

Sunday Newsletter 2nd February, 2025

Our next **Get Together**, vintage morning coffee will be **Monday 24th February, 11-12.30pm** with Ashling Forsythe, from Windyridge Garden Centre. Her talk, accompanied by a demonstration will be on **Spring Bulbs** – advice and planting ideas. All are welcome to this fundraiser for the Centre. Tickets €15 each, available at reception the Pastoral Centre. Raffle in aid of Blackrock Hospice.

Carysford Bridge continues Mondays and Wednesdays from 7.30 – 10.30pm in Coffee Dock. New members are welcome on Wednesdays. Contact Martha Braun to enquire. Email Marthabraun@gmail.com or call 083 8878471.

Senior Citizens Bingo Group will meet each Monday **2 – 4pm in Coffee Dock**. All are welcome. Come along and enjoy the company and games. Great fun and prizes too.

Book Club will next be meeting this **Tuesday, 11th February @10.30am** in **Coffee Dock** and are reading Donal Ryan's **'Heart be at Peace'** this month. All are welcome to join for discussion on this book.

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

Falls Prevention -Weekly physiotherapist led balance classes continue on Thursday mornings in the **Murray Centre at 10.00am** and a **new second class at 11am**. Class is 45 minutes duration. Please contact **Sarah** from 'Ready Steady' on 085 1771160 to enrol or for more information.

Yoga – Catherine Mc Cutcheon teaches this class each **Thursday, 11 – 12.00** in the Conference Hall, some spaces available. Please contact Catherine for further information or to enrol. catherinesyogamat@gmail.com

Crafty Angels meet this week in **Room 3, Thursday at 14.30 – 16.00**. Come along, new members welcome, bring your crafty project, we all work on our individual pieces, share ideas and chat. Enjoy a cuppa together.

Pastoral Patchwork – This group are postponing meetings until early April.

Hats for the homeless Note: No meeting in January, next meeting will be on **Wednesday 12th February @ 10.30am** Oval Room/Coffee Dock.

New courses for 2025:

Discover the Digital World will be commencing on **Thursday 13 February 2025**, in **Room 1, 15.00 – 16.00** each week. A 6-week course in the Centre. Learning about using your device more effectively. Fee payable. Limited spaces available, to enrol email Timsmyrk@gmail.com

An Activity list of classes happening in the Pastoral Centre is available from Centre reception.

The **Coffee Dock** is open Tuesday -Friday 9.30 – 12.30, serving refreshments and light bites. All are welcome to come along and bring a friend for a chat.