



NEWSLETTER

Age Friendly FINGAL

FRIDAY 29TH 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

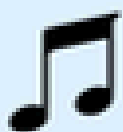


FREE EVENT

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.



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 Oiliúna Dúblín and Dún Laoghaire
Átha Cliath agus Ghairm Leathaire Education and Training Board

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



Comhairle Contae
Fhine Gall
Fingal County
Council



ACTIVE TRAVEL AND SPORT

Corduff on the Move

These free indoor exercise classes are open to all levels of ability and all ages and require no equipment!

The classes will last 45 minutes and are delivered by qualified coaches.

CORDUFF ON THE MOVE

ADULT FITNESS CLASSES TO ENGAGE OR RE-ENGAGE IN EXERCISE

STARTING TUESDAY 26TH MAY @9AM IN ST PATRICK'S SNS HALL

REGISTER NOW

Comhairle Contae Fhine Gall
Fingal County Council
ACTIVE TRAVEL AND SPORT

Active Cities

SPÓRT ÉIREANN
SPORT IRELAND

What to Expect:

Fun-filled indoor workouts
Engaging group exercises
Certified trainers and fitness experts
Varied training sessions
Supportive community atmosphere

Click on the link to register:
<https://bit.ly/CorduffOnTheMove>



Come and join us for our
Chatty Caf  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



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



Blackbirds can actually get drunk if they feast on rotting apples and berries

And just for fun.....

What do you do if there's a gorilla in your bed?

.....sleep in the spare room



Age Friendly
IRELAND

Click here for

AGE FRIENDLY IRELAND

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