

"Active Age for All" Launch

*Information Meeting/Social Gathering
10:30am on Wednesday, 20th January
in Donabate Portrane Community Centre
(Refreshments will be served.)*

**All WELCOME...to hear about
Activities for 2016, including:**

Photography	Linda Foley
Bird-watching	Patsy Lynders
Local history	Peadar Bates
Walking club	Margaret Godwin
Drama	Daphne Lynders
Pilates	Sandra Soden
Yoga	Magda Dzieciuchowicz
Gardening	Karl Jones
Nifty @ Fifty	Brian Kenny
Tai Chi *	Debbie Harvey
Kurling / Bowling *	Elizabeth Craven
Ukulele *	Ray McCarthy

Trips / Tours / Talks...One-off Events

Library Activities (e.g. computer classes)

*** Activities already taking place**

Anyone wishing to put forward any other suggestions, please contact
"Age Action for All" secretary, Breda Dockrell, by **TEXT** to 086-8693243 or
by email to ageactionforall@gmail.com or breda.dockrell@gmail.com.