

# BANN MAINE WEST



## MEN'S BREAKFAST



- **Wed 21st January 2026 -**  
Keep Warm & Well
- **Wed 18th February 2026-**  
Folklore and stories with  
Stephen O'Hara
- **Wed 18th March 2026 -**  
Scams and home safety

**FOR RURAL, OLDER  
MEN LIVING IN THE  
BANNSIDE AREA**

**WILD DUCK INN  
PORTGLENONE  
10.30AM**

**COST £3 BOOKING ESSENTIAL FOR ALL EVENTS.  
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