



NEWSLETTER

Age Friendly **FINGAL**

FRIDAY 22ND MAY 2026

Fingal County Council is committed to driving a collaborative, multisectorial Age Friendly Programme which supports initiatives and activities to improve the quality of life of the current and future population of older people in Fingal. This is achieved through the work of Fingal's Older People's Council and Age Friendly Alliance, as well as the Interdepartmental Team.

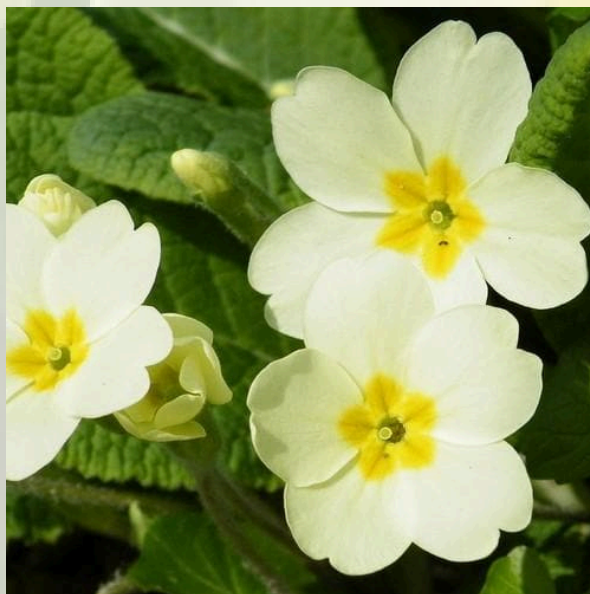


**Comhairle Contae
Fhine Gall**
Fingal County
Council



**'IF YOU DESIGN FOR THE YOUNG YOU EXCLUDE THE OLD,
BUT IF YOU DESIGN FOR THE OLD YOU INCLUDE EVERYONE.'**

**In Irish tradition, "May flowers"
(gathered for May Day/Lá Bealtaine, 1
May) are yellow wildflowers like
primroses, marsh marigolds, and
buttercups, traditionally placed on
doorsteps, windowsills, and on cows to
bring luck and protect against evil
spirits and fairies. They symbolize the
start of summer and welcome the new
season.**



MAY IN FINGAL LIBRARIES

Click below

libraries.
fingal.ie



Clár Éire Ildánach
Creative Ireland
Programme



Bealtaine Festival
An Age & Opportunity arts initiative

Bealtaine i leabharlanna Fhine Gall

Aois & Deis | Féile Bhealtaine 2026

May in Fingal Libraries

Age & Opportunity | Bealtaine Festival 2026



Céard atá ar siúl i Leabharlanna Fhine Gall!
What's on in Fingal Libraries!

fingal.ie

Spring in Fingal Libraries 2026

So much to see, So much to do

Click below

libraries.
fingal.ie



Earrach i Leabharlanna Fhine Gall 2026

Go leor le feiceáil...go leor le déanamh!

Spring in Fingal Libraries 2026

So much to see...so much to do!



Céard atá ar siúl i Leabharlanna Fhine Gall!
What's on in Fingal Libraries!

fingal.ie




FREE EVENT

Sing-along Social for over 55s



ParslickstownHouse, Mulhuddart
Wednesday 17th June
3.00pm

 *Join The Sunshine Spirits for a fun musical afternoon, filled with favourite tunes and good company.*



Please note: Due to Health & Safety requirements in this restricted space, individuals with additional needs or those attending with a carer must contact opc@fingal.ie in advance to secure a place.





Come and join us for our
Chatty Café in
Blanchardstown Library!

Pop along, meet new people in
your community for a cuppa and
have a chat in a relaxed
environment. Suitable for over
18s, no booking required.

Join us on the following dates in
May from 2.15pm-3pm:
Tuesday May 5th
Monday May 11th
Monday May 18th
Monday May 25th





**Fingal
Volunteer Centre**
Ionad d'Obair Dheonach Fhine Ghall

POP UP in Libraries

Thinking of **VOLUNTEERING** in your
area or at one-off local events?
Drop in for a chat:

MAY 2026

Tuesday 5th May

Baldoyle Library: 10:00am - 12:30pm

Howth Library: 2:00pm - 4:30pm

Monday 11th May

Blanchardstown: 2:00pm - 4:30pm

Wednesday 13th May

Rush Library: 10:00am - 12:30pm

Thursday 14th May

Swords Library: 10:00am - 12:30pm

Malahide: 2:00pm - 4:30pm

Thursday 21st May

Donabate Library: 2:00pm - 4:30pm

Wednesday 27th May

Balbriggan Library: 10:00am - 12:30pm

Skerries Library: 2:00pm - 4:30pm





**Over 50 and looking
to give back?**

VOLUNTEER EXPO

**30+ Local
and National
Organisations**

**JOIN US AT:
CROWNE PLAZA BLANCHARSTOWN
FROM 12:00- 3.00 PM**

23rd MAY

**Discover meaningful ways to share your
life experience**

- ✓ Flexible roles
- ✓ In-person & remote options
- ✓ A chance to connect, contribute & feel inspired!



An Roinn Forbartha
Tuaithe agus Pobail
Department of Rural and
Community Development



www.volunteerfingal.ie
info@volunteerfingal.ie
087 401 7511 / 01 899 1921



FREE

AGE FRIENDLY SKERRIES MOVIE MATINEE IN THE LIBRARY

OLD MOVIES. GOOD COMPANY. GREAT MEMORIES

IF YOU LIKE OLD MOVIES AND WOULD LIKE TO SEE SOME OF THE OLD CLASSICS, SKERRIES AGE FRIENDLY IN COLLABORATION WITH SKERRIES PUBLIC LIBRARY ARE PLEASED TO ANNOUNCE THE INTRODUCTION OF "MOVIE MATINEE IN THE LIBRARY"

Last Wednesday of every month starting from

WEDNESDAY, 27TH MAY; 2PM-4PM

TO BOOK A PLACE, CONTACT SKERRIES LIBRARY AT
SKERRIESLIBRARY.LIBRARY@FINGAL.IE

If you would like to take a trip down memory lane,
this is the place to be

BOOKING IS ESSENTIAL

SKERRIES LIBRARY
SKERRIESLIBRARY.LIBRARY@FINGAL.IE

Over
55's

Walking Football

Lusk NS

(Every Saturday 12-1pm – starting April 18th)

Portmarnock Sports & Leisure Club

(Every Wednesday 11-12pm – starting April 22nd)

Balbriggan Sports Centre

(Every Friday 2-3pm – starting August 21st)

Open to anyone 55+ who is interested in some light fitness, having some fun and maybe even scoring a few goals!

Sessions are free, delivered by qualified tutors, and include a free cuppa afterwards. Feel free to bring along a friend or family member.

REGISTER
HERE



Anyone interested can contact:

Paul Keogh (086-044-4435) or email info@totalfootballsolutions.ie



Healthy
Fingal

Comhairle Contae
Fhine Gall
Fingal County
Council



ACTIVE TRAVEL AND SPORT



Comhairle Contae
Fhine Gall
Fingal County
Council



Maritime Festival

**BIA MARA ÁITIÚIL AGUS
SPRAOI SAOR IN AISCE
DON TEAGHLACH AR
AN BPROMANÁID**



**23Ú & 24Ú
BEALTAINÉ 2026**



12-6 I.N. GACH LÁ AR AN BPROMANÁID ● ÚSÁID IOMPAR POIBLÍ ● PÁIRCEÁIL SHLÁN DO ROTHAR

Le tacaíocht
bhródúil ó
TESCO

**FAIGH TUILLEADH EOLAIS AG
WWW.EVENTSINFINGAL.IE**

**EXPLORE
FINGAL**

Click here: [Howth Maritime Festival - Events Fingal](#)

Learning Opportunities

Age Action is the leading advocacy organisation on ageing and older people in Ireland. Age Action advocates for a society that enables all older people to participate and to live full, independent lives, based on the realisation of their rights and equality, recognising the diversity of their experience and situation.



As part of our fight against digital exclusion, Age Action's Getting Started programme offers free, one-to-one, volunteer-led training supporting older people to use their devices with confidence.

**We are hosting our
Getting Started Digital Training in
Skerries Library
TuesdayMornings@
11:00 to 13:00**

**To enrol, phone Age Action
on 01-4756989/0818 911109
or email: gettingstarted@ageaction.ie**



SEAVIEW MEMORY CAFÉ

A welcoming place where people with memory difficulties along with their friends & families can meet, support each other, and learn more about memory loss and services in our area.

Location: O'Dwyers New Club House
Bremore Road, Balbriggan, Co. Dublin
K32TK53

3rd Tues of every month (except Aug)
starting **17th Feb 2026, 11am to 1pm.**

Free to attend, just pop in on the day.
Enjoy a cuppa and cake with music and information
on services available.



Fun Facts



**Venus is the only planet to
spin clockwise**

**It's impossible to hum while
holding your nose 😊**

SUMMER WORKSHOPS



SMARTPHONES FOR BEGINNERS
MONDAY 8TH JUNE 10:30 - 12:30



ART (WATERCOLOUR PAINTING)
TUESDAY 9TH JUNE 10:30 - 12:30



INTRODUCTION TO OFFICE SKILLS
WEDNESDAY 10TH JUNE 10:30 - 12:30



GROW YOUR OWN PATCH
THURSDAY 11TH JUNE 10:30 - 12:30

CONTACT US TO BOOK YOUR FREE PLACE!



(01) 841 7763



KEVINMCCABE@DDLETBAES.IE



DUBLIN COLLEGE
FURTHER EDUCATION
AND TRAINING

BALBRIGGAN
SARFIELD HOUSE

All
Welcome

ddletb 

Bord Oideachais agus Oiliána Dublin and Dún Laoghaire
Átha Cliath agus Dhún Leoghaire Education and Training Board



Age Friendly
IRELAND

Click here for

AGE FRIENDLY IRELAND

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22nd MAY 2026