

ST ANTHONYS HOUSE

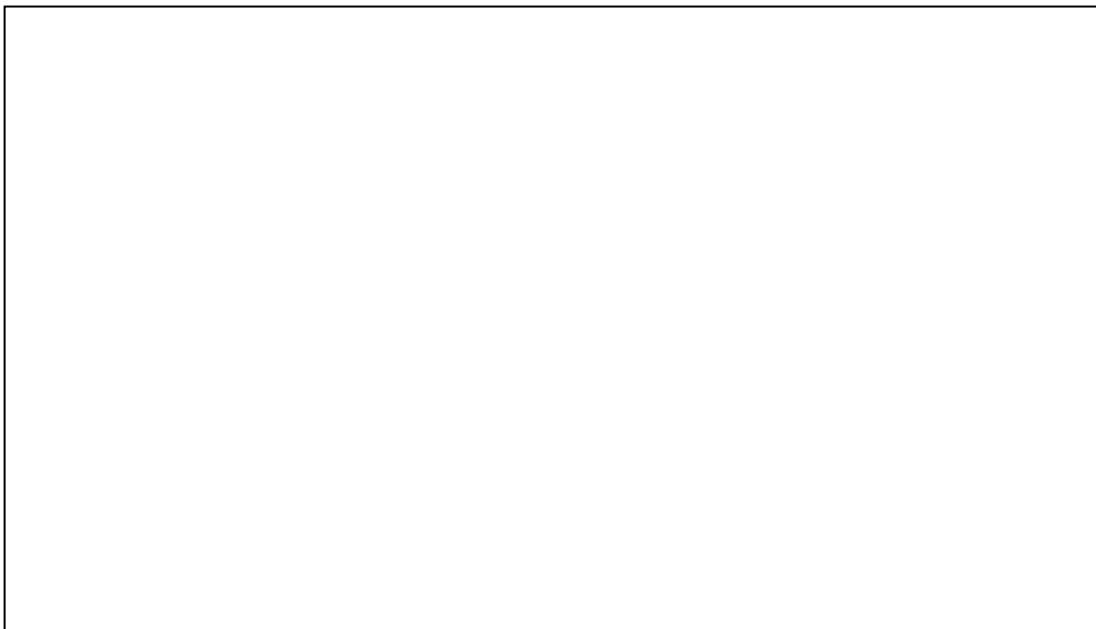
OFF ST. LAWRENCE'S ROAD

CLONTARF, DUBLIN 3

TEL: 01-8335300 & 01-8531783

FAX: 01-8531781

CLASSES AND COURSES COMMENCING SEPTEMBER 2013



NB: car park facilities available for people participating in classes and courses and those attending mass only!

HELLO, AND WELCOME TO ST. ANTHONY'S HOUSE CLONTARF

In this brochure is a list of classes that are ongoing in your local parish centre. Why not take time out for yourself and join a class; it's a great way of meeting new people especially those who are new to the area.

Morning tea is provided after 10 o' clock mass each morning – please call in have a chat and make friends!

We would like to take this opportunity to thank all our sponsors, and the Health Board Executive for their help and continued support over the years.

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CLASSES AND COURSES AVAILABLE

BOWLS

We have day and night bowls, good fun and competition if you want it, friendly atmosphere, meet new friends on the mat!

YOGA

Yoga is a gentle form of exercise that is suitable for all. A typical class or session will include breathing and relaxation exercise, some gentle stretching and meditation, with each element tailored to suit each individual so that you can always find the combination that suits you best. Yoga will promote mental health, flexibility, physical fitness and an active metabolism.

Starting Mon 14th Tue 15th, Thurs 17th and Fri 18th Jan 2013

CARD SCHOOL

Members play cards each Tuesday night from 7.30 – 10pm all new members welcome.

ST. JOSEPH'S YOUNG PRIESTS

This society meets on the first Friday of the month in the sacristy at 7.30pm.

BRIDGE

Tuesday and Friday nights are generally classed as Intermediate standard and Wednesday has a 'Novices' section and also what we call 'Seniors'. Annual membership cost is €25 and there is a fee of €3 on the night. Members only from September to end of May and open to all during the summer months.

MOTHERS & TODDLERS

All welcome to come along for a chat and a cup of tea, make new friends. Great opportunity for children to interact with other children. Every Tuesday morning from 10.30am until 12.15 pm.

T'AI CHI

T'AI CHI is suitable for people of all ages and levels of fitness; it helps relaxation and improves

breathing control and balance. Best of all it reduces symptoms of stress. Beginner's welcome.

Instructor & Trainer

(Sifu) Georgina Wright 087 1388763

LEAGUE OF HEALTH

Would you like to improve your posture, greater flexibility, strengthened muscle tones? Would you like to achieve all this to music and become part of a friendly social group? If so, come in and join the LEAGUE OF HEALTH exercise classes any Monday night. There is also a special class for the active retired on Wednesday at 2.30pm in the afternoon. Since the introduction of The League in 1934, trends in exercise have come and gone but our exercise continues to provide a healthy and effective way of keeping fit. New members always welcome. All information available from 01-8333569 or from the parish office.

CRAFT FAIR

15 and 20 stalls, mostly handcrafted items, including, home bakery, glass engraving, patchwork, knitting and crochet babies and adults, Osteopath, paintings, jams, cards, woodturnings, stained glass, fine jewellery, handbags etc

And is held on the following dates

October 13th

November 17th, December 8th

ST. ANTHONY'S DINERS

Avail of our inhouse service or be an in house diner. Our meal consists of a dinner and a desert and costs €4.00 for more information contact the office at 01-8335300

CASTLE CRECHE

Crèche facilities available in the house, all information is available from Terrie on 01-8532249.

CLONTARF FOROIGE YOUTH CLUB

For girls and boys commencing January 2013 in St. Anthony's old parish hall.
& 7pm – 8.20pm for 5th & 6th class
8.30pm – 9.50pm for 1st – 3rd years
All welcome! Limited places available
Registration on the night, contact frank

Walsh at 01 8337960

CIRCUIT TRAINING & SPINNING CLASSES

Commencing 7th January 2013
Monday & Wednesday 7 – 9pm
Indoor circuit training 7 – 8pm
Spinning classes 8.15 – 9pm
Saturday 9.00am to 10.00
Stephen 0872877097

CLONTARF ACTIVE RETIREMENT ASSOCIATION

Monthly meeting St. Anthony's House
2nd Monday of each month at 10.30am

Activities include:

- Walking group
- Scrabble
- Bridge
- Pitch & put
- Readers group
- Afternoon entertainment
- Tai chi
- Day outings
- Holiday breaks

For more information contact
Bernadette Daly 01-8339459
Clare Kelly 0863381033

Irish Dancing

The Collette Cooke School of Irish dancing is a well established dancing school for over 20 years. Classes are held every Wednesday at St. Anthony's House and all boys and girls over 3 years of age are welcome. Classes are taught with the emphasis on having fun as well as enjoy dance. If you wish to come along and join in the fun, or would like more information please contact Colette on 0857131068 or cookeririshdancing@gmail.com.

Floristry School of Ireland

Our very popular Floristry classes
Re commencing January at
St. Anthony's House, Clontarf

Up skill and learn the art of
floristry. In friendly surroundings

All enquires to Joan @
087-9823517 & 086-3941825

TRAINING AVAILABLE IN ST. ANTHONY'S HOUSE

OCCUPATIONAL FIRST AID

FETAC level 5 accreditation
OFAAA registered instructors
1 day CPR/AED Course

For more information contact
Dave @ 01-8670647 & 087-2282853

Fierce & Funky

Does your child love to dance
and has talent that should be shown? Then
this is the dance school for you

Day: Every Mon

Duration: 4.30pm to 6.30pm

Price: €6

These are freestyle competitive classes

For more information contact: 085-8440080

You can also have a look at the web site
www.cookeirishdancing.com

Ballet classes (changes)

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Ballet classes for children 3 to 6 years taught by a professional dancer, fully qualified and experienced teacher member of the Royal Academy of Dance and Russian Ballet ,Classes held every Tuesday evening 5 – 5.45 (Baby -Ballet) and 5.45 - 6.30 (Pre-Primary level) from September 17th.

Places are limited! To book call Elena on [0851433898](tel:0851433898) or facebook us on facebook.com/Schoolofetiquetteanddance

Piano Lessons stay the same
Hard Rock Fitness stays the same

All new members welcome! Rooms and halls available for hire. The old church is newly renovated and available for hire. For further information please contact St. Anthony's House at: 01-8335300

Time table changes

- 1. Change Yoga 7.00 to 8.30 and 8.30 to 10.00 both Tuesday and Thursdays**