

Monday	Tuesday	Wednesday	Thursday	Friday
1st July	2nd July	3rd July	4th July	5th July
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Lunch Room 4 & 5 / 12:00 - 3:00	Catch Up & Cuppa Club Room 5 / 12:30 - 2:30	Baby Sensory Yoga Room 5 / 11:00 - 12:00	DAMS Room 4 & 5 / 10:00 - 11:00
Charlie O'Connor's Clinic 12:00 noon	DAMS Mens Choir Room 4 / 7:00 - 9:00	ART Room 5 / 3:00 - 5:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	Dermot's Art Room 5 / 2:00 - 4:00
Foroige - APT Room 4 & 5 / 3:30 - 4:30	Tuesday Ladies Room 5 / 7:00 - 9:00	Wednesday Ladies Room 5 / 7:00 - 9:00	Meditation & Relaxation Room 4 & 5 / 6:30 - 8:30	BINGO Room 4 & 5 / 7:00 - 9:00
Yoga Room 5 / 7:00 - 9:00				
8th July	9th July	10th July	11th July	12th July
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	Catch Up & Cuppa Club Room 5 / 12:30 - 2:30	Baby Sensory Yoga Room 5 / 11:00 - 12:00	DAMS Room 4 & 5 / 10:00 - 11:00
Charlie O'Connor's Clinic 12:00 noon	DAMS Mens Guitar Room 4 / 2:00 - 3:30	ART Room 5 / 3:00 - 5:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	Dermot's Art Room 5 / 2:00 - 4:00
Foroige - APT Room 4 & 5 / 3:30 - 4:30	DAMS Mens Choir Room 4 / 7:00 - 9:00	Wednesday Ladies Room 5 / 7:00 - 9:00		BINGO Room 4 & 5 / 7:00 - 9:00
Yoga Room 5 / 7:00 - 9:00	Tuesday Ladies Room 5 / 7:00 - 9:00			
15th July	16th July	17th July	18th July	19th July
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	Catch Up & Cuppa Club Room 5 / 12:30 - 2:30	Baby Sensory Yoga Room 5 / 11:00 - 12:00	DAMS Room 4 & 5 / 10:00 - 11:00
Charlie O'Connor's Clinic 12:00 noon	DAMS Mens Guitar Room 4 / 2:00 - 3:30	ART Room 5 / 3:00 - 5:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	Dermot's Art Room 5 / 2:00 - 4:00
Foroige - APT Room 4 & 5 / 3:30 - 4:30	DAMS Mens Choir Room 4 / 7:00 - 9:00	Wednesday Ladies Room 5 / 7:00 - 9:00		BINGO Room 4 & 5 / 7:00 - 9:00
Yoga Room 5 / 7:00 - 9:00	Tuesday Ladies Room 5 / 7:00 - 9:00			
22nd July	23rd July	24th July	25th July	26th July
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	Catch Up & Cuppa Club Room 5 / 12:30 - 2:30	Baby Sensory Yoga Room 5 / 11:00 - 12:00	DAMS Room 4 & 5 / 10:00 - 11:00
Charlie O'Connor's Clinic 12:00 noon	DAMS Mens Guitar Room 4 / 2:00 - 3:30	ART Room 5 / 3:00 - 5:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	Dermot's Art Room 5 / 2:00 - 4:00
Foroige - APT Room 4 & 5 / 3:30 - 4:30	DAMS Mens Choir Room 4 / 7:00 - 9:00	Wednesday Ladies Room 5 / 7:00 - 9:00		BINGO Room 4 & 5 / 7:00 - 9:00
Yoga Room 5 / 7:00 - 9:00	Tuesday Ladies Room 5 / 7:00 - 9:00			
29th July	30th July	31st July		
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	Catch Up & Cuppa Club Room 5 / 12:30 - 2:30		
Charlie O'Connor's Clinic 12:00 noon	DAMS Mens Guitar Room 4 / 2:00 - 3:30	ART Room 5 / 3:00 - 5:00		
Foroige - APT Room 4 & 5 / 3:30 - 4:30	DAMS Mens Choir Room 4 / 7:00 - 9:00	Wednesday Ladies Room 5 / 7:00 - 9:00		
Yoga Room 5 / 7:00 - 9:00	Tuesday Ladies Room 5 / 7:00 - 9:00			

Please note that schedules are subject to change.

Places are limited for most groups / courses, so booking is essential.

Please contact the centre on 01-459 0770 for further information or email reception@dominicssc.com