



# Monday

	9:30am	Getting to know you /Lámh
	10:30am	Stay Active
	11:00am	Photo-Fun
	11:30am	Men's and Ladies Sheds
	12:00pm	CoDesign Fundraiser TUDublin
	12:30pm	Healthy Cooking
	2:00pm	Yoga
	2:30pm	Story Telling



# Tuesday

	9:30am	Getting to know you
	10:30am	Stay Active
	11:00	DSPCA CHAT
	11:30	Get Growing
	12:30pm	Health and Wellbeing
	2:00pm	Money Management
	2:30pm	Social Farming
	3:00pm	Quiz Night









## Wednesday

	9:30am	Getting to know you & Lámh
	10:30am	Stay Active
	11:30am	Get Creative
	12:30pm	Healthy Cooking
	2:00	Zumba
	2:30	Rights & Self Advocacy




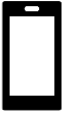

## Thursday



	09:30am	Getting to know you -Lámh
	10:30am	Stay Active
	11:30am	Guest Slots or  Covid-19 update
	12:00	Mick's Gym
	2:00pm	Bokwa
	2:30pm	Audio Book Club
	3:00pm	Bingo



# Friday

	09:30am	Getting to know you and Lámh
	10:30am	Stay Active
	11:00am	Pastoral Care
	11:30am	Tech Corner / CoDesign
	12:30pm	Healthy Cooking
	1:30pm	Zumba
	2:00	CoDesign Accessible Apps
	2:30pm	Singalong
	6:30pm	Friday Disco