

Comhlacht Tithe Sóisialta agus Forbairt an tSuláin Teo



Bileog Eolais na nIonad Lae

Feabhra
2017

Ionad Lae, Baile Mhúirne - 026 45559

Lón gach Luan, Céadaoin, Déardaoin & Aoine ar a 1:00in. Taisteal ar fáil ach glaoch a chur ar 45559. **Gníomhaíochtaí** éagsúla tar éis lóin.

Scoraíocht: 23ú Feabhra ó 2:30-5:00in. Ceol, tae & craic, fáilte roimh chách.

Aíonna speisialta ar an lá ón Tearmann Asal i Lios Cearúil agus beidh dhá asal ina dteannta! Ceol, rince, crannchur agus soláistí ina dhiaidh. Buail isteach chugainn!

Cosliacht: Rita Sheehy, ar an gcéad Chéadaoin den mhí, le coinne.

Unislim: Déardaoin ó 5.30in go 7in. Tuilleadh eolais ó Emmy ag 086 062 3851.

Ranganna Ealaíne le Pauline Dodds gach Céadaoin - 1:00in-5:00in.

Cois Cille, Cill na Martra - 026 40999

Lón gach Luan, Máirt, Céadaoin agus Aoine ar a 12:30in. Taisteal ar fáil ach glaoch a chur ar 40999. **Gníomhaíochtaí** cosúil le biongó tar éis lóin.

Scoraíocht: Bígí inn do scoraíocht mhí an Mháirta. Beidh fáilte roimh chách ann.

Suathaireacht: Le coinne, glaoigh ar 087 675 9121.

Cosliacht le Joanne O'Donovan: Chun coinne a dhéanamh glaoigh ar 40999.

Ranganna Ealaíne le Pauline Dodds gach Máirt - 2:00in-4:00in.

Cuan Barra, Béal Átha'n Ghaorthaidh – 026 47777

Lón: Dé Luain & Dé hAoine ar a 12:30in. **Gníomhaíochtaí** ar nós biongó tar éis lóin. Taisteal ar fáil ach glaoch a chur ar 087 137 8099 nó 026 47777.

Cártaí gach Déardaoin ar a 9:00in. Fáilte roimh chách.

Gruaig le Muse (Gruagaire) le haghaidh coinne glaoigh ar Siobhán ag 087 179 5399.

Sciamheolaí Bodyworks le haghaidh coinne glaoigh ar Tracy ag 083 123 0031.

Yoga: Tráthnóna Dé Luain óna 7:30in. Tuilleadh eolais ag 086 332 5708.

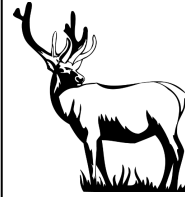
Dr Ken Harte: San ionad gach coicís. Le haghaidh coinne glaoigh ar 026 41281.

Cosliacht le Joan O'Donovan: Dé hAoine, 17ú. Déan coinne ag 086 825 8023.

Unislim: Dé Céadaoin ó 6:00in-7:00in. Tuilleadh eolais ó Emmy ag 086 062 3851.

Ranganna Ealaíne le Pauline Dodds gach Luan - 2:00in-4:00in.

Paidir Ghobnatan



“Go mbeannaí Dia dhuit a Ghobnait Naofa,
Go mbeannaí Muire dhuit, is beannaím féin duit.
Is chugat-sa a thánag ag gearán mo scéil leat,
‘S a d’iarraidh mo leighis ar son Dé ort.”



Gníomhaíochtaí & Cleachtaí na Smaointeoireachta Dearfaí

Éist le do rogha ceoil – Bhí ceol i gcónaí go hiontach chun meon dearfach a spreagadh agus a mhúscailt. Ní thagann aon ní in áit na mothuchán a mbraitear nuair a bhíonn tú ag éisteacht le saothar ceoil rímhaith. Ní gá go n-éisteofa le ceol machnamhach nó suaimhneach (cé go gcabhraíonn siad sin), ach roghnaigh aon seánra ceoil a chuireann meangadh gáire ar d’aghaidh nuair a éistíonn tú leis. Éist agus cuimhnigh ar thorthaí dearfacha maithe id’ shaol agus cinnte tabharfadh sé sin borradh dearfach duit.

Léirigh Buíochas – Tagann deireadh leis an sreacht ar fad agus le fadhbanna an tsaoil a luaithe agus a thosnaíonn an buíochas. Ní bhíonn aon bhuairt ar an aigne buíoch agus beag beann ar chúramaí an tsaoil leantar ar aghaidh le meon dearfach. Bí buíoch i gcónaí as na beannachtaí ar fad i do shaol. Coimeád leabhar nótaí agus scríobh síos na rudaí ar fad a mhúsclaíonn mothúcháin mhaithe ionat. Tosnaigh leis na bun-rudaí, bheith in ann féachaint, siúl, labhairt agus bog ar aghaidh chuig na caidrimh, iarmhais ábharach agus léargas spioradálta.

Déan Análú – Cé gur chuid nádúrtha den bheatha é an t-análú agus go ndéanaimid é gan smaoineamh go coinsiasach, déanaimid beag is fiú dá chumhacht. Nuair a fágтар thú i staid intinne diúltach, tóg 5 nóiméad le hanálú go domhain agus go mall. Braithfidh tú tionchar láithreach agus dearfach ar do chorp agus ar d’aigne.

Dúcheist mhí Feabhra

Más é inniu an Aoine, cén lá a thagann tar éis an lá a thagann i ndiaidh an lá a thagann roimh an lá roimh inné?



Comharchumann Forbartha Mhúscraí Teo.

5 Cois Cille, Cill na Martra, 026 40877 / 083 191 5432

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Séanadh: Tá gach iarracht déanta an t-eolas atá clóite anseo a fhíorú. Glaimid leis go bhfuil an t-eolas agus na sonraí ar fad fíor agus cruinn ag tráth foilsithe na cáipéise. Ní ghlacann Comharchumann Forbartha Mhúscraí aon fhreagracht as aon dochar nó damáiste a eascraíonn as bheith ag brath ar an t-eolas sa cháipéis seo.

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Bileog Eolais na nIonad Lae **February 2017**

Ionad Lae, Baile Mhúirne - 026 45559

Lunch every Monday, Wednesday, Thursday & Friday at 1:00pm. Transport is also available by calling 40999. **Activities** every Wed, Thurs & Friday after lunch.

Scoraíocht: 23rd February from 2:30-5:00pm. Music, tea & great company assured! Guest speakers on the day from the Donkey Sanctuary in Lisscarrol and they'll have two donkeys with them! Music, dancing, raffle & refreshments afterwards.

Chiropodist: Rita Sheehy, on the first Wednesday of the month, by appointment.

Unislim: Thursdays from 5:30pm to 7pm. Further info from Emmy on 086 062 3851.

Art classes with Pauline Dodds every Wednesday - 1:00pm-5:00pm.

Cois Cille, Cill na Martra - 026 40999

Lunch every Monday, Tuesday, Wednesday and Friday at 12:30pm. Transport is also available by calling 40999. **Activities** such as bingo after lunch.

Scoraíocht: Join us for the next scoraíocht, to be held in March. All welcome!

Massage: By appointment only, call 087 675 9121.

Chiropodist: Joanne O'Donovan, by appointment only. Call 40999.

Art classes with Pauline Dodds every Tuesday - 2:00pm-4:00pm.

Cuan Barra, Béal Átha'n Ghaorthaidh – 026 47777

Lunch: Monday & Friday at 12:30pm. **Activities** such as bingo after lunch. Transport available by calling 087 137 8099 or 026 47777.

Cards every Thursday at 9:00pm. Everyone welcome!

Gruaig le Muse (Hairdresser) for appointments call/text Siobhán on 087 179 5399.

Bodyworks Beautician for appointments call or text Tracy on 083 123 0031.

Yoga: Monday evenings from 7:30pm. Further info at 086 332 5708.

Dr Ken Harte: In the centre every fortnight. For appointments call 026 41281.

Chiropodist Joan O'Donovan: Friday 17th. For appointments call 086 825 8023.

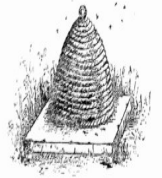
Unislim: Wednesdays 6:00pm-7:00pm. Further info from Emmy on 086 062 3851.

Art classes with Pauline Dodds every Monday - 2:00pm-4:00pm.

A prayer to St. Gobnait



“Go mbeannaí Dia dhuit a Ghobnait Naofa,
Go mbeannaí Muire dhuit, is beannaím féin duit.
Is chugat-sa a thánag ag gearán mo scéil leat,
'S a d'iarraidh mo leighis ar son Dé ort.”



Positive Thinking Exercises & Activities

Listen to your favourite music – Music has been and it will always be an excellent positivity booster. Nothing can replace the emotions you get when listening to some really good piece of music. This doesn't have to be a meditative and relaxing music (although these help a lot), but rather, any genre that simply puts a smile on your face while you listen to it. Listen and imagine good positive outcomes and scenarios for your life and this will boost your entire positivity and vibration.

Express Thankfulness - All the struggles and problems in life stop and disappear, in the moment when gratitude starts to take place. The grateful mind never experiences troubles and regardless of all the obstacles in life, it continues to be positive. Be constantly and consciously thankful for all the blessings in your life. Keep a notebook and write down all the things that make you feel good. Start from the ability to be able to see, to smell, to walk, to talk and move all the way to relationships, material possessions and spiritual enlightenment.

Remember to Breathe - Given that breathing is such a natural part of life and it happens without any conscious thought, we tend to underestimate its power. When you find yourself in a negative state of mind, take 5 minutes to just breathe deeply and slowly. You will notice an immediate and positive effect on your body and mind.

February's riddle:

If today is Friday, what is the day that follows the day that comes after the day that precedes the day before yesterday?



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