

Martha's Baby and Mini Jam Music Classes: Thurs Morning Mini Wobblers to Age 2/3 and Baby 3 months to wobblers, focus on rhythmic songs and movements to develop your child's coordination, memory and builds confidence. Contact Martha for bookings at 087 9393953.

Pilates: Combining flowing movements designed to improve muscle strength and flexibility. Contact Doreen Mitchell 087 2451451.

Qigong: The meditative bedrock of Tai Chi. Wed at 10.30am. Contact Rosaleen Doyle 01-2893420.

Scouts and Cubs: Meet Thurs evening. Contact Maeve Grogan 01-2891468.

Social Welfare Advice: Noel Vance, retired from Dept. of Social Welfare will give free advice on entitlements. Thurs mornings from 10.30am.

Spanish: Productive, dynamic and fun after school classes with Ole School of Languages. Learning languages the fun way! For children 4-12 years old Wed 3.30pm. Contact 085 7884001 or info@olesol.ie.



St Joseph's Young Priests Society:

A society of lay people who pray and work to foster vocations to the priesthood and religious life. Contact Dominic Dowling on 01-2896203.

Stepping Stones: Play school runs from Mon-Fri 9.00am-12.30pm. ECCE places available. Contact: Lynda Clarke 085 1443625.

Vicky's Yoga class: Mon, Wed and Fri mornings. Enjoy the benefits of Hatha Yoga, suitable for all abilities. Contact Vicky 086 399 9220.

Wednesday Afternoon Social Group: Social Club for older adults. Contact Anne Nunan 01-2895453.

Yoga: Destress after work. Wed at 5.30pm. An ideal way to switch off from the working day. Develop good posture, alignment and self awareness. Breda 087 9295643.

Yoga with Louise: Hatha Yoga Tues mornings and Wed evenings. Improve your strength, flexibility and learn to relax. Contact Louise on 087 2055316.

Youth Club: Meets Fri night during the school year, for young people from 1st-5th year. Contact Maurice Mc Monagle 087 8107109.

Zumba: Zumba fitness with Zumba Fantasy. Ditch the workout join the party. Mon, Wed, Fri mornings. Contact Colette 087 247 6673.

Zumba Gold: Fit for the young at heart! Be active with great people at the dance party workout that moves at your pace. Mondays 2.30pm Contact Fiona 087 2866188.

The Heart & Soul of the Parish

Our vibrant centre is known for its friendly, welcoming atmosphere. A team of wonderful volunteers man the coffee dock, help out at reception and assist with preparation of rooms. If you have some spare time, why not join our team of volunteers?

The Centre has five rooms available for use, including a large, bright hall. These rooms can accommodate groups varying in size from 2-200. There is an overhead projection system in place, a portable stage and it features a sound loop system.

Coffee Dock

Open: Monday - Friday, 10am - 12noon

Every Sunday after 10am & 11.15am masses



Foxrock Parish Pastoral Centre

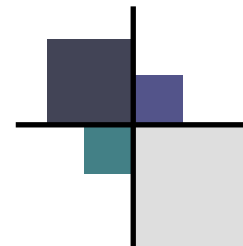
Kill Lane

Foxrock

Dublin 18

Manager: Maeve Carrick

Tel. 01-2895650



For further details on any of the information contained here see:

www.parishcentre.ie

Brochure 2016/2017



FOXROCK PARISH PASTORAL CENTRE



At the Heart of the Community

Tel. 01-2895650

Email: foxrockppc@gmail.com

www.parishcentre.ie





Parish, Community, Social & Commercial Users

AA: Group meets on Friday night at 8.30pm and for ladies only at 1pm on Tuesdays.

Active Retirement: Meets Thursdays at 2.30pm for a wide range of activities. Contact Mary Cassoni 01-2804148.

Alzheimer's support group: Foxrock Social Group is a support group for people with Alzheimer's or Dementia and their carers. Meets weekly Contact Adrienne 01-8625706.

Apostolic Sewing: Meet at 2pm on Tuesday afternoons to sew altar cloths for the missions. Contact the pastoral centre for more information.

Arch Club: Providing a secure, social environment for people with special needs, their siblings and friends. A place to meet, learn, form friendships and above all have fun.

Junior Club Shirley Lynch 087 9596831

Intermediate Club Maire O'Flynn 086 3667522

Senior Club Elva Tiernan 087 1320856

Art Classes: Weekday afternoon classes in oil painting.

Contact Barbara Graham 01-2889324.



Baby Massage: Enhances positive touch and bonding

between parents and baby. Contact Karen Sheils 087 2276651.

Ballet Classes: Primaballet ballet classes for ballerinas ages 2yrs+ on Tuesday afternoons. For more details or to arrange a free trial class visit www.ballet.ie Contact Primaballet 087 2506031.

Bethany Support Group Providing support and comfort to those who have been bereaved. Contact through the parish office 01-2893492.



Book Club: Meet monthly on a Tuesday morning at 10.30am.

Contact Maeve for further details.

Carysfort Bridge: Meet every Monday night. Contact Martha Brawn on 086 2498328.

Catechesis of The Good Shepherd: programme for children aged 3-6 introducing them to Jesus. Contact Noreen Carroll through the Parish Office on 01-2893492.

Chair Yoga: Hatha yoga but in a chair! Suitable for all ages and abilities. Mondays 12.30pm. Contact Vicky 086 3999220.

Clinical Pilates: Class given by Chartered Physiotherapist, Sheenagh Sexton. Suitable for back and neck pain. Contact 086 8398547.

Computer Classes for Over 55s:

Run in conjunction with 'Age Action

Ireland'. Contact Jennifer on

01-4756989.

Craft Mornings: Every Friday at 10.30am. Bring along your favourite



craft and enjoy a cup of coffee with friends. Contact Maeve on 01-2895650.

Cuidiu Toddler Group: Run in conjunction with *Cuidiú*. Fridays at 10am. Contact Brenda 086 8843156.

Dublin Sugarcrafters Demonstrations and Workshops:

Monthly. Contact Avril 083 4258028.

Fitness League: Chair-based and standing exercises to music suitable for the older person. Tuesdays 11.15am Contact Yvonne 086 3900223.

Flower Arranging Classes: Suitable for all levels. Contact Julie 087 2726578.

Foxrock Bridge: Meet every Wednesday evening. Contact Adrienne O'Sullivan, President 086 3373670.

Foxrock Gardening Club: Hold monthly meetings and talks. Contact Lucille on 086 8635343.



Foxrock Local History Group: Meeting once a month.

Contact Maureen Daly 086 2221693.

Gaisce: Opportunities available for social placements on various days and times including weekends. Contact Maeve 01-2895650.

Garda Siochána: Community mornings at 10.30am on the first Tues of the month.

Grow: Thurs morning at 11am, a confidential, anonymous meeting to offer mutual support and personal growth to those experiencing depression, anxiety, stress, isolation and other mental health challenges. Contact Leo 086 8033124.

Homeopathy: Various talks on natural health. Contact Gillian 087 2207366.

Irish Dancing: Dancing classes for children on a Tues and Thurs afternoon. Contact Deirdre Farrell 086 2438118.

Le Chéile: A social group for people in the parish who live on their own, are widowed, separated or single.

Contact gemmaodowd@eircom.net

Lectio Divina: Mon @ 10.30am. A reflective reading of the Gospel to see how it might apply to our lives. Contact

Maeve Davidson 087 6904814.

Legion of Mary: Sees as its priority, the spiritual and social welfare of each individual. Meet every Tuesday at 7.30pm. Contact James McCann 087 4165750.



Marriage enrichment course: Wed evenings 7.30pm, 4 week course where married couples learn techniques to enrich and deepen their relationships. Contact Maeve Davidson 087 6904814.