

Health and Wellbeing in South Dublin

Please see the events happening at each Community Centre in the list below, contact your local Community Centre to register your interest in attending an event by calling the contact number provided.

St. Ronan's Community Centre Deansrath Phone Number - 01 457 8211			
Date	Time	Activity	Facilitator
Wednesday 5th November	11.15am	Chair Yoga	Geraldine Howe
Tuesday 11th November	7pm	Zumba Fitness	Lorraine Smith
Wednesday 19th November	11am	Mindfulness	Gregory Jackson
Tuesday 25th November	7pm	Soundbath	Gregory Jackson

Bawnogue Community Centre Phone Number - 01 457 6734			
Date	Time	Activity	Facilitator
Wednesday 5th November	10.30am	Tai Chi	Marijke McCormack
Wednesday 12th November	10.30am	Empowering Women Workshop	Sarah Naylor
Wednesday 19th November	10.30am	Eblana Beekeeping Association	Thomas Clancy
Wednesday 26th November	10.30am	Annua Global Horticulture Workshop	Karina Murray

Knockmitten Community Centre Phone Number - 01 411 1511			
Date	Time	Activity	Facilitator
Monday 3rd November	10am	Chair Yoga	Geraldine Howe
Thursday 13th November	10am	Pilates	Tetiana
Monday 17th November	11am	55+ Fitness	Kim Foster
Monday 24th November	10am	Soundbath	Gregory Jackson

Saggart School House Community Centre Phone Number – 01 578 2377			
Date	Time	Activity	Facilitator
Monday 3rd November	11am	Horticulturist Demonstration	Suzanne O'Neill
Monday 10th November	11am	Tai Chi	Eugene Banks
Monday 17th November	11am	Soundbath	Gregory Jackson
Monday 24 th November	11am	Get trim with Kim 55+ gentle exercise	Kim Foster

St Finian's Community Hall / Newcastle Phone Number - 086 893 2454			
Date	Time	Activity	Facilitator
Tuesday 4th November	11am	Horticulturist Demonstration	Suzanne O'Neill
Tuesday 11th November	11am	Chair Yoga	Geraldine Howe
Tuesday 18th November	11am	Mindfulness	Gregory Jackson
Tuesday 25th November	11am	Soundbath	Gregory Jackson

Ballyroan Community and Youth Centre Phone Number – 01 495 8576			
Date	Time	Activity	Facilitator
Friday 31st October	12pm	Floristry Demonstration	Suzanne O'Neill
Friday 7th November	12pm	Mindfulness	Sally Dunne
Friday 14th November	12pm	Soundbath	Gregory Jackson
Friday 21st November	12pm	Zumba Gold	Lorraine Smith

Dominic's Community Centre Phone Number – 01 459 0770			
Date	Time	Activity	Facilitator
Wednesday 5th November	2pm	Mindfulness and Wellbeing	Audrey Brown
Wednesday 12th November	2pm	Get trim with Kim 55+ gentle exercise	Kim Foster
Wednesday 19th November	2pm	Horticulturist and Flower Arrangement Demonstration	Suzanne O'Neill
Wednesday 26th November	2pm	Tai Chi	Eugene Banks

Greenhills Community Centre Phone Number – 01 450 0165			
Date	Time	Activity	Facilitator
Friday 7th November	2pm	Mindfulness and Wellbeing	Audrey Brown
Friday 14th November	2pm	Get trim with Kim 55+ gentle exercise	Kim Foster
Friday 21st November	2pm	Tai Chi	Eugene Banks
Friday 28th November	2pm	Horticulturist and Flower Arrangement Demonstration	Suzanne O'Neill

Glenasmole Community Centre Phone Number – 085 8188800			
Date	Time	Activity	Facilitator
Wednesday 5th November	11am	Meditation	Audrey Brown
Wednesday 12th November	11am	Mindfulness	Audrey Brown
Wednesday 19th November	11am	Practical Selfcare	Audrey Brown
Wednesday 26th November	11am	Meditation & Sound Healing	Audrey Brown

Jobstown Community Centre Phone Number – 01 547 5751			
Date	Time	Activity	Facilitator
Thursday 6th November	2pm	Horticulturist Demonstration	Suzanne Jackson
Thursday 13th November	2pm	Chair Yoga	Geraldine Howe
Thursday 20th November	2pm	Reiki	Barbara Brennan

Fettercairn Youth and Community Centre Phone Number – 01 452 7011			
Date	Time	Activity	Facilitator
Wednesday 5th November	3pm	Flower Arrangement Demonstration	Suzanne O'Neill
Thursday 13th November	09.30am	Mindfulness	Brian O'Connell
Thursday 20th November	09.30am	Soundbath	Gregory Jackson
Thursday 27th November	09.30am	Tai Chi	Stuart Breen

Esker Active Retirement Association

Phone Number – 01 873 3836

Date	Time	Activity	Facilitator
Wednesday 12th November	3.00pm	Tai Chi	Eugene Banks
Wednesday 19th November	3.00pm	Chair Yoga	Audrey Brown
Wednesday 26th November	3.00pm	Meditation	Audrey Brown
Wednesday 3rd December	3.00pm	Zumba Gold	Susanna