

| Monday                                                   | Tuesday                                            | Wednesday                                       | Thursday                                             | Friday                                           |
|----------------------------------------------------------|----------------------------------------------------|-------------------------------------------------|------------------------------------------------------|--------------------------------------------------|
|                                                          | 1st September                                      | 2nd September                                   | 3rd September                                        | 4th September                                    |
|                                                          | <b>Crochet</b><br>Room 4 & 5 / 10:30 - 1:00        | <b>Wednesday Ladies</b><br>Room 5 / 7:00 - 9:00 | <b>BOM Meeting</b><br>Room 5 / 9:30 - 10:30          | <b>DAMS</b><br>Room 4 & 5 / 10:00 - 11:00        |
|                                                          | <b>The Band</b><br>Room 1 / 6:30 - 9:00            | <b>Pilates with Kim</b><br>Room 4 / 7:00 - 8:00 | <b>Creative Writers</b><br>Room 4 / 10:00 - 12:00    | <b>Dermot's Art</b><br>Room 5 / 2:00 - 4:00      |
|                                                          | <b>Tuesday Ladies</b><br>Room 5 / 7:00 - 9:00      |                                                 | <b>Dominic's Cuppa Club</b><br>Room 5 / 11:00 - 1:00 | <b>BINGO</b><br>Room 4 & 5 / 7:00 - 9:00         |
|                                                          |                                                    |                                                 | <b>Line Dancing</b><br>Room 4 & 5 / 2:00 - 4:00      |                                                  |
|                                                          |                                                    |                                                 |                                                      |                                                  |
| 7th September                                            | 8th September                                      | 9th September                                   | 10th September                                       | 11th September                                   |
| <b>Crochet</b><br>Room 4 & 5 / 10:30 - 1:00              | <b>Crochet</b><br>Room 4 & 5 / 10:30 - 1:00        | <b>Foroige</b><br>Room 3 / 6:30 - 8:00          | <b>Creative Writers</b><br>Room 4 / 10:00 - 12:00    | <b>DAMS</b><br>Room 4 & 5 / 10:00 - 11:00        |
| <b>Charlie O'Connor's Clinic</b><br>12:00 noon           | <b>ClIr Niamh Whelan's Clinic</b><br>10:30 - 11:30 | <b>Wednesday Ladies</b><br>Room 5 / 7:00 - 9:00 | <b>Dominic's Cuppa Club</b><br>Room 5 / 11:00 - 1:00 | <b>Dermot's Art</b><br>Room 5 / 2:00 - 4:00      |
| <b>Mens Guitar</b><br>Room 1 / 6:30 - 8:30               | <b>Chair Pilates</b><br>Room 4 / 2:00 - 3:00       | <b>Pilates with Kim</b><br>Room 4 / 7:00 - 8:00 | <b>Line Dancing</b><br>Room 4 & 5 / 2:00 - 4:00      | <b>BINGO</b><br>Room 4 & 5 / 7:00 - 9:00         |
| <b>Pilates with Kim</b><br>Room 4 / 7:00 - 8:00          | <b>ART</b><br>Room 5 / 3:00 - 5:00                 |                                                 |                                                      |                                                  |
|                                                          | <b>Taekwon-Do</b><br>Room 4 & 5 / 5:30 - 6:30      |                                                 |                                                      |                                                  |
|                                                          | <b>The Band</b><br>Room 1 / 6:30 - 9:00            |                                                 |                                                      |                                                  |
|                                                          | <b>Tuesday Ladies</b><br>Room 5 / 7:00 - 9:00      |                                                 |                                                      |                                                  |
|                                                          |                                                    |                                                 |                                                      |                                                  |
| 14th September                                           | 15th September                                     | 16th September                                  | 17th September                                       | 18th September                                   |
| <b>Crochet</b><br>Room 4 & 5 / 10:30 - 1:00              | <b>Crochet</b><br>Room 4 & 5 / 10:30 - 1:00        | <b>Foroige</b><br>Room 3 / 6:30 - 8:00          | <b>Creative Writers</b><br>Room 4 / 10:00 - 12:00    | <b>DAMS</b><br>Room 4 & 5 / 10:00 - 11:00        |
| <b>Charlie O'Connor's Clinic</b><br>12:00 noon           | <b>Chair Pilates</b><br>Room 4 / 2:00 - 3:00       | <b>Wednesday Ladies</b><br>Room 5 / 7:00 - 9:00 | <b>Dominic's Cuppa Club</b><br>Room 5 / 11:00 - 1:00 | <b>TACT Book Club</b><br>Room 4 / 12:00 - 1:30   |
| <b>Foroige - APT</b><br>Room 4 & 5 / 3:30 - 4:30         | <b>ART</b><br>Room 5 / 3:00 - 5:00                 | <b>Pilates with Kim</b><br>Room 4 / 7:00 - 8:00 | <b>Line Dancing</b><br>Room 4 & 5 / 2:00 - 4:00      | <b>Dermot's Art</b><br>Room 5 / 2:00 - 4:00      |
| <b>Mens Guitar</b><br>Room 1 / 6:30 - 8:30               | <b>Taekwon-Do</b><br>Room 4 & 5 / 5:30 - 6:30      |                                                 |                                                      | <b>BINGO</b><br>Room 4 & 5 / 7:00 - 9:00         |
| <b>Yoga</b><br>Room 5 / 7:00 - 9:00                      | <b>The Band</b><br>Room 1 / 6:30 - 9:00            |                                                 |                                                      |                                                  |
| <b>Pilates with Kim</b><br>Room 4 / 7:00 - 8:00          | <b>Tuesday Ladies</b><br>Room 5 / 7:00 - 9:00      |                                                 |                                                      |                                                  |
|                                                          |                                                    |                                                 |                                                      |                                                  |
| 21st September                                           | 22nd September                                     | 23rd September                                  | 24th September                                       | 25th September                                   |
| <b>Crochet</b><br>Room 4 & 5 / 10:30 - 1:00              | <b>Crochet</b><br>Room 4 & 5 / 10:30 - 1:00        | <b>TACT ART</b><br>Room 4 & 5 / 10:00 - 12:00   | <b>Creative Writers</b><br>Room 4 / 10:00 - 12:00    | <b>DAMS</b><br>Room 4 & 5 / 10:00 - 11:00        |
| <b>Charlie O'Connor's Clinic</b><br>12:00 noon           | <b>ClIr Niamh Whelan's Clinic</b><br>10:30 - 11:30 | <b>Foroige</b><br>Room 3 / 6:30 - 8:00          | <b>Dominic's Cuppa Club</b><br>Room 5 / 11:00 - 1:00 | <b>Ciaran Ahern TD's Clinic</b><br>10:00 - 12:00 |
| <b>TACT ART Appreciation</b><br>Room 4 & 5 / 1:30 - 3:30 | <b>Chair Pilates</b><br>Room 4 / 2:00 - 3:00       | <b>Wednesday Ladies</b><br>Room 5 / 7:00 - 9:00 | <b>Line Dancing</b><br>Room 4 & 5 / 2:00 - 4:00      | <b>TACT Book Club</b><br>Room 4 / 12:00 - 1:30   |
| <b>Foroige - APT</b><br>Room 4 & 5 / 3:30 - 4:30         | <b>ART</b><br>Room 5 / 3:00 - 5:00                 | <b>Pilates with Kim</b><br>Room 4 / 7:00 - 8:00 |                                                      | <b>Dermot's Art</b><br>Room 5 / 2:00 - 4:00      |
| <b>Mens Guitar</b><br>Room 1 / 6:30 - 8:30               | <b>Taekwon-Do</b><br>Room 4 & 5 / 5:30 - 6:30      |                                                 |                                                      | <b>BINGO</b><br>Room 4 & 5 / 7:00 - 9:00         |
| <b>Yoga</b><br>Room 5 / 7:00 - 9:00                      | <b>The Band</b><br>Room 1 / 6:30 - 9:00            |                                                 |                                                      |                                                  |
| <b>Pilates with Kim</b><br>Room 4 / 7:00 - 8:00          | <b>Tuesday Ladies</b><br>Room 5 / 7:00 - 9:00      |                                                 |                                                      |                                                  |
|                                                          |                                                    |                                                 |                                                      |                                                  |
| 28th September                                           | 29th September                                     | 30th September                                  |                                                      |                                                  |
| <b>Crochet</b><br>Room 4 & 5 / 10:30 - 1:00              | <b>Crochet</b><br>Room 4 & 5 / 10:30 - 1:00        | <b>TACT ART</b><br>Room 4 & 5 / 10:00 - 12:00   |                                                      |                                                  |
| <b>Charlie O'Connor's Clinic</b><br>12:00 noon           | <b>Chair Pilates</b><br>Room 4 / 2:00 - 3:00       | <b>Foroige</b><br>Room 3 / 6:30 - 8:00          |                                                      |                                                  |
| <b>TACT ART Appreciation</b><br>Room 4 & 5 / 1:30 - 3:30 | <b>ART</b><br>Room 5 / 3:00 - 5:00                 | <b>Wednesday Ladies</b><br>Room 5 / 7:00 - 9:00 |                                                      |                                                  |
| <b>Foroige - APT</b><br>Room 4 & 5 / 3:30 - 4:30         | <b>Taekwon-Do</b><br>Room 4 & 5 / 5:30 - 6:30      | <b>Pilates with Kim</b><br>Room 4 / 7:00 - 8:00 |                                                      |                                                  |
| <b>Mens Guitar</b><br>Room 1 / 6:30 - 8:30               | <b>The Band</b><br>Room 1 / 6:30 - 9:00            |                                                 |                                                      |                                                  |
| <b>Yoga</b><br>Room 5 / 7:00 - 9:00                      | <b>Tuesday Ladies</b><br>Room 5 / 7:00 - 9:00      |                                                 |                                                      |                                                  |
| <b>Pilates with Kim</b><br>Room 4 / 7:00 - 8:00          |                                                    |                                                 |                                                      |                                                  |
|                                                          |                                                    |                                                 |                                                      |                                                  |

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](mailto:reception@dominicscc.com)