this event at (062) 80520

Deirdre O'Leary and Aingeala De Búrca perform an eclectic mix of classical duets, world music, and traditional Irish airs & ballads. Combining violin, clarinet, bass clarinet, piano and voice, their concerts are lively and heartwarming.

### National Drawing day, grandparent/adult & child drawing workshop

**Sat 20 May 11-12.30** **FREE EVENT**  
Reserve place by emailing [creative.places@youthworktipperary.ie](mailto:creative.places@youthworktipperary.ie)  
Or call/text to 083 174 1680

Join artist Chelsea Canavan to see just how much fun drawing can be. This mixed age workshop is for grandparents/older adults and children to work together to experiment with art materials and drawing tools and to make art together. No experience or skill is necessary and there will be no such thing as "bad drawing".

Chelsea Canavan is a multidisciplinary artist interested in encouraging people to express themselves and to experiment with art techniques and materials.

**Children must be accompanied by an adult.**  
**3 children per adult max.**

# CAHIR

## Conversations Across Time

Mon 15 May 10-12pm



Margaret Galvin will facilitate a creative writing workshop in Cahir Arts Gallery and Studio as part of Tipperary Bealtaine Festival 2023. This workshop will provide

an opportunity for participants to access and explore their memories of the people, locations and events that have shaped them.

Mgt. Galvin is a native of Cahir. She has published five collections of lyrical narrative poetry. Her most recent collection, *The Finer Points* (2019) documents growing up in Cahir in the 60s and 70s and examines formative local influences. *Our House, Delirious*, a collection of poetry and prose is due from Revival Press, Limerick in June. She frequently broadcasts memory-based essays on RTE's Sunday Miscellany.

### Workshop

Workshop limited to 12 participants

Cahir Arts, Castle Street, Cahir. E21E004

Mon 15 May 10-12pm

Register before Fri 5 May at  
[galvinmargaret88@gmail.com](mailto:galvinmargaret88@gmail.com)

No formal writing experience necessary.

# ECO SHOWBOAT

## Mayfly at Bealtaine

Wed 10 May 2.30pm

FREE EVENT



On Wednesday 10th May the Eco Showboat Mayfly will dock at Dromineer Harbour to take part in the Tipperary Bealtaine Festival. You are invited to join us for this wonderful afternoon of workshops, poetry, talks and (of course) some refreshments.

Anne Cleary and Denis Connolly will talk about their two-year solar journey on Ireland's waterways, show you their studies and observations of nature and tell of their encounters with artists, activists and scientists.

Eleanor Hooker, a writer living in North Tipperary, will read a selection of her poetry and talk to us about some local environmental issues.

Artist Aideen Barry will talk about her work and some of the environmental issues she has discovered since setting up home with her family in North Tipperary. On Friday evening 12 May Aideen will host a special Eco Showboat event at her home on the slopes of the Silvermines.

### 4.30pm

Join Anne, Denis, Eleanor and Aideen for tea and some locally produced culinary offerings.

# MAY FILM TOUR

The May Film Tour, organised by access>CINEMA and the Irish Film Institute to coincide with the Bealtaine Festival, takes place again in 2023.

This year, for the first time, Tipperary Bealtaine Festival is delighted to partner with Tipperary BCPs (Broadband Connection Points) to bring films to Bealtaine audiences across the county. BCPs are publicly accessible premises that make onsite internet access available to the public, particularly in rural or isolated areas. The film screenings are supported by Met Films (A Bunch of Amateurs), Lionsgate (Living) and through funding from Tipperary County Council and the Arts Council.



## A Bunch of Amateurs

Dir: Kim Hopkins

United Kingdom, 2022

Language: English | 95 mins



A Bunch of Amateurs is a heartwarming documentary about the strength and value of community. Members of a working-class amateur filmmaking

club, 'BRADFORD MOVIE MAKERS' grow old together amid flickering memories and challenging final years. Clinging to their dreams, and to each other, fuelled by endless cups of tea, this gently comedic, profoundly moving portrait of shared artistic folly speaks to the escapist dreamer in us all and to the enduring power of face-to-face time together, in an increasingly lonely, digital age.

## Living

Dir: Oliver Herman

UK, Japan | 2022

Language: English | 102 mins

Led by Bill Nighy's perfect performance, Living is a film that will leave you reflecting on the things you appreciate in your own life. Mr Williams (Bill Nighy) is a diligent but rather dour bureaucrat, working in a council in post-war London. One day, he's given a devastating prognosis: he only has a few months left to live. Stunned by the news, he abandons his usual routine. Chance encounters with a rebellious writer and a youthful colleague help Mr Williams discover a whole new perspective on both his life and work.



# Libraries Programme

## Featured Events

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### Tipperary Museum of Hidden History Travelling around library branches for the month

Each box brings a museum learning experience to you, encouraging users to explore the past in a hands-on, empathetic way. (MORE INFO TO FOLLOW)

### GET CONNECTED with your Smartphone!

Tipperary ETB and Tipperary Libraries bring you a taster workshop, to discover what you can do with your smartphone.

#### Topics covered in this workshop:

- Difference between iPhone and Android
- Difference between data and Wi-Fi
- How to connect to Wi-Fi (at home/ in class/out and about)
- What's an App?
- Common apps and what icons look like?
- How to download an App
- What is a QR code, what does it look like, and how to use one



### Join Mairead Kennedy from the ETB for some decoupage.

The right side of our brain is the creative side and it's nice to use it more especially as we age. It makes us more aware of our surroundings and the simple thing we are going to send to landfill e. g. Cans or jars or boxes. There is potential in everything & everyone. Creativity helps us work together in a group appreciating effort and results and sharing good chats and memories. Mairead is delighted to be working with community groups under the ETB programme for Bealtaine

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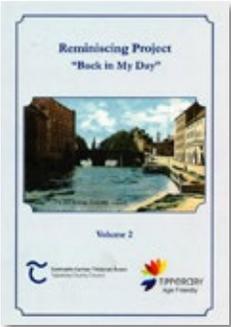
### Thurs 30th May 3pm

### Aaron Burchael campervan conversion talk

Camper van enthusiast Aaron Burchael, who hosts the Charlie & Me Our Camping Vlog on YouTube, escaped the tedium of the Covid-19 lockdown by transforming a scrapped ambulance into a mini-holiday home on wheels. He will speak about all things camping in Ireland.



## Launch of Reminiscing Back in My Day Volume 2



The second Volume by Tipperary Age Friendly Older Peoples Council project captures stories and tales of the past, listening to the voices of older people across County Tipperary. The Launch will

acknowledge all who took time out to share their stories and contributed to the making of memories of back in their day. This booklet would not be possible without the contribution of the gifted story teller Jimmy Duggan, a native of Thurles, and former primary school principal with an abiding interest in the history and heritage of Tipperary. The 2 booklets produced add considerably to an understanding of the social history of the period. Booklets were produced by Tipperary Age Friendly.



## Talk by Valerie Cox - Journalist, Broadcaster & Author



Valerie has worked with all the national newspapers & spent 24 years working with RTÉ on Morning Ireland, Drivetime and on the Today Show with Pat Kenny and Sean O'Rourke. She covered pretty much everything from current affairs to the Ploughing Championship to the District court. Valerie has also worked abroad in Sri Lanka and in Vietnam.

In 2015, along with her husband Brian, she travelled to the Greek island of Kos, where they volunteered with refugees and have returned several times to continue their support.

Valerie has a keen interest in the rights of older people and as a candidate in the 2020 General Election found it was a great opportunity to get the issue on the National agenda.

She has written six books, the most recent 'Independence Memories' published by Hachette on 2nd September 2021.

**Thurles Library**  
**Tuesday 23rd May 7pm**

## **Ambassador David Donoghue on his book One Good Day**

DAVID DONOGHUE is a former Irish diplomat who served in various senior roles in Ireland and abroad. He worked for many years on the Northern Ireland peace process and was a member of the Irish Government's team in the negotiations which led to the Good Friday Agreement (1998),

He recently published a book on those negotiations ("One Good Day", Gill Books 2022). later serving in many high-profile rolls around the world, he retired from the Irish public service in 2017, but remains active in various think-tanks on issues around conflict resolution sustainable development and the treatment of migrants and refugees.

One Good Day is the fascinating insider account of the Good Friday negotiations from diplomat David Donoghue, who was then Irish head of the Anglo-Irish Secretariat in Belfast. It explores the complex, delicate and often frustrating series of talks that drew the troubles to an end.

April 2023 marks the 25-year anniversary of the Good Friday Agreement, Hailed internationally as a near -miracle of collective collaboration, compromiser and diplomacy. One Good Day offers an absorbing perspective on the drama for the negotiations from someone right at the centre of the action, alongside all the key players such as Martin McGuinness, Gerry Adams, John Hume, Bill Clinton, Bertie Ahern and Mo Mowlam

**Clonmel Library**  
**Wednesday 31st May 6.30pm**

## **Michael John Ryan String Trio**



The Michael John Ryan Trio comprises of Michael John Ryan Viola, Ed Dwan Violin and Livia Hyland Cello. This Classical String Trio have played Concerts, Recitals, Corporate Events, Church Ceremonies and Receptions. They have a wide ranging and versatile repertoire including Baroque, Classical, Romantic, Light Classical, Ragtime, Film, Musicals and Traditional. The Michael John Ryan Trio will perform a programme of classics from Bach and Handel to more contemporary music of the 20th century.

Michael John Ryan M.A. Dip C.S.M. Dip F.A. is a Violist and Violinist and is a graduate of the Cork School of Music where he performed, with the CSM Symphony Orchestra and the Cork Symphony Orchestra. He is the director of the Michael John String Quartet, among many others he is the owner of Danny Ryan Music Shop in Tipperary Town Ed Dwan, is a violinist from Thurles and is a graduate of Maynooth University, Ed holds a degree in Music, a H.Dip in Music Technology, and a Masters degree in Computer Music. Livia Hyland is a Classical Cellist originally from Hungary, she is a graduate of the prestigious 'Liszt Academy', in Budapest and also a graduate of the University of Limerick.

# BORRISOKANE LIBRARY

Contact 067 27199 to book

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## Arts & Crafts Workshop with Olivia O'Donovan from ETB

**Thursday 11th May 11am**

An introduction workshop in lino, felting and paper making. This workshop will guide you through step-by-step instructions to start a simple craft. No experience or prior knowledge is needed for this workshop, all levels welcome.

Margaret Galvin ,,,,,, input here

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## GET CONNECTED with your Smartphone!

**Thursday 18th May 11am-1pm**  
See featured events for details.

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## Pottery demonstration and workshop by Thomas Wollen

**Wednesday 24th May 11am**

This will consist of making and designing tiles with participant involvement

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# KILLENAULE LIBRARY

Contact 052 9157906

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## Laughter Yoga (Hasyayoga)

**Thursday 11th May 11am**

Laughter Yoga (Hasyayoga) is a technique that involves accessing that joyful spot inside yourself via extended voluntary laughter. Laughing yoga is founded on the idea that forced laughter has the same physiological and psychological advantages as spontaneous laughter. Laughter yoga is practiced in groups, with participants making eye contact, and being playful with one another. Laughter makes you happy and maintains your heart fit and healthy for life. Do something truly amusing and hilarious that's good for your heart!

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## Tea, chat and sing-song

**Thursday 25th May 11am-12am**

An extra special First Anniversary edition of "Tea, chat and a sing-song". Our monthly "Tea, chat and a sing-song" in Killenaule library began as a Bealtaine event in 2022, to blow away the last of the "covid cobwebs". We will celebrate our First Anniversary with an extra special edition

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## Join Mairead Kennedy for some decoupage

**Thursday 18th May 2pm**

See featured events for full details.

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# CAHIR LIBRARY

Contact 052 7442075 - Booking Essential

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## Book folding for children with Mary Jenkins

Tuesday 9th May 11.30am-12.30pm

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## Book folding for adults with Mary Jenkins

Friday 19th May 10am-11am

Please bring a paperback book that is no longer required. Make your own project from an old paperback book.

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## Knitting for Children

Tuesday 23rd May 11-12pm

Learn from experienced Knitters. Please bring a pair of needles and wool.

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## Cahir Yoga with Sinead O'Donnell

Thursday 11th May 2pm

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## Flower Arranging with Patricia Maguire, by Flowers by Trish

Thursday 4th May 1pm

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## Cahir library Knit and Natter

Every Friday from 10am

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## Neil Dennehy talks on mental health and dealing with anxiety

Friday 26th May 11-12pm

A mindfulness session for mental health with an emphasis on helping with loneliness.

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## Aaron Burchael campervan conversion talk

Thurs 30th May 3pm

See featured events for full details.

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## Fashion through the Era and how to dress best for your age (from 1900 to 2023) with Jess Lucas of Mallow College of Design and Tailoring

Friday 19th May 2-4pm

Jess Lucas teaches Fashion Design at MCDT, will be delighted to talk to you about fashion through the ages. Explore today's fashion, and the differences between how we dressed when we were younger and the way we dress at our present age. We will hopefully all pick up some tricks on how best to dress for our age whilst staying stylish and comfortable. Discussion and ideas will be swapped and shared in a warm, fun, and relaxed atmosphere

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## Join Mairead Kennedy for some decoupage

23th May 2pm

See featured events for full details.

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## GET CONNECTED with your Smartphone!

Friday 12th May 2pm-4pm

See featured events for details.

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# CARRICK-ON-SUIR LIBRARY

Contact 051-640591

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## Gardening for Biodiversity 4 x workshops on gardening to improve biodiversity

**Thursday mornings 10am-12pm**

Topics will cover planting for pollinators, planting a native Irish hedge, improving habitats in our gardens and looking after plant health and garden hygiene for disease free plants. Workshops by Rikey Austin

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## Intergenerational art with Margueritte Kent

**Tuesday 9th May 10.30am**

This workshop brings together grandparents and grandchildren to work on creating a piece of art based on the theme of saving our bees. The workshop will be led by talented local artist Margueritte Kent.

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## Making Yourself a Priority

**Monday 22nd May 11am**



A talk on self-care by Dr Sabine Eggers, Community pharmacist and Eileen English, Counsellor and Psychotherapist. Being an adult sometimes comes with overwhelming responsibilities. The only

way to be at peace with yourself is by embracing the numerous responsibilities and taking some time to focus on what is essential; this includes self-care.

This talk will look at:

- What is self-care?
- Why it is ok to put yourself first, and selfish not to?
- Why is self-care important and the benefits of self-care?

**Running time: 1 hour**

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## Carrick Library Miscellany

**Wednesday 24th May 7pm**

Taking inspiration from the RTE Radio 1 Sunday Miscellany programme, Carrick on Suir library presents poetry, prose and musical interludes from local writers and musicians. Participating writers are Ann Dempsey, Mary O'Hanlon, Walter Dunphy, Richard Cahill and Joe Walsh.

Running time: 1 hour

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## Ukulele lessons Learn to play the Ukulele with Barry Quinn ETB

**Mondays in May 10.30am-11.30am**

Join us for an 'Introduction to Ukulele' class in Carrick on Suir library this May! This 4 week program will teach you the basics of ukulele playing and give you the opportunity to pick up this popular instrument. Whether you're an avid musician or just looking to try something new, this course will provide a creative outlet and the chance to express yourself.

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## GET CONNECTED with your Smartphone!

**Friday 26th 3-4pm**

See featured events for details

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## Dan Breen Wedding film

**Friday 19th at 2.30pm**

An inspiring film re-enactment of the wartime wedding of Dan Breen and Bridget Malone. This 20-minute black and white production by scriptwriter Mary Alice O'Connor was filmed mainly at Ballyglass House Hotel just outside Tipperary town.

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## Aaron Burchael campervan conversion talk on

**Thursday 25th May 6.30pm**

See featured events for full details.

# CASHEL LIBRARY

Contact 062 63825 Booking Essential

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## Tai Chi with Ross Cousens from Master Ding Academy

Monday 8th May 11am

Unlike most forms of exercise and sport, Tai Chi doesn't rely on strength, force and speed, which makes it ideal for everyone – young and old, strong or not.

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## Join Mairead Kennedy for some decoupage

Tuesday 9th May 11am

See featured events for full details.

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## Felting with Irish Fibre Crafters

Wednesday 10th May 10am

Sandra King, operator of Irish Fibre Crafters, is a spinner, dyer, and weaver who is passionate about natural fibres, especially wool. She demonstrates and teaches these ancient, traditional crafts at her studio in Ardrahan, County Galway. Her materials come directly from the local farmers, whom she supports in her work. Sandra is enthusiastic about sustainable fashion and circular economy and is very actively involved with Fibreshed Ireland, as well as the guild and Midwest Spinners Group.

If you are someone who also loves craft and want to release your own creative talents, you will be in the right place

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## Laughter Yoga (Hasyayoga)

Thursday 11th May 2pm

Is a technique that involves accessing that joyful spot inside yourself via extended voluntary laughter. Laughing yoga is founded on the idea that forced laughter has the same physiological and psychological advantages as spontaneous laughter. It is practiced in groups, with participants making eye contact, and being playful with one another. Laughter makes you happy and maintains your heart, fit and healthy for life. Do something truly amusing and hilarious that's good for your heart

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## Join Jean Farrell for 'Memoirs and Melodies'

Friday 12th May 11am

Jean Farrell writes a weekly column in The Westmeath Independent. Her many readers identify with Jean's humorous interesting view of life, as she looks back over the many changes which have taken place in Ireland, since she was a young child, in the 1950s. In MEMORIES AND MELODIES Jean reads some of her most popular articles. Her sister sings well-known songs linked to these.

Jean wrote and presents her one-woman play THE SIX MARYS. This has been performed in more than 100 theatres all over Ireland and in the UK.

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## Aaron Burchael campervan conversion

Tuesday 16th May 6.30pm

See featured events for full details.

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## GET CONNECTED with your Smartphone!

Friday 19th May 3-4pm

See featured events for details.

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## Talk on the History of the Active Retirement and What the Active Retirement Do, by Catherine O'Dowd

Monday 22nd May 11am

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## Dan Breen Wedding film & singalong Daycare centre 23rd, 24th and 25th May - closed event

An inspiring film re-enactment of the wartime wedding of Dan Breen and Bridget Malone. This 20-minute black and white production by scriptwriter Mary Alice O'Connor was filmed mainly at Ballyglass House Hotel just outside Tipperary town.

# CLONMEL LIBRARY

Contact 052 6166130 - Booking Essential

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## Learn to play the Ukulele with Barry Quinn

**Mondays in May 12.30pm-1.30pm**

Join us for an 'Introduction to Ukulele' class at Clonmel library this May! This 4 week program will teach you the basics of ukulele playing. Whether you're an avid musician or just looking to try something new, this course will provide a creative outlet and the chance to express yourself.

*Classes kindly offered through ETB- (Instruments supplied)*

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## GET CONNECTED with your Smartphone!

**Friday 5th May 3pm-4pm**

See featured events for full details.

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## Launch of Reminiscing Back in My Day Volume 2.

**Tuesday 9th May 11am**

See featured events for full details.

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## Christina Keogh Jewellery Demonstration

**Wednesday 10th May 11a.m**

Christina Keogh is a goldsmith living and working in Clonmel. A former archaeologist originally from Dublin, she designs and handmakes jewellery using gold, silver, gemstones and pearls.

Join us for a demonstration and an informal chat about jewellery making techniques. There will be opportunity to handle traditional jeweller's tools, gemstones, and precious metals, as well as to take home a personalised sterling silver pendant.

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## The Revamp Tramp - Demonstration by Marianne

**Thursday 11th May 10.30am**

Join Marianne from the Revamp Tramp for this 1.5 hr furniture upcycling demo. Follow along as she works on a small locker, showing how to prep, prime, paint and decoupage while also stencilling, use of frog tape, glazing distressing and more. There will be plenty of time for questions and answers. A must for anyone interested in home furnishings, upcycling and sustainability. Experience this exciting and creative art at this upcycling demonstration

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## Talk by Jack Leonard, Chairperson of Tipperary Vintage Rally group

**Wednesday 17th May 6.30pm**

The Tipperary Vintage Rally group was formed in 2008 by Jack Leonard, Eddie Spencer and Steve Thornton the group is for anyone interested in Cars, Bikes, Trucks, Tractors, and Stationary Engines.

The group has supported The Red Cross, The Circle of Friends and the Irish Heart Foundation in the past but focuses on supporting the work of the South Tipperary Hospice which provides an entirely home based package of support for those needing end of live care. Jack Leonard has been chairperson for the last 14 years and he will talk on all things vintage

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## Screenings: Skimming the Well; A Collection of Folklore from Clonmel by Michael Fortune Locations

**Marion Court, Le Cairde Day Centre, Heywood Lodge. Closed event**

'Skimming the Well' is a collection of superstitions and beliefs which were recorded and produced by Michael Fortune in June 2016 with residents from Marion Court and Morton Street in Clonmel, County Tipperary. Featured in this collection are a variety of redundant and practiced beliefs which have been edited into a sixty-minute compilation

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## **Join Mairead Kennedy for some decoupage**

**Thursday 18th May 11am**

See featured events for full details.

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## **Fashion through the Era (from 1900 to 2023) with Jess Lucas of Mallow College of Design and Tailoring**

**Friday 19th May 11am**

Jess Lucas teaches Fashion Design at MCDT. Will be delighted to talk to you about fashion through the ages. Explore today's fashion, and the differences between how we dressed when we were younger and the way we dress at our present age. We will hopefully all pick up some tricks on how best to dress for our age whilst staying stylish and comfortable. Discussion and ideas will be swapped and shared in a warm, fun, and relaxed atmosphere

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## **Michael John Ryan String Trio**

**Wednesday 31st May 6.30pm**

See featured events for full details.

# TIPPERARY LIBRARY

Contact 052 6166126 - Booking Essential

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## Practices to aid mobility and everyday movement by Leigh Dowling B.Ed. Physical Education & Sports Studies, CEHF, PT, PC

**Fridays 5th, 12th, 19th & 26th May 12.30pm**

Practical based lessons addressing how to maintain mobility and movement as we age, using the principals of Pilates, yoga & basic self-physio to preserve and increase your daily strength & mobility.

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## Kennedy, Frewen, O'Sullivan solicitors Talk about enduring Powers of Attorney, Wills, and the fair Deal scheme

**Tuesday 9th May 11.30**

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## Musical Performance by Young at Heart group Knockanrawley Resource Centre & Tipperary Circle of Friends

**Wednesday 10th May 12-2pm**

Join us for some community singing

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## Qi- Gong with Mairead Ryan

**10th, 17th, 23rd & 31st May 11.30am**

Qi – Gong involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being.

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## Architectural treasure hunt created by Knockanrawley Women's Group and undertaken by St Michael Girls School and St Josephs

**Tuesday May 16th 10.30-12.30**

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## GET CONNECTED with your Smartphone!

**Tuesday 16th May 6.30pm-7.30pm**

See featured events for full details.

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## "Your menopause journey" hosted by Nicola Ryan Menopause pharmacist

**Wednesday 17th May 2pm**

- Informal discussion on women's voyage through the menopause.
  - Evidence based information regarding all stages of the menopause.
  - Hormonal treatment v non-hormonal treatment.
  - Myths v facts.
- 

## Felting with Irish Fibre Crafters

**Thursday 18th May 10.30am**

Sandra King, operator of Irish Fibre Crafters, is a spinner, dyer, and weaver who is passionate about natural fibres, especially wool. She demonstrates and teaches these ancient, traditional crafts at her studio in Ardrahan, County Galway. Her materials come directly from the local farmers, whom she supports in her work. Sandra is enthusiastic about sustainable fashion and circular economy and is very actively involved with Fibreshed Ireland, as well as the guild and Midwest Spinners Group.

*If you are someone who also loves craft and want to release your own creative talents, you will be in the right place*

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## Talk by Siobhan O'Mahony of O'Mahony Garden Centre Knockadea, Ballylanders, Co Limerick

**Friday 19th May 11.30am**

Siobhan will speak about making changes to your present garden to make it low maintenance and perhaps creating raised beds for growing flowering plants.

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## Writing drama with Gerry Stembridge

**Monday 22nd May 2.30pm-5pm**

A half day encounter in which we look at a selection of famous Irish Dramas. It will be an opportunity to see from a variety of angles how Irish playwrights have depicted characters in the older age category and how to write drama. (50+) This will be interactive with everyone encouraged to offer observations and, if people wish, to read/perform speeches from these characters.

Gerard Stembridge was born in Limerick. He is a writer and a director who has worked extensively in theatre, film, TV and radio, first coming to prominence with the RTÉ radio comedy series Scrap Saturday in the early 1990s. He has written four novels and several films, including the hit About Adam (2000), which he also directed, and Nora (directed by Pat Murphy, 1999).

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## Another use upcycling by Mairead Kennedy

**Tuesday 23th May 10.30am**

See featured events for full details.

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## Sylvia Greene will speak about her novel Finding the Homeplace

**Tuesday 23th May 6pm**

A captivating memoir of a woman's determined search to discover her Irish history and heritage. The author was born in England to an Irish mother.

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## Traditional Irish card games sessions for

**May - 45 & 25**

Forty-five is a trick-taking card game that originated in Ireland.

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## Aaron Burchael campervan conversion talk

**Tuesday 30th May 7pm**

See featured events for full details.

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## Tipperary's Excel Writers

**18th May 2pm**

Tipperary's Excel Writers will present a mischievous and moving tableau based on Blooming memories and legends of Tipperary Town.

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## Table Quizzes

**16th & 25th May**

Table Quizzes with St Vincent's Day Care Centre (CLOSED EVENTS)

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## Intergenerational Knitting

**25th May**

Intergenerational Knitting by Craft Circle with St Michaels Girls School

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# NENAGH LIBRARY

Contact 067 34404

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## Talk by Valerie Cox - Journalist, Broadcaster & Author

Tuesday 2nd May 6.30pm

See featured events for full details.

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## Introduction to Breathwork & Mindfulness Meditation with Mia Magan ETB

Thursday 4th May 12.30pm-1.30pm

Take time out in your week to learn how to reduce worry, stress and promote feeling relaxed and at ease in your body and daily life. Practicing mindfulness and breathwork reduces the stress hormones in our body and, as a result, improves our physical and mental health reducing our risk of illness by boosting our immune system. No experience or prior knowledge is needed for this workshop.

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## The Revamp Tramp Demonstration by Marianne

Monday 15th May 10.30am

Demonstration by The Revamp Tramp Marianne. Join Marianne from the Revamp Tramp for this 1.5 hr furniture upcycling demo. Follow along as she works on a small locker, showing how to prep, prime, paint and decoupage while also including stencilling, use of frog tape, glazing distressing and more. There will be plenty of time for questions and answers. A must for anyone interested in home furnishings, upcycling and sustainability. Experience this exciting and creative art at this upcycling demonstration

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## Cookery Demonstration with ETB

Thursday 18th May 1pm-2pm

- We will look at some of the new season's produce e.g. Asparagus is synonymous with May.
- How to make a homemade aioli to serve with an asparagus and new potato salad (which I would have pre-cooked)
- A fresh salad of apple, radish, celery, fennel and scallions with a citrus and poppy seed dressing.

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## Jean Farrell - 'Memoirs & Melodies'

Tuesday 23rd May 6.30pm

Jean Farrell writes a weekly column in The Westmeath Independent. Her many readers identify with Jean's humorous interesting view of life, as she looks back over the many changes which have taken place in Ireland, since she was a young child, in the 1950s.

Jean wrote and presents her one-woman play THE SIX MARYS. This has been performed in more than 100 theatres all over Ireland and in the UK.

In MEMORIES AND MELODIES Jean reads some of her most popular articles. Her sister sings well-known songs linked to these.

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## GET CONNECTED with your Smartphone!

Friday 26th May 2-4pm

See featured events for full details.

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## Beginners Acrylics with Melissa Ryan

29th May 10.30am-12.30pm

2hr Beginner Acrylic Still Life Workshop  
This workshop will help to build your knowledge and confidence to start Acrylic painting. Enjoy the well-being benefits gained through working in a friendly, creative learning environment.

You will learn how to create a simple painting exploring line and shape application, colour mixing and understanding basic painting skills. You will be guided step by step by me from beginning to end.

# THURLES LIBRARY

Contact 052 6166131 - Booking Essential

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**J.J. Fitzgerald & Co. Solicitors: Talk about enduring Powers of Attorney, Wills, and the fair Deal scheme**

**Friday 5th May 11am**

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**GET CONNECTED with your Smartphone!**

**Tuesday 9th May 5.30-7.30pm**

**See featured events for full details.**

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**Coffee Morning**

**Wednesday 10th May 11am**

Music supplied by local schools

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**Talk by Valerie Cox - Journalist, Broadcaster & Author**

**Thursday 11th May**

**See featured events for full details.**

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**Introduction To Breathwork & Mindfulness Meditation' with Mia Magan ETB**

**Thursday 11th May 12.30-1.30pm**

Take time out in your week to learn how to reduce worry, stress and promote feeling relaxed and at ease in your body and daily life. Practicing mindfulness and breathwork reduces the stress hormones in our body and, as a result, improves our physical and mental health reducing our risk of illness by boosting our immune system. No experience or prior knowledge is needed for this workshop.

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**Contemporary Textiles - Hand embroidery + watercolours with Melissa Ryan**

**Monday 22nd May 10.30am-12.30pm**

2hr Embroidery and Watercolour Basic Techniques Workshop In this course you will learn to mix these two artistic techniques with an entertaining and creative process to finally create a unique textile piece that combines threads and watercolours. In the creative process you will learn how to apply watercolour paint to fabric and five basic stitches to apply to your finished work piece.

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**Ambassador David Donoghue on his book One Good Day**

**Tuesday 23rd May 7pm**

**See featured events for full details**

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**Join Gerry Stemberidge to discuss and perform some pieces from Irish Dramas**

**Friday 26th May 10.30pm-1pm**

A half day encounter in which we look at a selection of famous mature roles in Irish Drama. It will be an opportunity to see from a variety of angles how Irish playwrights have depicted characters in the older age category. (50+) This will be interactive with everyone encouraged to offer observations and, if people wish, to read/perform speeches from these characters.

Gerard Stemberidge is a writer and a director who has worked extensively in theatre, film, TV and radio, first coming to prominence with the RTÉ radio comedy series Scrap Saturday in the early 1990s. He has written four novels and several films, including the hit About Adam (2000), which he also directed, Ordinary Decent Criminal (2000), and Nora (directed by Pat Murphy, 1999).

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**Chair Yoga with Donal Quirke**

**Every Wednesday in May  
3rd, 10th, 17, 24th & 31st 3.30-4.30pm**

Donal qualified as a teacher of Iyengar Yoga in 2002 and soon after began to explore mindfulness and meditation also. These days he is helping bring to Ireland the YOGABODY approach to yoga. YOGABODY is practical and pragmatic with a focus on wellness and health – both physical and mental. He studies mindfulness and meditation with monastics from the Ajahn Chah Thai Forest Tradition. These 5 sessions will place emphasis on improving physical fitness, mobility, and mental wellness.

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**Exhibition by Thurles Camera Club in The Source Library Art Gallery**

**For the month of May**

# TEMPLEMORE LIBRARY

Contact: 0504 32555

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## **Tutor: Art (Painting) Workshop with Catriona Dwan ETB**

**Friday 5th May 12am**

Awaken your creativity and explore painting techniques in a safe encouraging environment. This is an opportunity for you to try a hands on approach to using colour and texture in a painting.

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## **Writing a will with Nash McDermott & Company Solicitors**

**Thursday May 4th 7pm**

Talk by Nash McDermott & Company Solicitors on 'Writing a will' and the power of attorney

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## **Intergenerational craft group for primary school children**

**Monday May 8th 4pm-5.30pm**

Learn a few basic skills for those who been crafting since their youth

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## **Contemporary Textiles - Hand embroidery + watercolours with Melissa Ryan**

**Wednesday 10th May 10.30am-12.30pm**

2hr Embroidery and Watercolour Basic Techniques Workshop. In this course you will learn to mix these two artistic techniques with an entertaining and creative process to finally create a unique textile piece that combines threads and watercolours. In the creative process you will learn how to apply watercolour paint to fabric and five basic stitches to apply to your finished work piece.

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## **Smartphone workshop**

**Friday 12th May 2pm-4pm**

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## **GET CONNECTED with your Smartphone!**

See featured events for full details.

## **Felting with Irish Fibre Crafters**

**Thursday 18th May 2-4pm**

Sandra King, operator of Irish Fibre Crafters, is a spinner, dyer, and weaver who is passionate about natural fibres, especially wool. She demonstrates and teaches these ancient, traditional crafts at her studio in Ardrahan, County Galway. Her materials come directly from the local farmers, whom she supports in her work. Sandra is enthusiastic about sustainable fashion and circular economy and is very actively involved with Fibreshed Ireland, as well as the guild and Midwest Spinners Group. If you are someone who also loves craft and want to release your own creative talents, you will be in the right place

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## **Introduction To Breathwork & Mindfulness Meditation' with Mia Magan ETB**

**Thursday 25th May 12.30p.m-1.30p.m**

Take time out in your week to learn how to reduce worry and stress and promote feeling relaxed and at ease in your body and in your daily life. Practicing mindfulness and breathwork reduces the stress hormones in our body and, as a result, improves our physical and mental health and reduces our risk of illness by boosting our immune system. No experience or prior knowledge is needed for this workshop.

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## **Lynn Kirkham workshop on Introduction to Natural Materials and weaving skills**

**Friday 26th May 2p.m**

Each person will learn weaving techniques and from there they would develop an individual piece

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## **Tea & coffee morning for our local Nonagenarians**

**Friday 19th May**

# ROSCREA LIBRARY

Contact: 0505 22032

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## Arts & Crafts Workshop with Olivia O'Donovan from ETB

Thursday 11 May 2pm

An introduction workshop in lino, felting and paper making. This workshop/demonstration will guide you through step-by-step instructions to start a simple craft. No experience or prior knowledge is needed for this workshop, all levels welcome.

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## GET CONNECTED with your Smartphone!

Friday 5th May 2pm-4pm

See featured events for full details.

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## All things Gardening for Summer

Wednesday 10th May 11am

Ultan Nesbitt, horticulturist in Centenary Home and Garden, will be sharing his advice on summer bulbs and bedding plants, and how to create beautiful containers, hanging baskets and window boxes for your garden.

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## Chair Yoga with Suzanne Delahunt

Wednesday 17th May 3.30

There are Great Benefits Of Chair Yoga For Seniors including Increased Flexibility., Improves Muscle Strength, Helps with Balance and Coordination, Reduces Stress, Reduces Pain and Better Pain Management Skills., Promotes Better Sleep AND Helps Boost Confidence and Alleviates Depression and Anxiety.

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## Introduction to Breathwork & Mindfulness Meditation' with Mia Magan ETB

Thursday 18th May 12.30pm-1.30pm

Take time out in your week to learn how to reduce worry and stress and promote feeling relaxed and at ease in your body and in your daily life. Practicing mindfulness and breathwork reduces the stress hormones in our body and, as a result, improves our physical and mental health and reduces our risk of illness by boosting our immune system. No experience or prior knowledge is needed for this workshop.

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## Contemporary collage with Melissa Ryan

Tuesday 23th May 10.30-12.30

2hr Collage Painting Techniques Workshop  
Explore the meditative world of mixed collage. Using painted papers layer geometric shapes to create collages that are stunning in their simplicity.

Paint your own papers or repurpose scraps and snippets that you already have!

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## Lynn Kirkham workshop on Introduction to Natural Materials and weaving skills

Friday 26th May 10.30am

Each person will learn weaving techniques and from there they would develop an individual piece

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## Come enjoy the sound of Comhaltas Ceoltoiri Eireann

Wednesday May 24 6.30pm-7.30pm

Roscrea Branch. Meet Roscrea's leading traditional music enthusiasts. The branch has been active in Roscrea since 1962.

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Age & Opportunity

# Bealtaine Festival

Celebrating the arts and creativity as we age

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## Music, Literature, Visual Arts & More

Don't miss out - even though most events are free, be sure to book for events in advance at the relevant venues as places are limited.

### Tipperary County Council

#### Arts Office

Civic Offices  
Limerick Road  
Nenagh  
Co.Tipperary

**T** 0818 065000

**E** [artsoffice@tipperarycoco.ie](mailto:artsoffice@tipperarycoco.ie)  
[www.tipperarycoco.ie](http://www.tipperarycoco.ie)

### Tipperary County Council

#### Library Service

Castle Avenue  
Thurles  
Co. Tipperary

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