

Newsletter Sunday 26th April 2026

Vintage Coffee Morning - Our next Get Together – “Healthy Eating Educational Talk” is on **Monday the 27th of April 2026**, in The Coffee Dock from 11.00am – 12.30pm and the guest speaker is Nichola Flood. Qualified in Education & Nutrition Therapy, Nichola believes “Your diet is a bank account. Good food choices are great investments. Tickets for this event are €15.00 each and are available at reception. Come along, enjoy the talk. Catch up with friends, everyone is welcome.

Senior Citizens Bingo continue to meet every **Monday from 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.

New class: Dance Fit Queens every **Monday for girls aged 10–14. 4 weeks**, Conference Hall, **15.15 – 16.15**. This fun class teaches hip-hop routines, while helping build fitness and confidence. All welcome, come along and enjoy moving to the music! Contact **Nichola** on **086 317 5042** to secure your place for the 4-week term.

New Class: Dance Craft, a well-established local dance group, returns to the Pastoral Centre with **Ballroom and Latin classes** for children and adults of all ages and levels, Wednesdays and Saturdays. Private tuition also available. Pay-as-you-go. **New members very welcome.** Contact Kelly: 086 888 5657.

The Film Club: Will meet this **Thursday the 30th of April in Room 3** on **Thursday 2.30-5pm**. The film this week is “The Five Pennies” starring Barbara Bel Geddes & Danny Kaye. Relax, enjoy the film and a cup of tea, all are welcome.

Book Club: will meet next on **Tuesday 19th of May** @10.30am to discuss *the One Dublin One* Book choice *Christine Falls* by *John Banville* in the Coffee Dock. New members are always welcome.

Chair Yoga Class: continues **Mondays at 12.15** in the Conference Hall. Classes are suitable for anyone who does not enjoy being on a mat and older adults who want to build their strength, improve their balance and want to move with confidence. Suitable for all levels of fitness. For more information Contact **Cora** on **086-8795643**.

St Nicholas Montessori – located in Room 1 of the Pastoral Centre -places available for September 2026, now enrolling. Contact info.school@smsi.ie for more information.

Falls Prevention Senior Physiotherapy Led Balance & Falls Prevention Classes continue with a new term on Thursday mornings from the 16th of April 2026. Please contact Sarah from Ready Steady for details on 085-1771160.

Yoga Classes 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** on **086-3935141** or duff.emma@gmail.com Gift vouchers available per class or per term.

Summer Camps: The Centre are currently taking bookings for summer camps over the months of July & August 2026.

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** is available from reception in the Pastoral Centre.