

Newsletter Sunday 20th of September 2026

Weekly Spotlight 📖

Gentle Chair Yoga for Wellbeing – Mondays at 12:15pm

Looking for a safe and enjoyable way to stay active? Our Chair Yoga class offers gentle stretching and movement tailored for older adults. Improve flexibility, balance, and relaxation while enjoying the company of others in a friendly and supportive setting. No experience is necessary, and all abilities are welcome.

Contact Cora: 086 879 5643 • garveycora@gmail.com

Dates for Your Diary

Join us at our upcoming Pastoral Meet-Ups:

Senior Citizens Bingo – Monday, 21st September - 2:00pm to 4:00pm

Crafty Angels - Thursday, 24th September - 2:30pm to 4:30pm

Patchwork Group - Friday, 25th September - 9:30am to 11:30am

Film Club - Thursday, 1st October - 2:30pm to 5:00pm

Vertigo, starring James Stewart and Kim Novak

Book Club - Our September read is **Elizabeth Strout – *The Things We Never Say***. We will meet on Tuesday, 13th October at 10:30am in the Coffee Dock.

Hats for the Homeless - Wednesday, 14th October - Following Mass at 10:30am

We look forward to welcoming you to these enjoyable community gatherings! New faces are always welcome.

Children's Ballroom & Latin Classes - Every Saturday

Come along and discover the joy of Ballroom & Latin dancing! Our fun and friendly classes are a great way for children to learn new skills, build confidence, keep active and make new friends.

Advanced: 12:15pm–1:15pm, Beginners: 1:15pm–2:00pm

Contact Kelly: 086 888 5657

NEW in September – Slimming World – Friday 9am

Join us on Friday mornings and take the first step towards your goals. Contact Aishling 087 706 8842

Yoga with Cora Garvey – Mondays 11am, Thursdays 11:15am

A slower-paced, mindful practice that builds body awareness, strength, and ease. You'll move with intention rather than speed, making it ideal for anyone seeking something restorative yet still physically engaging. Contact Cora: 086 879 5643 • garveycora@gmail.com

An up-to-date listing of all **activities** is available from reception in the Pastoral Centre.