

## Creative Mindfulness

Book today.

4-12 yr olds

Every Wednesday from  
22<sup>nd</sup> Feb., 4pm-5pm

**Call on 087 117 3475** to  
hear more.

## Sports Club

Starting 21<sup>st</sup> February

6-10 yr olds

## Volunteer Opportunities!

Hillview is looking for to supervise our youth clubs. Also, if you have any skills please share... can you teach chess? Facilitate a book club? Sports? etc. Join our team!

# Hillview Resource Centre Newsletter



Family, community & you!

Call: 01 296 5025

## Weekly Timetable

### Monday

**Early Years' Service (Childcare),**  
9am to 1pm  
**Knitting**  
10am-12 noon  
**International Cooking**  
10:30am – 12 noon  
**Play Therapy**  
(by appointment)

### Tuesday

**Early Years' Service (Childcare),**  
**Play Group 2-5 yr olds, 2:30-**  
**3:30pm**  
9am to 1pm  
**Music Group** 10am to 11:30am  
**Low Cost C**  
**ounselling**  
Sports Club

### Wednesday

**Early Years' Service (Childcare),**  
9am to 1pm  
**Crochet, 10.30am-11.30am**  
**Artisan Crafts, 10am to 12 noon**  
**Bingo, 2.30pm-3.30pm**  
**Creative Mindfulness (Primary**  
**School), 4pm to 5pm**

### Thursday

**Early Years Service (Childcare),**  
**Chair Yoga, 10.00am-11.30am**

### Friday

**Early Years Service (Childcare),**  
9am to 1pm  
**One to one computers.**  
**Printing and Photo copying**  
**Parent Peer Support Group**

Further information about  
programmed activities call  
01 296 5025 or email at  
[development@hillviewrc.ie](mailto:development@hillviewrc.ie)

## Rooms for Hire

Hillview has a 1<sup>st</sup> floor space (seats about 10-12 people), a ground floor training room and a consulting room.

Hillview can provide tea/coffee and biscuits for bookings and if you have a small meeting and require space please get in touch on 01 296 5025 discuss your needs and to book a room.



Hillview Resource Centre would like to say a big thank you to all the local businesses and organisations for their continued support .We would like to give a special thank you to DLR, ETB Dundrum, SuperValu Churchtown, SuperValu Ballinteer, Coach House, Lidil Nutgrove.