

Video Transcript

Mary's Story

My name is Mary McCarthy and I'm 73 years old.

I discovered the Age-Friendly University about 2017 through a parish newsletter. I didn't realize actually it existed, so I wasn't really interested in taking kind of academic type of courses when I retired.

Um, it's me time now and I educated all my kids and, um, I decided I was just going to do things that interested me.

So that's where the photography, the life writing, I've done genealogy. They have arts in residence here, and we have done various botanical art with, with one of the professors over in St. Patrick's campus. Um, I've also done linocut printing with the art in residence, actually this year and last year as well.

Um, so that was very enjoyable and I am now kind of on the giving end as well as the receiving end of the courses. So for two semesters then I have been teaching art as well as kind of receiving the, the courses. So it's wonderful from a health perspective, um, from a mental perspective, from a culture perspective, everything.

It's so important to have, uh, access to this type of, um, forum for, for learning different subjects. I mean, it's absolutely wonderful. Nobody my age should be bored and say, you know, oh, I have nothing to do, or I sit at home all day doing nothing.

There is such a wealth of courses and activity and engagement all around culturally everywhere. We've had trips to castles with the Age-Friendly University. We've had Christmas dinners, we have lunches. We, it's wonderful. It's absolutely wonderful. The learning was fantastic, but I think probably the social side of it is, is probably the more important part of it for me.

I mean, anybody can do photography somewhere else or something like that, but, um, it's that social engagement with people my own age and, and, and younger people as well. And the friendships that you make that's really important I think, because if you're alone, you're going to get depressed, possibly you're going to be isolated. And, uh, so this is a way to kind of get outta that isolation, uh, number one.

Number two is just to have a good time and enjoy the years that you have. You know, we might have another 20 years to live, so why not be socially engaged and be aware and be aware of current affairs and, um, you know, exercising mentally and physically.

They, they run a fabulous thing in September here called the Taste of DCU, where you register to come along and for a half an hour you can pick, say, three or four different types of subjects that you might be interested in and engage in a classroom environment with the, the lecturer or the person that might be running that particular course.

So I would encourage anybody who is just a little bit nervous or lacking a little bit of confidence to come along to that particular day when it's advertised in September, because they, they, they literally get a taste of what happens in DCU. It's a wonderful day. We have lunch together. You meet people again, uh, people you might know, lots of people you don't know, but you also get a taste of the different courses that you might be willing to engage in. It's all about kind of, you know, keeping the balance between having a happy life and a good working life and a good leisure life.