

CLIMATE ACTION FESTIVAL

Members of Laois OPC attended the Wells Walk, the benefits of wide-open spaces were outlined with the Laois Climate Action team providing a wellness walk around the wonderful Emo Court on World mental Health Day, the 10th of October. Participants were guided by Neil Dennehy of Well Walks and were shown and encouraged to use all the senses to get the most from their walks. →



Invitation

Free 6 step Climate Course for the over 60s

(2 hours a week)

with

Jacinta Barrins

Climate questions you were afraid to ask over a cup of tea....

Do you CARE about the environment?

Is the language around climate far too complicated?

Would you take action?

Preparation

Step 1: Understanding the basics: Discuss basic climate related terms like greenhouse gas emissions, targets, Paris Agreement, household consumption, production, sink, source and carbon footprint.

Step 2: Changing behaviour: Discuss the barriers holding us back from taking climate action.

Step 3: Carbon Footprint: Learn how to calculate your Carbon Footprint for your household consumption actions, (i.e housing, transport, food, waste, other).

Action

Step 4: One action: Choose ONE household consumption action to reduce your greenhouse gas emissions, (GHGs).

Step 5: Plan: Discuss the barriers that might hold you back from implementing the ONE action.

Step 6: Share Progress: Do the ONE action. Share progress, amongst peers, enjoy benefits and tell family and friends about climate change.

Dates:

Nov 7th Thursday
Nov 14th Thursday
Nov 21st Thursday
Nov 28th Thursday
Dec 5th Thursday
Jan 9th Thursday

Time:

10.15am to 12.15pm

Venue:
Parish Centre,
Portlaoise

Please join us to help the next generation enjoy the planet!

- Why target the Over 60s?
- Over 60s represent one in five in Ireland. 1.04 million aged 60 or older in 2022. Research shows that over 60s are concerned about climate change.
- They can influence behaviour of their family and friends.
- Many over 60s own their own home and can influence the type of changes needed to reduce greenhouse gases (GHGs).
- Some over 60s have resources to make decisions on household improvements.

LAOIS CONNECTS

MOUNTRATH LIBRARY

As part of Healthy Ireland at your Library, Laois Sports Partnership are delivering a 4 week series of Chair Pilates Resistance Bands Training at Mountrath Library. The series starts on Tuesday, 22nd October at 11:30am and will run for 4 weeks.

To book your place

call Mountrath Library on 057 8756378 or

email mountrathlibrary@laoiscoco.ie.



CHAIR PILATES RESISTANCE BANDS TRAINING

11.30am – 12.30pm
for 4 Weeks

4 WEEKS

- TUES OCT 22ND
- TUES OCT 29TH
- TUES NOV 5TH
- TUES NOV 12TH



Book Launch

Vonnie Bolton's second Children's Book
Friends in FairyLand

St Fiacc's House Cafe
R93 D825
Friday November 22nd
7pm

Special Book Launch offer: €10 per book on the night, all signed by the author!
*10% of net profits from book go to St Fiacc's House

BOOK LAUNCH

Vonnie Bolton from Killeshin Forever Young Active Retirement is launching her second Children's Book in time for Christmas. A nice stocking filler.



Monday

- 10 am Mature Movers
- 11 am School Program
- 2 pm Golden years club
- 7 pm Mixed Circuit Training
- 7 pm Karate*
- 7.30 pm Mum Dance*

Bloomhq, Patrick's St, Mountrath, R32 DC58

*not included in monthly membership
Contact Ruth 089 264 7761

Mondays

Featuring "The South East Ramblers and Friends"
Camross Community Hall
November 9th, 2024, 4pm – 7pm

Music, Storytelling, Dancing
Come join us and bring your musical instruments!!

Adults 10 Euro
Children 5 Euro
Raffle Tickets for a chance to win Gourmet Baskets
Light Refreshments

Prebook tickets – Contact Mary Bullock 087-485-1112

Community Hall
Camross, Co Laoise R32TX8Y

In Support of Camross Active Retirement Community



Camross Active Retired Community are planning a storytelling festival featuring "The South East Ramblers and Friends" in Camross Community Hall. Everybody is welcome, tickets can be reserved by calling the number in the advertisement. Refreshments will be served on the night.

LAOIS ICA NEWS



Ballylinan ICA Guild

On 25th of October Ballylinan Guild celebrated their Diamond Anniversary with an Ecumenical service in St Anne's Church in Ballylinan and dinner in the Hall afterwards.

Guests of honour included The National ICA President Mary D'Arcy, Laois ICA Federation President Deirdre Dunne and the 2 founder members Anna May McHugh out Age Friendly ambassador and Anna Walshe and other Guilds members.



Cutting the cake which celebrates 50 years of ICA in Ballylinan watched by Deirdre Dunne Federation President Breda Hovendon Guild and Mary D'Arcy National ICA President. Anne Payne ICA

National ICA President Mary D'Arcy greeting the 2 founder members of the Guild Anna May McHugh and Anna Walshe



- ICA Spink Guild Report
- At each ICA Federation meeting a report is given by the Guild whose turn it is at the last meeting Spink Guild gave a report . Spink is a very busy Guild and currently has 22 members. They meet on the 1st Thursday of every month, There is a combination of Guest Speakers and Craft activities. The Guild was formed in 1984 so will be celebrating 40 years in November.
- The activities that are provided for members include LOETB Classes Chair Yoga and lessons on how to stay connected using smartphones.
- We also took part in Aqua Aerobics utilising the available Sports Grant.
- The Guild has been involved in community service by hosting a sit-down meal for the Ukrainians before Christmas and making donations to the Team Hope Shoe Box Appeal
- Social activities included attending the Nolan Na mBan event in Durrow. We had a Guild outing to the Lace Museum in Mountmellick followed by afternoon tea. We took part in tennis and a bicycle run in Abbeyleix Vitality Club, Members were also involved in the Annual Cuishle Walk to raise funds for The Cuishle Centre and Laois Hospice
- We attended the second Live Well Expo in Portlaoise College and some had coaching from Google on computers.
- Our Guild came 1st in an ICA National Competition for the Guild Book of the Year This book is a pictorial record of all the work done by the Guild during the Year. We were presented with the Betty Manning Trophy at the National AGM in Arklow by the National ICA President. We entered the Federation Competition for the Kathleen Gorman Memorial Trophy. The competition was for 6 scones, an apple tart and a jam sponge - the winners were Castletown Guild and Spink Guild came second.
- This year once again the Ploughing Competition was in Rathenisa and the National ICA Marquee was hosted and organised by the Laois Federation. The Guilds including Spink came together to volunteer their time and expertise as it was a platform to showcase local products, crafts and demonstrations including cookery and flower arrangements,
- Helen Gee the President of Spink Guild was one of the speakers. Helen was admitted to the All Ireland Business Association recently. She was also invited to cut the ribbon to start the walk from the Cuisle Centre this year, which is an annual Fundraiser for the Cuisle Centre and Laois Hospice That concluded the report
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AGE FRIENDLY RECOGNITION AND ACHIEVEMENT AWARDS

A great night was had at the awards night on the 7th November. While the Live Well Expo did not win the category, the shortlisting of the event in the communications category underlines its importance.

Nominated in the same category, the Laois and Offaly section of the HSE won the award for their directory of services to older people. A big well done to them. To see a full list of the winners visit [here](#)



Thanks to Age Friendly Ireland for a great night and especially the organisers from the Age Friendly Office and our hosts Fingal County Council for putting the event together. A lot of unseen work happens to make this event the success that it is.



COMMUNITY & VOLUNTARY AWARDS

On 8th November Laois County Council hosted the Community & Voluntary Awards in the Midlands Park Hotel

Congratulations to PJ Phelan who won Unsung Hero 2024



Unsung Hero Award winner , P.J.Phelan with Clr. Pdraig Fleming (Cathaoirleach)



Best Kept Residential Estate Award - Winners – Droimnin Retirement Village Residents Association - Pauline Price , Colm O'Neill and Nuala Monaghan accept the Award from Clive Davis, Peoples First Credit Union

Check out the pictures from the 2024 Laois Community and Voluntary Awards* Many older people in Laois were nominated both individually and in groups, including Portlaoise Active Retirement group in the Social Inclusion category. [Link to the Leinster Express Article](#)





All abilities are welcome to this fun and social programme to improve strength flexibility and balance, which are key to preventing falls in older adults.

Activities include chair exercise to music & activator poles

Where? Community Centre, Wolfe Tone Court, Mountmellick

When? Monday 4th, 11th, 18th & 25th November

Time? 11.00-12.00

Price? FREE

Contact Caroline Cahill 086 8852503



Arthritis
Ireland



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

Pop Up Gaeltacht



Dáta don dialann má tá suim agat sa Ghaeilge

Ag súil go mór leis an gcéad Pop Up eile a bheidh ar súil Dé hAoine 25 Deireadh Fómhair @ 9pm I dtigh tábhairne Ramsbottoms.

Tá fáilte Uí Cheallaigh roimh chách.

Scaipigí an focal 😊

MOVE & GROOVE

INCORPORATING TAI CHI BASICS

4 FREE SESSIONS

PORTLAOISE
Mondays 11.30am,
'The Fort' Outdoor
Performance Area

FROM MONDAY
4TH NOV
2024

FUN
exercise to
music
**Suitable for
everyone**

STRADBALLY
Tuesdays 7.30pm,
The Malthouse

FROM TUESDAY
5TH NOV
2024

PORTARLINGTON
Wednesdays
11.30am,
People's Park

FROM WEDNESDAY
6TH NOV
2024

ABBEYLEIX
Thursdays 11.30am,
Fr Breen Park

FROM THURSDAY
7TH NOV
2024



BOOKING IS ESSENTIAL
Scan QR code to book

These outdoor activity sessions are provided by fully qualified instructors and are weather dependent.

Wearing layers and a rain jacket is advisable.



LINE DANCING

With Maureen Culleton

All Abilities welcome

When: Monday 11th, 18th, 25th November, 2nd & 9th December

Where: St. Marys Bingo Hall

Time: 11.00-12.00

COST: FREE

Please bring water with you.

Contact Catriona 086 7935234



Castletown ICA Christmas Fair

**LOTS OF HANDMADE AND
HOMEMADE GIFTS FOR
CHRISTMAS**

SUNDAY 1ST DECEMBER 2-5PM
castletown community centre



STAYING FIT FOR THE FUTURE

ACTIVITIES INCLUDE SEATED ACTIVATOR POLES TO MUSIC & SCOOC

The Staying Fit for the Future with Better Balance Better Bones physical activity programme for older adults that will improve strength and balance as well as your general aerobic fitness.

Where? St Mary's Sports Hall

When? Thursday 7th, 14th, 21st & 28th November

Time? 11.00-12.00

Price? €3.00

Contact Caroline Cahill 086 8852503