

Newsletter Sunday 1 March, 2026

Get together vintage coffee morning is on tomorrow morning **Monday 30 March. 11 – 12.30A floral Demonstration with expert Loraine O' Brien**. Always very popular, so book early to secure your place. Buy a ticket and bring a friend along to enjoy a lovely morning coffee & very interesting talk. Tickets available at reception in the Centre, €5 each. All are welcome.

Senior Citizens Bingo continues each **Mondays, 14.00-16.00** in Coffee Dock. All are welcome to join and enjoy some games with a cup of tea and chat. Great fun and prizes too.

Book Club: are reading the *Train Dreams* by author Dennis Johnson & we meet up **Tuesday 3rd March @10.30am** in coffee dock. New members always welcome.

Hats for the Homeless Next meeting on **Wednesday 11 March**, 10.30 in the **Oval room and Coffee Dock**.

Film Club will meet this week in **Room 3** on **Thursday 2.30-5pm**. Viewing '*How to marry a millionaire*' starring Marlyn Monroe & Betty Grable. Enjoy a cuppa and chat together. New members always welcome.

DIY Academy: class for beginners. Continuing 2 classes each Thursday evening 5.00 & 6.30pm in Coffee Dock. Other full day courses include **7 March & 11 & 18 April**. Pre-booking essential for the *one day* course-10.00 – 16.00 in Coffee Dock. Contact **Martin Glynn to book 0831085145**. Fee is payable for the course.

Life Coaching : new class Following her recent talk in the parish centre on "*Changing the narrative: Coaching for a new direction*" coach **Gráinne McDonagh** running a new **4 week course**, developing the topics. Commencing Thursday 9 April, @ 10 - 11am in Room 2. Fee is payable for the course. To register or for more information please email Grainne. grainne@fugacitycoaching.ie

Fitness Dance Class run by Nichola Flood, Dance & Fitness / Nutritional Therapy Instructor NEW TERM Starts **Thursday 5th March, 7:15 – 8:15 PM, Conference Hall**. All are welcome, no previous experience needed. Great for beginners & all fitness levels. Fee payable please contact Nichola to register or for more information. info@thequeenofhealth.ie

Yoga Class continues with Emma on **Saturdays in Room 3, 3pm-4pm**. Pay *as you go* or per term. For further information or to book a place please contact **Emma** 086-3935141 or duff.emma@gmail.com Gift vouchers available per class or per term.

Coffee Dock – 9.00am to 12:30pm from **Monday to Friday**. Come along, bring a friend, a warm welcome awaits you!

An up-to-date listing of all **activities** running is available from reception in the Pastoral Centre. Bookings for **Easter and Summer camps** are now being accepted. Please email ntppastoralcentre@gmail.com for further information.