

# laois

Bealtaine Programme May

2023



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**Bealtaine Festival**

An Age & Opportunity arts initiative

# Come and join in the celebrations!

For the month of May the Arts Office, Laois County Council invite people of an older age to join in some of the wonderful events that are happening in Laois for the Bealtaine Festival 2023. In celebration of Creativity the theme for 2023 is 'In(ter)dependence'.

## Laois Arthouse Events



**Monday 8th May, Monday 15th May, Monday 22nd May, Monday 29th May. 11:00am – 1:00pm**

***'Digging' /Memoir Writing; (Writer as Archaeologist)***

**Fee: €5 per session or €15 for four sessions (payable in advance)**

Join Eileen Casey for a memoir writing workshop. 'Digging' memoir workshops are geared towards unearthing personal or family history treasures. Mining past lives helps to illuminate and revitalise our own precious life story. Each session will be facilitated in a relaxing, enjoyable and thought provoking way. The various types of memoir will be explored together with important memoir elements such as identifying timeline, bringing scenes and characters to life and how to avoid that familiar tyranny - too much information. Triggers and prompts throughout the duration of the course ensures that stories which might otherwise be lost in the mists of time, will breathe again.

**Booking is essential and fees to be paid in advance. Contact Laois County Council Cash Office - 05786 74308 for payment. Please quote: Bealtaine Memoir Writing workshop. For further information: Email: [artsoff@laoiscoco.ie](mailto:artsoff@laoiscoco.ie)**

# Dunamais Arts Centre



Booking for all events on [www.dunamais.ie](http://www.dunamais.ie) | 057-8663355  
or at the Box Office, Dunamais Arts Centre, Church Street,  
Portlaoise. (Open Tue-Sat, 1-5pm and an hour before events).  
Group rates on request where possible.

**Thursday 4th May, 8:00pm, €18/€16/€5**

**DANCE:** *Catherine Young Dance*

**Company** presents *A Call to You*:

A passionate celebration of life, togetherness and dance by outstanding international performers, with live music inspired by Ukrainian folk-dance traditions. *A Call to You* emerges from the incomprehensible times we live through and calls us to come together.



**Friday 5th May, 8:00pm. €25**

**THEATRE:** *Sorry for your Loss*. An unmissable night of fun and craic that will have you killed with laughter. The adult comedy show that gives Uncle Paddy the send-off he always wanted. If it's laughter you're after then this is the wake for you!

**Wednesday 10th May, 11:00am and 8:00pm. FREE**

**CINEMA:** *Living*. The story of an ordinary man, who, at the eleventh hour makes a supreme effort to turn his dull life into something wonderful.

**Wednesday 10th May, 2:00pm, FREE**

**ART:** *Exhibition in Dunamais Café:*

*Forward Always Forward*, by artists from the Laois Activations Art Group. Join members of the Laois Activations Art Group to discuss their artwork on display throughout May in Dunamais Café, their careers and artistic processes. All welcome.

**Thursday 11th May, 11:00am, FREE**

**LITERATURE:** *Bealtaine Open Mic*. Come along and share your creative writing - memoir, comedy, poetry, spoken word, flash fiction and storytelling are welcome. Open to readers, speakers, listeners and supporters. Refreshments served. Places limited so book ahead.

**Saturday 13th May, 8:00pm. €22**

**COMEDY:** *Anne Gildea: How to Get the Menopause and Enjoy It*. Anne brings TMI to a whole new level on this hilarious, informative rollercoaster through this inevitable phase of lady-life. Why oh why was everything about women's bodies always shrouded in such mystery? "... funny and taboo-busting work..." Irish Independent.

**Tuesday 16th May, 2:00-4:00pm, FREE**

**ART/FILM:** *Dawn to Dusk, Screening & Discussion*. An artist documentary film about the artists' collective, Na Cailleacha, who are six visual artists, one jazz musician, and a curator-writer who came together during 2020 to explore being female, older & hopefully wiser. Followed by interview with filmmaker **Therry Rudin**, Curator-writer **Catherine Marshall** (both members of Na Cailleacha). Chaired by **Ann Marie Kelly**, Radio Producer/Content Creator Midlands Ireland. Refreshments served.



**Wednesday 17th May,  
11:00am-4:00pm, FREE**

**ART: Artists Training: Socially Engaged Arts with Older People.** The training session led by Sarah Thornton, will focus on understanding and delivering best practice when working creatively with older people. It will share ideas drawn from the latest research and practice in the fields of ageing creatively, arts and health, and socially engaged arts. It will incorporate peer learning as well as opportunities for networking and sharing practice.

**Wednesday 17th May, 8:00pm, €8/€5**

**CINEMA: Tár.** Multi-award-winning film starring Cate Blanchett, set in the international world of classical music about a fictional conductor whose incredibly accomplished life comes crashing down.

**Saturday 20th May, 2:00pm, €5**

**FASHION: Sustainable Fashion Event with Artist, Rebecca Deegan.** Clothes swap, short docs, wearable art displays, upcycling table, demos & talks from slow fashion designers & makers.

**Thursday 25th May, 11:00am, FREE**

**SUPPORT GROUP: Laois Alzheimer Café.** People with Alzheimers and their families & carers are welcome to gather over a cuppa for friendly chats and advice from experts in Laois Alzheimer Society and their guest speakers.

**Wednesday 31st May, 8:00pm, €8/€5**

**CINEMA: Living.** The story of an ordinary man, reduced by years of oppressive office routine to a shadow existence, who at the eleventh hour makes a supreme effort to turn his dull life into something wonderful, lived to the full.

## Library Events



**Laois County  
Library Service**

Booking is recommended as places are limited – contact individual Library

### Abbeyleix Library Events

Email: [abbeyleixlibrary@laoiscoco.ie](mailto:abbeyleixlibrary@laoiscoco.ie) or call 057-8730020 for more information or to book a place.

**Every Tuesday in May at 10:30am**

Abbeyleix Knitting Group meet. New members always welcome.

**Every Wednesday in May at 12 noon**

Bridge Classes with Paddy. Call in and try your hand.

**Every Thursday in May at 12 noon**

Chair Yoga classes. Booking advised.

**Every Friday in May at 10:15am**

Art Class with Orla. A set of classes designed for beginners and improvers using watercolour/acrylic paint. Create your own piece of artwork. Booking advised.

**Wednesday 10th May at 4:00pm**

Flower Arranging Workshop. Learn how to make your own wonderful display using foliage and blooms from your own garden and surrounds. Booking advised.

**Thursday 11th May at 12:45pm**

Launch of Age Friendly Library and presentation of the Age Friendly Charter.

Focusing on the needs of older people in our community and assisting with the use of the library services should you wish to use them.

### Thursday 18th May at 6:30pm

Local Author Event with Noel Burke reading from his book "The Stories I Was Told", a collection of 35 separate stories relating to the town of Abbeyleix. Booking advised.

### Thursday 25th May at 6:30pm

Abbeyleix Book Club meet. Contact the library for more information.

## Durrow Library Events

Email: [durrowlibrary@laoiscoco.ie](mailto:durrowlibrary@laoiscoco.ie) or call 057-8736090 for more information or to book a place.

### Wednesday 10th of May at 12:00pm

Flower Arranging Workshop. Learn how to make your own wonderful display using foliage and blooms. Booking required.

## Mountmellick Library Events

Email: [mountmellicklibrary@laoiscoco.ie](mailto:mountmellicklibrary@laoiscoco.ie) or call 0578644572 for more information or to book a place.

### Friday 5th, 12th, 19th and 26th May, 10:30am to 12:30pm

Mindfulness Colouring. Keep calm and colour in! Adult Colouring group running from 10.30am to 12.30pm in Mountmellick Library. Drop in for a chat, colouring, and a cuppa!

### Tuesday 9th May at 10:30am

Sustainable Flower Arranging/Wreath Making workshop. Sustainable Wreath

making workshop - some materials foraged. All materials supplied. Booking advised.

### Saturday 13th May at 11:00am

Art Workshop. Mary Slevin, Artist, from Mount Henry Art Studio is delighted to facilitate an art workshop in Mountmellick Library to explore print making. The participants will work with Mary to develop the print process. Each person will engage with the planning, styling, and production of their own individual artwork. Booking advised.



### Friday 19th May at 11:00am

Poetry Speaks. Join us to celebrate, share and listen to poetry. What is your favourite poem? What poem resonates with you? Pick any poem, that you want to read and share with us! If you don't want to read, then join us to listen! You are also welcome to read some of our own work if you wish! Looking forward to seeing old friends and seeing some new faces also!

### Wednesday 24th May at 11:00am

Cuppa and Cards. Join us for a cup of tea/coffee and a game of cards-Gin Rummy, 25-and there might even be biscuits!

### Friday 26th May at 11:00am

Adult Book Club meets on last Friday of the month. Drop in for a cuppa and a chat about the book of the month.



## Mountrath Library Events

Email: [mountrathlibrary@laoiscoco.ie](mailto:mountrathlibrary@laoiscoco.ie) or call 057 8756378 for more information or to book a place.

**Every Friday during May at 11:00am-1:00pm**

Adult Knitting Group. Bring along your needles and wool and join us a chat and a cuppa!

**Thursday 4th May at 6:15-7:30pm**

Adult Book Club. Join us for a discussion on our latest book club choice 'Verity' by author Colleen Hoover.

**Thursday 11th May at 11:00am - 12:30pm**

Introduction to Mindful Printmaking with Dominika Stoppa. Learn how to hand-print linocut cards to keep and frame. This workshop is a gentle introduction to mindful printmaking at home with minimal tools. Each participant will print a greeting card using pre-carved blocks of lino. Lino printing, or linocut, is an accessible and popular relief printmaking technique. This class is open to all artistic skill levels. Booking required as places are limited.



**Thursday, 17th May Deardaoín 11ú Bealtaine at 6:15pm - 7:30pm**

Saor Ciorcal Comhrá: Bígí linn le comhrá as Gaeilge agus cupán tae!

**Tuesday 23rd May at 11:30am - 12:30pm**

Flower arranging demonstration from a LOETB tutor. Booking required.

## Portarlinton Library Events

Email [portarlintonlibrary@laoiscoco.ie](mailto:portarlintonlibrary@laoiscoco.ie) or call 0578643751 for more information or to book a place.

**Every Friday at 11:00am**

Knitting club meet. All welcome.

**Tuesday 9th May at 12 noon**

Flower arranging demonstration and Q&A session from a LOETB tutor. Booking required.

**Thursday 11th May at 11:00am**

Willow weaving with artist Beth Murphy from *Willow Wonder*. Booking required.

**Tuesday 30th May at 11:00am**

Adult book club meets on the last Tuesday of the month.

## Portlaoise Library Events

Email [portlaoiselibrary@laoiscoco.ie](mailto:portlaoiselibrary@laoiscoco.ie) or call 057 8622333 for more information or to book a place.

**Wednesday 3rd May at 11:30am**

Film screening of the 1968 American comedy *The Odd Couple* starring Walter Matthau and Jack Lemmon.

**Friday 5th May at 11:30am**

Join us at Portlaoise Library for a fun way to keep fit, with Line Dancing with Maureen Culleton. Booking required.

### **Wednesday 10th May at 12:00pm**

Europe Direct and Portlaoise Library are hosting a Sustainable Self-Care workshop with The Sustainable Life School. This workshop will focus on the importance of nature and making time for ourselves, including how to reduce the packaging/plastic in our bathroom, focusing on skincare, dental, hair, hygiene care and makeup. You will also get a chance to make your own face scrub. Booking required.

### **Thursday 11th May at 11:00am**

Join Laois Libraries and LOETB for a flower arranging demonstration in Portlaoise Library. Booking required.

### **Every Wednesday at 11am**

Portlaoise Library's Knitting Club. All are welcome.

### **Every Wednesday at 5:30pm**

Ciorcal Comhra, Portlaoise Library's Irish language group. All welcome.

## **Rathdowney Library Events**

Email [rathdowneylibrary@laoiscoco.ie](mailto:rathdowneylibrary@laoiscoco.ie) or call **0505 46852** for more information or to book a place.

### **Wednesday 10th May at 2:30pm**

Flower arranging. Learn how to make your own wonderful display using foliage and blooms. Booking required.

### **Wednesday 17th May at 3:00 to 4:00pm**

Talk in association with the Department of Social Protection about The Irish State Pension System.

## **Stradbally Library Events**

Email [stradballylibrary@laoiscoco.ie](mailto:stradballylibrary@laoiscoco.ie) or call **05786 41673** for more information or to book a place.

### **Every Tuesday and Thursday evenings at 6:30- 8:00pm**

Knitting Group meet. All welcome

### **Every Tuesday - 2nd May, 9th May, 16th May, 23rd May, 30th May, 6th June at 3:00pm – 4:45pm**

Adult Creative Writing workshop over 6 weeks. Booking required.

### **Every Thursday - 4th May, 11th May, 18th May, 25th May & 1st June at 1:30pm-3:00pm except on the 11th May (3:00pm-4:30pm)**

Relaxation and creative mindfulness workshops over 5 weeks in conjunction with the LOETB. Booking required.

### **Thursday 11th May at 1:00pm**

Flower Arranging/Wreath Making Workshop with LOETB. Booking required.

### **Thursday 27th April at 2:30 - 4:30pm and 4th, 18th & 25th May at 3:15pm - 5:00pm**

Art Class with Orla. Booking required.





# Lifestyle and Wellbeing Events

Contact Catriona Slattery for more information or to book a place: Ring 086 7935234 or email [cslattery@laoissports.ie](mailto:cslattery@laoissports.ie)

## St. Mary's Hall Portlaoise

Tuesday 2nd of May at 11:00am – 1:00pm

Tuesday 9th of May at 11:00am – 1:00pm

Tuesday 16th of May at 11:00am – 1:00pm

Tuesday 23rd of May at 11:00am – 1:00pm

Scooch & Activator poles

Sports Day (seated volleyball, boccia & target games)

Dance with Moez

Sports Day (seated volleyball, boccia & target games)

## The Rock GAA Hall

Thursday 4th of May at 11:00am – 1:00pm

Sports Day (seated volleyball, boccia & target games)

## Portarlinton Community Hall

Friday 12th of May at 11:00am – 1:00pm

Activator poles with Caroline Cahill & Dance with Moez

## Vicarstown Community Hall

Thursday 18th of May at 11:00am – 1:00pm

Dance with Maureen Culleton

## Castletown Community Centre

Thursday 25th of May at 11:00am – 1:00pm

Dance with Maureen Culleton

## Emo Court

Wednesday 10th May at 11:00am –

Wednesday 17th May at 11:00am –

Wednesday 24th May at 11:00am –

Wednesday 31st May at 11:00am –

Wellness Walk with Caroline Cahill

Wellness Walk with Caroline Cahill

Activator Poles Walk with Caroline Cahill

Activator Poles Walk with Caroline Cahill

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For more information contact: Muireann Ní Chonaill, Arts Officer,  
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