



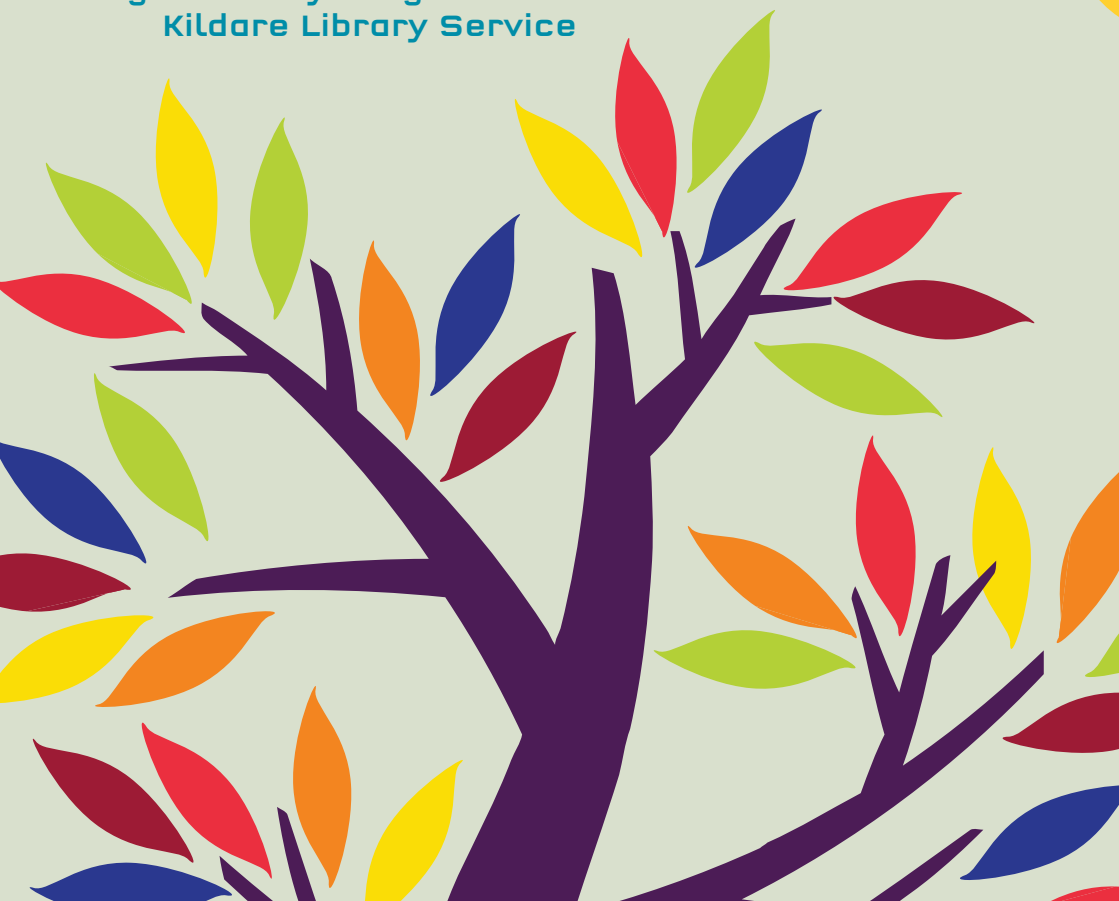
# OWLE

## Older Wiser Laughter

Age Friendly Programme 2017  
Kildare Library Service



KILDARE COUNTY  
LIBRARY SERVICE  
AGE FRIENDLY



 [facebook.com/KildareCountyLibraryService](https://facebook.com/KildareCountyLibraryService)

 [twitter.com/kildarelibrary](https://twitter.com/kildarelibrary)

[www.kildare.ie/library](http://www.kildare.ie/library)



Comhairle Contae Chill Dara  
Kildare County Council

Rediscover your local library with our 'Older Wiser Laughter' programme of Age Friendly events. There is something for everyone from engaging guest speakers, crafts, eServices workshops, theatre, gardening, film, music appreciation, health and well-being - the library has so much more than books to satisfy your mind, body and soul.

## Event Locations and Contact Information

### **Athy Library:**

Tel 059 863 1144 • Email [athylib@kildarecoco.ie](mailto:athylib@kildarecoco.ie)

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### **Celbridge Library:**

Tel 01 627 2207 • Email [celbridgelib@kildarecoco.ie](mailto:celbridgelib@kildarecoco.ie)

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### **Kildare Town Library:**

Tel 045 530 626 • Email [kildarelib@kildarecoco.ie](mailto:kildarelib@kildarecoco.ie)

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### **Leixlip Library:**

Tel 01 606 0050 • Email [leixliplib@kildarecoco.ie](mailto:leixliplib@kildarecoco.ie)

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### **Maynooth Library:**

Tel 01 628 5530 • Email [maynoothlib@kildarecoco.ie](mailto:maynoothlib@kildarecoco.ie)

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### **Naas Library:**

Tel 045 879 111 • Email [naaslib@kildarecoco.ie](mailto:naaslib@kildarecoco.ie)

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### **Newbridge Library:**

Tel 045 448 353 • Email [newbridgelib@kildarecoco.ie](mailto:newbridgelib@kildarecoco.ie)

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## **Kildare Age Friendly Library Day**

Drop into any of our libraries listed in this brochure on **Friday 12th May** for a cuppa! Chat to staff about what the library has to offer YOU, pick up some information and catch up with friends.

**All of our events are FREE of charge and open to everyone -  
advance booking is essential.**

# Events at a Glance



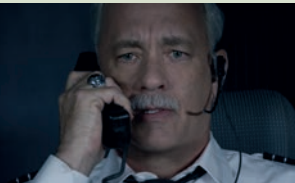
Take 'A Trip to the Flicks'  
- memories of 'picture  
houses' in County Kildare



Nutritional Toolkit with  
Rina Whyte of Eat Your  
Greens Nutrition



Streamline your life with  
the help of The Declutter  
Therapist, Breda Stack



Film screening - Sully



Felting workshop with  
Miriam Brady



Music Appreciation with  
Ted Courtney



Upstyle your home with  
The Colour Barn



Grown Your Own with  
Judith O'Connor



Noah's Wife Missed the  
Boat! with Carnation  
Theatre



Learn to Draw with John  
Carpenter



Go Digital with our  
eServices



# Upstyle Old Furniture with The Colour Barn

the colourbarn  
Donadea, County Kildare

Want to take up a new hobby? A workshop with a demonstration of basic painting techniques to give old furniture a new lease of life - preparing furniture & painting and demonstrating techniques such as stencilling, layering, distressing and decoupage. Lots of handy hints and tips on painting walls, furniture, floor etc. You will leave the workshop with a small finished item for your home.

<b>Athy Library</b>	Monday 20th March 10.30am
<b>Celbridge Library</b>	Saturday 11th March 10.30am
<b>Kildare Library</b>	Saturday 17th June at 11.00am
<b>Leixlip Library</b>	Thursday 14th September 10.00am
<b>Maynooth Library</b>	Thursday 12th October 10.30am
<b>Naas Library</b>	Saturday 4th November 10.30am
<b>Newbridge Library</b>	Saturday 1st April 10.30am





## Learn to Draw with John Carpenter



Being able to draw is one of life's great pleasures. John has introduced more than 5,000 people to the art of drawing and painting. If you would like to take up drawing or move to the next level then these workshops are for YOU!

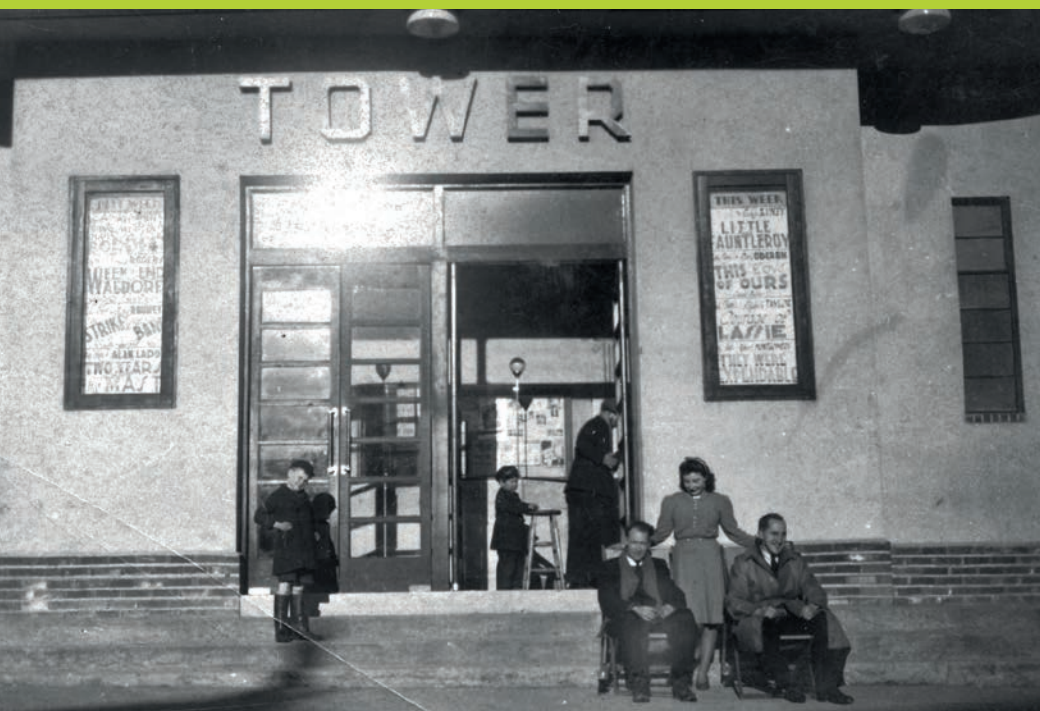
<b>Athy Library</b>	Wednesday 29th March 11.00am
<b>Celbridge Library</b>	Friday 28th April 11.00am
<b>Kildare Library</b>	Wednesday 10th May 11.00am
<b>Leixlip Library</b>	Friday 16th June at 11.00am
<b>Maynooth Library</b>	Friday 15th September 11.00am
<b>Naas Library</b>	Tuesday 3rd October 3.00pm
<b>Newbridge Library</b>	Friday 10th November 10.30am



## The Declutter Therapist with Breda Stack

Breda Stack is The Declutter Therapist, teaching you to break free from the overwhelm of clutter so you can enjoy a simpler, happier life. Breda is author of Declutter Therapy, founder of Ireland's National Declutter Day and International Declutter Day, creator of The Declutter Academy for professional student training and a regular contributor to TV, radio and print media. Breda's talk covers a variety of practical wardrobe and home decluttering information, tips and guidelines on personal style, organisation, storage and lifestyle as well as her uniquely-specialised and essential area of decluttering mindset, challenges and benefits.

<b>Celbridge Library</b>	Thursday 13th April 7.00pm
<b>Kildare Library</b>	Wednesday 31st May 11.00am
<b>Naas Library</b>	Thursday 12th October 6.30pm



## A Trip to the Flicks!!

with Mario Corrigan and James Durney  
from Kildare Local Studies

Memories of going to the cinema in Co. Kildare

Do you remember your first visit to the cinema or do you have fond memories of visits to the 'picture house' when you were a child? Come and share those memories with us as we take a casual stroll down memory lane through some of Kildare's classic cinemas.

<b>Athy Library</b>	Wednesday 10th May 11.00am
<b>Celbridge Library</b>	Thursday 19th October 7.00pm
<b>Kildare Library</b>	Thursday 2nd November 7.30pm
<b>Leixlip Library</b>	Tuesday 25th April 7.15pm
<b>Maynooth Library</b>	Thursday 20th April 11.00am
<b>Naas Library</b>	Saturday 6th May at 11.00am
<b>Newbridge Library</b>	Tuesday 20th June 7.00pm



# Nutritional Toolkit

## with Rina Whyte

### of Eat Your Greens Nutrition

This talk will focus on therapeutic nutrition. Learn how to eat to help improve age related ailments such as elevated blood pressure, cholesterol, blood glucose, osteoporosis, joint pain etc. Bring your notepad, you'll leave with plenty of practical tips!

<b>Athy Library</b>	Wednesday 31st May 11.00am
<b>Celbridge Library</b>	Thursday 8th June 7.00pm
<b>Kildare Library</b>	Wednesday 1st November 11.00am
<b>Leixlip Library</b>	Tuesday 24th October 7.00pm
<b>Maynooth Library</b>	Thursday 28th September 11.00am
<b>Naas Library</b>	Thursday 13th April 11.00am
<b>Newbridge Library</b>	Saturday 4th March 11.00am



# Sully

## Film Screening

**MAYNOOTH**  
FILM FOR ALL

access > CINEMA

On January 15, 2009, just moments after takeoff, US Airways Flight 1549 made a forced water-landing in New York City's icy Hudson River. The poise and skill of Captain Chesley "Sully" Sullenberger ensured the safety of all 155 passengers and crew. Shortly after, however, investigators charged Sullenberger with having put the passengers and the plane needlessly at risk. Directed by Clint Eastwood and starring Tom Hanks in the title role.

**Kildare Library**

28th September 8.15pm

## Felting Workshop

with Miriam Brady



A workshop where you will work with felt to create an ornate vessel. Suitable for beginners and beyond. You will leave the class with a product to take home.

<b>Celbridge Library</b>	Friday 10th November 10.30am
<b>Kildare Library</b>	Thursday 25th May 6.30pm
<b>Leixlip Library</b>	Monday 27th March 11.00am
<b>Maynooth Library</b>	Thursday 15th June 11.00am
<b>Naas Library</b>	Thursday 14th September 6.00pm
<b>Newbridge Library</b>	Saturday 25th March 11.00am



# Grow Your Own

## with Judith O'Connor, Horticulturist

Learn how to grow your own vegetables in containers, take cuttings, save seeds and grow herbs with Judith O'Connor. There will be some cost saving hints and ideas for cooking and preserving.

Judith has been growing her own fruit and vegetables on an increasing scale for the past 15 years and enjoys nothing more than sharing her triumphs (and disasters)!

<b>Athy Library</b>	Wednesday 5th April 11.00am
<b>Celbridge Library</b>	Thursday 25th May 7.00pm
<b>Kildare Library</b>	Thursday 20th April 7.00pm
<b>Leixlip Library</b>	Tuesday 9th May 7.00pm
<b>Maynooth Library</b>	Thursday 9th March 11.00am
<b>Naas Library</b>	Wednesday 6th September 11.00am
<b>Newbridge Library</b>	Friday 24th March 11.00am



# Noah's Wife Missed the Boat!

## with Carnation Theatre

This fun play explores the domestic life of a couple in their twilight years through word and song. Mrs Noah is a strong woman, devoted to her husband but she will not be dictated to. Mr Noah takes a figury, comes home from his carpentry night class to announce that he is building an ark and the whole family are sailing to faraway lands. And what's more, all the animals are coming, two by two!

**Leixlip Library**

Friday 5th May 11.30am



## Go Digital eServices at Your Library

Get one-to-one advice on how to use all of the online services available at your library including renewing your books online, borrowing eBooks and eMagazines; how to register for our free online courses and language learning etc.

<b>Athy Library</b>	Friday 7th April 2.30pm-4.30pm
<b>Celbridge Library</b>	Saturday 22nd April 10.30am-12.30pm
<b>Kildare Library</b>	Saturday 6th May 10.30am-12.30pm
<b>Leixlip Library</b>	Saturday 8th April 2.30pm-4.30pm
<b>Maynooth Library</b>	Saturday 8th April 10.30am-12.30pm
<b>Naas Library</b>	Saturday 22nd April 2.30pm-4.30pm
<b>Newbridge</b>	Saturday 6th May 2.30am-4.30pm

# Music Appreciation

## with Ted Courtney



These talks have been specially chosen by Ted Courtney noting the time of the year. No previous knowledge of music is required when attending these talks. You will not feel the time pass as you are whisked away into the world of music.

Ted has taught music all over the world and starred in productions in Dublin and London's West End. He is a regular presenter on RTE Radio 1 and Lyric FM.

### **Naas Library**

Wednesday 19th April 2.30pm

'Passion Pain and the Music of Easter'. Never in the long history of music has so much been written for a time of year. The music of Bach, Handel and Monteverdi will feature as well as the opera 'Cavalleria Rusticana'.

### **Celbridge Library**

Thursday 5th October 7.00pm

The season of myth and magic. Where did it all begin? 'The Temporal Art', a new 'Art' is born thanks to the monks and troubadours. Early opera and 'Orfeo' will feature.

### **Maynooth Library**

Tuesday 12th September 7.00pm

'In the name of Bach the Father, Beethoven the Son and Brahms the Holy Spirit'. All of them spiritual in different ways. The opera 'Leonora' or 'Fidelio' by Beethoven is of great importance when we consider the 'Fellowship of Man', held dear to all of them.

### **Leixlip Library**

Tuesday 16th May 7.00pm

'Tis the season of singing and joy'. We celebrate the music of O'Carolan, Harty, Duff and O'Riada. This is the 'Mad' season or 'Feile Bealtaine', a time when we can all let our hair down!

### **Kildare Library**

Wednesday 11th October 11.00am

Mozart, 'Amadeus' beloved of God. The voice of God? Let's explore. A history of Classical Music as we know it featuring The 'Magic Flute'.

# Watch out for . . .

## Bealtaine

Each year, during the month of May, the Bealtaine festival celebrates creativity as we age. Watch out for events in Kildare.

## Culture Night

Watch out for a variety of events in our libraries to celebrate Culture Night on Friday 22nd September.

## Positive Ageing Week

Takes place during September each year. Watch out for events at your library.

## Kildare Readers Festival

This festival is organised by Kildare Library Service to promote reading. Watch out for author readings, discussions, suggestions for books to read and much more. Takes place 13th -15th October. Watch out for the brochure!

## Book Clubs

If you are interested in joining a book club or would like us to support your own group's book club, please enquire at any library.

## DVD and Film Clubs

Some of our libraries have DVD and Film Clubs. A great opportunity to meet people and become a film critic!

## Knit and Stitch Groups

Knitters of all abilities, including beginners, are welcome to join our groups. Come and share your skills and patterns.



**Be the first to  
hear about our events!**

Sign up for our e-mail service through your local library or on [www.kildare.ie/library](http://www.kildare.ie/library) to receive information on all library events.