


The Termon Times

The Termon Complex
 Station St, Pettigo, Co Donegal
 071 98 61111
termoncomplex@gmail.com
www.termoncomplex.wordpress.com

Pat Divilly Seminar



Delighted to announce Pat Divilly from **Pat Divilly Fitness** is coming to The Termon Complex to give a talk about health and well-being this Thursday 6th November at 8pm Ticket Cost €12. Pat Divilly is an Irish fitness expert & Gym owner, Bestselling Author & TV Personality. Perfect for anyone interested in a healthy lifestyle. His New book 'Naked Paleo-Food Stripped Bare' is out now too.

 **Children's Soccer** FAI Soccer Coaches from Copany Rovers Laghey continue weekly soccer skills course in The Termon Complex for 8-12 year olds. €2 per child on a Saturday Morning 10-11am. (outdoor if weather good, indoor if weather poor)

Borderline Arts & Cultural Festival The festival syllabus for the 2014 Borderline Arts & Cultural Festival is now available online. The festival includes a huge range of speech & drama, art, music, song, creative writing, history and photography competitions for 4 – 18 year olds. Entries are open now. The festival will take place in the Termon Complex Pettigo on 6th & 7th December



New Jiving Class! We have a new set of Jiving Classes starting! Delighted to welcome Chris Cross to The Termon Complex to teach us how to jive! Starting Thursday November 13th at 8.30pm for 6 weeks, we'll have you jiving at your Christmas Party!



Yoga Classes Evening Yoga Class for beginners on Monday evenings 8.30pm. New block starts Nov 17th for a block of 6 weeks for €60. Payable to the tutor Fiona. New men's only yoga class also on Monday nights 7.00-8.00pm. Juts wear comfortable clothes, bring a drink of water (yoga mats provided).



Pilates with Mairead - Starting Thurs Nov 13th at 7.00-8.00. This is an intermediate & advanced Pilates Class. Contact us for details.



Mark Pollock Film Tuesday 25th November 8.30pm

UNBREAKABLE tells the inspirational story of Mark Pollock's amazing strength and positivity in the face of incredible obstacles throughout his life. Ten years after losing his sight at 22, Mark Pollock became the first blind person to race to the South Pole. The psychological impact of that success put blindness behind him and he moved on with his life and became engaged to his girlfriend Simone. But four weeks before the wedding, an accident left Mark paralysed from the waist down and threw his life into turmoil once again. Directed by award-winning filmmaker Ross Whitaker (TrueFilms.tv; When Ali Came to Ireland, Saviours), this moving, fascinating film – six years in the making – tells the story of Mark's rehabilitation, his search for groundbreaking cures in the worlds of robotics and science, and his unbreakable spirit.

MASSIVE XMAS MUSIC NIGHT on Sunday 28th December 10pm in The Termon Complex. Full Licenced Bar. Check them out on Youtube!



European Union
 European Regional Development Fund
 Investing in your future

Comhairle Contae Donegal
 Donegal County Council
 Ráth Faoil

The Special EU Programmes Body is the Managing Authority for the European Union's PEACE III Programme

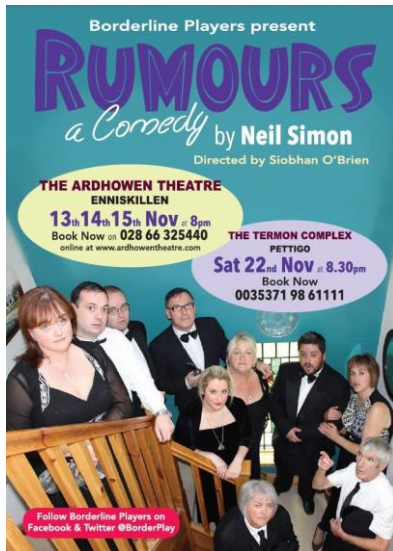


Family Christmas Movie Sunday 28th December 4pm.

**Christmas Craft Fair, Farmers
Market and Santa Sunday on
Sunday 14th December 2014**



**Rumours
Saturday
Nov
22nd
8.30pm**



**TERMON
COMPLEX
TICKETS
AVAILABLE**

Termon Fitness - Gym

The Gym is open. Current times at time of printing are Monday to Friday 9.30am -9.00pm and **NEW WEEKEND HOURS Saturday 10.00am-6.00pm & Sunday 10.00am-3.00pm**. Membership forms available. You must participate in an induction before using the Gym – whether you become a member or choose the Pay as you go option. Contact us for the next induction dates. .

The Little Black Dress Club -

Very excited to announce a new women's health & well-being club (and it's a diet club too if you want to lose weight!) It's on Mondays at 10.30am for an hour for ten weeks. Pay €5 each week you attend. Every week we have a chat about health and well-being, look at many aspects of a healthy life and how to lose some weight too if you want to so we can all feel the best we can feel in our little black dress. Get weighed and measured and also get a pack with a diet sheet and healthy eating guidelines plus a diary to record your food diary. You can also attend the Gym afterwards for an additional €2



FIRST AID Well done to all the participants who completed the recent 3 days of their Occupational First Aid & Defibrillator Course Fetac Level 5. There is now a key in The Termon Complex for the defibrillator that is located at Coltons Garage.



Football!

Indoor goalposts and indoor footballs have arrived and the sports hall is available for hire! Also MUGA available **Basketball!**



The Basketball hoops are also up Court is now ready to hire too. Just contact us to book any free time slot!

The Pettigo & Tullyhommon Badminton Club play on the following club nights: Monday 8.00-10.00pm, Wednesday 7.30-9.30pm, Friday 6.00-8.00pm. New Members always welcome.



Fitness Classes

We run fitness classes on a Wednesday Evening with Darren and a Tuesday morning & Friday evening with Marcella. Contact us to book a spot. Some sessions are full. Also Pay as you Go Options too. Contact us for any details!

Space Available to Hire



The Termon Complex is available to hire!



We have a variety of meeting rooms, conference rooms and sports hall hire. Contact Katherine or Linda in the office to chat about your requirements

Website keep up to date with all that's happening.

www.termoncomplex.wordpress.com



Also find us on Facebook & Twitter!

The Termon Complex, Station St, Pettigo, Co Donegal
071 98 61111 termoncomplex@gmail.com