



Join storyteller and singer Helena Byrne for this collection of wonderful Winter stories and much-loved Irish folk songs. With old Irish folk tales, heart-warming stories for the festive season and classic folk songs that will carry you down memory lane, you're sure to enjoy every minute of this special performance.

Irish Folk Stories with Helena Byrne

Email cagusc@dlrcoco.ie to request any or all of the workshops below and we will send on the links to access them online. They can then be viewed at a time that best suits your residents and service users, during the month of December.

We hope this programme sparks some festive joy and shows we are thinking about you at this time.

Wishing all staff, residents and service users a healthy and peaceful Festive Season.

From all in dlr Arts Office & dlr Library Service.

Welcome to the Cuairt agus Cultúr Festive Programme for Winter 2021. A series of free online pre-recorded workshops for older people to enjoy in care settings and day care centres across Dun Laoghaire-Rathdown County.



Cuairt agus Cultúr is a cultural events programme run by dlr Libraries and dlr Arts Office in residential care settings for older people in the County. Running since 2018, the annual programme moved online during 2020 with many live, interactive as well as pre-recorded sessions delivered via Zoom. During summer 2021, we delivered a live programme to four care settings in the County.

In December 2021, we are delighted to deliver festive wreaths to all residential care settings along with this

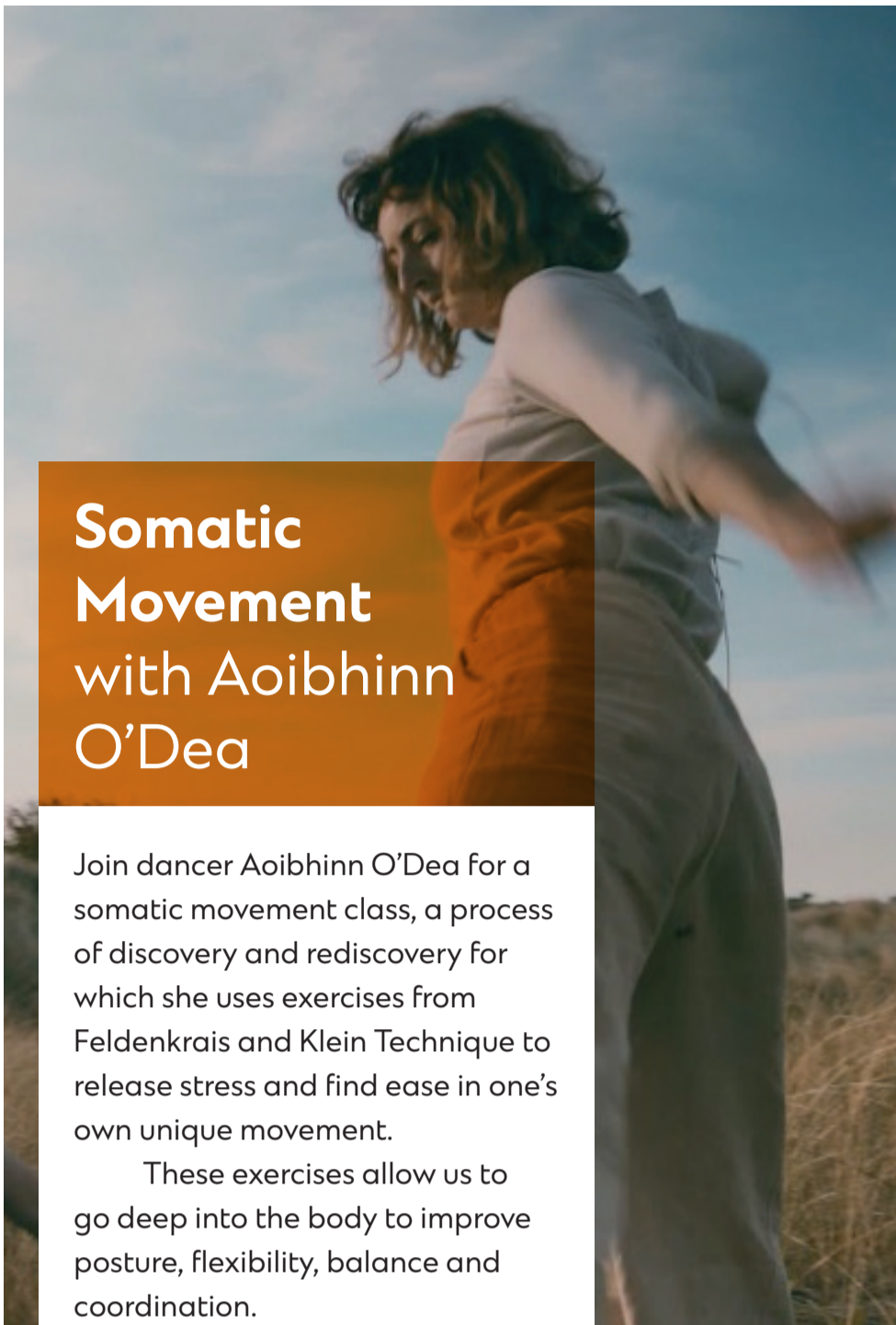
festive programme of pre-recorded events for all to enjoy, available throughout the month of December.

For 2022, we plan to continue our events programme online and hopefully in-person. For more information, please email the Cuairt agus Cultúr team at cagusc@DLRCOCO.IE

Funded by Dún Laoghaire-Rathdown County Council and the HSE/dlr County Council Arts and Health Partnership.



Cuairt agus Cultúr Winter 2021 was programmed by Julia Moustacchi



Somatic Movement with Aoibhinn O’Dea

Join dancer Aoibhinn O’Dea for a somatic movement class, a process of discovery and rediscovery for which she uses exercises from Feldenkrais and Klein Technique to release stress and find ease in one’s own unique movement.

These exercises allow us to go deep into the body to improve posture, flexibility, balance and coordination.

Christmas Baking Class with Sephora Kahongo

Join baker Sephora Kahongo to decorate Santa Claus Cupcakes in a Christmassy style.

Materials supplied for 15 participants: please send an email to cagusc@dlrcoco.ie requesting decorating materials for this workshop and they will be sent directly.



Christmas Cards Workshop with Claire Prouvost

Join illustrator Claire Prouvost to create colourful Christmas Cards with an abstract twist, using collage techniques.

Materials supplied for 10 participants: please send an email to cagusc@dlrcoco.ie requesting materials for this workshop and they will be sent directly.



Christmas Carols with the SuperTones Children’s Choir

Enjoy Christmas Carols sung by the delightful SuperTones childrens’ choir, a fun and inclusive children’s choir based in Dún Laoghaire, who always put their own twist on the music, and even make up their own lyrics and movements.

This year, they put together a special Christmas show of all their favourite seasonal songs, enjoy!