

Libraries Programme

FEATURED EVENTS

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 things 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

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.



Clonmel Library
Tuesday 9th May 11am

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.



Learning Together – Your Success, Our Goal



BORRISOKANE LIBRARY

Contact 067 27199 to book.

Arts & Crafts Workshop with Olivia O'Donovan from ETB Thursday 11 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

GET CONNECTED with your Smartphone! Thursday 18th May 11am-1pm See featured events for details.

Pottery demonstration and workshop by Thomas Wollen Wednesday 24th May 11am

This will consist of making and designing tiles with participant involvement

KILLENAULE LIBRARY

Contact 052 9157906

Laughter Yoga (Hasyayoga) Thursday 11th May 11.am

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!

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

Join Mairead Kennedy for some decoupage. Thursday 18th May 2pm

See featured events for full details.

CAHIR LIBRARY

Contact: 052 7442075 - Booking Essential

Book folding for children with Mary Jenkins

Tuesday 9th May 11.30am-12.30pm

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.

Knitting for Children

Tuesday 23rd May 11-12pm

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

Cahir Yoga with Sinead O'Donnell

Thursday 11th May 2pm

Flower Arranging with Patricia Maguire, by Flowers by Trish

Thursday 4th May 1pm

Cahir library Knit and Natter

Every Friday from 10am

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.

Aaron Burchael campervan conversion talk

Thurs 30th May 3pm

See featured events for full details.

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

Join Mairead Kennedy for some decoupage

23th May 2pm

See featured events for full details.

GET CONNECTED with your Smartphone!

Friday 12th May 2pm-4pm

See featured events for details.

CARRICK-ON-SUIR LIBRARY

Contact: 051-640591

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

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.

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

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

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.

GET CONNECTED with your Smartphone! Smartphone:

Friday 26th 3-4pm

See featured events for details

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.

Aaron Burchael campervan conversion talk on

Thursday 25th May 6.30pm

See featured events for full details.

CASHEL LIBRARY

Contact 062 63825 Booking Essential

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.

Join Mairead Kennedy for some decoupage

Tuesday 9th May 11am

See featured events for full details.

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 Ardahan, 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

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

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.

Aaron Burchael campervan conversion.

Tuesday 16th May 6.30pm

See featured events for full details.

GET CONNECTED with your Smartphone!

Friday 19th May 3-4pm

See featured events for details.

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

Monday 22nd May 11am

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

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)*

GET CONNECTED with your Smartphone! Friday

5th May 3pm-4pm

See featured events for full details.

Launch of Reminiscing Back in My Day Volume 2.

Tuesday 9th May 11am

See featured events for full details.

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.

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

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

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

**Marion Court, Le Cairede 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

Join Mairead Kennedy for some decoupage

Thursday 18th May 11am

See featured events for full details.

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

Michael John Ryan String Trio

Wednesday 31st May 6.30pm

See featured events for full details.

TIPPERARY LIBRARY

Contact: 052 6166126 Booking Essential

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.

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

Tuesday 9th May 11.30

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

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.

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

GET CONNECTED with your Smartphone! Tuesday 16th May 6.30pm-7.30pm

See featured events for full details.

"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 10.30a.m

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 Ardahan, 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

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.

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).

Another use upcycling by Mairead Kennedy.

Tuesday 23th May 10.30am

See featured events for full details.

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.

Traditional Irish card games sessions for

May - 45 & 25

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

Aaron Burchael campervan conversion talk

Tuesday 30th May 7pm

See featured events for full details.

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.

Table Quizzes

16th& 25th May

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

Intergenerational Knitting

25th May

Intergenerational Knitting by Craft Circle with St Michaels Girls School

NENAGH LIBRARY

Contact: 067 34404

Talk by Valerie Cox - Journalist, Broadcaster & Author Tuesday 2nd May 6.30pm

See featured events for full details.

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.

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

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.

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.

GET CONNECTED with your Smartphone! Friday 26th May 2-4pm

See featured events for full details.

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

J.J. Fitzgerald & Co. Solicitors:

Talk about enduring Powers of Attorney, Wills, and the fair Deal scheme

Friday 5th May 11am

GET CONNECTED with your Smartphone!

Tuesday 9th May 5.30pm-7.30pm

See featured events for full details.

Coffee Morning

Wednesday 10th May at 11am

Music supplied by local schools

Talk by Valerie Cox - Journalist, Broadcaster & Author

Thursday 11th May

See featured events for full details.

Introduction To Breathwork & Mindfulness Meditation' with Mia Magan ETB

Thursday 11th 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.

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.

Ambassador David Donoghue on his book One Good Day

Tuesday 23rd May 7pm

See featured events for full details

Join Gerry Stemberge 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 Stemberge 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).

Chair Yoga with Donal Quirke

Every Wednesday in May

3rd, 10th, 17, 24th & 31st 3.30pm-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.

Exhibition by Thurles Camera Club in The Source Library Art Gallery. For the month of May

TEMPLEMORE LIBRARY

Contact: 0504 32555

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.

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

Intergenerational craft group for primary school children. Monday May 8th 4pm-5.30pm

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

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.

Smartphone workshop Friday 12th May 2pm-4pm

**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 Ardahan, 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

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.

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

Tea & coffee morning for our local Nonagenarians Friday 19th May

ROSCREA LIBRARY

Contact: 0505 22032

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.

GET CONNECTED with your Smartphone! Friday 5th May 2pm-4pm

See featured events for full details.

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.

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.

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.

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!

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

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.
