

Comhlacht Tithe Sóisialta agus Forbairt an tSuláin Teo



Bileog Eolais na nIonad Lae

Márta 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: Beartaithe don Aoine, 31ú Márta. Tráthnóna iontach geallta ann! Tá seans go mbeidh cuairt ón gceoltóir Johnny McEvoy an lá céanna. Beidh níos mó sonraí ina leith níos cóngraí don dáta sin. Tuilleadh eolais ó Elle ag 086 884 6366.

Cosliacht: Rita Sheehy, ar an gcéad Chéadaoin den mhí, le coinne. Glaoigh ar 45559.

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 don scoraíocht ar an 9ú Márta. 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.

Scoraíocht ar an Luan, 20ú Márta @ 8:00-10:00in. Oíche iontach ceoil & comhrá.

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.

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

Cosliacht le Joan O'Donovan: 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.



Liúireach Phádraig

(Paidir Naomh Pádraig)

Críost liom, Críost romham,

Críost i mo dhiaidh,

Críost ionam,

Críost fúm,

Críost os mo chionn,

Críost ar mo láimh dheis,

Críost ar mo láimh chlé,

Críost ar mo shuí,

Críost ar mo luí,

Críost ar m'èirí,

Críost i gcroí gach duine a smaoiníonn orm,

Críost i mbéal gach duine a labhrann liom,

Críost i ngach súil a fhéachann orm,

Críost i ngach cluas a éistean liom.



Séasúr na Scoraíochtaí faoi lán tseoil

Anois teacht an Earraigh agus tá Séasúr na Scoraíochtaí faoi lán tsaoil faoin tráth seo chomh maith. Mura bhfuil tú tagtha go Scoraíocht linn roimhe seo bí linn don chraic agus don chomhlúadar, bíonn fáilte roimh gach éinne ann i gcónaí. Ócáidí sóisialta iad ár gcuid Scoraíochtaí, áit inar féidir leis an bpobal scothaosta a bheith ag caidreamh agus ag comhrá, ag rince nó ag canadh agus bheith ag éisteacht le ceol iontach le cupán tae agus greim beag bia. Bíonn aoichainteoirí agus aíonna speisialta eile againn anois is arís chomh maith chun labhairt faoi rudaí tábhachtacha agus suimiúla. De gnáth bíonn Scoraíocht ar siúl an dara Déardaoin den mhí i gCois Cille, Cill na Martra agus ar an Déardaoin deireanach den mhí san Ionad Lae, Baile Mhúirne. Déanfar dátaí na Scoraíochtaí a fhógairt inár mbileog eolais.

Dúcheist mhí Márta

Tá an t-aon deartháir céile atá ag deartháir do mháthair ina chodhladh ar do tholg. Cé atá ina chodhladh ar do tholg?

Freagra dúcheist na míosa seo caite: Déardaoin



Comharchumann Forbartha Mhúscraí Teo.

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

eolas@cfmteo.com / www.cfmteo.com



Seánadh: 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.

Comhlacht Tithe Sóisialta agus Forbairt an tSuláin Teo

 Bileog Eolais na nIonad Lae **March 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: Planned for Friday, 31st March. A great afternoon assured! Musician Johnny McEvoy is also due to visit the Ionad Lae that day. Further details closer to the date. For any queries contact Elle on 086 884 6366.

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 our scoraíocht on the 9th 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!

Scoraíocht on Monday, 20th March @ 8:00-10:00pm. Great music & company.

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.

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 for the Faithful by Saint Patrick



*May the Strength of God guide us.
May the Power of God preserve us.
May the Wisdom of God instruct us.
May the Hand of God protect us.
May the Way of God direct us.
May the Shield of God defend us.
May the Angels of God guard us.
- Against the snares of the evil one.*



*May Christ be with us!
May Christ be before us!
May Christ be in us,
Christ be over all!*

*May Thy Grace, Lord,
Always be ours,*

This day, O Lord, and forevermore. Amen.

The Scoraíocht Season is upon us

Spring has sprung which means our Scoraíocht Season is also well underway now too. If you haven't previously attended one of our Scoraíochtaí why not come along and join in with the fun and laughter, everyone is always welcome. Our Scoraíochtaí are social events where older people can interact and have a chat, dance or sing and listen to great music with a cupán tae and some small bites to eat. Guest speakers and other special guests also attend from time to time to talk about important and interesting topics. A Scoraíocht usually takes place on the second Thursday of the month in Cois Cille, Cill na Martra and on the last Thursday of the month in Ionad Lae, Baile Mhúirne. All dates will be advertised in advance in our information leaflet.

March's riddle

Your mother's brother's only brother-in-law is asleep on your couch. Who is asleep on your couch??

The answer to last month's riddle: Thursday



Comharchumann Forbartha Mhúscraí Teo.

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

eolas@cfmteo.com / www.cfmteo.com



Disclaimer: Every effort has been made to verify the information printed herewith. To the best of our knowledge all information and details are true and accurate at time of printing. Comharchumann Forbartha Mhúscraí accepts no responsibility for any loss or damage arising as a result of reliance this publication's content.