



**bealtainefestival**  
celebrating creativity as we age



## A series of Bealtaine Events organised for over 55's in the County



Riálas na hÉireann  
Government of Ireland



government supporting communities

*These initiatives are funded under the "Keep Well" Resilience Campaign funded by the Government of Ireland.*

The Bealtaine Festival is a month-long opportunity to inspire and celebrate creativity as we age and the theme for this year is "Bealtaine At Home". To comply with current COVID-19 Regulations, Galway County Council has organised a series of online events and a competition for the over 55's across the County. The name "Bealtaine" comes from the ancient Celtic festival of that name celebrating springtime, freshness and renewal, and there has never been a better time to make a fresh start and get involved in something new and stay connected with others. We are inviting our over 55's around the County to be our guest and try out one of the following free and fun activities from the safety of your home:

### Online Exercise Classes or Chair Yoga

Galway Sports Partnership have organised a series of Exercise Classes starting on Tuesday 18th May at 10.00 a.m. and running for 6 weeks, which will involve a gentle exercise plan focused on improving cardio fitness and will be suitable for all levels and abilities – James, the Instructor, will provide adapted forms of all the exercises for those who need them and fun is guaranteed! If you would prefer to try Chair Yoga, this is starting on Friday 21st May at 10.00 a.m. and running for 6 weeks, and will involve 45 minute chair yoga sessions with Pamela focused on improving mobility and upper body strength – again, all abilities are welcome, especially those new to yoga. To sign up for either of these classes, complete the online form at <https://form.jotform.com/galwayactive/Bealtaine21>

### Online evening of traditional songs, stories and conversations

Join traditional singer Rachel Uí Fhaoláin via Zoom on Saturday 22<sup>nd</sup> May from 8.00 p.m. – 10.00 p.m. to contribute to a night of singing and conversations about the stories within songs. The voice of the older generation will take centre stage on the night and you are also invited to bring along family members and children to explore connections through songs and share the stories behind these songs. For more information or to sign up, e-mail Rachel at [ceolmochroi@gmail.com](mailto:ceolmochroi@gmail.com)

### Online Herb Hanging Basket Demonstration

Join Aoife Munn, a Horticulturist and Environmentalist who runs many courses for Tidy Towns Groups and local authority staff around the country, on Wednesday 19<sup>th</sup> May at 10.00 a.m. to find out everything you need to know about creating a herb hanging basket; which herbs to combine, and how to keep them looking good for longer. Sign up on Eventbrite at <https://www.eventbrite.ie/e/herb-hanging-baskets-registration-153768001231>

### **Farmstead or Fairy Fort – what do you call yours?**

Join Bernie Doherty, Community Archaeologist, for an online talk on Tuesday 25<sup>th</sup> May from 7.00 p.m. – 8.00 p.m. exploring ringfort enclosures throughout County Galway, their significance in our archaeological landscape and how they have evolved from being farmsteads to burial sites. The rath, lios, dun, cahir, or fairy fort is one of the most numerous monuments in the country and are especially evident in Galway. Typically early medieval in date, these sites may also be associated with earlier settlements and have been used up to recent times as Children’s Burial Grounds. There will be time for discussion and questions & answers after the online talk – places are limited to booking is essential on Eventbrite at <https://www.eventbrite.com/e/farmstead-or-fairy-fort-what-do-you-call-yours-tickets-153675775381>

### **Trace your Galway Genealogy**

If you have always wanted to trace your family history in Galway but didn’t know how, you can now access a series of tutorials on the Galway Community Heritage Website which focus on accessing information through different sources such as Census Records, Church Records, Civil Records, Tithe Applotment Books, Primary Valuation (Griffiths), and Graveyard headstone transcriptions. These online tutorials, including an introductory session, aim to help family history researchers get the most out of available records and advance their own research. You can check these out at any time on <https://heritage.galwaycommunityheritage.org/content/category/topics/your-galway-genealogy>

### **Get ready to dance with Ireland’s leading Sean Nós Dance Artist**

Join world renowned dancer Emma O’Sullivan on Wednesday 26<sup>th</sup> May 2021 @ 11.00 a.m. via Zoom for a relaxed introduction into the world of traditional sean nós dance, which you can do seated or standing. Emma is a remarkable performer who epitomizes the grace, power and joie de vivre of this dance form. A highly sought-after tutor, she has toured the world sharing the stories and steps of her native Connemara. Her dance videos have been viewed by over 20 million worldwide and with a successful online dance school ([www.emmaosullivan.com](http://www.emmaosullivan.com)) her work has given a global platform to the beautiful tradition. To sign up, book on Eventbrite at <https://www.eventbrite.ie/e/emma-osullivan-introduction-to-sean-nos-dance-for-bealtaine-tickets-153668112461A> and don’t delay as this event is limited to 25 people!

### **“Remember, Recite, Record”**

Galway Public Libraries invite you to send in a recording of your favourite poem that you learned at school and join our virtual Community of Reciters! To facilitate this, we are inviting family members such as grandchildren, nephews and nieces, to be the ‘recorders’ for their grannies/grandads, nana/pops, etc, so that we can record and listen to the wonderful voices of our older community reciting beautiful words. E-mail [lda@galwaycoco.ie](mailto:lda@galwaycoco.ie) with your recording by 17<sup>th</sup> May and check out Galway Public Libraries Facebook page from 21<sup>st</sup> May

## Caption Competition

To get you thinking creatively and have a bit of fun after the difficult year you have endured, we are setting you a challenge to caption one of the following paintings and enter our Caption Competition. We gratefully acknowledge the permission of Galway Art Club and their named artists to use the paintings below for this purpose. It's simple to enter – just follow these steps:

- 1) Get your creative thinking cap on and write a short caption for one of the paintings below
- 2) Fill in the entry form, tear it off, and submit it by post to; Age Friendly Programme, Galway County Council, Aras an Chontae, Prospect Hill, Galway. Alternatively, take a photo of your completed Entry Form and e-mail it to [agefriendly@galwaycoco.ie](mailto:agefriendly@galwaycoco.ie)
- 3) We will pick our top 5 funniest, most creative or original captions for each painting who will each win a small prize and we will announce the names of the winners and their captions in the first week of June.

**The closing date for receipt of entry forms is Friday 21<sup>st</sup> May 2021**

### ENTRY FORM

<b>Your Name:</b>	
<b>Your Address:</b>	
<b>Your Age:</b>	
<b>What No. Painting are you submitting a caption for? (enter 1, 2, 3, 4 or 5)</b>	
<b>What is your Caption? (maximum 15 words)</b>	

\*\*\* please note this is a competition for individuals aged 55 and over

\*\*\* please note there is a maximum of one entry per person

\*\*\* by entering the competition, you agree to have your caption, name & general location published if you are one of the winning entries (we will not publish any other personal details)

**Painting No. 1** by John Connolly



**Painting No. 2 by Graham Bradtke**



**Painting No. 3** by Michael Keeler



**Painting No. 4 by Joe O' Donnell**



**Painting No. 5** by Maura McLaughlin

