

Sunday Newsletter 16th March, 2025

Happy St Patricks Day to all. Centre will be closed tomorrow, 17th March, 2025.

Our next **Get Together**, vintage morning coffee will on **Monday 24th March 11-12.30pm** with Lorraine O'Brien, award winning and very talented florist. Demonstrating Easter arrangements and more floral inspiration. All are welcome to this fundraiser for the Centre. Some tickets €15 each, available at reception the Pastoral Centre. Raffle in aid of Blackrock Hospice.

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 next meeting this **Tuesday, 8th April @10.30am** in **Coffee Dock** and we will be reading Graham Norton's book **Frankie**. All are welcome to join for lively discussion on these books.

Nutrition and Weight loss Class with Nichola Flood. **Room 2, Wednesday, 9.30 – 10.30am**. To enrol please contact Nichola via email info@thequeenofhealth.ie

Hats for the homeless the next meeting will be on **Wednesday 9th April @ 10.30am** in the Oval Room/Coffee Dock.

Falls Prevention -Weekly physiotherapist led balance classes continue 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.

Crafty Angels meet this week in **Room 3, Thursday at 14.30 – 16.00**. Feel free to bring your own craft project, lots of great knitting and crochet work happening. Come along, new members welcome. Enjoy a cuppa and chat together.

Discover the Digital World continues **Thursdays, 16.00 – 17.00, Room 1**, Learning about using your digital device more effectively. Fee payable. To enrol email Timsmyrk@gmail.com

St Nicholas Montessori are now accepting enrolments for new students commencing **September 2025**. Limited places available. To enquire please email Principal Mary Farrelly at mary.farrelly@smsi.ie

A list of activities and classes happening in the Pastoral Centre is available from reception in the Centre, along with contact information for leaders, should you wish to enquire or join a group. All are welcome.

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.