

BCDA Ballyneety Hub News

ISSUE 5 – AUTUMN / WINTER 2023



Introducing **Sinead Garry** founder of Villageyoga.ie. Sinead has been working at the Hub for over 4 years. New term classes for Beginners Yoga and Beginners Pilates are starting this month. A new Osteoporosis fitness class is starting in September. Mixed level classes also in September. Booking options for 'Drop in Classes' or 'buy a package' are available.

"We have lots of exciting workshops and retreats on the Autumn/Winter timetable. Our Chair yoga classes are growing and growing. Keep an eye on the timetable on the website".

You can book and pay online at www.villageyoga.ie or email villageyogalimerick@gmail.com to discuss anything you would like to ask about starting Yoga, Pilates, Chair yoga or our new Osteoporosis friendly class! Tel: 087 9711007



Ballyneety & District **Men's Shed** continues to grow and prosper. An additional workshop facility has been added over the summer. The garden flowers and vegetables are blooming, thanks to Jim Browne & other shed members.



Email: ballyneetymensshed22@gmail.com

The summer BBQ was great fun, and the sun came out ☺ We hope to do more days like this in 2024! (See pics).

Dates for your diary in Autumn/Winter 2023:

- Coffee morning for Milford - Sunday, October 8th 11am - 1pm
- Christmas Market – Sunday, December 10th
- Walking track membership annual renewals - October 15th

BCDA is a group of local community volunteers, working together to enhance our area. Located in Ballyneety, Co. Limerick on the grounds of the Golf Club, Eircode V94 7W13. Email: info@bcda.ie.

What do we offer?

- A walking track with solar night lighting for members only
- An innovation Hub with a **multi-purpose room**, €10 an hour
- **Therapy room** for rent weekly, monthly or annually, €10 an hour
- **Office space** for rent weekly, monthly or annually
- **5 aside Astro Pitch** for rent hourly (+ student rates)
- 2-hour **Party Package** for just €70



Activities currently running at the hub/pitch.

- VillageYoga.ie **Yoga & Pilates** - [Sinead @ 087 971 1007](mailto:Sinead@0879711007)
- Beo Holistic - Reiki/MassageTherapist - [Caroline @ 087 920 2074](mailto:Caroline@0879202074)
- **Fitness** on the pitch for **all** ages - [Stephen @ 085 881 2815](mailto:Stephen@0858812815)
- **Beo baby massage classes** – [Caroline 087 920 2074](mailto:Caroline@0879202074)
- Elarah Wellness – **NEW** – elarahwellness@gmail.com
- Psychotherapist – **NEW** - Noelle Blake MIACP - 087 798 9846
- NoelleBlake33@gmail.com



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