



# Tallaght Library

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## Event Guide January 2023



For further information and booking please visit  
[talib.eventbrite.ie](https://talib.eventbrite.ie)

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# Children and Parents

## Storytime with Arts & Crafts

**Tuesdays from  
3:30pm**

Tallaght Library is delighted to invite you to a weekly storytime session followed by arts and crafts.

This special storytime will be held every Tuesday at

3:30pm. Suitable for ages 3+

**No Booking Required.**



## Musical Tots with Karen

**Wednesday 11<sup>th</sup>  
10:30 - 11:30am**

Join Karen Donnellan from Musical Tots for a fun and lively musical workshop that your little one will love! Children learn tunes and rhymes before they learn to speak. Singing is invaluable for the

development of children from a very young age. The focus of these 45-minute classes is learning through song, developing confidence and self-esteem through interaction, and motor skills through action and dancing songs.

**No Booking Required.**



## Junior Gymboree

**Wednesday 18<sup>th</sup>  
10:30 - 11:30am**

Join us for this music and play session with Agata, for babies and toddlers up to 2 years old.

**No Booking Required.**

## Sarah Sparkles

**Wednesday 25<sup>th</sup>#  
10:30 - 11:30am**

Join Sarah Sparkles for toddler time, giving babies, toddler and pre-schoolers and interactive and exciting introduction to libraries.

Parents and guardians must accompany their children for the duration of the event.

**No Booking Required.**

## Sensory Saturdays

**Saturday 21<sup>st</sup>  
10:00 - 12:00pm**

In Tallaght Library we are learning different ways in which we can make the library more accessible to those with ASD. On this day we will have Reduced Lighting, Priority Queueing for patrons with ASD as well as extra assistance available on request and sensory toys on the library floor.

**No Booking Required.**

## Junior Book Club

**Attention all Junior Readers!**

Tallaght Library is looking for new members for our Junior Book Club!

**Thursday 19<sup>th</sup>  
3:30 - 4:30pm**

Our next book is the hilarious *The Terrible Thing that Happened to Barnaby Brocket* by John Boyne.



To book in just ask at the library desk or phone us at (01) 462 0073. We look forward to seeing you there!

**No Booking Required.**

## Review, Reset and Prioritise Goals for the Year Ahead with Siobhán Daffy

**Wednesday 11<sup>th</sup>  
6:30 - 7:30pm**

This talk will give you an opportunity to reflect on the past year through the different lenses of your life, including work, family, health & wellbeing and create achievable goals and visions for the year ahead.

We will look at the different roles we play, the different needs we have in our personal & professional lives. There will be something for everyone, whether your focus is on your own wellbeing or starting a new business.

This is an interactive talk including written exercises, short mind-body exercises & creative thinking. Please bring a notebook and pen.

**All welcome. Booking essential at [talib.eventbrite.ie](http://talib.eventbrite.ie)**

## Basic Computer Course

**Monday 16<sup>th</sup>  
10:00 - 1:00pm**

The DDLETB is delighted to offer this **10 week basic computer course** in Tallaght Library. This course is designed for adults who want to learn basic computer skills and gain an understanding of

technology in everyday life.

As places are limited please contact us at [talib@sdblincoco.ie](mailto:talib@sdblincoco.ie) or **(01) 462 0073** to book a place as early as possible.

## Mindfulness for Wellbeing

**Wednesday 18<sup>th</sup>  
12:30 - 2:00pm**

Step into the present moment and deepen your sense of joy each day with Mindfulness for Wellbeing Classes from the DDLETB.

During this **eight week course** we will explore

ways to bring mindfulness into our everyday lives through meditation practices, self-reflection and group discussion. Practicing Mindfulness has been proven to have significant beneficial effects on our health and wellbeing.

Among the many benefits are, reduced stress, improved sleep, easing depression and building resilience. Skills learned will equip you with ways to build positive relationships with yourself and others, and deepen the joy in your life on a daily basis.



**Booking by email [talib@sdblincoco.ie](mailto:talib@sdblincoco.ie) or by phone 01-462 0073. Registration form must be completed to guarantee place on the course.**

## Age Action Computer Classes

**Wednesday 18<sup>th</sup>  
10:30 - 12:30pm**

Tallaght Library will be hosting this workshop on behalf of Age Action. This **5-Week Workshop** will cover using a tablet, laptop and smartphone.

For booking information, please contact **Age Action** at **(01) 4756989**

**AgeAction**

**For all older people**

## Books and Places Book Club

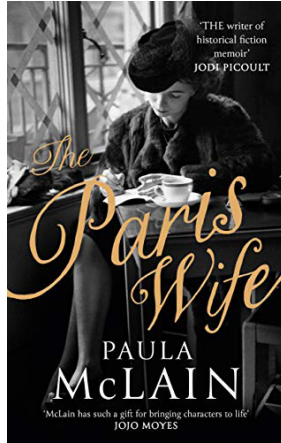
**Wednesday 18<sup>th</sup>  
6:30 - 7:30pm**

In 2023, Tallaght Library is delighted to be launching a new book club for adults where we will not only read

and discuss the books but celebrate the places in them too.

The first book will be *The Paris Wife* by Paula McLain. Join us for *la discussion*, café & brioche.

Email [talib@sdblincoco.ie](mailto:talib@sdblincoco.ie) or phone (01) 462 0073 to join.



## English Conversation Classes

**Mondays - Thursdays  
11:30 - 1:30pm**

Tallaght Library is delighted to be hosting the English Conversation Classes once more. These drop-in sessions will be held four days a week, from Monday to Thursday.

No booking is required.

## Beginners Writing Class

**Thursday 19<sup>th</sup>  
11:00 - 1:00pm**

The DDLETB is delighted to offer this **eight week course** for new writers or those looking for a refresher on the basics. Build your confidence and improve your spelling, reading and writing.

Booking at the library desk.

## Yoga Classes

**Thursday 19<sup>th</sup>  
2:00 - 3:30pm**

This foundational practice of yoga provided by the DDLETB will include breathwork, introduction to basic postures moving to a flowing class as the **eight week course** continues with relaxation

completing our practice.

Yoga allows us to keep our body moving whilst stilling the mind. With practice you may enjoy more of a sense of calm, slower breathing, flexibility, stronger muscles, ease in the body and a feeling of peace, good for overall stress management.



Classes are suitable for men and women, for those who are new to yoga, or have been practising for a while or maybe returning after an absence.

Booking at the library desk.

## Hobby Hub

**Every Wednesday  
6:00 - 7:45pm**

This drop-in Arts & Crafts group meet every Wednesday evening in the library.

No sign up is required, simply show up and get crafting!



## **Library Opening Hours**

**Monday - Thursday : 9:45am - 8:00pm**

**Friday and Saturday : 9:45am - 4:30pm**

**Phone: 01 - 4620073**

**Email: [talib@sdblincoco.ie](mailto:talib@sdblincoco.ie)**

**[www.southdublinlibraries.ie](http://www.southdublinlibraries.ie)**

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