

laois

Bealtaine
Programme
May 2024



Lust for Life

arts
council
of the
ealaíon

funding
the arts



LAOIS
arts
OFFICE

Bealtaine Festival

An Age & Opportunity arts initiative

Come and join in the celebrations!

For the months of May the Arts Office, Laois County Council invite older people to join in some of the wonderful events that are happening in Laois for the Bealtaine Festival 2024. The theme for 2024 is 'Lust for Life'.

Laois Arthouse Events



Poetry Workshop with Dr Arthur Broomfield



Dr Arthur Broomfield is a poet, essayist, and short story writer. He has published nine books including six poetry collections. He holds workshops for poets and writers on-line.

Writing Poetry : Now is the right time to start:
You can do it!

Arthur's workshops will deal with the basic elements of poetry writing i.e. reading the good poets; inspiration, what is it, how do I react to it: rhyme and rhythm: are they necessary? imagery and naming: authenticity and originality, don't be afraid to speak in your own voice, and what is the creative process, do I have it? Arthur wants the workshops to be enjoyable and hopes to see you there in what should be work and fun.

- Fee:** €5 per session or €15 for the full three sessions (payable in advance)
- Date:** Each Monday for the month of May, 13, 20, 27th at 10.30am to 12.30
- Date:** Thursday 30th May, at 7.30pm
- Venue:** Laois Arthouse, Court Square, Stradbally, Co Laois, R32DT28

Booking is essential, fees to be paid in advance directly to the Laois County Council Cash Office T:05786 74308
Opening Hours: Monday to Friday 9.30am – 3.30pm

Music Generation Laois



Music Generation Laois/Laoise Music Network, in association with

Music Generation Laois, presents the bold and adventurous musical imagination of Flook with special guest Patsy Reid.

Brian Finnegan whistles/flute
Sarah Allen alto flute/flute/piano accordion
Ed Boyd guitar
John Joe Kelly bodhrán
Patsy Reid fiddle/viola

With the flutes, whistles and accordion of Brian Finnegan and Sarah Allen, the guitar of Ed Boyd and the bodhrán of John Joe Kelly, this iconic band weaves and spins traditionally rooted tunes into an enthralling sound. They are joined on this tour by one of Scotland's finest, fiddle and viola player Patsy Reid, who will bring her own creative genius to the mix.

Date: Saturday 11 May 7pm
Venue: The Malthouse, Stradbally
Tickets: Special Rate - €5

Art Exhibition with Alan Meredith

Quercu – the oak – brings together a new body of work by Mountmellick born Alan Meredith, on the occasion of his first solo exhibition in his native Laois. The exhibition draws together separate, but related, ideas that the artist has been exploring in his practice for several years and reveals, if not the culmination of them, then certainly an advanced continuation and heightened expression

of these ideas. Oak is important. As if predetermined, the artist grew up at The Oak, the location of his ancestral farmlands in County Laois.

Opening times:
Tues & Thurs 1pm-5pm & 5.30pm-8pm,
Weds 10am-1pm 1.30-5pm
Sat: 10am-1pm (entry through library)
Fri 1pm-4pm (entry through Laois Arthouse)

For more details contact:
artsoff@laoiscoco.ie

Meet the Artist

Saturday 11th of May 2 pm meet the artist Alan Meredith for a tour and conversation about the exhibition.



Library Events



Laois County
Library Service



Booking is recommended as places are limited – contact individual Library

Portlaoise Library

Local Community Groups Information Stand

Women's Shed Portlaoise: Tuesday, 7th May from 10:00am- 3:00pm

Men's Shed Portlaoise: Tuesday 14th May from 10:00am – 3:00pm

Active Retirement Group: Tuesday 21st May from 10:00am – 3:00pm

Tidy Towns: Tuesday 28th May from 10:00am -3:00pm

Portlaoise Women's Shed: Tuesday, 4th June from 10:00am -3:00pm

Relaxation Hour:

Wednesday, 1st May at 11am

Booking advised.

Join us for an hour of relaxation, quiet space, and simple meditation. Booking advised.

Portlaoise Library in association with LOETB are hosting a cookery demonstration.

Thursday 2nd May at 11:00am – 1:00pm.

Booking advised.

Here you will see our **cooking** tutor giving a wonderful **demonstration** and a Q&A on making nutritious **food** choices, and meal planning.

Portlaoise Library in association with LOETB are running free Art Classes for Beginners:

Classes run for 2 hours each week, over 5 weeks on Friday 3rd, 10th, 17th, 24th and 31st May from 2:00pm -4:00pm
Booking Essential.

Money Management Talk by M.A.B.S – Money Advice & Budgeting Service

Wednesday 8th May 11.30am

Booking advised.

MABS has a remit in Money Management Education by advising clients about budgeting and debt management and facilitating group talks in the community in relation to money management, good saving and spending habits, sources of credit and the avoidance of over-indebtedness.

Activator Poles – Strengthening class

Tuesday, 14th May at 11am **Booking Essential.**

Walking poles can reduce the stress and impact on your knees, hips, and ankles. For many older adults, this relieves pain from arthritis, muscle strains, and ligament sprains.

The poles are modified versions of Nordic walking poles and designed to safely accommodate the needs of people with stability issues, older adults, individuals with chronic conditions, and rehabilitation patients.

Chair Yoga

Thursday 9th, 16th, 23rd and 30th May at 11am. **Booking advised.**

Chair Yoga invites you to find mobility in a way that is soft and gentle but also supportive and beneficial. Suitable for all levels. **Booking Essential.**



Age Friendly Quiet Time

Wednesdays, 10:00 -11:30am

Age Friendly Quiet time, Every Wednesday from 10:00 -11:30am.

Portlaoise Library staff will observe a quiet time each Wednesday from 10:00 – 11:30am as part of a plan to make the library a more inclusive and comfortable and more relaxed environment for you to enjoy your library experience. We encourage you to come along All welcome!

Singing for the Brain

Thursday, 23rd May at 11.30am
Booking advised

Sing for Alzheimers/Dementia. Everyone is welcome to join us for a sing along in Portlaoise New Library, we will be accompanied by musicians from the Men's Shed Portlaoise.

Singing for the Brain brings people affected by Alzheimers together to sing a variety of songs they know and love, in a fun and friendly environment. Research suggests that listening to or singing songs can provide emotional and behavioural benefits for people with Alzheimer's disease and other types of dementia. **All are welcome, Booking advised.**

Regular Events

Adult Evening Book Club

Next meeting taking place on **Weds, 1st May at 6:30pm.** Call or email the library for more details.

Genealogy Club

Join the club at Portlaoise Library to chat with family history enthusiasts, learn from their experiences and share your own unique family history stories. Next meeting taking place on **Weds, 15th May at 7pm.** Call or email the library for more information.

Literature at 11

Featuring poetry and prose readings by staff members with tea, coffee and chats about literature, life, and lots more! The next Literature at 11 takes place on **Thurs, 16th May.** Call or email the library for more details. All are welcome!

English Learners' Book Club

Monday, 20th May at 11:00am – 12:00noon

Looking to improve your English reading and conversational skills? Join our new English Learners book club!

Chapter One Book Club

Our adult morning book club meets on **Friday mornings at 11:00am.** Next meeting on **Fri, 31st May.** Call or email the library for more details. All welcome!

Knitting Circle

The Knitting Circle meets every **Wednesday morning from 11:00am – 1:00pm** all skill levels are welcome!

Ciorcal Comhrá

Come along for some Irish conversation and chat **every Wednesday evening at 5:30pm** – for all levels, from beginners to advanced.

Computer Classes

Age Action run free one-on-one computer classes in Portlaoise Library for people over the age of 55 who have little or no experience with their personal device. **Classes run for 2 hours each week, over 5 weeks.** To register your interest, contact the Age Action team directly on **0818 911 109.**

Abbeyleix Library

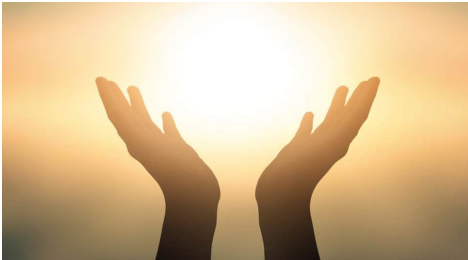
Library Events – Email abbeyleixlibrary@laoiscoco.ie or call 057-8730020 for more information or to book a place.

Mindful Movement

Tuesday 30th April to Tuesday 28th May at 11am-1pm

Mindful Movement – “Lust for Life” Set of classes over 5 weeks with Laois Libraries and LOETB. Exploring topics of Relaxation Exercises, Meditation, Music, Celtic traditions and Spirituality, Restful Sleep and Stress Reduction with tutor Fiona.

Booking essential.



Abbeyleix Knitting Group

Every Wednesday in May at 10.30am-1pm

Abbeyleix Knitting Group meet. Bring along your own wool and needles and get started on knitting up something lovely and cosy. A great social event every week with a cuppa to boot!

Abbeyleix Bridge Club

Every Wednesday in May at 12 noon – 1pm

Abbeyleix Bridge Club meet every Wednesday at 12noon. Why not drop in and try your hand!

Adult Chess Club

Every Thursday in May at 6.20pm – 7.30pm

Adult Chess Club meet. Come along and play the classic game against other worthy opponents. Suitable for beginners and improvers.

Cookery Demonstration Workshop



Thursday 9th May at 10am-12pm

Laois Libraries and LOETB present a Cookery Demonstration Workshop. Enjoy a morning of culinary skills with some useful hints and tips. Some wonderful delights will be cooked up in the library on this morning!

Booking essential

“Making your Will” and “Fair Deal” talk

Thursday 23rd May at 6pm – 7.30pm

A talk on “Making your Will” and “Fair Deal” with Yvonne. Step by step information on the legal processes involved followed by question-and-answer session.

Booking essential

Adult Book Club

Thursday 30th May at 6.30pm

Adult Book Club meet on the last Thursday of the month. Call in and find out book choice of the month. Tea/coffee served and maybe a bicky or two! Newcomers always welcome!

Contact the library for more information.

Mountmellick Library

Email:

mountmellicklibrary@laoiscoco.ie
or call 0578644572 for more
information or to book a place.

Mindful Movement

4 Fridays in May at 11am
Booking advised.

Shared Reading

Bealtaine Shared Reading: Would you like to take some time out, connect with others and explore some great poems and stories. Then, join us in Mountmellick Library for some shared reading sessions where a staff member will read a story or poem. We then talk together about what we think and feel about it. It's also fine to just come and listen. Refreshments provided. **All are welcome- every Wednesday in May at 11 a.m.** in May so why not drop in!



JOIN THE
READING
REVOLUTION!

Shared reading groups
bring people together to
talk, laugh and share. Just
grab a cuppa and enjoy
listening to a story or
poem-no pressure to read
or talk!

**TRY SHARED
READING**

Every Wednesday in May at 11 a.m.
Mountmellick Library

Ciorcal Cómhrá

Every Tuesday at 6pm, no booking needed.

Cookery Demonstration

Every Thursday morning at 11am, no
booking required

Library knitting/crochet group

Every Thursday morning at 11am no
booking required.

Mountrath Library

Email: mountrathlibrary@laoiscoco.ie
or call 057 8756378 for more
information or to book a place.

Adult Knitting Group

Meets every **Friday during May at
11.00am-1.00pm**. Bring along your
needles and wool and join us for a chat
and a cuppa!

Healthy Cooking Demonstration

Thursday 16th May at 5.30pm-7.30pm

Discover the Art of Effortless Healthy Eating! Join us for an exciting workshop showcasing the wonders of air fryer cooking. Whip up delicious, nutritious meals in a flash, perfectly portioned for 1 or 2 people. Get ready to elevate your culinary skills while nourishing your body with ease. Reserve your spot now for a culinary adventure that's both wholesome and convenient!

**Booking advised: Contact 057/8756378
or email mountrathlibrary@laoiscoco.ie
to reserve a place.**

Basketmaking Demonstration

Tuesday 7th May 10am-11.30am

Experience the rich tradition of Irish basket making with Helena Golden, Willow Woman. Join us as Helena showcases the art of willow weaving, a skill passed down through generations. Explore the history and significance of this ancient craft in our daily lives. Celebrate the enduring legacy of basketmaking and perhaps you will weave a few rods yourself.

Booking essential: Contact Mountrath Library at 057/8756378 or email mountrathlibrary@laoiscoco.ie



Portarlington Library

Email: portarlingtonlibrary@laoiscoco.ie or call 057 8643751 for more information or to book a place.

Knitting

Every Friday at 11am

The knitting club meet. All are welcome.



Adult Book Club



28 May at 11am

The book club meets on the last Tuesday of the month

Cookery Demo

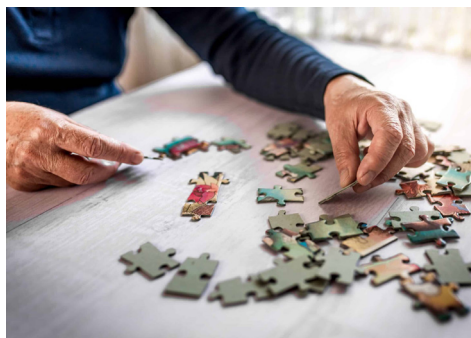
Wed 22 May at 3.30pm

Discover the Art of Effortless Healthy Eating! Join us for an exciting workshop showcasing the wonders of air fryer cooking. Whip up delicious, nutritious meals in a flash, perfectly portioned for 1 or 2 people. Get ready to elevate your culinary skills while nourishing your body with ease. Reserve your spot now for a culinary adventure that's both wholesome and convenient!

Puzzle club

Every Tuesday in May at 10.30am

Join in making a jigsaw puzzle while enjoying a cuppa and a chat.



Durrow Library

Email: durrowlibrary@laoiscoco.ie
057 8736090 for more information or
to book a place.

Coffee Morning

1st May at 10am-12pm

Enjoy a cup of coffee and a chat and
maybe a game of cards!

Caint, Ceol agus Cupán tae.

7th, 14th, 21st May at 6.10pm

Cookery workshop with Yvonne

15th May at 3.15pm

This is a cookery demo about quick and
easy budget friendly recipes using an
air fryer.

Book Club

15th May at 6.10pm

Discussing a new book every month in a
relaxed and friendly atmosphere.

Creative Ireland

Clár Éire Ildánach
Creative Ireland
Programme



illuminating Laois; an enlightening presentation on the stained glass of the Midlands and Co. Laois

Date: Thursday May 16th

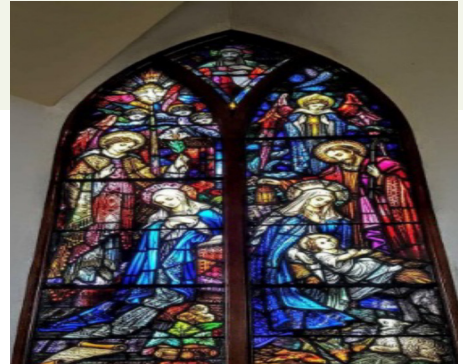
Time: 3pm

Venue: Mountmellick Library

Mountmellick Library will host a talk by Dr
Christy Cunniffe on the stained glass of
the wider Midland's region with examples
from the county of Laois.

This richly illustrated talk will look at the
wealth of ecclesiastical stained-glass
windows by renowned practitioners such
as An Túr Gloine, Earley and Co, Harry
Clarke Studios and several others.

The talk will cover not just the subject
of the stained glass itself, but also the



range of Christian iconography contained
within these beautiful works of art. Also
examined will be the sources of funding,
whereby these expensive works of art
found their way to the villages and towns
of rural Ireland.

Christy Cunniffe, has worked for many
years as Galway Co Council Community
Archaeologist. He has published
numerous articles and publications
on local history and archaeology,
including co-writing a publication on the
ecclesiastical heritage of Co Galway.



Booking for all events on www.dunamaisé.ie 057-866335 or at the Box Office, Dunamaisé Arts Centre, Church Street, Portlaoise. (Open Tue-Sat, 1-5pm and an hour before events). Group rates on request where possible.

Art Classes with Caroline Keane

Weekly on Tuesdays & Wednesdays

Booking & details:
artclasseswithcarolinekeane.com
086-0609898.



Sightless Cinema

Weekly, Tuesday mornings, FREE

Bringing people with sight loss together through radio drama workshops in a fun, relaxed way with theatre maker Ciarán Taylor. **Funded by The Arts Council and supported by Laois County Council Arts Office and Vision Ireland (formally NCBI).**

Laois Alzheimer Café

Monthly, on the last Thursday of the Month, 11-1pm

A warm and welcoming space for people with dementia, their family and friends, social and learnings. **Details from Laois Alzheimer Society 057 875 6373**

FILM:

Boy and Heron

Wednesday 1 May, 8pm, €8/€5

Poor Things

Wednesday 8 May, 8pm, €8/€5

National Theatre Live: Vanya

Thursday 9 May, 7pm, €8/€5

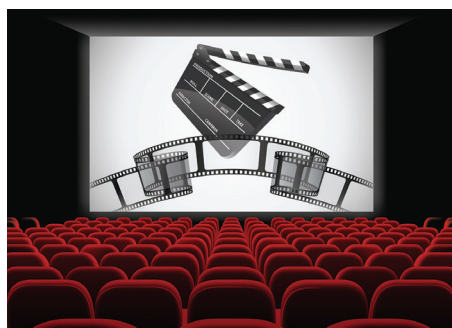
Wicked Little Letters

Wednesday 15 May, 8pm, €8/€5

The Zone of Interest

Wednesday 29 May, 8pm, €8/€5

Cinema screenings weekly on Wednesdays. See www.dunamaisé.ie or call 057 8663355 for details.



MUSIC:



Sharon Shannon: Now and Then Tour

Friday 3 May, 8pm, €32

Don't miss this chance to catch Sharon Shannon and guests live on the Opening Night of the 2nd Annual Portlaoise Trad Fest!

DANCE PARTICIATION:



Tea Dance

Wednesday 8 May, 2.30pm, FREE

All welcome for dancing, fun and friendship promised. Enjoy live music; dance instruction from Maureen Culleton and refreshments included.

THEATRE:

VIXEN

By Helen Casey, Starring Rose Henderson

Tuesday 14 May, 8pm, €20/€18/€15
Group Price

It is the first anniversary of Martin's death. Angie's lover. His family has come to visit his grave. Angie watches the mourners from the safety of her car, hidden under the Yew tree. She remains unseen, her own grief buried deep within. She remembers the foxes, appearing in formation like a string of ugly thoughts...

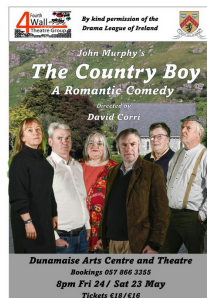
A compelling psychological drama of one woman's resilience, determination and desperation to name the love that was hers but belonged to another.

THEATRE:

Fourth Wall Laois Theatre Group presents The Country Boy

Friday 24 and Saturday 25 May, 8pm,
€18/€16

A humorous but poignant love story examining emigration, the impact of dreams on reality and the challenges of returning home after seeking a better life abroad.





Contact Laois Sports Partnership for further information or to book a place phone 057 867 1248 or email info@laoissports.ie.

Lifestyle and Wellbeing Events

Portlaoise

Good2Go Training Programme	Laois GAA Centre of Excellence	Tuesday 7th May at 10am
Sequence Dancing with Maureen Culleton	Parish Centre, Portlaoise	Monday 13th May at 11:00am
Good2Go Training Programme	Laois GAA Centre of Excellence, Portlaoise	Tuesday 14th May at 10am
Tea Dance with Maureen Culleton	Parish Centre, Portlaoise	Monday 20th May at 11:00am
Good2Go Training Programme	Laois GAA Centre of Excellence, Portlaoise	Tuesday 21st May at 10am
Green Gym Taster Session with Tommy Delaney Fitness	Portlaoise Leisure Centre, Moneyballytyrell, Portlaoise	Tuesday 28th May at 11:30am
Good2Go Training Programme	Laois GAA Centre of Excellence, Portlaoise	Tuesday 28th May at 10am

Mountmellick

Green Gym Taster Session with Tommy Delaney Fitness	Mountmellick Amenity Area, Irishtown, Mountmellick	Tuesday 7th May at 11:30am
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Abbeyleix

Social Wellness Walk	Abbeyleix Bog Walk, Short Loop 3.6km	Monday 13th May at 11:00am
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Mountrath

Green Gym Taster Session with Tommy Delaney Fitness	Mountrath Amenity Area, Mountrath	Tuesday 14th May at 11:30am
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Stradbally

Green Gym Taster Session with Tommy Delaney Fitness	Stradbally Playground, The Green, Stradbally	Tuesday 21st May at 11:30am
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