

1st July 2017

To the Chairperson and Members of
The Central Area Committee.

Central Area Age Friendly Report – July 2017

Central Area Over 55's Day

The Over 55's Open Day was held on the 31st May in the ILAC Library and was officially opened by Councillor Ray Mc Adam. The day was a great success and I have included some of the feedback below.

Comments from visitors on the day :-

- *Wonderful day starting with the 'Blue Heaven Barbershop Chorus' who sang for nearly an hour – what a wonderful programme, everybody joined in with the singing, truly enjoyable.*
- *Refreshments supplied which was very well received. Staff were very helpful and courteous.*
- *Yoga – Mary gave a whole hour for Yoga, exercises and meditation – a wonderful relaxing hour.*
- *Active Retirement Ireland gave a great talk about their programme along with slide show which was really very good. She gave me the confidence to speak out.*
- *Thought the health & fitness was great and gave me the incentive to keep on losing weight and exercising.*
- *Fantastic day, great information at all the stands. Everyone very friendly.*
- *Gardaí really good on security*
- *Wonderful day – well done.*

Brian O'Connell
Administrative Officer
Central Area