



MUSIC CIRCLE

with John & Isabella Hoban

Share a song, poem, story, a tune
or just sit back and enjoy!
All welcome and no experience is necessary.

Sheridan Community Centre Bohola
Monday 29th of May
8.00pm until 9.30pm

Contact flourish@thefamilycentre.com
or call 094-9025900 for further details

WWW.THEFAMILYCENTRE.COM

Food & Cookery Course
QQI Level 3 - 3N0549

Venue: Mayo Abbey Training Centre
Duration: 5 Days
Date: May 17th 24th 31st 26th June 7th 14th
Time: 10.00am - 4.30pm

Funding may be available for eligible jobseekers

For more information call: 0949365987
Email: training@mayoabbey.ie

PLACES ARE LIMITED



Mayo County Council Arts Service is inviting all over 50's who are interested in attending arts & cultural events to an information meeting about Cultural Companions and how you can become involved. Music and poetry will be provided by John and Isabela Hoban.

Cultural companions is a national initiative of networks of people who attend arts and cultural events together.

Date: Tuesday, 30th of May.

Time: 1.30 to 3pm

Venue: Castlebar Social Service Centre (the venue has a lift).

Address: Castle Street, Car Park, Castlebar, Co. Mayo. F23CY67

Book your place: Let us know you are coming by contacting Mayo Art Service on: 094 906 4367 or email mayoarts@mayococo.ie

There will be light healthy refreshments served.

Cultural Companions is an Age & Opportunity Arts Initiative. Age & Opportunity Bealtaine Festival Mayo.ie

Cultural Companions

An Age & Opportunity arts initiative

Come find out what Cultural Companions is all about.

Join Mayo County Council Arts Service for Information, Tea, Music & Poetry with John Hoban & Isabela Basombrio Hoban. Light healthy refreshments will be served.

Date: Tuesday, 30th of May 2023

Time: 1.30 to 3 pm

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HUGG's next **LIVE Volunteering Information Session** will take place on **Wednesday May 31st at 1.15pm-1.45pm, over zoom**. The session will provide a brief background on HUGG, and details on everything involved in volunteering with HUGG, including the training and supports we offer. Attendees will have an opportunity to ask questions. The session will not be recorded.



A poster for 'Mindfulness Classes'. The background is a scenic image of a mountain (likely Mount Fuji) at sunset or sunrise, with a silhouette of a person on the left pointing towards the mountain. The text is arranged in a clear, readable layout. The title 'Mindfulness Classes' is in a large, bold, blue font. Below it, '(in person & online)' is in a smaller, italicized blue font, followed by 'with Maura Horkan' in a bold blue font. The description 'Gentle Mindfulness Exercises techniques & movement to music, 30 min deep relaxation' is in a bold blue font, with 'No Experience Necessary' in a smaller bold blue font below it. The location and start date 'Tue Mornings (Starts April 18th) Castlebar Social Services Centre' are in a bold white font. The schedule 'Monthly Sun 7pm Online Session' and 'Monthly Saturday Day retreats of Yoga & Mindfulness with Maura & Bridget Horkan at Jacks Cottage' is in a bold white font, followed by 'One to one sessions available' in a smaller bold white font. The booking information 'To book/enquire: email maurahorkanmia@gmail.com' and 'Tel 086 8237230' is in a bold white font, with '(Pay as you go option available)' in a smaller bold white font at the bottom.

The Linenhall

arts centre

EO
8:00pm Tuesday 23 May

Unsinkable
8:00pm Tuesday 6th June

Lunana: A Yak in the Classroom
8:00pm Tuesday 20th June

You Resemble Me
8:00pm Tuesday 4th July

Pacification
8:00pm Tuesday 18th July

Film Club Summer 2023

MOVE IT OR LOOSE IT OVER 55s FITNESS CLASSES

Timeline photos

List of Current Classes

Mondays: 10am Ballyheane Community Centre

Wednesdays: 10am Music West, Breaffy Road Retail Park & 7.30pm An Sportlann, C'bar Mitchel's

Fridays: 10am Music West

Move It Or Lose It Mayo
 List of all current classes. Classes (Ballyheane starts on 15th May) cost E8.00 and is pay as you go. First class is free of charge. If you would like any more information please contact us via this page or call/text Kate on 086 7558361 or Claire on 086 1617231.

Timeline photos - 1 May ·
 View full size · More options

Майстер-Клас валяння



3-тижневе заняття

з початку : ср. 24 травня ^{го} середах.

з 10.30 – 12.30

місце проведення : сімейний центр Cúram,
Claremorris

Це дуже приємне та розслаблююче заняття.
Валяння – це дуже тактильна робота; це
мулює творчість та уяву учасників. Кожен
учасник створить гарну роботу. Досвід не
потрібен

Для бронювання та додаткової інформації

контакт Cúram: 094 9362096

Women's
Collective
Ireland

FELTING CLASS



3-week class

Start Date : Wed. May 24th for 3 Wednesdays.

Time: 10.30 – 12.30

Venue:- Cúram Family Centre, Claremorris.

Cost:- €45 including all materials and Tea/Coffee

This is a very enjoyable and relaxing class.

Felting is very tactile work; it stimulates creativity
and imagination in participants. Each participant
will create a beautiful piece of work.

No experience necessary

For booking and Further information

Contact Cúram : 094 9362096



Swinford Cultural Centre

WEEKLY EVENTS UPDATE



MONDAY 24th:	10am-11am- Yin Yoga (Tel-087 7164318) 11am-12pm-Baby Sensory (Tel-087 7164318) 2pm-4m Active Retirement 7.30pm-9pm- Meeting
TUESDAY 25th:	9.15am-10.15am- Pilates (Tel-085 2150781) 4pm-6pm-Dulahan Music (Tel-085 1532109) 6.30pm-7.30pm- Pilates (Tel-085 2150781)
WEDNESDAY 26th:	10am-11am- Flow Yoga (Tel-087 7164318) 8pm-9pm- Active Minds Group (Tel-087 4150663)
THURSDAY 27th:	11am-1pm- Active Minds Group (Tel-087 4150663) 3.30pm-6.30pm-Morrison Ballet (Tel-085 2129561) 8pm-9pm- Beginners Yoga (Tel-087 7164318)
FRIDAY 28th:	7am-10.30am- Slimway (Tel-086 8250400) 3.15pm-6.45pm-ECM Dance
SATURDAY 29th:	10am-2pm-ECM Dance 7.30pm-9pm- Meeting

To book the Centre contact: (094) 9052006/087-4007045

All classes have to be booked individually with the class tutor/coordinator

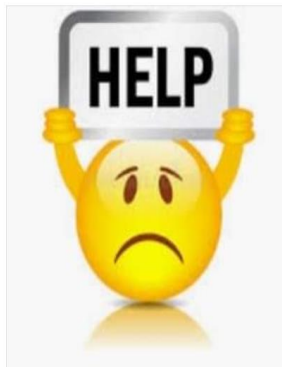
We urgently need more volunteers to join our team in Ballyhaunis.

We specifically need help on Tuesdays, Wednesdays and Thursdays as these are days when we tend to be very short. We are very busy with dogs and just coming into kitten season so it's very important that we have a good team of people for each shift every day.

Shifts each day are 10am-1pm and 3-6pm. We are very grateful for anyone who could take on some regular shifts whether weekly, fortnightly or monthly.

If you think you could help and come to work with the lovely dogs and cats in our care, please PM your number or email us on info@mayospcal.ie.

Thank you!



Salsa dancing classes at BridgeSt, Castlebar



Salsa Castlebar

4 d · 🌐



Salsa, salsa, salsa Thursday 😊 Beginners class from 7pm 🕒 & Improvers class with slick moves from 8pm 🕒





Love Fitness Castlebar

21 April at 14:14 · 🌐

Are you ready to join the joy at Love Fitness Studio.

We have a bunch of fun courses for beginners coming up soon:

- Introduction to Pole Fitness
 - Surfing Class at Carrowkniski Beach
 - Introduction to Aerial Hoop
 - Girls to the Summit, only women reek hike for Mayo Women's Support
 - Blacksmithing workshop
 - Introduction to Rock Climbing
 - We are also hosting two Xpert Pole Fitness Instructor Training Programs!
- Don't miss out!

Book your spots at www.lovefitness.ie



Love Fitness Castlebar

fitness studio offering pole dancing, pole fitness, aerial hoop, flexibility training and more!

CASTLEBAR KAYAK CLUB FOR UPCOMING EVENTS



Castlebar Kayak Club is at Lough Lannagh.

20 April at 21:23 · Castlebar · 🌐

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Excellent turn out on the first evening of our Introduction to Kayaking Course (Level 2). Well done to everyone who attended the first paddle session and wishing them the best of luck with the course. Great to see lots of new faces and lots of new members to Castlebar Kayak Club 🇮🇪!

#castlebarkayakclub #lovelannagh #lovecastlebar
#castlebarurbanadventurehub



Mindfulness for Emotional Wellbeing

4 week
course
beginning
Wednesday
May 24th



Online with Heart Space



Castlebar Stingers Ice & Inline Hockey Club

21 April at 14:31 · 🌐

Castlebar Stingers Ice & Inline Hockey Club runs Learn-to-Play and Learn-to-Skate programmes for all who are interested in starting out in the sport.

We are now offering training sessions at Swinford Community Centre - F12HH50.

Where you can train to become a Castlebar Stingers Hockey Player and Inline Skater.

We are recruiting girls and boys for our inline hockey team for the 2023/2024 season.

Please note: children do not need to know how to skate.

They will be taught all of these skills!

We are also inviting adults to come along and learn to skate. Everyone is invited to try out this fantastic sport with our club and we can guarantee good fun and a great atmosphere!

Further information can be found at www.castlebarstingershockeyclub.ie

Any questions or to book a trial session email us:

info@castlebarstingershockeyclub.ie.

Or call on: 0877887692

Thank you for all your support!



CASTLEBAR STINGERS ICE & INLINE HOCKEY CLUB

OUR WEBSITE:
CASTLEBARSTINGERSHOCKEYCLUB.IE

CONTACT JUSTYNA
0877887692

INFO@CASTLEBARSTINGERSHOCKEYCLUB.IE

LET'S CREATE THE BEST HOCKEY TEAM TOGETHER

INLINE HOCKEY & INLINE SKATING SESSIONS FOR KIDS & TEENAGERS & ADULTS

CASTLEBAR STINGERS IS NOW OFFERING TRAINING SESSIONS IN SWINFORD

EVERYONE IS INVITED!

HOCKEY LEAGUE TRAINING AND LEARN TO SKATE SESSIONS AT SWINFORD COMMUNITY CENTRE

SIGN UP NOW FOR OUR HOCKEY TEAM LEARN TO PLAY AND / OR SKATING SESSIONS

IF YOU'D LIKE TO GIVE IT A TRY, PLEASE CONTACT US TO BOOK A TASTER SESSION.

EVERY SUNDAY
LEAGUE PLAYERS
10:00AM - 12:00PM
LEARN TO PLAY
12:15PM - 1:15PM INLINE HOCKEY (UNDER 18)

EVERY MONDAY
LEARN TO PLAY
5:00PM-6:00PM 4-10 YEARS
6:10PM-7:10PM 11-15 YEAR
7:20PM-8:20PM ADULTS
(CLASSES ARE FOR THOSE 14 YEARS+)

LIKE AND FOLLOW US ON FACEBOOK

Castlebar Stingers Ice & Inline Hockey Club



msletb
 Hord Oideactuhs agnus Ollluna
 Mthughy Eoc, mldghlygh agnes Llttrama
 Ntzyos, Mlgvnsnd Lelttrm
 Kdsyngtng and Xvslntm mnsnd

Islandeady Cycling Club (For Beginners)



Islandeady Cycling Club

20 April at 09:06 · 🌐

...

Beginner Mtb & Gravel Spin meeting tomorrow at Scoil Raffteiri at 6.45 sharp, leaving at 7...

Route will take in Greenway, quiet country roads and a small loop around a bog, Suitable for any bike with wider tyre, all welcome & Definitely a beginner Route!!



An advertisement for a fitness class. The top half features a photograph of a person's legs on a step aerobics platform, with a pink dumbbell nearby. The background is orange and white. Text is overlaid on the image.

THE RSC
FITNESS

FROM APRIL 2023

STEP AEROBICS

TURLOUGH COMMUNITY CENTRE
MONDAYS 9:30AM - 10:30AM

CHILDCARE PROVIDED FOR TODDLERS
FOR THE HOUR (OPTIONAL)

Get fit, lose weight, tone up

€10 per class or
€13 class & childcare

FOR WOMEN AGES 16+ BEGGINERS +
BOOK IN ADVANCE AS SPACES ARE LIMITED

contact: 087 2380124
email: thersc22@gmail.com

Made with PosterMyWard.com


Come along to a community open day featuring an arts trail, hands-on workshops and special performances to celebrate 25 years of Mayo Artsquad Community Arts at the National Museum of Ireland - Country Life. On May 27th, from 2 - 5pm, there will be a special Onsite event to celebrate 25 years of Mayo Artsquad featuring a temporary arts trail, hands-on workshops, and performances <https://www.museum.ie/en-IE/Museums/Country-Life/Events/Q1-2023/Q2-2023/Mayo-Artsquad-community-open-day>
The Arts Council / An Chomhairle Ealaíon Mayo Je Leave No Trace Ireland



**BLACKSMITHING
WORKSHOP**

*Sun 21st May, 10 am
@ Barroerock Forge, Carracastle*




www.lovefitness.ie




Aware Webinar Series

Men's Mental Health for Men's Health Week

Panel: Hugh Wallace, Brent Pope and John Murray
Wednesday June 14th at 12pm
Register for free at aware.ie

• LIVE




For our June webinar related to men's mental health, we're delighted to be joined by Brent Pope, Rugby journalist & Founder of Elephant In The Room, Hugh Wallace, Architect & TV Presenter, and John Murray, Journalist and Broadcaster. All three have very powerful lived experience stories. It promises to be a very insightful hour.

The webinar will be moderated by Stephen McBride, Director of Services at Aware.

Register your free place today.

If you can't attend live, you can still register and receive a link to watch it back.

WOMANS COLLECTIVE IRELAND at CURAM




2- Hour Lifestyle & Beauty Workshop

Topics Covered on the night :-

- Skin Health and Care
- Choosing Make up for your skin type
- Healthy Lifestyle Tips
- Make-up Demonstration.

This will be an interactive workshop with plenty of opportunities for questions.

Wednesday May 31st @7.30
Cúram Family Centre

Cost €10

Booking Essential on 0949362096