

MONDAYS

Beginners' Yoga On-line

12.15 p.m. – 1 p.m.

Learn gentle, healing yoga
in the comfort of your home.

Free to join.

Bingo On-line

2.30 p.m. – 3.30 p.m.

Join us for a good time, and
maybe even win a prize or two!

Free to join.

WEDNESDAYS

Family Communications On-line

Starts the 4th of November

10 a.m. – 12 noon

This 6-week course is about how
we can communicate better with
our teenagers and pre-teens.

Free to join

Life Enhancing Workshops On-line

3 p.m. – 5 p.m.

Learn simple and effective
techniques to reduce stress and
improve the quality of your life

Free to join.

THURSDAYS

Learn to Knit and Crochet On-line

1 p.m. – 2 p.m.

If you have always wanted to
learn to knit or crochet, now is
your chance! These sessions are
suitable for complete beginners.

Free to join

Tai Chi for Beginners On-line

10 a.m. – 11 a.m.

These sessions are great for
balance, stress reduction, and
general well-being.

Free to join.

FRIDAYS

Arts & Crafts On-line

With a new theme every week
you can join us any time.
Materials will be delivered to you.

Free to join.

COMING UP SOON

Baby and Toddler Group

WRAP

Wellness Recovery Action Plan

A self-management tool for
maintaining good mental health.

Tai Chi – Intermediate

For those with some experience.

Over 55s Group

Activities, fun and friendship!

Swap Your Greens!

Learn to grow your own fruit and veg
and swap advice, stories and excess
food with others on the course.

**To find out more
and to join any of the activities,
please contact Susan
on 085-202 0228
or Deborah on 087-375 0009.**