

Schedule of Events

Wednesday 1st March @ 10am Creative Crafts

Cashel Library Craft Group welcome all with a creative leaning

Thursday 2nd March @ 10am Bridge, a game for all generations

Cashel Library Bridge Club welcome all to their weekly session

Saturday 4th March @ 7pm Mná Month Launch

With The Cedartowns in Concert
Inaugural opening of Mná Month and gala concert celebrating women with one of the most exciting sounds on the current folk scene.

Tuesday 7th March @ 7pm Art Exhibition Launch

With Ann Brennan and Students
Ann Brennan, one of Tipperary's foremost artists, shares her work and that of her students.

Wednesday 8th March @ 10am Creative Crafts

Cashel Library Craft Group welcome women with a creative leaning. Refreshments served.

Wednesday 8th March International Women's Day Strike the #Embrace Equity Pose

Show the world your huge embrace. Strike the pose and share your #Embrace Equity image. Cashel Library supporting equality.

Wednesday March 8th @ 7pm A chat with Una Healy

Champion Swimmer, The Saturdays Singer, TV Presenter, Fashion Designer, Nashville Star and Thurles Girl made good. Enjoy this unique interview with Una on her influences, goals and achievements to date.

Thursday 9th March @ 10am Bridge, a game for all generations

Cashel Library Bridge Club welcome all to their weekly sessions. .

Saturday March 11th @ 10am Write Yourself Happy With Anne MacDonald

An interactive workshop for Mighty Mná. Learn how to tap into your own unique creativity using the 5 senses. Discover what makes you laugh, what gets in your way and what makes you write. A thoroughly joyful experience.

Monday 13th March @ 11am The Art of Starting Over With Author Margaret O'Brien

"Weather Report: A 90-day journal for reflection with the aid of the Beaufort Wind Scale", Margaret guides you through the joys of keeping a journal and discusses the pleasures and healing potential of writing. As featured RTE Radio 1 Ryan Tubridy Show.

Tuesday 14th March @ 10.30am Traditional Paper Flower Making With Mary Doll Reilly

Learn the unique craft of Traditional Paper Flower Making.

Tuesday 14th March @ 7pm Celebrating Mythical Women With Davóg Rhyne

Explore the mystical Druidic world of Gangani with actor-singer-musician and Bard Davóg Rhyne, sharing stories, poems and songs that speak of ancient pagan times. Celtic melody, folk and some Gangani blues.

Wednesday 15th March @ 10am Creative Crafts

Cashel Library Craft Group welcome all with a creative leaning

Wednesday 15th March @ 7pm In Conversation with Melissa Hill

Tipp native MELISSA HILL is a #1 renowned author. *Something From Tiffany's* has been adapted into a Hollywood movie by Reese Witherspoon's PC Hello Sunshine & Amazon Studios.

Thursday 16th March @ 11am Make Your Mark With Philip Quinn

Learn the craft of sculpting with master artisan Philp Quinn, make your mark in Ogham.

Monday 20th March @ 2pm Mindful Mandala Making With Maria Coleman

Come play with circles, colours and symmetry and create your own unique mandala. Enjoy a process that nudges you towards psychological coherence Coupled with some holistic healing exercises that coax a creative flow.

Tuesday 21st March @ 11am Women in the Viking Age With Deise Medieval

Viking women enjoyed more freedom and power in society than their contemporaries. Re-enactors Deise Medieval bring you back in time to explore their world.

Wednesday 22nd March @ 10am Creative Crafts

Cashel Library Craft Group welcome all with a creative leaning.

Thursday 23rd March @ 10am Bridge, a game for all generations

The Bridge Club welcome all to their weekly sessions

Friday 24th March @ 10.30am Music Therapy

Musical Experiences that benefit all participants emotionally, physically and Spiritually.

Saturday 25th March @ 2pm

Big Bang Drumming Workshop

Drumming & Percussion Workshop with a difference. Enjoy a unique experience and let off steam, no prior experience required.

Tuesday 28th March @ 6.30pm

Revival & Restoration of Body, Mind & Spirit

With Eileen Heneghan

Give back to the self through colour, breathing sequences and gentle meditation.

Wednesday 29th March @ 2pm

Practical Sustainability

With Éanna Ní Lamhna

Éanna is a freelance wildlife consultant and a member of the panel on the RTE's 'Mooney Goes Wild' programme. She discusses practical ways we can be sustainable in these challenging times.

Wednesday 29th March @ 10am

Creative Crafts

Cashel Library Craft Group welcome all with a creative leaning.

Thursday 30th March @ 10am

Bridge, a game for all generations

The Bridge Club welcome all to their weekly Bridge Group.

Thursday 30th March @ 2pm

"HELLO, How R U?"

With Eileen Acheson

The Mental Health Ireland "HELLO, How R U?" campaign aims to tackle the lack of connection that people experience by inspiring individuals to ask how others are feeling.

Friday 31st March @ 11am

An Túr Gloine

With Stephanie Woods

Stephanie discusses the stained glass art studio An Túr Gloine focusing on Sarah Purser, Evie Hone and Catherine O'Brien and the windows they created for buildings in Tipperary.

All events are FREE
Booking essential to 062 63825

Contact Details

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<https://www.facebook.com/tipperarylibraries/>

#EmbraceEquity

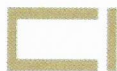
#MnáMonth



Comhairle Contae Thiobraid Árann
Tipperary County Council
Library Service



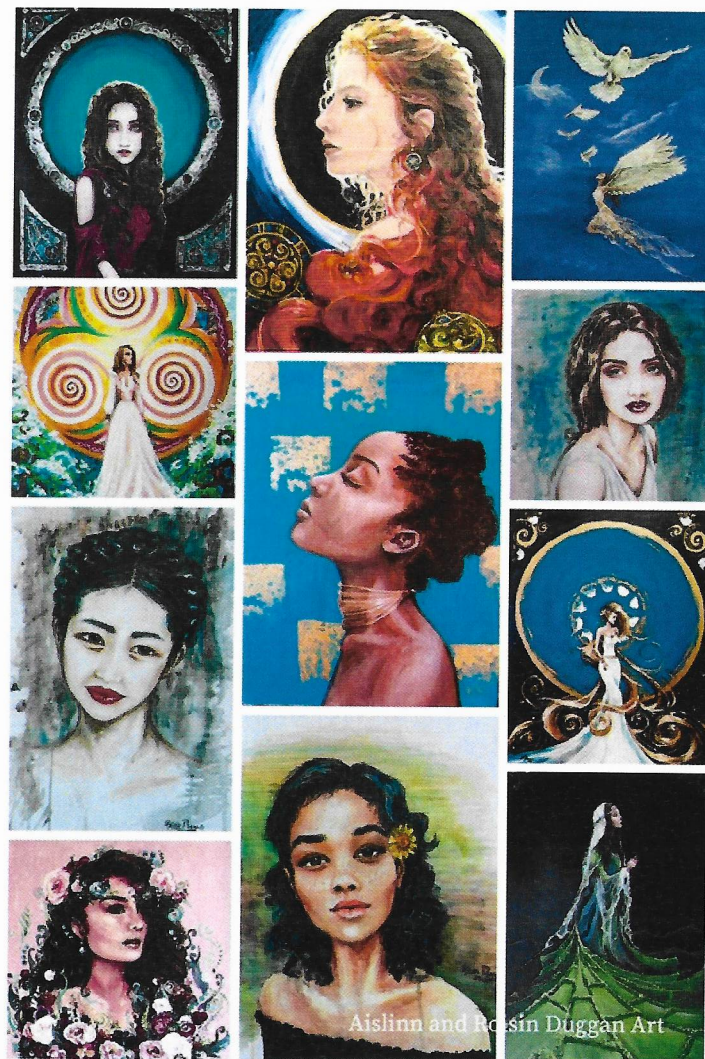
Rialtas Áitiúil Éireann
Local Government Ireland



Clár Éire Ildánach
Creative Ireland
Programme

Cover Art by Aisling and Roisin Duggan

Printed on Recycled Paper



Aisling and Roisin Duggan Art

Mná Month

Cashel Library

A Series of Mnásome Events