

16th MAY 2024

**MAKING THE MOST OF YOUR POLYTUNNEL**

'Making the Most of your Polytunnel and Organic Growing'. Time: 11am Fee €5. Venue: James O'Keeffe Institute, Community Gardens. Fee: €5. Booking Essential 029-60633 / www.irdduhallow.com/events.

22nd MAY 2024

**MOVEMENT FOR OLDER ADULTS**

Movement for Older Adults a workshop with S.O.S. Fitness. Venue: James O'Keeffe Institute. Time: 11am. Fee: €5. Booking Essential. 029-60633 / www.irdduhallow.com/events.

22nd MAY 2024

**PRESENTATION ON IRISH WILDLIFE SOUNDS**

A talk by Seán Ronayne from Irish Wildlife Sounds. Ornithologist and wildlife sound recordist Seán Ronayne is on a personal mission to record the vocalisations of every bird species in Ireland. Venue: James O'Keeffe Institute, Newmarket. Time: 6.30pm. Admission €5. Booking Essential 029-60633 / www.irdduhallow.com/events.

23rd MAY 2024

**CASTLEMAGNER SINSIR CLUB - BEALTAINÉ EVENING CABARET**

Time: 8pm in Castlemagner Community Centre. Admission €10. Enquiries to 086-8521808.

27th MAY 2024

**'BACK TO THE FUTURE'**

'Back to the Future' for older people a day for positive health, mental health, and wellbeing. Guest speakers - info stands - active programmes on the day on fitness and mindfulness. Time: 10am - 12.30pm. Booking Essential. 029-60633 / www.irdduhallow.com/events.

29th MAY 2024

**CLARA MOUNTAIN WALK**

An organised led walk will take place on Clara Mountain on Wednesday Evening May 29th. Meeting in the Car Park across from the Church in Millstreet at 6.45pm. Tea and Coffee after the walk as usual. Registration is essential Please phone 029-60633 or WhatsApp 086/0849955 for registration.

30th MAY 2024

**JACK'S MYSTERY TOUR**

In Memory of our great friend Jack Roche. Join us for the famous Jack's Mystery Tour. Booking essential. Contact 029-60633 / duhallow@irdduhallow.com.

Duhallow

PROGRAMME of EVENTS

2024



EVERYONE IS WELCOME

**Bealtaine Festival**

An Age & Opportunity arts initiative



IRD Duhallow



Lust For Life



**30th APRIL 2024**

**A BRIEF TALK**

'A Brief Talk on Radiators and Cucumbers' understanding what anxiety is, how to understand our own anxiety, and how to alleviate and overcome it, presented in an engaging and light-hearted way by mindfulness and mediation teacher, writer, and actor Kevin McCormack (The Hub-Fermoy, The Fruitful Mind Podcast).  
Time: 11am. Cost €20.  
Book on [www.irdduhallow.com/events](http://www.irdduhallow.com/events) / 029-60633.

**2nd MAY 2024**

**ALZHEIMER'S  
TEA DAY COFFEE MORNING**

Venue: DCFS, Newmarket. Time: 10am - 11.30am.

**DAY TIME BRIDGE TOURNAMENT**

Venue: James O'Keeffe Institute Newmarket. Time: 11am. Bridge and Lunch €15. Booking Essential 029-60633 / [www.irdduhallow.com/events](http://www.irdduhallow.com/events).

**5th MAY 2024**

**DONOUGHMORE ACTIVE  
RETIREMENT BEALTAINE TEA  
DANCE**

Time: 9.00pm - 11.30pm.  
Venue: Donoughmore Community Centre.  
Admission €10.

**5th MAY 2024**

**THE GLEN THEATRE DRAMA GROUP**

The Glen Theatre Drama Group present John B Keane's 'The Rain at the End of the Summer' Time: 8pm: Venue: Bruach na Carraige, Rockchapel: Admission: €15. Tickets available on [ticketstop.ie](http://ticketstop.ie) or by contacting 087 3236049.

**7th MAY 2024**

**SELF CARE FOR CARE GIVERS**

Self Care for Care Givers – managing stress, burnout, money matters and time hacks for carers.  
Venue: James O'Keeffe Institute.  
Time: 11am - 1.00pm. Booking Essential.  
029-60633 / [www.irdduhallow.com/events](http://www.irdduhallow.com/events).

**LEARNING WITH OUR RIVERS**

Come learn about Duhallow's rivers, their importance to all who call them home, and how we can best preserve and protect their quality for generations to come".  
Venue: Island Wood Newmarket: Time: 6.45pm.  
Booking Essential.  
029-60633 / [www.irdduhallow.com/events](http://www.irdduhallow.com/events).

**8th MAY 2024**

**ISLAND WOOD WALK**

An organised led walk will take place in The Island Wood Newmarket on Wednesday evening May 8th. Meeting in the Car Park at 6.45pm. Tea and Coffee after the walk as usual. Registration is essential. Please phone 029-60633 or WhatsApp 086/0849955 for registration.

**9th MAY 2024**

**RECONNECTING WITH YOURSELF  
AND FOCUSING YOUR THINKING**

Alice O'Brien is presenting a workshop on 'Reconnecting with Yourself and Focusing Your Thinking'.  
Venue: James O'Keeffe Institute, Time: 7.30pm.  
Admission: €5. Booking Essential  
029-60633 / [www.irdduhallow.com/events](http://www.irdduhallow.com/events).

**11th MAY 2024**

**DARKNESS INTO LIGHT**

Start Time: 4.15am: Kanturk – Edel Queen Hall: Millstreet - Coomlogane, Cork, P51 H278. Rockchapel - Rockchapel Community Centre. Register on [www.darknessintolight.ie](http://www.darknessintolight.ie).

**12th MAY 2024**

**MILLSTREET ACTIVE RETIREMENT -  
BEALTAINE TEA DANCE**

Time: 2.30 - 5.30 pm at The Wallis Arms Hotel. Music by Peter Lane Blackwater Sound. Admission €10. Hand Massages will also be provided by the Red Cross.

**15th MAY 2024**

**CLONDROHID ACTIVE RETIREMENT  
- SCORAÍOCHT**

Time: 8pm. In Clondrohid Community Hall. Admission is Free.