

Out & About
Community Events
Cabra/Glasnevin Area

February 2023

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Community Team:**Cabra & Glasnevin Area Office:****Niall Byrnes 086 8150341, Gina O' Brien 086 8150315, Paul Fitzpatrick 086 8150927**

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Event</u>	<u>Cabra / Glasnevin Venues</u>
Saturday	Last Saturday of the Month.	10.30am	Clean-up Cabra with your local Tidy Town group.	Meet Fionnbarra's GAA Club
Saturday	Second Saturday of each Month	10.45am to start at 11am to 1pm.	Royal Canal Clean Up Group improving the area from Canal Towpath from Drumcondra to Ashtown	Meet at Cross Guns Bridge
Saturday	Third Saturday of each month	10am – 11am	Clean up Phibsborough with local Tidy Town Group	Meet at Library
Saturday	Last Saturday of each month	11.00 am	Stoneybatter & District Tidy Town Group	Meet at Aughrim Street Church
Ongoing			Villa Park Residents Group. Regular Tidy ups and planting of flowers	Villa Park
Ongoing			Faussagh Ave Project. House front Improvements.	Cabra Village
Ongoing			Drumalee environmental improvements and planting of flowers	Drumalee Estate
Ongoing			Community Centres open	<ul style="list-style-type: none"> - St. Peter's Court - Convent View Court - Dunard Court - Drumalee Court - Clareville Court
Ongoing	First Thursday of each month AND Third Tuesday of each month	10.30am to 12.30pm 7pm to 8.30pm	Dublin 7 Women's Shed Please see 'Dublin 7 Women's Shed' Facebook page for details of upcoming meetings.	Cabra Parkside Community Complex
Ongoing			Pelletstown Community Garden	Reilly's Bridge, Ratoath Road, Dublin.
Tuesdays		10.00am – 1.00pm	Phibsboro Men's Shed Open to all men regardless of age, background, or ability. A welcoming meeting place where you can share your experience, skills, and knowledge, and maybe learn new skills!	St. Peter's Court For more information phone Paddy on 01 8384646 Desmond 087 2603747 John 086 8662916

Sports And Recreation Activities

Sports Development Officers & Recreation Centres:

Cabra: Michelle Waters 087 6899305

Glasnevin: John McDonald 087 1127291

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Event</u>	<u>Venue</u>
Monday to Friday		8.15am- 10.15	Opening Hours www.dublincity.ie/sports Facebook: Cabra Parkside Community Complex	Cabra Parkside Community Sports Centre, John Paul II Park, Cabra West, Dublin 7. Tel: 01-2227552
Saturday		10.00am- 17.00pm		
Sunday		Closed		
Monday	Ongoing	1.00pm to 2.00pm	Forever Fit Golden Wonders Weekly 1 hour session of mini games	Cabra Parkside For more information call 01 2227552
Monday	Ongoing	5.00pm to 6.00pm	Adult Pickleball Session Weekly 1 hour session of social games €3.00 per session	Cabra Parkside For more information call 01 2227552
Wednesday	Ongoing	5.00pm to 6.00pm	Adult Pickleball Session Weekly 1 hour session of social games €3.00 per session	Cabra Parkside For more information call 01 2227552
Friday	Ongoing	6.00pm to 8.00pm	Adult Pickleball Session 2 hour session of games and coaching €5.00 per session	Cabra Parkside For more information and to confirm time call 012227552
Friday	From February 3 rd	10.00am	Tai Chi Classes Every Friday for 8 weeks. Only €2.00	Cabra Parkside For more information and to book your place call 012227552
Wednesday		7.00pm	Zumba	Cabra Parkside For more information call 012227552
Saturday		11.00am	For details and price contact Cabra Parkside	
Tuesday		7.00pm to 8.00pm	Yoga €12.00 per class	Cabra Parkside For more information contact: sarahperkinsg@gmail.com

Monday Wednesday Friday	From Jan 16 th From January 18 th From January 20 th	11am to 12pm 10.30am to 11.30am 11am to 12pm	Change for Life Programme 8 week multi-activity exercise programme Cost €25 <ul style="list-style-type: none"> S&C Circuit training Couch to Parkrun Yoga Sign up via Eventbrite; https://www.eventbrite.ie/e/glasnevin-change-for-life-2023-tickets-511511553827	For more information email John McDonald (Sports Officer) john.mcdonald@dublincity Hall in Na Fianna GAA club Albert College Park Na Fianna GAA club
Wednesday	From January 18 th for 8 weeks	10.30am to 11.30am	Couch to Parkrun 8-week running programme. No experience needed. Buggy friendly initiative. Unfortunately, dogs are not permitted. Cost €10 Sign up via Eventbrite; https://www.eventbrite.ie/e/albert-college-park-couch-parkrun-january-2023-tickets-511584923277	For more information email John McDonald (Sports Officer) john.mcdonald@dublincity Albert College Park
Monday Tuesday Thursday Friday	From January 13 th to March 3 rd	10am 11am 6pm 10am 10am	Change 4 Life 2023 Pilates Walking Group. Please contact Mitch on 087 1254717 to book slot. Gym/ Bootcamp/ Boxercise Pilates Gym/ Bootcamp/ Boxercise	Aughrim Street Sports Hall, Dublin 7. For further details contact Mitch Whitty 087 1254717 Cost €50 inclusive of all activities for 8 weeks or €5 pay as you go
Monday to Thursday	Ongoing		Fitness Classes Monday 10am. Over 55's Functional Fit Monday 6.15pm. Dance Fit Monday 7.00pm. SPIN Tuesday 6.15pm. SPIN Tuesday 7.00pm Step Beginner Wednesday 10am. Over 55's Fun Fit Wednesday 615pm. Circuit Class Wednesday 7.00pm SPIN Thursday 10am Over 55's Functional Fit Thursday 6.15pm SPIN Thursday 7.00pm Boxercise	Cabra Parkside Call from 8am on the morning of each class to book your place 01 2227552

Library Events:

www.dublincitypubliclibraries.ie Twitter: [@dubcilib](https://twitter.com/dubcilib) Facebook: [DublinCityPublicLibraries](https://www.facebook.com/DublinCityPublicLibraries)

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Drumcondra Library Events</u> <u>Ph: 01-2228344</u> drumcondralibrary@dublincity.ie	<u>Venue</u>
Monday-Saturday	Ongoing	Mon & Wed 10am to 1pm & 2pm to 5pm. Tues & Thurs 12.45pm to 4pm & 4.45pm to 8pm. Fri & Sat 10am – 1pm & 2pm to 5pm	Browse and Borrow	Drumcondra Library 01 2228344 drumcondralibrary@dublincity.ie
Thursday	February 9 th	6.30pm	Public Consultation Lemon's Square Millmount Avenue with Drumcondra Triangle Resident's Association	Drumcondra Library For more details contact 01 2228344 drumcondralibrary@dublincity.ie
Thursday	February 16 th	6.30pm	'Shelbourne Cult Heroes: Henry McKop' with James Curry Dublin City Council Historian in Residence	Drumcondra Library For more details contact 01 2228344 drumcondralibrary@dublincity.ie
Thursday	February 23 rd	6.30pm	Irish Revolution Book Club History on your Doorstep. Book on 01 2228344 or drumcondralibrary@dublincity.ie	Drumcondra Library 01 2228344 drumcondralibrary@dublincity.ie
Monday-Saturday			Book Display (Adult Fiction) Dublin Literary Award Longlist Selection	Drumcondra Library
Monday-Saturday			Book Display (Adult Fiction) Ireland Reads: Drumcondra Writers	Drumcondra Library
Monday-Saturday			Book Display (Child Fiction) Ireland Reads: Drumcondra Writers	Drumcondra Library

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Phibsboro Library Events</u> <u>Ph: 01-2228333</u> phibsborolibrary@dublincity.ie	<u>Venue</u>
Monday to Saturday	Ongoing	Monday and Wednesday 1pm-4pm,4.45pm-8pm Tuesday, Thursday, Friday and Saturday 10am - 1pm. 2pm - 5pm	Browse and Borrow	Phibsboro Library
The 3 rd Wednesday of each month	Ongoing	6.30pm	Book Club Please register your interest with Phibsboro library first to ensure adequate book supply	Phibsboro Library Contact 01 2228333 for more details

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Cabra Library Events</u> <u>Ph: 01-2228317</u>	<u>Venue</u> cabralibrary@dublincity.ie
Monday - Saturday	Ongoing	Mon, Tue, Wed, Thurs, 10am – 8pm. Fri and Sat, 10am – 5pm. Sunday Closed.	Browse and Borrow	Cabra Library
Thursday	Starting from Feb 9 th for 10 weeks.	5.45pm to 7.45pm	We can Quit smoking DNWAP Workshop	Cabra Library Contact Leon Kelly DNWAP Email: Leon.Kelly@dublinnorthwest.ie
Tuesdays	January 10 th to March 21 st	3.30pm to 5.30pm	Digital Skills Class Getting to know your Device CDETB	Cabra Library For more details contact Cabra Library on 01 2228317 or cabralibrary@dublincity.ie
First Wednesday of every month	Ongoing	7.00pm	Wednesday Book Club New members welcome	Cabra Library For details contact Cabra Library on 01 2228317 or cabralibrary@dublincity.ie
Second Wednesday of the month	Ongoing	12.00pm	Points of View Book Club New Members welcome	Cabra Library For details contact Cabra Library on 01 2228317 or cabralibrary@dublincity.ie
Mondays	Starting March 13 th	6.00pm to 7.00pm	Children's Bookclub A fun discussion for kids aged 8 to 12 years	Cabra Library For details contact Cabra Library on 01 2228317 or cabralibrary@dublincity.ie

Saturday	February 25 th	11.30am	<p>Ireland Reads Bookclub</p> <p>Ireland Reads is a campaign to get the whole country reading in a lead up to a national day of reading on February 25th. We will be discussing Graham Norton's 'Forever Home' and enjoying some tea, coffee and cake.</p>	<p>Cabra Library</p> <p>For details contact Cabra Library on 01 2228317 or cabralibrary@dublincity.ie</p> <p>Limited number of copies available to borrow. Ask at the Library Desk or come and join us if you have already read this book. Booking Required</p>
Wednesday	Starting January 25 th for 8 weeks	10.00am- 12.00am	<p>Triple P Group- Positive Parenting Course</p> <p>Suitable for parents or caregivers who have concerns about a child's behaviour from ages 2 to 12 years.</p>	<p>Cabra Library</p> <p>Please register on the following link: https://forms.office.com/e/atF22j2N2F</p>
Thursday	February 9 th	6.00pm to 7.45pm	<p>Board Games</p> <p>Come and enjoy a fun evening playing games with other likeminded people. Booking essential. (for Adults)</p>	<p>Cabra Library</p> <p>For more details and to book contact Cabra Library on 012228317 or cabralibrary@dublincity.ie</p>
Tuesday	February 14 th	2.00pm to 3.30pm	<p>Sustainable Beauty Care Workshop for Teens</p> <p>Learn how to reduce plastic from your bathroom to go plastic and create a clutter free & relaxing sustainable beauty care routine. Booking essential.</p>	<p>Cabra Library</p> <p>For more details and to book contact Cabra Library on 012228317 or cabralibrary@dublincity.ie</p>
Thursday	February 16 th	2.00pm to 3.30pm	<p>Wear your Art on your Sleeve Workshop for Teens</p> <p>Attendees will have the opportunity to explore and engage with unusual materials and design their own 'label' or patch that uniquely identifies them and how they wish to be seen. Booking essential.</p>	<p>Cabra Library</p> <p>For more details and to book contact Cabra Library on 012228317 or cabralibrary@dublincity.ie</p>
Monday (except bank holidays)	Ongoing	2.30pm to 4.00pm	<p>Craft at Cabra Library</p> <p>Adults are welcome to share new skills in felt making, knitting, crochet, and crafting.</p>	<p>Cabra Library</p> <p>For more details contact Cabra Library on 01 2228317 or cabralibrary@dublincity.ie</p>
Monday (except bank holidays)	Ongoing	2.30pm to 4.00pm	<p>Knitting Group</p> <p>Beginners always welcome</p>	<p>Cabra Library</p> <p>For more details contact Cabra Library on 01 2228317 or cabralibrary@dublincity.ie</p>

Wednesday	Ongoing	3.15pm	Children's Storytime	Cabra Library For more details contact Cabra Library on 01 2228317 or cabralibrary@dublincity.ie
Thursday	Ongoing	3.00pm	Scrabble Group	Cabra Library For more details contact Cabra Library on 01 2228317 or cabralibrary@dublincity.ie
Monday Tuesday Friday	Ongoing	6pm to 8.00pm 10am to 12pm 10am to 12pm	English Classes	Cabra Library Contact Leon Kelly DNWAP Email: Leon.Kelly@dublinnorthwest.ie
Tuesday	Ongoing	6.30pm to 8.00pm	Conversation Group French/English	Cabra Library
Wednesday	Ongoing	6.30pm to 8.00pm	Conversation Group Spanish/English	Cabra Library
Saturday	Ongoing	11.30am to 12.30pm	Conversation Group Irish	Cabra Library
Every second Wednesday from January 4 th .	Ongoing	6pm to 7.45pm	Breastfeeding Group D7 Cuidiu Parents & Children	Cabra Library For more details contact Cabra Library on 01 2228317 or cabralibrary@dublincity.ie
Mondays & Thursdays	Ongoing	10.30am to 12.00pm	Toddler Group Children & their Caregivers	Cabra Library For more details contact Cabra Library on 01 2228317 or cabralibrary@dublincity.ie
	Ongoing		Sensory Cubbie The Sensory Cubbie is a new service aimed at people with sensory processing disorders. It offers a sensory management system for both children and adults. Children must be accompanied by an adult.	Cabra Library For more details and to book contact Cabra Library on 01 2228317 or cabralibrary@dublincity.ie

City of Dublin Adult Education Service

Free Part-Time Adult Education Courses

- English Language
- Preparation for College
- Preparation for Employment
- Mental Health and Wellbeing
- Leisure and Hobby
- Digital Skills
- Art and Creativity
- Sustainability and Climate Justice
- Study Skills
- Dyslexia Support
- Driver Theory Test Preparation
- Reading Writing Spelling Maths

Contact: WhatsApp/SMS/Phone 0860138147

Email: finglas@aes.cdetb.ie

www.cdetbadulteducationfinglas.ie

Cabra / Glasnevin Area Information:

Dublin City Public Participation Network (PPN)

The Dublin City Public Participation Network (or PPN for short) is an initiative to build a network of community, social inclusion and environmental groups who work within the Dublin City Council area. The focus of the PPN is to empower and assist groups to participate in local decision making.

For further information please contact info@dublincity.ie

The Garda Website www.garda.ie is an invaluable source of advice, information and tips on safety and security. Coming into the dark winter months, check out the leaflets on personal safety, home security and vehicle security to help homeowners and business owners make their property and premises secure.

Click here to read/download a variety of safety tips and leaflets. [Crime Prevention - Garda](#)

For all events taking place in the Dublin area please see www.dublincity.ie/events

If you would like to have your event included in our monthly 'Calendar of Events'

Please email before the 20th of the month to: cabraoffice@dublincity.ie with your contact details.

Contact Cabra Office Tel: 01 2227400