

## Positive Ageing Week 2019 Events in Cork County Library

| Venue                      | Event  | Date                              | Time              |
|----------------------------|--|-----------------------------------|-------------------|
| <b>Bandon</b> Library      | "Healthy Eating for older adults" talk with Niamh O'Connor, Dietician.   | Friday 4 <sup>th</sup> October    | 2pm               |
| <b>Bantry</b> Library      | Irish conversation group meeting   | Wednesday 2 <sup>nd</sup> October | 12pm              |
|                            | Emma Decent's play "I don't know what I'm supposed to be doing...."  | Thursday 3 <sup>rd</sup> October  | 11am              |
|                            | Book club meeting  | Thursday 3 <sup>rd</sup> October  | 12:30pm           |
|                            | Knitting group meeting   | Friday 4 <sup>th</sup> October    | 11am              |
| <b>Carrigaline</b> Library | Age Action computer classes (Class 1 of 6)   | Wednesday 2 <sup>nd</sup> October | 11am – 1pm        |
|                            | Emma Decent's play "I don't know what I'm supposed to be doing...."  | Wednesday 2 <sup>nd</sup> October | 2:30pm            |
| <b>Charleville</b> Library | Ballyhoura Development Group Befriending coffee morning  | Tuesday 1 <sup>st</sup> October   | 11am – 12pm       |
|                            | Crochet group meeting  | Wednesday 2 <sup>nd</sup> October | 10am              |
| <b>Cobh</b> Library        | Positive Ageing Day at Cobh Community Centre – Library staff will be present to showcase the services the Library can provide. | Tuesday 1 <sup>st</sup> October   | 10am (doors open) |
|                            | Knitting group meeting   | Wednesday 2 <sup>nd</sup> October | 10:30am – 12:30pm |
|                            | Chair Yoga with Fabiola  | Friday 4 <sup>th</sup> October    | 1pm               |
|                            | Grandparents Story time  | Friday 4 <sup>th</sup> October    | 3:30pm            |
| <b>Dunmanway</b> Library   | Knit and Natter, knitting group meeting  | Friday 4 <sup>th</sup> October    | 11am – 1pm        |
| <b>Fermoy</b> Library      | Knitting group meeting   | Tuesday 1 <sup>st</sup> October   | 2:30pm            |
|                            | Book Club meeting  | Wednesday 2 <sup>nd</sup> October | 11am              |
|                            | Ballyhoura Development Group Befriending coffee morning  | Friday 4 <sup>th</sup> October    | 11am – 12pm       |
| <b>Kinsale</b> Library     | "Making the most of your Retirement" talk by Riana Vermaak, H.S.E. Clinical Psychologist                                       | Thursday 3 <sup>rd</sup> October  | 2:30pm            |

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| Lending Library,<br>Carrigrohane rd. | Chair Yoga with Fabiola   | Thursday 3 <sup>rd</sup> October  | 1pm               |
| Macroom Library                      | “Natural Help for the Winter Months”, a talk on natural remedies by Majella O’Riordan             | Wednesday 2 <sup>nd</sup> October | 2pm               |
|                                      | Local Art Therapist Rashika Kampucha will deliver a session for older people                      | Thursday 3 <sup>rd</sup> October  | 11am              |
|                                      | The Purlies, knitting group meeting   | Thursday 3 <sup>rd</sup> October  | 11am – 12:30pm    |
| Mallow Library                       | Occupational therapist sessions (Week 1 of 6)   | Wednesday 2 <sup>nd</sup> October |                   |
|                                      | Bridge players meeting  | Wednesday 2 <sup>nd</sup> October | 2:30 – 4:30pm     |
|                                      | Knitting group meeting  | Wednesday 2 <sup>nd</sup> October | 2:30 – 4:30pm     |
|                                      | Quilting group meeting  | Thursday 3 <sup>rd</sup> October  | 10:30am – 12:30pm |
| Midleton Library                     | Emma Decent’s play “I don’t know what I’m supposed to be doing...”                                | Wednesday 2 <sup>nd</sup> October | 11am              |
| Mitchelstown Library                 | Art and Craft exhibition by Ballyhoura Development Group  | Tuesday 1 <sup>st</sup> October   |                   |
|                                      | October Book Club meeting   | Tuesday 1 <sup>st</sup> October   | 10:30am           |
|                                      | Launch of new Craft group   | Wednesday 2 <sup>nd</sup> October | 10:30am – 12pm    |
|                                      | Library eResources one-to-one sessions  | Thursday 3 <sup>rd</sup> October  | 11am – 3pm        |
| Passage West Library                 | “Staying Mentally Fit in Later Years”, a talk by Dr Rosarie Crowley, H.S.E. Clinical Psychologist | Thursday 3 <sup>rd</sup> October  | 2:30pm            |
|                                      | Chair Yoga with Fabiola   | Friday 4 <sup>th</sup> October    | 11am              |
| Skibbereen Library                   | “Arts for an Active Mind” Exhibition on display   | All week                          |                   |
|                                      | Emma Decent’s play “I don’t know what I’m supposed to be doing...”                                | Thursday 3 <sup>rd</sup> October  | 3pm               |