

Sunday Newsletter 12 January, 2025

Wishing everyone a very happy, blessed and safe 2025.

Our next **Get Together**, vintage morning coffee will be **Monday 27th January, 11-12.30pm** with Robbie O'Leary, an award-winning photographer. His topic will be *Local Irish Wildlife*. All are welcome to this fundraiser for the Centre. Tickets €15 at reception in January, raffle on the day also.

Senior Citizens Bingo Group will resume tomorrow **13 January, 2 – 4pm in the new year**. All are welcome. Come along and enjoy the company and games. Meeting in the Coffee dock each week. Great fun and prizes too.

Our next **Book Club** will be this **Tuesday 14th January**. The next read is *Long Island by Colm Tobin...* the follow up book to *Brooklyn*. We meet up **@10.30am** in the Coffee Dock.

Nutrition and Weight loss Class – Nichola Flood Room 2, **Wed 9.30 – 10.30** Places available. If you wish to enrol, please contact Nichola by contacting via email info@thequeenofhealth.ie

Film club returns this week in Room 3, **Thursday 16th January at 14.30 – 17.00** Film showing is *Days of wine and roses* starring Jack Lemon and Lee Remick. All are welcome to join for the film and a cuppa.

Hats for the homeless. Next meeting, *note no meeting in January*, on **Wednesday 12th February @ 10.30am** Oval Room/Coffee Dock.

New courses for 2025:

Nichola Flood, Queen of Health, will be running a **4-week course** on **8th January**, on **Nutrition and weight loss, 9.30-10.30am** in **Room 2** on **Wednesdays in the new year**. If you wish to enrol, please contact Nichola by contacting via email info@thequeenofhealth.ie

Discover the Digital World will be commencing on **Thursdays in February 2025**. A 6-week course in the Centre. Learning about using your device more effectively. Fee payable. To enrol email Timsmyrk@gmail.com

Weekly physiotherapist led balance classes for **Falls Prevention**. **New class** starting on **23 January, Thursday mornings** in the **Murray Centre at 10.00am** Class is 45 minutes duration. Please contact **Sarah** from 'Ready Steady' on 0851771160 to enrol or for more information.

The **Coffee Dock** is a vibrant meeting space for our community, serving tea, coffee and cakes. The Coffee Dock team consists of a full time Kitchen Supervisor and assisted by volunteers. **We are seeking enthusiastic new volunteers to join the Coffee Dock team**, which is open Tuesday -Friday 9.30 – 12.30. If you have 2 hrs to spare on a Tuesday to Friday morning to assist with the running of the Coffee Dock, we would be delighted to have you in our team. We are an equal opportunity team and would like to see more gender parity and encourage the men of the parish to join this fun team. No experience required as full training will be provided.

If interested, please leave your name and number with reception in the Pastoral centre to pass onto the Coffee Dock team.