

SOCIAL DANCING

Date	Time	Location
Mon 26th September	2.30pm to 4.30pm	Social Dancing Coachman, Parnell St., partnership with Clonmel Active Retirement Group
	2.30pm to 4.30pm	Slieveardagh Millennium Family Resource Centre
Wed 28th September	2.30pm to 4.30pm	Knockanrawley Resource Centre, Tipperary Town
	8.30pm to 10.30pm	Newport Community Centre
Thurs 29th September	3pm to 5pm	Abbey Court hotel, Nenagh , partnership with Silver Arch FRC
Fri 30th September	2pm to 4pm	Cabragh Wetlands, Thurles , partnership with Thurles Active Retirement
Sun 2nd October	8.30pm to 10.30pm	Fethard Ballroom

Thurs 29th September	11am to 1pm	<p>Clonmel Library: Speakers on the following programmes:</p> <ul style="list-style-type: none"> • Age Friendly Tipperary • Sláintecare Healthy Communities • Healthy Ireland Tipperary • Health Age Friendly Homes Programme • Sláintecare Healthy Communities Social Prescribing
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HEALTH AND WELLBEING AT OUR LIBRARIES

6 Week Programmes Commencing Positive Ageing Week

Date	Time	Location
Mon 26th September	11.30am	Yoga, pilates, mindfulness and Lara Slattery of Sukha Wellness Centre, Cashel call 062 63856
Tues 27th September	10am	Aruna Yoga with Mary Looby, Templemore , call 0504 32555
Tues 27th September	12.45pm to 1.30pm	Bone Health with Dr. Ann O'Malley Education and Exercise workshops, Tipperary Town , call 052 6166126
Tues 27th September	3.30pm to 4.30pm	Chair Yoga & guided relaxation programme with Donal Quirke, Thurles , call 052 6166131
Thurs 29th Sept	11am to 12.15pm	Line Dancing classes for 6 weeks, Carrick on Suir call 051 6440591

To book any of the above events please contact the library branch - all are free to attend