



How Are You Feeling Today?



St Colmcilles GAA Community Outreach Programme



Art Classes

Monday 10:30 am



Mindfulness & Meditation

Tuesday 10 am



Ballroom Dancing

Tuesday 3pm



Health & Nutrition

Thursday 10 am



Conversational Irish

Friday 10 am



Social Card Games

Thursday 8pm



Men's Shed

Friday mornings



Mature Movers

Friday 11am

Colmcilles promotes positive mental and physical wellbeing through sport and social activities in our community. For more information about our classes, many of which are free to attend, drop in to our clubhouse at Colmcilles GAA, Piltown, Bettystown or call 086 8125664.