





Hello Parents,

Happy New Year! Wishing you all good health and happiness in the year ahead. Here are some of the activities and courses available to you over the next few weeks! Come along and join in the fun! Don't miss the chance to get motivated and moving!

Classes continuing in January/February. All classes are free! Everyone is welcome to join at any time, just make contact with your HSCL to book a place!

HSCL Newsletter

<p>Wednesdays</p>	<p>Strength and Resistance Training with Tommy will start on Wednesday 22nd from 10.30am in Tommy's Fitness Studio, Bay Road Business Park, Mountmellick. R32 FX95</p> 
<p>Thursdays</p>	<p>Conversational English Group Practise and improve your English speaking skills & enjoy a coffee. Group meets on Thursdays from 9.30am-10.30am in St. Joseph's Girls National School. Starting back Jan 23rd</p> 
<p>Fridays</p>	<p>Dance Zone classes with Louise is starting back on Friday 31st of January, from 9:30am in the Macra Hall. Free of charge. All Welcome!</p> 



JUNIOR INFANT ENROLMENTS 2025/2026



Enrolment for **St. Joseph's Girls National school**, takes place until the 27th of January.

Enrolment for **Scoil Phadraig Naofa (Boys School)**, takes place until the 27th of January.



HSCL CO-ORDINATORS

Elaine Boland
St. Josephs GNS
0867037082

Helen Mulhare
Scoil Phádraig Naofa
0867022573

Mags McLoughlin
Mountmellick Community School
0831380148



Ongoing Parent activities and courses with MYRFC!


HSCL Newsletter

Mindfulness with Tina Kennedy
Thursday Mornings in January and February 2025

Thursday Mornings 16th, 23rd, 21st, 30th of January, 6th, 13th, 27th of February 2025

from 10:00am - 11:30am
 MDA Building, Irishtown, Mountmellick

For more information Contact Sarah: 086-8177596






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CHAIR YOGA

Reclaim mobility
 Reclaim balance
 Reclaim muscle tone

Date's: March 6th, 13th, 20th, 27th 2025
 April 3rd, 10th 2025
 May 1st, 8th, 15th, 22nd 2025
 Time: 10am - 11am

MDA Building, Mountmellick
 Booking is essential: 086 817 7596
 WhatsApp/Text/call

Tots and Teas

Parent and toddler play mornings. Come to the MDA with your baby/toddler to have a cuppa, meet others for a fun and friendly morning of play!

Returning on **Tuesday 14th January**

From 10.00am - 11.15am.





LOETB Mountmellick provide a range of full-time and part-time courses for adults.

For more information about courses available contact loetb.ie/mountmellick-fetc or check out their Facebook Page **Mountmellick Further Education and Training Centre**

or phone **(057) 8624196**

Apply Today
 Email: kwills@loetb.ie
 Or Scan the QR Code below

NEW CLASS
 Microsoft Office Skills
 QQI Level 4
 Thursday Mornings
 9:30am - 12:30pm

STARTS JANUARY 2025






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