Monday	Tuesday	Wednesday	Thursday	Friday
			1st October	2nd October
			BOM Meeting Room 5 / 9:30 - 10:30	**DAMS** Room 4 & 5 / 10:00 - 11:00
			Creative Writers Room 4 / 10:00 - 12:00	**TACT Book Club** Room 4 / 12:00 - 1:30
			Dominic's Cuppa Club Room 5 / 11:00 - 1:00	**Dermot's Art** Room 5 / 2:00 - 4:00
			Line Dancing Room 4 & 5 / 2:00 - 4:00	**BINGO** Room 4 & 5 / 7:00 - 9:00
5th October	**6th October**	**7th October**	**8th October**	**9th October**
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	**Creative Writers** Room 4 / 10:00 - 12:00	**DAMS** Room 4 & 5 / 10:00 - 11:00
Charlie O'Connor's Clinic 12:00 noon	**Cllr Niamh Whelan's Clinic** 10:30 - 11:30	**Foroige** Room 3 / 6:30 - 8:00	**Dominic's Cuppa Club** Room 5 / 11:00 - 1:00	**TACT Book Club** Room 4 / 12:00 - 1:30
TACT ART Appreciation Room 4 & 5 / 1:30 - 3:30	**Chair Pilates** Room 4 / 2:00 - 3:00	**Wednesday Ladies** Room 5 / 7:00 - 9:00	**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	**Chair Pilates** Room 4 / 3:00 - 4:00	**Pilates with Kim** Room 4 / 7:00 - 8:00	**Occupational Therapy** Room 5 / 7:00 - 8:30	**BINGO** Room 4 & 5 / 7:00 - 9:00
Mens Guitar Room 1 / 6:30 - 8:30	**ART** Room 5 / 3:00 - 5:00			
Pilates with Kim Room 4 / 7:00 - 8:00	**Taekwon-Do** Room 4 & 5 / 5:30 - 6:30			
	The Band Room 1 / 6:30 - 9:00			
12th October	**13th October**	**14th October**	**15th October**	**16th October**
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	**Creative Writers** Room 4 / 10:00 - 12:00	**DAMS** Room 4 & 5 / 10:00 - 11:00
Charlie O'Connor's Clinic 12:00 noon	**Chair Pilates** Room 4 / 2:00 - 3:00	**Foroige** Room 3 / 6:30 - 8:00	**Dominic's Cuppa Club** Room 5 / 11:00 - 1:00	**TACT Book Club** Room 4 / 12:00 - 1:30
TACT ART Appreciation Room 4 & 5 / 1:30 - 3:30	**Chair Pilates** Room 4 / 3:00 - 4:00	**Wednesday Ladies** Room 5 / 7:00 - 9:00	**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	**ART** Room 5 / 3:00 - 5:00	**Pilates with Kim** Room 4 / 7:00 - 8:00	**Occupational Therapy** Room 5 / 7:00 - 8:30	**BINGO** Room 4 & 5 / 7:00 - 9:00
Mens Guitar Room 1 / 6:30 - 8:30	**Taekwon-Do** Room 4 & 5 / 5:30 - 6:30	**Eddie Brennan Music Night** Room 3 / 7:00 - 9:00		
Yoga Room 5 / 7:00 - 9:00	**The Band** Room 1 / 6:30 - 9:00			
Pilates with Kim Room 4 / 7:00 - 8:00	**Tuesday Ladies** Room 5 / 7:00 - 9:00			
19th October	**20th October**	**21st October**	**22nd October**	**23rd October**
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	**Creative Writers** Room 4 / 10:00 - 12:00	**DAMS** Room 4 & 5 / 10:00 - 11:00
Charlie O'Connor's Clinic 12:00 noon	**Cllr Niamh Whelan's Clinic** 10:30 - 11:30	**Foroige** Room 3 / 6:30 - 8:00	**Dominic's Cuppa Club** Room 5 / 11:00 - 1:00	**TACT Book Club** Room 4 / 12:00 - 1:30
TACT ART Appreciation Room 4 & 5 / 1:30 - 3:30	**Chair Pilates** Room 4 / 2:00 - 3:00	**Wednesday Ladies** Room 5 / 7:00 - 9:00	**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	**Chair Pilates** Room 4 / 3:00 - 4:00	**Pilates with Kim** Room 4 / 7:00 - 8:00	**Occupational Therapy** Room 5 / 7:00 - 8:30	**BINGO** Room 4 & 5 / 7:00 - 9:00
Mens Guitar Room 1 / 6:30 - 8:30	**ART** Room 5 / 3:00 - 5:00			
Yoga Room 5 / 7:00 - 9:00	**Taekwon-Do** Room 4 & 5 / 5:30 - 6:30			
Pilates with Kim Room 4 / 7:00 - 8:00	**The Band** Room 1 / 6:30 - 9:00			
	Tuesday Ladies Room 5 / 7:00 - 9:00			
26th October	**27th October**	**28th October**	**29th October**	**30th October**
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	**Creative Writers** Room 4 / 10:00 - 12:00	**DAMS** Room 4 & 5 / 10:00 - 11:00
Charlie O'Connor's Clinic 12:00 noon	**Chair Pilates** Room 4 / 2:00 - 3:00	**Foroige** Room 3 / 6:30 - 8:00	**Dominic's Cuppa Club** Room 5 / 11:00 - 1:00	**Ciaran Ahern TD's Clinic** 10:30 - 12:30
TACT ART Appreciation Room 4 & 5 / 1:30 - 3:30	**Chair Pilates** Room 4 / 3:00 - 4:00	**Wednesday Ladies** Room 5 / 7:00 - 9:00	**Line Dancing** Room 4 & 5 / 2:00 - 4:00	**TACT Book Club** Room 4 / 12:00 - 1:30
Foroige - APT Room 4 & 5 / 3:30 - 4:30	**ART** Room 5 / 3:00 - 5:00	**Pilates with Kim** Room 4 / 7:00 - 8:00	**Occupational Therapy** Room 5 / 7:00 - 8:30	**Dermot's Art** Room 5 / 2:00 - 4:00
Mens Guitar Room 1 / 6:30 - 8:30	**Taekwon-Do** Room 4 & 5 / 5:30 - 6:30			**BINGO** Room 4 & 5 / 7:00 - 9:00
Yoga Room 5 / 7:00 - 9:00	**The Band** Room 1 / 6:30 - 9:00			
Pilates with Kim Room 4 / 7:00 - 8:00	**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@dominicscc.com