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Aois & Deis

Féile Bhealtaine 2022

Age & Opportunity

Bealtaine Festival 2022



bea(t)ainefestival
celebrating creativity as we age

**Imeachtaí i Leabharlanna Fhine Gall
Events in Fingal Libraries**

fingal.ie

Mindfulness with Andrea Ryan

This talk will give you some insight on how to implement small changes here and there so you can live more in the present moment. We will also look at ways of reducing the amount of time we spend on autopilot. **Book a place through your local library.**



Rush Library

Tuesday 3 May

10.00am – 11.00am

Walk the Camino talk with Andrea Ryan

Think you're too old to walk the Camino?

Think again! Many pilgrims who walk the Camino are **65 years old and older**, even in their 70's and 80's. It's said that the oldest person to ever walk the Camino de Santiago was 93 years YOUNG (she walked it with her 60-year-old daughter!).

Do you need to be super fit to walk the Camino? On this one-hour talk we will discuss how easy it is to bring yourself up to a good fitness level. We will encourage you to start a daily fitness regime that will be manageable, and goal orientated – The goal being to be certified as having completed a section of the Camino Santiago. Join us on this talk – And start getting excited about Walking the Camino! **Book a place through your local library.**

Swords Library

Wednesday 4 May

10.00am – 11.00am

Donabate Library

Thursday 5 May

10.00am – 11.00am

Chair yoga with Yoga Sanctuary Malahide

Chair yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. Chair yoga can improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain. **Places are limited on this 4 week course so booking is essential. Book a place through your local library.**



Malahide Library

Wednesday 4, 11, 18, 25 May

11.30am – 12.30pm

Balbriggan Library

Thursday 5, 12, 19, 26 May

11.30am – 12.30pm



Exploring the Aran Knit with Vawn Corrigan

Using historical and contemporary images, Vawn will take you on a fascinating and entertaining journey through our textile roots. Do you have a vintage or heirloom piece? Bring it along for the show-and-tell which will take place before the slide show. Vawn Corrigan is the author of *Irish Aran* and *Irish Tweed*.

Book a place through your local library.

Rush Library	Tuesday 3 May	6.00pm
Donabate Library	Wednesday 4 May	6.00pm

Creative Computing Classes with cccSkerries

Getting to grips with Google: An introduction to Gmail, Google Search, Google Maps & Google Drive for near-beginners.

- Setting up your Gmail account properly and safely...
- Understanding how your inbox works...
- Easily see the email's you want to see, while avoiding spam and the like...
- Getting useful results when searching the internet...
- Sharing images and information with friends and family...
- Finding information on Google Maps...
- Creating simple texts and presentations online...



The classes will be 60 min each, on participants' own laptops/tablets.

Places are Limited. Book a place through your local library.

Balbriggan Library	Wednesday 4, 11, 18, 25 May	10.00am
Swords Library	Wednesday 4, 11, 18, 25 May	12.00pm
Garristown Library	Wednesday 4, 11, 18, 25 May	2.00pm

Art Classes with John Carpenter

Would you like to learn to paint beautiful pictures? Join John Carpenter for a 4-week art course where you will learn different painting techniques and take home a finished painting. All materials supplied.



Places limited – booking essential. Book a place through your local library.

Blanchardstown Library	Wednesday 4, 11, 18, 25 May	11.00am – 1.00pm
Rush Library	Friday 6, 13, 20, 27 May	10.30am – 12.30pm
Malahide Library	Saturday 7, 14, 21, 28 May	10.00am – 12.00pm
Balbriggan Library	Monday 9, 16, 23, 30 May	11.00am – 1.00pm

Creative Writing Course with Anne McDonald

Do you remember the smell of Lifebuoy Soap and Lavender floor polish? When RTE had only two stations? When Ireland won the Eurovision with Dana? The change from old money to decimal currency?

Join Anne McDonald in Blanchardstown for a series of creative writing workshops using the five senses and your precious memories.

We will recall those memories to create poems, stories, songs or essays in this informal interactive series of workshops using the five senses and your unique life experience.

Anne McDonald (B.A., M. Phil) is a creative writing teacher and award-winning spoken word performer. Her poetry collection *Crows' Books* was published in March 2021. **Places limited.**

Booking at desk in Blanchardstown Library or through Eventbrite:

Eventbrite booking: <https://www.eventbrite.ie/e/295827336527>

Blanchardstown Library	Monday 9, 16, 23, 30 May	11.00am
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St John Ambulance Workshops

St John Ambulance Ireland believes everyone should have access to immediate first aid no matter where they are or what they are doing at the onset of illness or injury.



We are delighted to team up with Healthy Ireland and the libraries to deliver information sessions for older adults. These sessions will look at the management of minor wounds and injuries, what actions can be taken in the event of a fall, what actions to take if you suspect someone is having a heart attack or stroke and how to complete CPR and call an ambulance.

Book a place through your local library.

Swords Library	Saturday 7 May	11.00am
Rush Library	Saturday 14 May	11.00am
Blanchardstown Library	Saturday 21 May	11.00am
Malahide Library	Saturday 28 May	2.00pm

Biodiversity Talk with the Irish Seal Sanctuary

The Selkie Trails Education group of the Irish Seal Sanctuary will provide a talk on Marine biodiversity especially the variety found around the coastline of Co, Dublin. An Environmental scientist and a former fisherman will answer questions and reveal “stuff” found along our shores. From whale and seal skulls to “Mermaids purses” to chatting about whaling in the past and the huge variety of seashells we have in our coastal waters.



Balbriggan Library	Tuesday 17 May	6.30pm
Blanchardstown Library	Thursday 19 May	6.30pm

A Presentation on Exercise & Fitness Trends with Natalie Magill, a Mintel analyst

COVID-19 has forced consumers into adapting a new lifestyle; working from home, eating at home more vs ordering takeaway, or even taking a staycation. Fitness and exercise is one industry that had to adapt as the COVID-19 pandemic forced consumers out of the gym. Brands have worked hard to release new ways for consumers to stay motivated through workouts at home and delivering new innovative ways to enjoy exercise, allowing new trends to emerge.



Blanchardstown Library	Wednesday 25 May	3.00pm
Malahide Library	Wednesday 25 May	6.00pm

Cá bhfuil mo leabharlann is cóngaraí? Where is my nearest library?

Balbriggan	01 870 4401	balbrigganlibrary@fingal.ie
Baldoyle	01 890 6793	baldoylelibrary@fingal.ie
Blanchardstown	01 890 5560	blanchlibrary@fingal.ie
Donabate	01 890 5609	donabate.library@fingal.ie
Garristown	01 835 5020	garristownlibrary@fingal.ie
Howth	01 890 5026	Howth.library@fingal.ie
Malahide	01 870 4430	malahidelibrary@fingal.ie
Rush	01 870 8414	rushlibrary@fingal.ie
Skerries	01 890 5671	skerrieslibrary.library@fingal.ie
Swords	01 890 5582	swordslibrary@fingal.ie
Mobile Library Service	01 890 6719	mobile.libraries@fingal.ie
Housebound Library Service	01 860 4290	housebound.library@fingal.ie
Local Studies and Archives	01 890 4486	Local.Studies@fingal.ie

Tá Leabharlanna Fhine Gall ar na Meáin Shóisialta
Fingal Libraries are on Social Media

