Timetable and Programme Information from September 2024

On Public Holidays there will be no workshops and very occasionally a workshop may have to be cancelled. The programme may be subject to change – and new activities may be added. A weekly programme reminder and any changes or holidays will be notified by text message to subscribers – see over for details of how to be added to the list.

NB. It is important that participants arrive on time for workshops so as not to disrupt other members.

MONDAY

12noon to 1pm
CREATIVE WRITING & BOOK CLUB

Read and discuss novels and short stories with your fellow members.

Facilitated by Billy.

1.10pm to 2.10pm
POEMS & POETRY

Social and informal group for all things poetry!

2.30pm to 3.30pm
CONVERSATIONAL IRISH

Bain taitneamh as an nGaeilge!
(Enjoy the Irish Language!)

...with friends and chat.

TUESDAY

10.30am to 11.30am
INTRODUCTION TO PHILOSOPHY

Discover the thought provoking subject of philosophy.

10.45am to 11.45am
COFFEE & CHATS

Have a sit down, a cuppa and a chat.

11.45am to 12.45pm
YOGA (QUIET TIME)

Restorative Yoga. Gentle exercise to discover balance and peace, Facilitated by Theresa Flanagan.

1pm to 2pm
SINGALONG

An hour of singalong, chat and craic!

2.15pm to 3.15pm
MEDITATION (QUIET TIME)

Relax your mind with an hour restful mind meditation.

WEDNESDAY

12noon to 2pm
COFFEE & CHATS

Relax, chat and have a cuppa!

12noon to 2pm
COMPUTERS FOR BEGINNERS

Bring your laptop and learn something new from Cloud Technology, word processing, spreadsheets, mobile phones & tablet technology and more!

Facilitated by Carl Keegan.

2pm to 3pm
SINGALONG

Nothing like a singalong to put a smile on your face!

THURSDAY

11am to 1pm
COFFEE & CHATS

The tried and trusted method of a sit down, a cuppa and chat, never fails.

11am to 12noon
TAI CHI (RELAXING MOVEMENT)

Tai chi is a gentle, low-impact form of exercise in which practitioners perform a series of deliberate, flowing motions while focusing on deep, slow breaths.

12.30pm to 1.30pm
OPEN CRAFT STUDIO

Get crafty and let your imagination run wild by creating craft creations!

2pm to 4pm
ART WITH SPARK

Facilitated by Spark, the class allows you to escape and create arts pieces & crafts.

Learn techniques, how to use materials and improvise to create your own master pieces.

FRIDAY

12noon to 1pm
KNITTING

Join Margaret for an hour of knitting and chat.

11.30am to 12.15pm
CREATIVE WRITING

Whisk your mind away and practice your creative writing skills and let the pen take you where you want.

12.30pm to 1.10pm
ZUMBA

Low-impact Zumba (Zumba Gold) with light movement and dance. Easy on the ankles & knees.

1-1.30pm / 1.30-2pm
BEGINNERS/ADVANCED GUITAR

1.00—1.30pm for beginners
1.30pm to 2pm advanced players

1.30pm to 2.30pm
CRAFT

Crafting fun never ends, with many different areas. Explore them here!

2pm to 3pm
SINGALONG

End the week with a smile!