

17th May 2018

**AN EVENING OF FUN FASHION  
WITH JOAN CASHMAN**

Featuring local stores. Tips, tricks, make up, hair, body shape and colouring to suit your personality. Time: 7.30pm Venue: James O'Keeffe Institute Admission: €15 Light refreshments served.

18th May 2018

**INTERACTIVE FURNITURE  
UPCYCLING DEMONSTRATION**

Hosted by: Revamp • Venue: James O'Keeffe Institute. Contact: Colm O'Connor 029-60633 / colm.oconnor@irdduhallow.com • Time: 10.30am • Adm: Free. Come and assist to a complete step by step interactive demonstration of upcycling. Furniture preparation, painting and upholstery will be covered in this demonstration giving you the skills needed to revamp your pre-loved pieces at home.

19th May 2018

**ELLE MARIE O'DWYER IN CONCERT**

Hosted By: The Glen Theatre Banteer Admission: €15 (Special Bealtaine Discount of €12 for Senior Citizens. Bookings: 029-56239

22nd May 2018

**JACK'S MYSTERY TOUR**

Hosted By: The SAOI Network Venue: It's a Mystery Silly!!!! Contact: Louise Bourke 029-60633 / louise.bourke@irdduhallow.com • Cost: €55.

23rd May 2018

**MOUNT HILLARY LOOP WALK**

Time: 6.30pm • Meeting at: The Trail Head • Adm: Free

24th May 2018

**GET INTO WALKING WORKSHOP**

Hosted By: Corks Sports Partnership • Time: 2.30pm Venue: James O'Keeffe Institute • Admission: Free

25th May 2018

**SENSORY PLAY WORKSHOP FOR  
GRANNIES & GRANDCHILDREN (UNDER 5s)**

Hosted by: Saoi Network Venue: James O'Keeffe Institute, Time: 11am – 12pm Register: 029-60633 / louise.bourke@irdduhallow.com

**CASTLEMAGNER BEALTAINE  
VARIETY CONCERT**

Hosted by: Castlemagner Sinsir; Venue: Castlemagner Hall; Contact: Kathleen Moylan 086-8521808 kathleenmoylan1@gmail.com Time: 8pm; Adm: €10 Adults, Children. If interested in performing contact Kathleen.

**MILLSTREET GRAMOPHONE NIGHT**

Hosted by: Millstreet Gramophone Club • Venue: Canon O'Donovan Centre, Millstreet • Contact: Sean Radley 086-8250074 millstreetmuseum@iercom.net • Time: 8.15pm

30th May 2018

**FREEMOUNT GRAMOPHONE NIGHT**

Presented by Ann Madden • Hosted by: Freemount Thursday Club • Venue: Cois Abhann, Freemount • Time: 8pm • €3

**FACILITATED GAMES for Older People**

Hosted by: Cork Sports Partnership Venue: Dromtarriffe Community Centre Time: 11am Admission: Free Register: Louise on 029-60633

**SHRONE LAKE WALK**

Time: 6.30pm • Meeting at: Shrone Church • Adm: Free

31st May 2018

**COOKING FOR ONE**

Ever find it hard to find something quick and easy to cook when you are living on your own? Orlaith Tomkins of DCFS will lead a Cooking for One Cookery Class. Suitable for all. Venue: DCFS • Time: 2pm Register: 029-60633 / louise.bourke@irdduhallow.com

Design: Creative Republic • T: 085 7489834 | Print: Kantark Printers Ltd • T: 029 50103



Age & Opportunity

**Bealtaine Festival**

Celebrating the arts and creativity as we age

*Be Our Guest*



## 1st May 2018

### FIRST AID RESPONSE (FAR)

IRD Duhallow is organising **First Aid Response (FAR) Occupational First Aid Training** on the 1st, 2nd and 3rd of May 2018 from 9.30am to 5.30pm in Mount Horgan Rathmore Co Kerry

## 2nd May 2018

### MULLAGHAREIRK WALK

Time: 6.30pm Meeting at: Meelin Car Park  
Admission: Free

## 3rd May 2018

### TEA MORNING

IRD Duhallow will host a Tea Morning in "The Pantry" Duhallow Community Food Services on Thurs 3rd of May 2018 from 10am – 12 noon all are welcome and your support is greatly appreciated.

## 4th May 2018

### ALZHEIMER'S TEA MORNING

Hosted by: Tureencahill Actively Retired • Venue: Tureencahill Community Centre • Contact: Lil Fleming 064-7751178 • Time: 11am - 1pm

## 5th May 2018

### CASTLEMAGNER DAWN CHORUS

Hosted By: Castlemagner Sinsir; Venue: Cecilstown; Contact: Kathleen Moylan 086-8521808 kathleenmoylan1@gmail.com Time: 5am; Admission: €10 Adults / €5 Children. The 3 mile route will incorporate the scenic views of Ballyhass Lakes and surrounding countryside. The walk will be led by Fr. Michael Dorgan PP and ornithologist and bird watch expert, Vivian O'Gorman. (Breakfast included in the Community Centre after the event). Please wear appropriate footwear and clothing including a high visibility vest.

## 6th May 2018

### DONOUGHMORE SOCIAL DANCE

Music by Marino Sound. Hosted By: Donoughmore ARA • Venue: Donoughmore Community Centre; Contact: Noreen O'Regan 086-3248960  
Time: 8:30pm • Admission: €10 Adults

## 8th May 2018

### MARY POPPINS – DAYTIME CINEMA

Hosted By: Saoi Network; Venue: James O'Keeffe Institute; Contact: Louise Bourke 029-60633 / louise.bourke@irdduhallow.com; Time: 12.30pm; Admission: €10 (Dinner & Film)

## 9th May 2018

### CLARA LOOPWALK

Time: 6.30pm • Meeting at: Centra Car Park  
Admission: Free

## 11th May 2018

### CPR TRAINING

Hosted by: The Saoi Network at the James O'Keeffe Institute, Newmarket. Contact: Louise Bourke 029 60633

### SEAN O'SE & PEADAR O'RIADA CONCERT

Venue: Bruach na Carraige • Time: 8.30pm  
Admission: €10

## Sat 12th May 2018

### AMERICAN TEA PARTY

Hosted by: Freemount Community Development Association in the Community Centre, inviting clubs to support the event by hosting a table for their members. The event will be an opportunity to bring the community together for a social gathering whilst also raise some

much needed funds for upcoming projects that will be of benefit to the whole community. DJ Mossie will play music to suit all tastes. Raffle on the night and a prize for the best dressed table. A great opportunity to catch up with friends and neighbours as well as raise some much needed funds for the continued improvement of our Community Centre. Time: 8pm. Admission: €10

## Sun 13th May 2018

### MILLSTREET BEALTAINTE TEA DANCE

Hosted by: Millstreet ARA • Venue: Wallis Arms Millstreet • Time: 2.30-5.30pm • Music By: Peter Lane and light refreshments served. Admission €5. As a special Bealtaine Treat Millstreet/Kanturk Red Cross will provide a free therapeutic hand massage.

### CULTURE EVENING

Hosted by: Tir na nOg Active Retired Group Kilbrin: Venue: Dr. Croke's House, Kilbrin  
Time: 8.00pm Contact Nora Mary O'Riordan 087-2883204 Admission: Raffle Tickets €2. Tea & Light refreshments served.

## 15th May 2018

### TUREENCAHILL GROTTO MASS

Hosted By: Tureencahill ARA  
Venue: Tureencahill Grotto; Time: 7.30pm.

## 16th May 2018

### FACILITATED GAMES FOR OLDER PEOPLE

Hosted by: Cork Sports Partnership.  
Venue: Donoughmore Community Centre • Time: 11am Admission: Free • Register: Louise on 029-60633

### ISLAND WOOD LOOP WALK

Time: 6.30pm • Meeting at: Island Wood Car Park  
Admission: Free