



# Cappawhite Community Council

Issue No:6

[www.cappawhite.ie](http://www.cappawhite.ie)

## February '19

### Cappawhite Parish Cleanup

Organized by the Community Council will take place this year on Saturday 16<sup>th</sup> February at 10am. Last year more than 200 bags of rubbish were collected in a few hours during the cleanup. We would be delighted if more people came out this year to help.

The cleanup will be done on a constituency basis

	<u>Meeting Place</u>	<u>Council Reps</u>
Constituency 1/2	The Square	Tadhg Ryan, Mary Hourigan, John Hinchey, Dave Mullins, Michael Ryan & Fr. Furlong
Constituency 3	Meaghers Cross	Michael Buckley, Liam Ryan, Anne Crowe & Michelle O'Connor
Constituency 4	Toem	Martin White, John Quirke, Paddy Julian, Teresa Ryan, Siobhan O'Neill & Martin McDermott
Constituency 5	Ayle School	Mike Barry, Una Ryan, Sean Ryan & Dan Ryan
Constituency 6	4 Cross Roads	Carmel Clancy, Margaret Walshe, Margaret Ryan & Eugene O'Meara

Bags, gloves and rubbish pickers will be available at meeting points. Please bring a high vis vest with you and if you have any spare rubbish pickers also bring them along.

*Give a couple of hours to help cleanup our parish*

### Walking Football

For anybody over 50ish there is a new activity in the Resource Centre, it's called Walking Football. It's very successful in other parts of Ireland and Britain.

Basically the Cappawhite rules are simple!! 1.No running 2.Ball can't go above waist height 3.Must be inside penalty area to score.

Currently there are lads from 50 to over 70 playing it every Wednesday from 7 to 8 pm. Bit of fun and a bit of exercise, what more could you ask for. If you are interested come along on the night.

If you have any ideas for activities for the over 50ish please feel free to let us know.



### **St. Patrick's Day Parade**

The community council are organizing a parade on 17<sup>th</sup> March. If it's as good as the one held in 2000 it will be a great success. We are asking groups, organizations and indeed individuals to come up with unique and fun ideas for the floats. Further information can be had from Tadhg Ryan(L) 087-3117152

### **2<sup>nd</sup> Annual Philip Ryan (B) Ceile**

Sat 9<sup>th</sup> March Cappawhite Resource Centre

Music by Tin Joe & Ann. Fear an Ti: Pat O'Dea

Time: 9.30pm Adm: €10

Proceeds to Cathy O'Donnell

Tickets on sale locally

### **Resource Centre Bookings.**

Bookings can be made by calling Carmel Clancy  
086- 3483503 or [booking@cappawhite.ie](mailto:booking@cappawhite.ie)

*Birthday Parties, Soccer, Funerals Etc.*

*Every Friday – Bingo 8.30pm*

*Every Sunday – Progressive 45 8.30pm*

## Cappawhite Hillwalkers

Sun Feb 10 <sup>th</sup>	Silvermines 1pm
Sun Feb 17 <sup>th</sup>	Lough Curra 1pm
Sun Feb 24 <sup>th</sup>	Slieve Reagh (Glenbrohane) 1pm
Sun Mar 3 <sup>rd</sup>	Graves of the Leinstermen 1pm
Sun Mar 10 <sup>th</sup>	Knocknastacken 1pm
Sun Mar 17 <sup>th</sup>	Lisvernane 1pm
Sun Mar 24 <sup>th</sup>	Cush 1pm
Sun Mar 31 <sup>st</sup>	Ballyorgan Loop 1pm
Sun Apr 7 <sup>th</sup>	Birchill Loop 1pm
Sun Apr 14 <sup>th</sup>	Black Rock Loop Ballyhoura Mts 1pm
Sun Apr 21 <sup>st</sup>	Lake Muskerry 1pm
Sun Apr 28 <sup>th</sup>	Galtee Mor 1pm

All walks starting from Cappawhite Church unless otherwise arranged

Some members of the club have almost completed the Mizen Head to Malin Head virtual walk, as a fundraiser for Focus Ireland. Well done!!

## CAPPA GYM

### Membership:

Household (Parents & Over 16's):	€200
Members of any local sports clubs:	€100
2nd & 3rd level students:	€100
Over 60's:	€50
<i>Above rates are for year from joining date</i>	
Pay As You Go:	€5

### Opening Hours

Monday		4-10pm
Tuesday	9:30am-12 &	5-10pm
Wednesday		5-10pm
Thursday	9:30am-12 &	5-10pm
Friday		2 - 9pm
Saturday		12- 4pm

Sunday and Bank Holidays closed.  
Phone: 75071- ext 1

Vouchers available as gifts

Various  
Gym Classes  
Each Week

Spinning  
Bike  
Classes

Personal  
Trainer also  
available

## Day Care Centre

### Activities.

Tuesdays	Morning: Bingo 11.00am-12.30pm Afternoon: Light Yoga classes @ 2pm
Wednesday	Morning: Pitch & Putt and Computers course 11.30am-12.45am. Afternoon: Art classes and Indoor Bowls from 2.00pm-3.30pm.
Thursday	Morning: Art Classes and Cards from 11.00am-12.30am. Afternoon: Cards and Music/Dance from 2.00pm-3.30pm

1st Tuesday of the month is Movie Tuesday outing to the Excel Cinema Tipp Town.

Services available by appointment for Reflexology, Chiropody and Hairdresser.

Transport can be provided. Please contact Mary for any further details on 75071 ext 2..

### Dates for you Diary

Night of Madness Sat 4<sup>th</sup> May  
Resource Centre with Ruaile Buaile

Cappa Fest Sun 4<sup>th</sup> Aug  
Cappawhite Community Council and  
Cappawhite GAA Club present a day of  
music in the GAA Field.

### Spin Classes

Cappa Gym welcomes the  
KEISER M3 SPIN BIKES

Classes (in conference room beside gym)  
Tues 7.15pm  
Thur 7.15pm  
Fri 7.15pm (Beginners)

IMPORTANT to book classes as  
places are limited

Please call 062-75071 ext 1 or send a  
message through Facebook to  
Cappawhite Gym to book your bike



Magical Mutts Dog Grooming in Doon  
Contact me on 087-8393731  
or find me on Facebook

### Cappawhite GAA

2019 Club Membership  
is now open. Contact  
Kathleen (087 1376458)  
or Owen (087 2357134).

New members welcome.

### Bord na nóg Training Details

U6:	Mondays	6-7pm
U8:	Thursdays	6-7pm
U10:	Wednesdays	6-7pm
U12:	Tuesdays	7-8pm
U14:	Thursdays	6-7pm

If you would like anything in next  
months newsletter please  
email [pro@cappawhite.ie](mailto:pro@cappawhite.ie)

## Cappawhite Valentine's Bingo Double House Prizes

### "SPIN & WIN"



Bingo  
Spin with a  
Chance to  
Win €1,000!!



New Game!  
Split the  
Bucket  
Guaranteed -Win  
1/2 the Pot!

Loads of  
Raffle Prizes

3.30pm Sharp!

Sunday, 10th February 2019

Cappawhite Resource Centre

Book prices: Double €9, Single €7, Spin & Win €3 or 2 for €5!

Cappawhite Newsletter kindly sponsored by

Ryan's Centra, The Square, Cappawhite.