

Monday	Tuesday	Wednesday	Thursday	Friday
3rd November	4th November	5th November	6th November	7th November
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	TACT ART Room 4 & 5 / 1000 - 1200	BOM Meeting Room 5 / 9:30 - 10:30	DAMS Room 4 & 5 / 10:00 - 11:00
Charlie O'Connor's Clinic 12:00 noon	Cllr. Niamh Whelan Clinic Room 4 / 1:00 - 2:00	SDCC Health & Well Being Room 5 / 2:00 - 3:00	Creative Writers Room 5 / 10:00 - 12:00	TACT Book Club Room 4 / 12:00 - 1:30
TACT Art Appreciation Room 4 & 5 / 1:30 - 3:30	Arthritis Ireland Room 4 / 3:00 - 5:30	Bible Group Room 4 / 5:00 - 7:00	Dominic's Cuppa Club Room 4 / 11:00 - 1:00	Dermot's Art Room 5 / 2:00 - 4:00
Foroige - APT Room 4 & 5 / 3:30 - 4:30	ART Room 5 / 3:00 - 5:00	Foroige - Room 3 / 6:05 - 8:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	BINGO Room 4 & 5 / 7:00 - 9:00
DAMS Mens Guitar Room 1 / 6:30 - 8:30	Taekwon-Do Room 4 & 5 / 5:45 - 6:45	Wednesday Ladies Room 5 / 7:00 - 9:00	An Evening with Seán McGuinness Room 4 & 5 / 7:00 - 9:00	
Yoga Room 5 / 7:00 - 9:00	Tuesday Ladies Room 5 / 7:00 - 9:00			
10th November	11th November	12th November	13th November	14th November
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	TACT ART Room 4 & 5 / 1000 - 1200	Memorial Mass Room 4 & 5 / 9:30	DAMS Room 4 & 5 / 10:00 - 11:00
Charlie O'Connor's Clinic 12:00 noon	Arthritis Ireland Room 4 / 3:00 - 5:30	SDCC Health & Well Being Room 5 / 2:00 - 3:00	Creative Writers Room 5 / 10:00 - 12:00	TACT Book Club Room 4 / 12:00 - 1:30
TACT Art Appreciation Room 4 & 5 / 1:30 - 3:30	ART Room 5 / 3:00 - 5:00	Bible Group Room 4 / 5:00 - 7:00	Dominic's Cuppa Club Room 4 / 11:00 - 1:00	Dermot's Art Room 5 / 2:00 - 4:00
Foroige - APT Room 4 & 5 / 3:30 - 4:30	Taekwon-Do Room 4 & 5 / 5:45 - 6:45	Foroige - Room 3 / 6:05 - 8:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	BINGO Room 4 & 5 / 7:00 - 9:00
DAMS Mens Guitar Room 1 / 6:30 - 8:30	Tuesday Ladies Room 5 / 7:00 - 9:00	Wednesday Ladies Room 5 / 7:00 - 9:00		
Yoga Room 5 / 7:00 - 9:00	Pilates with Kim Room 4 / 7:30 - 8:30			
17th November	18th November	19th November	20th November	21st November
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	TACT ART Room 4 & 5 / 1000 - 1200	Creative Writers Room 5 / 10:00 - 12:00	DAMS Room 4 & 5 / 10:00 - 11:00
Charlie O'Connor's Clinic 12:00 noon	Cllr. Niamh Whelan Clinic Room 4 / 1:00 - 2:00	SDCC Health & Well Being Room 5 / 2:00 - 3:00	Dominic's Cuppa Club Room 4 / 11:00 - 1:00	TACT Book Club Room 4 / 12:00 - 1:30
TACT Art Appreciation Room 4 & 5 / 1:30 - 3:30	ART Room 5 / 3:00 - 5:00	Bible Group Room 4 / 5:00 - 7:00	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	Arthritis Ireland Room 4 / 3:00 - 5:30	Foroige - Room 3 / 6:05 - 8:00		
DAMS Mens Guitar Room 1 / 6:30 - 8:30	Taekwon-Do Room 4 & 5 / 5:45 - 6:45	Wednesday Ladies Room 5 / 7:00 - 9:00		
Yoga Room 5 / 7:00 - 9:00	Tuesday Ladies Room 5 / 7:00 - 9:00			
	Pilates with Kim Room 4 / 7:30 - 8:30			
24th November	25th November	26th November	27th November	28th November
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	TACT ART Room 4 & 5 / 1000 - 1200	Creative Writers Room 5 / 10:00 - 12:00	DAMS Room 4 & 5 / 10:00 - 11:00
Ciarán Ahern TD Clinic 10:30 - 12:30 noon	ART Room 5 / 3:00 - 5:00	SDCC Health & Well Being Room 5 / 2:00 - 3:00	Dominic's Cuppa Club Room 4 / 11:00 - 1:00	TACT Book Club Room 4 / 12:00 - 1:30
Charlie O'Connor's Clinic 12:00 noon	Taekwon-Do Room 4 & 5 / 5:45 - 6:45	Bible Group Room 4 / 5:00 - 7:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	Dermot's Art Room 5 / 2:00 - 4:00
TACT Art Appreciation Room 4 & 5 / 1:30 - 3:30	Tuesday Ladies Room 5 / 7:00 - 9:00	Foroige - Room 3 / 6:05 - 8:00		BINGO Room 4 & 5 / 7:00 - 9:00
Foroige - APT Room 4 & 5 / 3:30 - 4:30	Pilates with Kim Room 4 / 7:30 - 8:30	Wednesday Ladies Room 5 / 7:00 - 9:00		
DAMS Mens Guitar Room 1 / 6:30 - 8:30				
Yoga 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@dominicscc.com