

Monday 12th October

Ballinrobe Inclusive Community Walk, Ballinrobe, Co Mayo

10.30am

We are inviting the community to join us in an inclusive walk, benefitting them physically, socially and mentally. Walking, as simple as that. What better way to engage in exercise than walking freely in the outdoors, enjoying all around you?

Contact: Ballinrobe Sports Hub Coordinator - Janette Slattery

Tel: 087 609 1463

Email: ballinrobesportshub@gmail.com

Booking is essential as group numbers are limited due to Covid-19 restrictions. Booking Details will be through Eventbrite 'Ballinrobe Inclusive Community Walk'

Ballinglen Arts Foundation - Museum Tour. Ramble through the Landscape with an artist

11.00am

Venue: The Ballinglen Museum of Art, Main Street, Ballycastle, Co. Mayo

A guided tour of the exhibition at the newly opened Museum of Art in Ballycastle. See the beauty and diversity of the local area through the eyes of artists. Led by an artist who will explain it all and answer your questions.

Contact: Una Forde, 096-43184

Email: ballinglenarts@gmail.com

Web: BallinglenArtsFoundation.org

Flourish - Mindful Mondays

11.00am

Venue: Online via Zoom

The Flourish project offers a guided practical sessions in Mindfulness techniques including gentle exercise, & relaxation. No experience necessary. Come and join others online and take this time for yourself to quieten & energise yourself at the start of a week.

Contact: Maura Horkan 087 1857280

To register Email:

flourish@thefamilycentre.com

Web: www.thefamilycentre.com

Mayo ICA Federation Launch of Video History of 12 Mayo ICA Guilds.

7.00pm

Venue: Facebook

Documenting a short history of each of the 12 Mayo ICA Guilds and the huge impact membership of ICA has brought to women's lives whether rural or urban. Developing members' social skills, crafts, leadership.

Launch on Mayo ICA Federation Facebook page-

<https://www.facebook.com/MAYOICA/>

Contact: Kay Devine 086 3271140

Email: mayoicafed@gmail.com