

PHYSICAL ACTIVITIES							
ACTIVITY	DAY	WEEKLY/ MONTHLY	COST	DURATION (weeks)	START DATE	TIMES	LOCATION
Badminton	Tues & Thurs	Weekly	£1.50 per session	25	TBC	11.00am-12.30pm	St Columb's Park
Bowls	Thurs	Weekly	NIL	30	29/9/2011	2.00-4.00pm	Extension
Gardening	Wed	Weekly	£35	20	TBC	2-4pm	Classroom
Golf - Ladies	Fri	First Friday	Green Fees	Ongoing	Ongoing	11am	Faughanvale
Golf - Men	Fri	Weekly	Green Fees	Ongoing	Ongoing	10.30am	Redcastle
Line Dancing - Beginners	Tues	Weekly	£12	10	27/9/2011	12noon - 1pm	Extension
Line Dancing - Intermediate	Tues	Weekly	£12	10	27/9/2011	11am-12noon	Extension
Men's PAC Fitness	Tues	Weekly	£12	12	13/9/2011	9.30-10.15am	Extension
Men's PAC Fitness	Thurs	Weekly	£12	12	15/9/2011	9.30-10.15am	Extension
Movement to Music	Mon	Weekly	£12	12	12/9/2011	10.15-11.00am	Extension
Movement to Music	Tues	Weekly	£12	12	13/9/2011	10.15-11.00am	Extension
Movement to Music	Thurs	Weekly	£12	12	15/9/2011	10.15-11.00am	Extension
Movement to Music (Gentle)	Thurs	Weekly	£12	12	15/9/2011	11.15-12.00noon	Extension
Ornithology	Fri	Weekly	NIL	30	16/9/2011	10.30am-1pm	Various/Outreach
Pilates	Fri	Weekly	£25	10	30/9/2011	11.00-12.00am	Extension
Swimming	Anytime	Weekly	Over 60's Free	Ongoing	Ongoing	Anytime	Templemore
Swimming	Anytime	Weekly	Over 60's Free	Ongoing	Ongoing	Anytime	Lisnagelvin
Tai Chi	Mon	Weekly	£12	12	05/9/2011	11.00-12.00	Extension
Tea Dances (Old Time Dancing)	Fri	Weekly	£1 per session	Ongoing	Ongoing	2.00-4.00	Extension
Walks (long)	Mon	Weekly	NIL	48	12/9/2011	2.00	Various
Walks (short)	Mon	Weekly	NIL	48	12/9/2011	2.00	Various
Yoga	Tues	Weekly	£15	10	27/9/2011	1.45 - 3.00	Extension

MODERN LANGUAGES

ACTIVITY	DAY	WEEKLY/ MONTHLY	COST	DURATION (weeks)	START DATE	TIMES	LOCATION
French - Advanced	Mon	Weekly	£60	30	26/9/2011	9.30 -11.30am	Lounge
French - Intermediate	Mon	Weekly	£60	30	26/9/2011	11.30am-1.30pm	Lounge
French - Beginners	Mon	Weekly	£60	30	26/9/2011	2.00-4.00pm	Lounge
Italian Beginners Conversational (native Italian tutor) <i>NEW</i>	Thurs	Weekly	£25	10	29/9/2011	10.00-11.00am	Board Room
Italian Returners Class	Thurs	Weekly	£25	10	29/9/2011	11.00am -12noon	Board Room
Spanish Intermediate	Tues	Weekly	£60	30	27/9/2011	Confirm class times in the office	Lounge
Spanish Advanced	Tues	Weekly	£60	30	27/9/2011		Lounge
Spanish Beginners	Tues	Weekly	£60	30	27/9/2011		Lounge

ARTS & CRAFTS

ACTIVITY	DAY	WEEKLY/ MONTHLY	COST	DURATION (weeks)	START DATE	TIMES	LOCATION
Art Oils/Acrylics- Intermediate	Mon	Weekly	£60	30	26/9/2011	10am-12noon	Art Room
Art Oils/Acrylics - Intermediate	Mon	Weekly	£60	30	26/9/2011	12.30pm-2.30pm	Art Room
Art Watercolours - Intermediate	Tues	Weekly	£60	30	27/9/2011	12.30pm-2.30pm	Art Room
Art Oils/Acrylics - Beginners	Wed	Weekly	£25	10	28/9/2011	10.30-12.30pm	Art Room
Art Oils/Acrylics - Intermediate	Wed	Weekly	£25	10	28/9/2011	1.00pm-3.00pm	Art Room
Scrapbooking <i>NEW</i>	Wed	Weekly	£20	8	27/09/2011	10.30-12.30pm	Classroom
Art Watercolours - Intermediate	Thurs	Weekly	£60	30	29/9/2011	10am-12noon	Art Room
Art Watercolours - Advanced	Thurs	Weekly	£60	30	29/9/2011	12.30-2.30pm	Art Room
Art Drawing Class	Thurs	Weekly	£60	30	29/9/2011	2.45 -4.45pm	Art Room
Art Club - Open to Everyone	Tues	Weekly	NIL	30	27/09/2011	2.30-4.30pm	Art Room
Art Appreciation (Impressionism and Post-Impressionism)	Thurs	Weekly	£20	10	29/09/2011	2pm-3.30pm	Lounge
Calligraphy Club	Tues	Weekly	NIL	10	27/09/2011	10.15-12.15pm	Art Room
Crafts Class - Carrickmacross Lace/Crochet/Patchwork	Mon	Weekly	NIL	30	26/09/2011	1.00-3.00pm	Board Room

CARDS & GAMES

ACTIVITY	DAY	WEEKLY/ MONTHLY	COST	DURATION (weeks)	START DATE	TIMES	LOCATION
Bridge - Competition	Mon	Weekly	NIL	Ongoing	Ongoing	7.30pm-10.30pm	Extension
Bridge - Competition	Wed	Weekly	NIL	Ongoing	Ongoing	2.00-5.00pm	Extension
Bridge - Beginners	Thurs	Weekly	NIL	Ongoing	Ongoing	1.30-4.00pm	Music Room
Bridge - Improvers (non comp)	Thurs	Weekly	NIL	10	29/09/2011	1.30-4.00pm	Classroom
Scrabble Group (Advanced)	Fri	Weekly	NIL	15	30/09/2011	1.30-3.30pm	Lounge
Scrabble Group (Beginners & Intermediate) <i>NEW</i>	Tues	Weekly	NIL	15	04/10/2011	11.15am-12.15pm	Classroom
Snooker - Available all day			50p				Snooker Room
Whist	Tues	Weekly	NIL	48	Ongoing	7.30pm-10.30pm	Extension

COMPUTING

ACTIVITY	DAY	WEEKLY/ MONTHLY	COST	DURATION (weeks)	START DATE	TIMES	LOCATION
Internet & E-Mail (Level 1)	Mon	Weekly	£30	15	26/9/2011	10.30-12.30pm	IT Suite
Computer Use at Home (Internet Use, Booking Flights, Shopping online etc)	Tues	Weekly	£30	15	27/9/2011	10.30-12.30pm	IT Suite
Absolute Beginners	Tues	Weekly	£20	10	27/9/2011	12.45pm-2.45pm	IT Suite
Digital Camera Club	Tues	2 nd & 4 th	£10	15	27/9/2011	7.30pm-9.30pm	IT Suite
Digital Photography - Intermediate	Wed	Weekly	£25	12	28/09/2011	10.30-12.30pm	IT Suite
Digital Photography -Advanced	Wed	Weekly	£25	12	28/09/2011	12.45pm-2.45pm	IT Suite
Intro to Computers	Thurs	Weekly	£30	15	29/09/2011	10.30-12.30pm	IT Suite
Digital Photography Beginners	Thurs	Weekly	£30	15	29/09/2011	1.00-3.00pm	IT Suite
Simply Photoshop <i>NEW</i>	Fri	Weekly	£25	6	30/09/2011	10.30-12.30	IT Suite
Out & About with DSLRs - a practical Photography Class <i>NEW</i>	TBC	Weekly	£25	6	TBC	TBC	Outreach

SOCIAL & RECREATIONAL

ACTIVITY	DAY	WEEKLY/ MONTHLY	COST	DURATION (weeks)	START DATE	TIMES	LOCATION
All About Me - Includes Life Coaching, Meditation, Colour Me Beautiful, Energy Healing <i>NEW</i>	Fri	Weekly	£35	6	21/10/2011	10.30-12.30pm	Lounge
Book Club 1	Second Fri	Monthly	NIL	All year	09/09/2011	2.00-3.00pm	Board Room
Book Club 2	First Wed	Monthly	NIL	All year	Ongoing	2.00-3.00pm	Lounge
Cinema Club <i>NEW DAY</i>	Second Wed	Monthly	£2	Monthly	12/10/2011	7.30-9.30pm	Main Hall
Cookery Class (Men only) <i>NEW</i>	Tues	Weekly	£25	6	27/09/2011	10.30-12.30pm	Board Room
Cookery Class - Open <i>NEW</i>	Wed	Weekly	£25	6	28/09/2011	10.30-12.30pm	Board Room
Debating Society <i>NEW</i>	Thurs	Weekly	£2	Monthly	29/09/2011	7.30-10pm	Extension
Family History - Who do you think you are?	Fourth Wed	Monthly	NIL	8	28/09/2011	11.00am-12.30pm	Board Room
Investment Club 1	Mon	M / 2 nd	Sub	Ongoing	Ongoing	11am-1pm	Board Room
Investment Club 2	Thurs	M / 2 nd	Sub	Ongoing	Ongoing	2-3.30pm	Board Room
Investment Club 3	Wed	M / 2 nd	Sub	Ongoing	Ongoing	1.30-2.45pm	Board Room
Library - Open Daily							Library
Local History	Wed	First Wed of Month	£15	10 lectures	07/09/2011	11.00-12.00noon	Extension
Members Showcase & Guest Lectures <i>NEW</i>	Second Wed	Monthly	NIL	Ongoing	14/09/2011	10am - 11am	Extension
Music Tuition (Piano)	Mon	Weekly	£8	All year	Ongoing	9am-1pm	Music Room
Social Lunches	Third Wed	Monthly		All year	Ongoing	1 -3pm	Various
Social Evenings	Last Wed	Monthly	£3	All year	28/09/2011	8.00-10.30	Extension
Ukulele Group	Mon	Weekly	Nil	15	26/09/2011	2-3pm	Music Room

