

Monday

Tuesday

Wednesday

Thursday

Friday

2nd May	3rd May	4th May	5th May	6th May
	Crochet Room 4 & 5 / 10:30 - 1:00	TACT ART Room 4 & 5 / 10:00 - 12:00	Creative Writing Room 4 / 10:00 - 12:00	DAMS Room 4 & 5 / 10:00 - 12:00
	Guitar Room 4 / 1:30 - 3:30	Linda's ART Room 5 / 2:00 - 4:00	Self Guided Hand Massage Room 5 / 11:00 - 12:30	TACT - Book Club Room 4 / 12:30 - 2:00
	Self Care incl. Tai Chi. Room 5 / 4:00 - 5:30	Bible Group Room 5 / 5:00 - 7:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	Dermot's Art Room 5 / 2:00 - 4:00
	Tuesday Ladies Room 5 / 7:00 - 9:00	Foroige Youth Group Room 3 / 6:30 - 8:00		Cathal King Room 4 / 3:00 - 4:00
	Mens Choir Room 4 / 7:00 - 9:00	Wednesday Ladies Room 4 / 7:00 - 9:00		BINGO Room 4 & 5 / 7:00 - 9:00
9th May	10th May	11th May	12th May	13th May
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	TACT ART Room 4 & 5 / 10:00 - 12:00	Aromatherapy Room 5 / 11:00 - 12:30	DAMS Room 4 & 5 / 10:00 - 12:00
Chair / Laughing Yoga Room 4 & 5 / 1:30 - 3:30	Guitar Room 4 / 1:30 - 3:30	Linda's ART Room 5 / 2:00 - 4:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	TACT - Book Club Room 4 / 12:30 - 2:00
Gardening Skills Garden / 7:00 - 8:00	Self Care incl. Tai Chi. Room 5 / 4:00 - 5:30	Bible Group Room 5 / 5:00 - 7:00		Dermot's Art Room 5 / 2:00 - 4:00
Yoga Room 5 / 7:00 - 9:00	Tuesday Ladies Room 5 / 7:00 - 9:00	Foroige Youth Group Room 3 / 6:30 - 8:00		Cathal King Room 4 / 3:00 - 4:00
John Lahart Clinic Room 1 / 7:00 - 7:30	Mens Choir Room 4 / 7:00 - 9:00	Wednesday Ladies Room 4 / 7:00 - 9:00		PRIZE BINGO Room 4 & 5 / 7:00 - 9:00
16th May	17th May	18th May	19th May	20th May
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	TACT ART Room 4 & 5 / 10:00 - 12:00	Self Guided Face Massage Room 5 / 11:00 - 12:30	DAMS Room 4 & 5 / 10:00 - 12:00
Chair / Laughing Yoga Room 4 & 5 / 1:30 - 3:30	Guitar Room 4 / 1:30 - 3:30	Linda's ART Room 5 / 2:00 - 4:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	TACT - Book Club Room 4 / 12:30 - 2:00
Gardening Skills Garden / 7:00 - 8:00	Self Care incl. Tai Chi. Room 5 / 4:00 - 5:30	Bible Group Room 5 / 5:00 - 7:00	QUIZ Room 4 & 5 / 7:00 - 8:30	Dermot's Art Room 5 / 2:00 - 4:00
Yoga Room 5 / 7:00 - 9:00	Tuesday Ladies Room 5 / 7:00 - 9:00	Foroige Youth Group Room 3 / 6:30 - 8:00		Cathal King Room 4 / 3:00 - 4:00
John Lahart Clinic Room 1 / 7:00 - 7:30	Mens Choir Room 4 / 7:00 - 9:00	Wednesday Ladies Room 4 / 7:00 - 9:00		BINGO Room 4 & 5 / 7:00 - 9:00
23rd May	24th May	25th May	26th May	27th May
Crochet Room 4 & 5 / 10:30 - 1:00	F&S Office 10:00	TACT ART Room 4 & 5 / 10:00 - 12:00	BOM Room 5 / 10:00	DAMS Room 4 & 5 / 10:00 - 12:00
Chair / Laughing Yoga Room 4 & 5 / 1:30 - 3:30	Crochet Room 4 & 5 / 10:30 - 1:00	Linda's ART Room 5 / 2:00 - 4:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	TACT - Book Club Room 4 / 12:30 - 2:00
Gardening Skills Garden / 7:00 - 8:00	Guitar Room 4 / 1:30 - 3:30	Bible Group Room 5 / 5:00 - 7:00	Intergenerational Bingo Room 4 & 5 / 4:30 - 5:30	Dermot's Art Room 5 / 2:00 - 4:00
Yoga Room 5 / 7:00 - 9:00	Self Care incl. Tai Chi. Room 5 / 4:00 - 5:30	Foroige Youth Group Room 3 / 6:30 - 8:00		Cathal King Room 4 / 3:00 - 4:00
John Lahart Clinic Room 1 / 7:00 - 7:30	Tuesday Ladies Room 5 / 7:00 - 9:00	Wednesday Ladies Room 4 / 7:00 - 9:00		BINGO Room 4 & 5 / 7:00 - 9:00
	Mens Choir Room 4 / 7:00 - 9:00			
30th May	31st May			
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00			
Chair / Laughing Yoga Room 4 & 5 / 1:30 - 3:30	Guitar Room 4 / 1:30 - 3:30			
Gardening Skills Garden / 7:00 - 8:00	Self Care incl. Tai Chi. Room 5 / 4:00 - 5:30			
Yoga Room 5 / 7:00 - 9:00	Tuesday Ladies Room 5 / 7:00 - 9:00			
John Lahart Clinic Room 1 / 7:00 - 7:30	Mens Choir Room 4 / 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@dominicscc.com