

Health & Well-being Project

New community health project to support people assess their health needs and to identify resources to improve their overall health and well-being. To register for a free personal health plan call Juliette on 087 2187965

[The Joy of Love in Marriage](#) A Marriage Enrichment Weekend offers married couples (of all age ranges) private time to rekindle the joy of their love. The next Weekend (residential) will be [from 5 to 7 Oct 2018](#) at the Dromantine Conference Centre, Newry. For info. and to book, visit www.marriageencounter.ie or call [+44 770 281 2321](tel:+447702812321), [02871359612](tel:02871359612) or [01-845 3517](tel:018453517).

The Rainbow Ballroom is now holding the following throughout the Winter and Spring months ahead.
Music Classes Monday Night - Accordion 5.30 pm, Tin whistle and keyboard 6 pm and fiddle classes 7 pm.
New people always welcome.
Social Dance Classes - Monday nights 8.45 pm beginners and 9.30 pm advanced. Teachers Pat and Mary Moohan. Please come along and learn a new dance.
Cards commence again on the 4th October - put in your diary.
Kathleen Taheny Irish Dance Classes on Wednesday evenings at 5.30 pm. New comers welcome.
Keep Fit - Thursday nights with Caroline Green 7.30 to 8.30 pm.

Kilmore Youth Ministry

Reminder about our Diocesan Youth Day taking place in The Pastoral Centre on September 23rd from 2-7. Elation Retreats will facilitate our afternoon followed by Mass and a Pizza Party:):)! Open to 12-18 Years Olds.

Small Business Development Course

suitable for people starting their own business or who already have a small business and would like further training to develop their plans. It is also suitable for farmers who would like training in aspects of administration. A meeting of everyone interested will take place in St Patrick's Hall, Glangevlin on Wed 26th Sept at 6pm. If you would like to find out more email sholland@breffniint.ie<<mailto:sholland@breffniint.ie>> mob: 087 6664108 or attend the meeting.

Active age meetings have resumed in Health Centre, Blacklion every Monday at 2pm. New members welcome.

Crochet classes every Tuesday at 7pm in the Market House, Blacklion. Hope to see all our old members and new members are very welcome.

Gentle Exercise class for 45+ years:

The Golden Ladies Women's Group is hosting a 6-week Gentle Exercise class for women 45+ years. It is planned to commence on Wed 3rd Oct 7.30-9pm in St Patrick's Hall, Glangevlin. Women from other areas are welcome to join the class. Cost €30. To book email: sholland@breffniint.ie Tel: 071 9853321.

Shannon Gaels GAA: Club Lotto Result: Draw 16th September, 2018 in "The Dugout", Blacklion. Numbers drawn were 6, 16, 20 & 26. No jackpot winner. €20's winners: Seamus McSharry, Glenfarne, Tim Flaherty, Belcoo, Lauren Fitzpatrick, Blacklion and Mary Jane Cassidy, Blacklion. Next lotto draw for a jackpot of €6,750 takes place on Sunday, 30th September 2018 in the "Glan Bar" Glangevlin. You can play our lotto online at any time by following this link <https://bit.ly/ShannonGaelsCavan>.

Cuan Cavan Cancer Support Group are officially opening their new premises at 2 Keadue Lane, Cavan. Celebrated chef, Neven Maguire, will officially launch our premises by cutting the ceremonial ribbon in The Farnham Arms Hotel on Friday 28th September at 3.00pm.
Refreshments are being served and all are welcome to join us on the day.
The centre will continue to open 3 days per week, Monday, Wednesday and Friday after our launch, providing free and confidential support services to cancer survivors and their families.
For further details on our services drop into our centre or call us on [086/4556632](tel:0864556632)

Lecture on Tuesday October 2nd at 7pm Johnson Library Cavan Speaker Professor Salvador Ryan St. Patrick's College Maynooth Title 'Remembering the Famine ninety years on in the folklore of the School's Collection (1937-38) All welcome admission free.

Ballinaglera priest 071-9643014	Drumkeeran 071-9648025	Dromahaire 071-9164143
Stop Suicide; Freephone 1850 211 877	Mobile 086-7772009	Counselling service; 071-985 6070