



Failte and Welcome to



Clane St. Patrick's Day Festival 2019

KINDLY SUPPORTED BY KILDARE COUNTY COUNCIL



BRINGING COMMUNITY TOGETHER



Grand Marshal **ROSEMARIE HAYDEN**

Irish Red Cross - Clane Branch

Friday 1st March

Launch of Clane St. Patrick's Day Festival, 2019

Music Bingo with Keith Shanley - Admission is free. All are welcome

Clane GAA 9pm - Lots of prizes to be won on the night



Monday 11th March

Parade Information Evening

Clane GAA 8pm

IT IS IMPORTANT THAT ALL FLOAT ENTRANTS ATTEND THIS MEETING



Thursday 14th March

Meditation/Mindfulness Workshop for Adults

This is an introduction to Mindfulness whereby you will be taught some of the different meditation practices that can be used to bring Mindfulness to your everyday life eventually leading you to a place of peace and calm.

The Westgrove Hotel, Clane 8pm

Admission is free and all are welcome



For information, please call 086 061 9086 or 085 2132360 or email: clanefestival@gmail.com

www.clanefestival.ie

Thursday 14th March

Meditation/Mindfulness Short Workshop for Children



In this short workshop children along with their Mums and Dads will learn some simple and fun little exercises that can be used at home or in school.

The children will be introduced to some fun and playful mindfulness focused exercises which will give them the opportunity to nurture those needed skills like coping with emotions, to calm down when upset, pay attention, be empathetic, kind and positive.

Enquiring Minds Childcare, Prosperous 3.30pm

Admission is free and all are welcome

Call or text 087 2466892 to confirm your attendance

for either of the Workshops or if you would like more information



Friday 15th March

Annual Table Quiz- Manzors of Clane 9pm

Table of 4 - 40 euro. Kindly sponsored by Kitty and Seamus Manzor

To register, call or text 086 0619086



Saturday 16th March

Condrón's Supervalu Shopping Centre, Clane

Dancing, Singing, Facepainting, Caricatures and Storytelling

Join us between 11am and 5pm

for great Family entertainment

Music Bingo with Keith Shanley

Clane GAA 9pm Great prizes on the night



Sunday 17th March

St. Patrick's Day Parade 3pm

Street entertainment from 2pm

Road Closures on the day



Monday 18th March

Waffles The Wonderful Magic Show

with Facepainting and Balloon Modelling

Clane GAA 3pm Family Day out. Admission €4 per child



Tuesday 19th March

WHY NOT GIVE YOGA A TRY?

Join LAURA WYNNE from ARUNA YOGA, for a taster Yoga Class

The Westgrove Hotel 8pm Admission is free and all are welcome.

Bring a Yoga Mat or Towel. Call or text 086 8539848 to confirm your attendance



ARUNA
YOGA

Saturday 23rd March

Parade Awards Ceremony

The Westgrove Hotel, Clane 8pm

70's/80's Music with Keith Shanley. All are welcome



For information, please call 086 061 9086 or 085 2132360 or email: clanefestival@gmail.com

www.clanefestival.ie