

## Laois Tourism -What's on this March

Date	Location	Event	Where	In a nutshell	Cost	Time	Find Out More
1st	Portlaoise	Tech Talks Launch Party	Kavanagh's Bar & Venue	"TechTalks is the new brand bringing you the best of techno/house/funk	€10	9pm	<a href="http://www.kavanaghsportlaoise.com">www.kavanaghsportlaoise.com</a> or PH: 057 86 21744
1st	Kinnitty	Knight Run	Kinnitty Castle	10km Knight Run at Kinnitty Castle in association with Mid Ireland Adventure.	€25	8pm	Jonathan 085 173 5204
1st	Portlaoise	Matyborough FC Table Quiz	Kavanagh's Bar & Venue (Upstairs)	In aid of Maryborough FC.	Table of 4 €40	9pm	<a href="http://www.kavanaghsportlaoise.com">www.kavanaghsportlaoise.com</a>
1st	Mountmellick	Mountmellick Mens Club Table Quiz	The Druid Pub	The men's club table quiz will be a great night out . Table of 4 only €20 and raffle on the night	Table of 4 €20	9pm	
2nd	Portlaoise	Pink Gin	Kavanagh's Bar & Venue	Live music.	No Cover Charge	10pm	<a href="http://www.kavanaghsportlaoise.com">www.kavanaghsportlaoise.com</a>
2nd	Portlaoise	The Man in Black - Johnny Cash Tribute	Dunamais Arts Centre	He sings like Johnny, he looks like Johnny and he performs just like the great man, with energy, charisma and vitality!	€22/€20	8pm	Ph: 057 8663355 or <a href="http://www.dunamais.ie">www.dunamais.ie</a>
2nd	Ballyfin	Ballyfin GAA Table Quiz	The Deadman's Inn	Ballyfin GAA will be hosting a table quiz. Prizes and raffle on the night.	€40 - Table	9pm-11.30pm	<a href="http://www.facebook.com/ballyfingaa">www.facebook.com/ballyfingaa</a>
3rd	Mountmellick	Slieve Bloom Market	Mountmellick Macra Hall	Brand new Food & craft market in Co Laois. First Sunday of every month.	No Cover Charge	11am-3pm	<a href="mailto:catherineocallaghan@gmail.com">catherineocallaghan@gmail.com</a>
3rd	Kinnitty	Glenafelly/Cumber Hill	Kinnitty Community Centre	Guided walk.A 10k 4 hrs	€5 per walk or annual membership €20	11am	Ph: Eddie Spain on 087 924 0652 or see <a href="http://slievebloom.ie">slievebloom.ie</a>
3rd	Portlaoise	The Heritage 5k	The Heritage Killenard	St Michael's AC 5K charity run in aid of BRAVEHEARTS social inclusion hub, Portarlinton. Refreshments afterwards, compliments of the hotel.	Race entry: €10	Register from 9.30am.	
3rd	Portlaoise	Grapple Kings 3	Dunamais Arts Centre	Grapple Kings 3 returns with their biggest event to date: Ireland v Poland. Don't miss the biggest Brazilian Jiu Jitsu event of the year	€40/€30	5pm	Ph: 057 8663355 or <a href="http://www.dunamais.ie">www.dunamais.ie</a>
3rd	Portlaoise	James O'Connor	Kavanagh's Bar & Venue (Bar)	Live music.	No Cover Charge	7pm	<a href="http://www.kavanaghsportlaoise.com">www.kavanaghsportlaoise.com</a>
5th	Portlaoise	Ukulele Tuesday	Kavanagh's Bar & Venue (Bar)	Bring along your Ukulele and join in with the session. New players welcome all the time.	Free	9:30pm	<a href="http://www.kavanaghsportlaoise.com">www.kavanaghsportlaoise.com</a>

6th	Portlaoise	Seachtain na Gaeilge - 1st-17th March 2019	Portlaoise Library	We will be celebrating Seachtain na Gaeilge with an evening of entertainment of Irish music, song, poetry and dance. All are welcome.	Free	4:30pm	Ph: 057 8622333 or email laoislibrary@laoiscoco.ie
6th	Portlaoise	The Return of Spring - Music for young children	Dunamais Arts Centre	A fabulous music for children event for ages 3-5. Interactive song by Thomas Johnston (whistles, song, and uilleann pipes) and engaging Púca Puppets' Niamh Lawlor.!	€7/€5 (school group rate)	10am & 12pm	Ph: 057 8663355 or www.dunamais.ie
7th	Portlaoise	John Dunne - A Book About Portlaoise, Launch	Dunamais Arts Centre	Celebrate World Book Day with the launch of the most comprehensive book ever written about the town and its people. The hardback, limited edition - the entire profits of which will go to Portlaoise St Vincent de Paul -	Free	7pm	Ph: 057 8663355 or www.dunamais.ie
7th	Graigucullen	Spring/Summer Fashion Show	Graigucullen & Killeslin Parish Centre	Fashion show in aid of the Evergreens Compere: Faith Amond. Door prize & special guest on the night. Punch reception at 8pm	€15	8pm. Show starts at 8:30pm sharp.	Tickets are available from the parish centre or the pool office.
7th-10th	Rathdowney	The Royals, The Witch and The Woodcutter - Pantomime	Rathdowney Community Centre	Rathdowney Pantomime Group presents its 33rd annual show The Royals, The Witch and The Woodcutter. A original production that is not to be missed. Panto at its best	Adults: €11 Children €7	8pm on the 7th,8th & 9th. 5pm on the 10th	Tickets on sale in the Card Stand Ph: 0505 46758
8th	Abbeyleix	Heritage Talk - Abbeyleix Baby Linen Society	Heritage House	Hear about fascinating Abbeyleix Baby Linen Society from 1845. History on our door step	€3	8pm	<a href="https://www.facebook.com/events/2350346738349060/">https://www.facebook.com/events/2350346738349060/</a>
8th	Portlaoise	The 4 Of Us	Dunamais Arts Centre	One of the most acclaimed bands in Ireland, a steadfast part of Irish music history for over 25 years. Don't miss the chance to see them in Co Laois	€20	8pm	Ph: 057 8663355 or www.dunamais.ie
8th	Portlaoise	Jason Byrne 'You Can Come In But Don't Start Anything'	Midlands Park Hotel	A brand new show from the outright king of live comedy. Jason Byrne is one of the most exciting live comedy performers in the world. Enjoy the madness. Event over 18s	€25	7pm	ticketweb.ie
8th	Mountmellick	The Lonesome West - MOUNTMELICK DRAMA FESTIVAL 2019	Mountmellick Arts Centre	Kicking off an 8 night run for MOUNTMELICK DRAMA FESTIVAL 2019 is The Lonesome West, a play by Martin MacDonagh performed by Mullingar Theatre Lab, Westmeath. Enjoy a different show each night from the finest amateur drama groups in the county in a beautiful 400 seater theatre Tickets on the Door.	€10 Con: €5 Season Ticket for all 8 shows €50 Con: €30	8pm	Ph Jessie: 087 794 2995 or email jessieconroy61@gmail.com Ph: Noreen 087 412 1205 or email norsavage@eir.com.net

8th	Portlaoise	Whiplash - Live Music	Kavanagh's Bar & Venue	Colm Kavanagh's Headbangers Night presents Metallica tribute act- Whiplash.	€10	9.30pm	www.kavanagh sportlaoise.com or PH: 057 86 21744
8th	Errill	Rathdowney Errill GAA Table Quiz	Ray's Bar Errill	Support your club and test your knowledge.	Table of 4 €40	9.30pm	
9th	Portlaoise	The Whistle Blower - Out of Time Tour	Dunamais Arts Centre	Film, live music and images are weaved to bring audiences on the amazing journey of The 'Sallins Mail Train Robbery Case' in 1978 was the longest running trial in the history of the State.	€16/€14	8pm	Ph: 057 8663355 or www.dunamais.ie
9th	Portlaoise	Darts Exhibition with Robert Thornton	Manhattan Mixer	Former World Grand Prix Champ, UK Open Champ and World Masters Champ will be putting on a darts exhibition against loads of local talent, plus a Q&A and photo opportunity. Donations and sponsorship cards on the night go to the Special Care Baby Unit in Portlaoise		8pm	Call Dara on 087 9835678 or www.facebook.com/manhattanmixer
9th	Mountmellick	The Beauty Queen of Leenane MOUNTMELICK DRAMA FESTIVAL 2019	Mountmellick Arts Centre	Night 2 of MOUNTMELICK DRAMA FESTIVAL 2019 bring us Skibbereen Theatre Society performing the classic The Beauty Queen of Leenane by Martin MacDonagh. Tickets on the Door	€10 Con €5 Season Ticket for all 8 shows €50 Con: €30	8pm	Ph Jessie: 087 794 2995 or email jessieconroy61@gmail.com Ph: Noreen 087 412 1205 or email norsavage@eir.com.net
9th	Clonaslee	Enchanted Woodland Walk	Clonaslee Community Centre	Grade B. 10K. 3-4 hours. Led by Susan Lawlor.	€5 per walk or annual membership €20	1pm	Ph: Gerry Hanlon on 086 821 0056 or www.slieveblo.com.ie
10th	Portlaoise	The Ajs - Live music.	Kavanagh's Bar & Venue	Two talented Portlaoise musicians, Alan Smyth and James O'Connor, have joined forces. A great band to get the crowd going	No Cover Charge	7pm	www.kavanagh sportlaoise.com
10th	Mountmellick	Rabbit Hole MOUNTMELICK DRAMA FESTIVAL 2019	Mountmellick Arts Centre	Night 3 of MOUNTMELICK DRAMA FESTIVAL 2019 sees the Glenamaddy Players Galway perform the Rabbit Hole play by David Lindsay Aibre. Tickets on the Door :	€10 Con €5 Season Ticket for all 8 shows €50 Con: €30	8pm	Ph Jessie: 087 794 2995 or email jessieconroy61@gmail.com Ph: Noreen 087 412 1205 or email norsavage@eir.com.net

10th	Ridge of Capard	Stoneyman Walk	Ridge of Capard Carpark (GR: N364 065)	Grade B. 10K. 3-4 hours. Led by Susan Lawlor.	€5 per walk or annual membership €20	11am	Ph: Gerry Hanlon on 086 821 0056 or <a href="http://www.slievebloom.ie">www.slievebloom.ie</a>
10th	The Swan	The Swan Tractor Run	The Swan Community Hall	Tractor run in aid of the Swan Development Association. A great 30kn route has been planned	€20 per vehicle	Reg: 11am Begin 12pm	
10th	Rosenallis	Laois Hunt Charity Ride Rosenallis 2019	Rosenallis	Laois Hunt Charity 2019 will take place in Rosenallis in aid of The Cuisle Centre. A great day guaranteed with plenty of jumping. Suitable for all levels	Donations Requested	1pm	<a href="https://www.facebook.com/events/252430922323224/">https://www.facebook.com/events/252430922323224/</a>
10th	Portlaoise	Marvellous Mascot Show-Portlaoise	Killeshin Hotel	A New Live Tribute Show. It's a fully interactive show for kids but adults can sing and dance along too!	€10 per person. Family of 5 €40	3pm	<a href="https://www.facebook.com/events/299302444085203/">https://www.facebook.com/events/299302444085203/</a>
11th	Mountmellick	Same Old Moon MOUNTMELICK DRAMA FESTIVAL 2019	Mountmellick Arts Centre	Night 4 of MOUNTMELICK DRAMA FESTIVAL 2019 brings Compantas Lir Galway performing Same Old Moon by Geraldine Aron. Tickets on the Door :	€10 Con: €5 Season Ticket for all 8 shows €50 Con: €30	8pm	Ph Jessie: 087 794 2995 or email <a href="mailto:jessieconroy61@gmail.com">jessieconroy61@gmail.com</a> Ph: Noreen 087 412 1205 or email <a href="mailto:norsavage@eircom.net">norsavage@eircom.net</a>
12th & 13th	Portlaoise	Manny Man Does the History of Ireland on Stage	Dunamais Arts Centre	Smart, entertaining and sure to please all ages, this show is peppered with the tongue-in-cheek humour that is a hallmark of the Manny Man series. When it comes to fun and accessible history, Manny Man is your only man! For ages 8+.	€10/€5 (school group rate) 4 tickets for €32	12th: 7pm /13th: 10am	Ph: 057 8663355 or <a href="http://www.dunamais.ie">www.dunamais.ie</a>
12th	Mountmellick	The Children MOUNTMELICK DRAMA FESTIVAL 2019	Mountmellick Arts Centre	Night 5 of The MOUNTMELICK DRAMA FESTIVAL 2019 is Children by Lucy Kirkwood performed by Ballyduff Drama Group, Waterford. Tickets on the Door	€10 Con €5 Season Ticket for all 8 shows €50 Con: €30	8pm	Ph Jessie: 087 794 2995 or email <a href="mailto:jessieconroy61@gmail.com">jessieconroy61@gmail.com</a> Ph: Noreen 087 412 1205 or email <a href="mailto:norsavage@eircom.net">norsavage@eircom.net</a>
13th	Mountmellick	Bloomsday - MOUNTMELICK DRAMA FESTIVAL 2019	Mountmellick Arts Centre	Night 6 of the MOUNTMELICK DRAMA FESTIVAL 2019 brings Bloomsday by Stephen Dietz performed by Gorey Little Theatre, Wexford. Tickets on the Door	€10 Con €5 Season Ticket for all 8 shows €50 Con: €30	8pm	Ph Jessie: 087 794 2995 or email <a href="mailto:jessieconroy61@gmail.com">jessieconroy61@gmail.com</a> Ph: Noreen 087 412 1205 or email <a href="mailto:norsavage@eircom.net">norsavage@eircom.net</a>

14th	Mountmellick	The Mill on the Floss - MOUNTMELICK DRAMA FESTIVAL 2019	Mountmellick Arts Centre	Night 7 of the MOUNTMELICK DRAMA FESTIVAL 2019 sees the Dalkey Players Dublin perform The Mill On The Floss, a play by Helen Edmundson. Tickets on the Door	€10 Con €5 Season Ticket for all 8 shows €50 Con: €30	8pm	Ph Jessie: 087 794 2995 or email jessieconroy61@gmail.com Ph: Noreen 087 412 1205 or email norsavage@eir.com.net
15th	Ballinakill	Heywood Community School Fashion Show	Heywood Community School Gym	Heywood Community School in association with the Holman Lee Agency will host the fundraising fashion show	Adults €20 Student €10	7:30pm	Tickets from the school office, McGrath Store, Ladybelle Boutique and Ego Boost Salon
15th	Portlaoise	DJ Ray & DJ Dano	Soho Niteclub	Two of Carlow's finest DJs perform at Soho, Portlaoise.		11pm	<a href="https://www.facebook.com/events/306596563539759/">https://www.facebook.com/events/306596563539759/</a>
15th	Mountmellick	The Quare Land -- MOUNTMELICK DRAMA FESTIVAL 2019	Mountmellick Arts Centre	The final night of MOUNTMELICK DRAMA FESTIVAL 2019 sees The Knocks DG performs The Quare Land by John McManus. Tickets on the Door	€10 Con €5 Season Ticket for all 8 shows €50 Con: €30	8pm	Ph Jessie: 087 794 2995 or email jessieconroy61@gmail.com Ph: Noreen 087 412 1205 or email norsavage@eir.com.net
15th	Portlaoise	Tom O'Mahony, Emma Doran, Mark Doheny	Kavanagh's Bar & Venue - Comedy Club	Kavanaghs Bar & Venue & Portlaoise Hockey Club bring you an evening of comedy with Tom O'Mahony, Emma Doran, Mark Doheny	€15	9.30pm	<a href="http://www.kavanaghsportlaoise.com">www.kavanaghsportlaoise.com</a>
15th	Portlaoise	Alison Spittle 'Makes A Show Of Herself'	Kavanagh's Comedy Club	Kavanagh's Comedy Club presents Alison Spittle 'Makes A Show Of Herself'. Laughter guaranteed	€14.50	9.30pm	<a href="http://www.kavanaghsportlaoise.com">www.kavanaghsportlaoise.com</a> or PH: 057 86 21744
16th	Ballinakill	Heywood Gardens And Lakes Walk	Heywood Gate Entrance - Ballinakill	Grade C. 5K. 2 hours. Led by Susan Lawlor.	€5 per walk or annual membership €20	2pm	Ph: Gerry Hanlon on 086 821 0056 or <a href="http://www.slievebloom.ie">www.slievebloom.ie</a>
16th	Portlaoise	Curtain Call Stage School - The Little Mermaid	Dunamais Arts Centre	The tale of Ariel and all her underwater friends, on her adventure to become human and live up above the ocean! This magical musical promises to be a hit with all ages. Featuring 150 Curtain Call students aged 4-17! Come along to join in the fun "under the sea".	€15/€12	2:30pm & 7:30pm	Ph: 057 8663355 or <a href="http://www.dunamais.ie">www.dunamais.ie</a>

16th	Portlaoise	The Valves	Kavanagh's Bar & Venue	Live music.	Free	10pm	www.kavanagh sportlaoise.com
16-17th	Portlaoise	St. Patrick's Day Parade	Main Street	A fun filled Family Weekend in Portlaoise. Sat: Street entertainment 3-7pm. Sun: 11am with the Streets of Portlaoise 5km race, Parade 12pm. 3-7pm Street Entertainment, bouncy castles, face painters, music	No Cover Charge	Sat 3-7pm Sun: 11am - 7pm	https://www.facebook.com/Portlaoisestpatricksdayparade/
16-17th	Mountmellick	St. Patrick's Day Parade	O'Connell Square	Saturday will see a host of traditional Irish music and dance. Sunday continues the street festival with the main event, the Parade at 2pm.	No Cover Charge	16th: 12-5pm, 17th: Family fun day 10am parade 2pm	https://www.facebook.com/events/273057343292209/
17th	Abbeyleix	St. Patrick's Day Parade	Main Street	Join in the local community, sports & social groups for a celebration of all things good in Abbeyleix	No Cover Charge	12pm	www.facebook.com
17th	Mountrath	St. Patrick's Day Parade	Main Street	St Patrick's Day Parade with a mythical jam-packed day planned for the whole family. All sorts of ghouls, dragons and fairies will take to Main Street for the parade as the town goes mystical and mythical for the big day. All festivities will focus in the square. Music and entertainment will start from 12 midday to 5pm. Parade at 12.30 from St Fintans GAA	No Cover Charge	12 -5pm	https://www.facebook.com/Mountrathparade/
17th	Clonaslee	Clonaslee Woods and Brittas Lake Walk	Clonaslee Community Centre	Grade B. 11K. 4 hours. Led by Gerry Hanlon.	€5 per walk or annual membership €20	11am	Ph: Gerry Hanlon on 086 821 0056 or www.slieveblo.com.ie
17th	Portlaoise	The Jury	Kavanagh's Bar & Venue	Live music.	Free		www.kavanagh sportlaoise.com
17th	Abbeyleix	Transmitter	Abbeyleix Manor Hotel	Transmitter live on St. Patrick's Day	€10	8.30pm	Ph: 0578730311
18th	Clonaslee	Two Rivers Walk	Clonaslee Community Centre	Grade A. 10k. 4 hours guide walk Led by Martin Broughan.	€5 per walk or annual membership €20	11am	Ph: Gerry Hanlon on 086 821 0056 or www.slieveblo.com.ie
18th	Kinnitty	St Patrick's Day Bank Holiday Monday Hike	Depart Kinnitty Community Centre	Guided hike of the Glenafelly valley in the Slieve Bloom Mts. 3-3.5h hike led by Mid Ireland Adventures. Includes tea/coffee from the famous Kelly kettle and snacks at the end of the hike.	€25	10am	"Mid Ireland Adventure Tours https://www.facebook.com/events/299242364127401/

19th	Portlaoise	Ukulele Tuesday	Kavanagh's Bar & Venue (Bar)	Live music.	Free	9:30pm	www.kavanagh sportlaoise.com
22nd	Portlaoise	People Power	Dunamais Arts Centre	Organised by Fionn Marum in aid of a number of charities, featuring an array of local musical talent, this promises to be a great night's entertainment. In aid of The Cuisle Centre, Kolbe School and Nakhon Si Thammarat Home for Boys (Thailand).	€10	10pm	Ph: 057 8663355 or www.dunamais.ie
22nd & 23rd	Mountmellick	The Enterprise - Live Theatre	Mountmellick Arts Centre	A Frances Harney & Ballyfin Players production.	€10	7.30pm	www.facebook.com
23rd	Portlaoise	Special Brew	Kavanagh's Bar & Venue	Colm Kavanagh's Headbangers Night presents Special Brew - A SKA Tribute	€9	10pm	www.kavanaghs portlaoise.com or PH: 057 86 21744
24th	Portlaoise	Wedding Showcase	Midlands Park Hotel	Come and join us at the Midlands Park Hotel for our Spring Wedding Showcase. View our newly renovated and designed ballroom with uplighting, mood lit ceiling and fairy lit backdrop.		1pm-5pm	www.midlandsparkhotel.com
24th	Clonaslee	Spring Equinox Forest Walk	Forest entrance, Clonaslee Village	Grade C. 8k. 3 hours. Led by Richard Jack.	€5 per walk or annual membership €20	3pm	Ph: Gerry Hanlon on 086 821 0056 or www.slievebloom.ie
24th	Donaghmore	Donaghmore Workhouse and Agricultural Museum Guided Tour	Donaghmore Workhouse	Trudy from Experiencing Laois will give an entertaining and informative tour of one of Ireland's few remaining Famine Workhouses in Ireland. Enjoy a cuppa at the end of the tour.	Adults €5 Children Free	2pm	Book online at <a href="https://dunamais.ticketsolve.com/shows/873600337">https://dunamais.ticketsolve.com/shows/873600337</a>
24th	Portlaoise	The Anfield Wrap Live	Kavanagh's Bar & Venue	At the show you can expect a lively chat about The Reds, a very active Q&A and quiz involving the audience with live music afterwards	€17.00	8pm	www.kavanaghs portlaoise.com or PH: 057 86 21744
29th	Portlaoise	Smash Hits	Kavanagh's Bar & Venue	Smash Hits! are a unique, entertaining tribute to the golden era of early '90s dance, pop and R&B. Always guaranteed an excellent night!	€18.50	9.30pm	www.kavanaghs portlaoise.com or PH: 057 86 21744
29th	Portlaoise	Cúig	Dunamais Arts Centre	Cúig's high-octane original instrumentals and original songs offer a highly distinctive sound. Their highly anticipated new album, 'The Theory of Chaos' is progressive, exhilarating and polished, placing Cúig at the forefront of contemporary Irish music	€15	8pm	Ph: 057 8663355 or www.dunamais.ie

30th	Kinnitty	Mountain Bike Core Skills Lessons	Slieve Bloom Mountain Bike Centre	Get yourself ready to enjoy the amazing mountain bike track that will soon be open. Learn how to navigate the terrain and learn required skills to navigate the trails with total confidence. Refreshments served	€50 - includes Mountain Bike hire, helmet	10am-1pm	Mid Ireland Adventure Tours <a href="https://www.facebook.com/events/255766468635505/">https://www.facebook.com/events/255766468635505/</a>
30th	Portlaoise	Mack Fleetwood	Kavanagh's Bar & Venue	Fleetwood Mac tribute act live at Kavanagh's.	€15	9.30pm	<a href="http://www.kavanaghsportlaoise.com">www.kavanaghsportlaoise.com</a> or PH: 057 86 21744
30th	Abbeyleix	Spink Comhaltas	Abbeyleix Manor Hotel	This will be an evening of music, song and entertainment presented by Spink Comhaltas and friends, including the Abbeyleix-Ballyroan Choir. In memory of the late Tom Bonham. All proceeds from the evening will go towards MS Laois.		8pm-10pm	<a href="http://www.facebook.com">www.facebook.com</a>
31st	Lugnaquilla	Lugnaquilla Guided Walk	Glenmalure Lodge	Slieve Bloom Guided walk. Grade A 14km walk. 4 hours.	€5 per walk or annual membership €20	11am	Ph: Pat Culleton on 087 125 0296
31st	Ballyfin	Conlawn Hill Walk	Deadman's Inn, Ballyfin	Grade B. 8K. 3 hours. Led by Gerry Hanlon.	€5 per walk or annual membership €20	11am	Ph: Gerry Hanlon on 086 821 0056 or <a href="http://www.slievebloom.ie">www.slievebloom.ie</a>
Every Mon	Emo	Monday Night Dancing	Gandon Inn	Social dancing every Monday night in aid of Portarlington St Vincent De Paul	€8	9.30pm - 12am	
Every Tues	Durrow	Craft Group	Durrow Library	All forms of crafting are welcome; knitting, crochet, paper crafts, jewellery etc. Come, work and have a chat and a cuppa!		2-4pm	Ph: 057 8736090
Every Wed	Mountmellick	Balcony Cinema, Bus, Cinema and Tea	Balcony Cinema	Wonderful initiative running a bus locally to the cinema, movie and a cuppa with a lift home for €5	5	Bus from 7. Movie starts 8.30	See Facebook @balcony cinema
Every Thurs	Abbeyleix	Social Dancing	Abbeyleix Golf Club	Social dancing with supper served. All welcome to come and join in. Lessons from 8.30pm		10pm	
Every Sat	Abbeyleix	Abbeyleix Country Market	The Square	Range of food, veg and artisan stalls	Free	from 10am	



Every Sat	Stradbally	Stradbally Country Market	St Patricks Hall	Great selection of local foods, plants and vegetables. Tea & Coffee served	Free	from 10am	See Facebook - @stradballycountymarkets
Every Sun	Portlaoise	Sunday Sessions	Kavanagh's Portlaoise Courtyard	Live music every Sunday	Free	7pm	www.kavanaghsportlaoise.com
Every Sun	Vicarstown	Vicarstown Junior Park Run	Grand Canal Bank	It is a 2k event for juniors only (4-14 year olds). Please register before your first visit.	Free	11am	www.parkrun.ie/vicarstown-juniors
Every Sat	Vicarstown	Vicarstown Park Run	Grand Canal Bank	It is a 5k run - it's you against the clock.	Free	9:30am	www.parkrun.ie/vicarstown

## Walking Groups

Every Tuesday & Thursday	Portlaoise	Portlaoise Stepping Out Walking Group	Meeting point: Portlaoise Leisure Centre	All walking sessions are 45/60 minutes duration with refreshments afterwards (only if you wish).		7:45pm	For further details: Contact Maureen on 087 939 5670, Liz on 085 788 7419 or Noel on 087 274 9536.
Every Tuesday	Ballyroan	Ballyroan Walkers Strolling Group	Meeting point: Ballyroan Community Hall	Suitable for all ages and levels of fitness. Route is optional.		9:45-10.45am	Contact Mary Dunne on 085 158 5421 or Carmel Moran on 087 614 4280.
Every Tuesday	Portarlinton	Port Trails Walking Group	Meeting point: Park Lane car park	Come along and join us on our weekly walks on Tuesday and Thursday nights. Enjoy the lovely walks and meeting new people.		7pm-9pm	www.facebook.com
Every Thursday	Portarlinton	Port Trails Walking Group	Meeting point: Park Lane car park	Come along and join us on our weekly walks on Tuesday and Thursday nights. Enjoy the lovely walks and meeting new people.		7:30pm-9:30pm	www.facebook.com

## Download the Laois Heritage Trail App

Available in 8 Languages. Guides on Emo Court, Rock of Dunamaise, Durrow and many more. Audio tours that explain where you are, how it came to be and how it is now. Also included is the Laois Gardens trial – discover 10 wonderful formal gardens in Laois.

