



2012 Events Calendar for the North East Regional Office

Welcome to our 2012 Events Calendar outlining events organised by the North East Regional Office. It is important to keep this calendar to refer to throughout the year. Please call the office (042) 975 4304 to register for any event listed or if you need further information.

Date	Time	Event	Venue
January			
25th January	11am to 12 noon	Louth Support Group	The Monasterboice Inn, Louth
February			
8th February	11am to 12 noon	Louth Coffee Morning	The Monasterboice Inn, Louth
29th February	11am to 12 noon	Louth Support Group	The Monasterboice Inn, Louth
March			
1st March	11am to 12 noon	Meath Support Group	The Ardboyne Hotel, Navan, Co. Meath
8th March	10:30am to 12 noon	Monaghan Coffee Morning	The Four Seasons Hotel, Monaghan
14th March	11am to 12 noon	Louth Coffee Morning	The Monasterboice Inn, Louth
15th March	10:30am to 12 noon	Cavan Coffee Morning	The Kilmore Hotel, Cavan
28th March	11am to 12 noon	Louth Support Group	The Monasterboice Inn, Louth
29th March	11am to 12 noon	Meath Support Group	The Ardboyne Hotel, Navan, Co. Meath
30th, 31st March and 1st April	3:00 pm check-in	MS Couples Weekend	The Four Seasons Hotel, Monaghan (see enclosed booking form)
April			
5th April	10:30am to 12 noon	Monaghan Coffee	The Glen Carn Hotel, Castleblayney
11th April	11am to 12 noon	Louth Coffee Morning	The Monasterboice Inn, Louth
12th April	10:30am to 12 noon	Cavan Coffee Morning	Lisgrey House, Cavan
12th April	11:00am to 4pm	Teen Reunion	Funtasia, Drogheda, Co. Louth
25th April	11am to 12 noon	Louth Support Group	The Monasterboice Inn, Louth
26th April	11am to 12 noon	Meath Support Group	The Ardboyne Hotel, Navan, Co. Meath

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Date	Time	Event	Venue
May			
9th May	11am to 12 noon	Louth Coffee Morning	The Monasterboice Inn, Louth
10th May	10:30am to 12 noon	Monaghan Coffee Morning	The Four Seasons Hotel, Monaghan
17th May	10:30am to 12 noon	Cavan Coffee Morning	The Kilmore Hotel, Cavan
30th May	11am to 12 noon	Louth Support Group	The Monasterboice Inn, Louth
31st May	11am to 12 noon	Meath Support Group	The Ardboyne Hotel, Navan, Co. Meath
June			
7th June	10:30am to 12 noon	Monaghan Coffee	The Glen Carn Hotel, Castleblayney
13th June	11am to 12 noon	Louth Coffee Morning	The Monasterboice Inn, Louth
14th June	10:30am to 12 noon	Cavan Coffee Morning	Lisgrey House, Cavan
27th June	11am to 12 noon	Louth Support Group	The Monasterboice Inn, Louth
28th June	11am to 12 noon	Meath Support Group	The Ardboyne Hotel, Navan, Co. Meath
July			
11th, 12th and 13th July	TBA	Teen Break	Carlingford Adventure Centre
August			
16th August	10:30am to 12 noon	Monaghan Coffee Morning	The Four Seasons Hotel, Monaghan
23rd August	10:30am to 12 noon	Cavan Coffee Morning	Lisgrey House, Cavan
September			
6th Sept	10:30am to 12 noon	Monaghan Coffee	The Glen Carn Hotel, Castleblayney
12th Sept	11am to 12 noon	Louth Coffee Morning	The Monasterboice Inn, Louth
13th Sept	10:30am to 12 noon	Cavan Coffee Morning	The Kilmore Hotel, Cavan
October			
10th October	11am to 12 noon	Louth Coffee Morning	The Monasterboice Inn, Louth
11th October	10:30am to 12 noon	Monaghan Coffee Morning	The Four Seasons Hotel, Monaghan
18th October	10:30am to 12 noon	Cavan Coffee Morning	Lisgrey House, Cavan
November			
8th Nov	10:30am to 12 noon	Monaghan Coffee	The Glen Carn Hotel, Castleblayney
14th Nov	11am to 12 noon	Louth Coffee Morning	The Monasterboice Inn, Louth
15th Nov	10:30am to 12 noon	Cavan Coffee Morning	The Kilmore Hotel, Cavan
December			
12th Dec	11am to 12 noon	Louth Coffee Morning	The Monasterboice Inn, Louth

Getting The Balance Right Exercise Classes

The next round of classes is due to commence in February. Please select your preferred class and call the office to reserve your place. (042) 975 4304. Classes will only go ahead with enough participants. You must call to reserve your place.

Date	Time	Event	Venue
County Cavan:			
Starting Thursday, 9th February for 6 weeks	10:30 to 11:30 am	Physiotherapist Run Class	Ramor United, Virginia, Cavan
Starting Thursday, 9th February for 6 weeks	2:00 pm to 3:00 pm	Physiotherapist Run Class	IWA Centre, Corlurgan, Cavan
Starting Friday, 10th February for 6 weeks	10:00 am to 11:00 am	Physiotherapist Run Class	St. Christopher's Centre, Loretto Road, Cavan
County Monaghan:			
Starting Wednesday 8th February	11:00 am to 12 noon	Yoga	The Crannog Centre, Castleblayney, Monaghan
Starting Friday, 10th February for 6 weeks	12:45 pm to 1:45 pm	Physiotherapist Run Class	Monaghan Leisure Centre, Monaghan
County Louth:			
Starting Saturday, 18th February for 6 weeks	12:15 pm to 1:15 pm	Physiotherapist Run Class	Aura Leisure Centre, Drogheda
Starting Saturday, 18th February for 6 weeks	2:00 pm to 3:00 pm	Physiotherapist Run Class	Aura Leisure Centre, Dundalk
County Meath			
Starting Friday 3rd February for 6 weeks	TBD	Yoga Class	Dunboyne Rehab Centre
Starting Fridays in February	TBD	HSE Run Physiotherapist Class	Dunboyne Rehab Centre