

# Positive Ageing Week 2025

29TH SEPTEMBER TO 3RD TO OCTOBER 2025

**Positive Ageing Week theme for 2025 is 'The Joy of Ageing' - celebrating ageing and the contribution and agency of older people**



Comhairle Contae Thiobraid Árann  
Tipperary County Council  
Library Service

Location of Event	Time of Event	Event Description
<b>Monday 29th September</b>		
Nenagh Library	11.00 am	Planting the winter Garden: Bring Colour and Shape to your Garden this Winter.'
Thurles Library	10.00 am to 12.00 pm	Textile Taster Workshop with Melissa Ryan
Tipperary Town Library	11.15 am	Osteoarthritis Education Session Chartered Physiotherapist, Mairead Power (UPMC Aut Even Hospital)
Tipperary Town Library	10:00 am	Monday Weekly Mobility Class. Use it or lose it.
Rahealty Community Centre	7.30 p.m.	Progressive 25 Card Game
<b>Tuesday 30th September</b>		
Carrick on Suir Library	11.00 am -13.00 pm	Botanical and sea casting workshop with Mella O'Callaghan
Cashel Library	6.00 pm	Movie Night
Clonmel Library	10.30 am	Felting, mosaic and drawing workshop with STAG.
Nenagh Library	11.00 am	Autumnal Arrangement with Róisín O'Connell, The Irish Flower Whisperer
Roscrea Library	2.00 pm	Autumnal arrangements with Róisín O'Connell, The Irish Flower Whisperer
Tipperary Town Library	7.00 pm	Trad Session with Blackthorn Trad
Annacarty Hall	2.00 pm -4.00 pm	An afternoon of music, song, recitation, comedy & refreshments
The Institute, Friars Walk, Nenagh	7.00 pm	"A Taste of Time Tea Dance"
<b>Wednesday 1st October International Day of Older Person</b>		
Carrick on Suir Library	2.00 pm-4.00 pm	Board Games with Aidan Ryan
Cashel Library	2.30 pm	PAW Table Quiz for the Active Retirement
Clonmel Library	6.45 pm - 7.45 pm	Trad Music Session with -Powerstown/Lisronagh and Kilcash branches of Comhaltas
Tipperary Town Library	12.00 pm	Community Services Information Session -
Tipperary Town Library	11.00 am	Chair Zumba with Eimear Byrne
Carraig Hotel, Carrick on Suir	1.30pm -3.30 pm	Afternoon Tea Dance
Bookworm, Thurles	11.00 am -13.00pm	The joy of living well with dementia, with positive affirmations, positive musical memories & a celebration of our relationships.
Abbey Court Hotel Nenagh	2.30 pm	"Check on your Mates Day" Afternoon of cards, board-games, chat and refreshments
<b>Thursday 2nd October</b>		
<b>Ageing Well In Your Community' Information Workshop</b>		
TUS Campus Thurles	10.00 am -3.00 pm	Showcasing Range of Health Supports in Tipperary - Booking Required- Limited to 140
Borrisokane Library	10.00 am	Board Games with Aidan Ryan
Cashel Library	2.30 pm	Talk and simple planting demonstration with Dundrum Nurseries
Clonmel Library	2.00 pm -4.00 pm	Board Games with Aidan Ryan
Killenaule Library	11.00 am	Hand tied bouquet with Róisín O'Connell, The Irish Flower Whisperer
Nenagh Library	2.30 pm -4.00 pm	Fortnightly meeting of Active Retirement Association
Roscrea Library	11.00 am	Chair Zumba with Eimear Byrne
Templemore Library	2.00 pm	Chair Zumba with Eimear Byrne
Thurles Library	2.00 pm	Autumnal arrangements with Róisín O'Connell, The Irish Flower Whisperer
Tipperary Town Library	10.30 am	Craft Group
Tipperary Town Library	10.30 am	Table quiz (Day Care Centre)
St Pauls Community Hall Clogheen	2.00 pm	Afternoon of music, social dancing free event with refreshments provided
<b>Friday 3rd October</b>		
Cahir Library	2.00 pm -4.00 pm	Board Games with Aidan Ryan
Cashel Library	10.00 am	Chair Zumba with Eimear Byrne
Cashel Library	10.00 am	Chair Zumba followed by Friday Sing-a-long at 11am with tea/coffee
Nenagh Library	10.00 am - 12.30 pm	Weekly Scrabble club
Tipperary Town Library	10.30 am	Board Games with Aidan Ryan
Fethard Day Care Centre	10.00 am -12.30 pm	Mass in the parish church followed by refreshments & entertainment in the Day Care Centre
Halla na Feile Cashel	3.00 pm	Armchair yoga with Sara Slattery followed by refreshments
Ardcroney Hall	8.00 pm	An evening of music and song
Courthouse Roscrea	7.00 pm	Rambling House, evening of songs, music and chat

For more information or booking contact Fiona, Angela or Cliona Tipperary Age Friendly on 0818 06 5000 or email [agefriendly@tipperarycoco.ie](mailto:agefriendly@tipperarycoco.ie) or for more information see [www.tipperarycoco.ie](http://www.tipperarycoco.ie)