

Programme of Activities

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am-10am	ARC Group						
10am-11am	ARC Group	Art Class ----- Registered Child Minders		Art Class	Chest, Heart and Stroke		
11am-12pm	ARC Group	Art Class ----- Registered Child Minders		Art Class	Chest, Heart and Stroke		
12pm-1pm	ARC Group	AA Group	Senior Citizens Luncheon Club			AA Group	
1pm-2pm	ARC Group	AA Group	Senior Citizens Luncheon Club			AA Group	
2pm-3pm	ARC Group		Senior Citizens Luncheon Club				
3pm-4pm	ARC Group		Senior Citizens Luncheon Club		Irish Dancing		
4pm-5pm		Irish Dancing	Irish Dancing		Irish Dancing ----- Believe Drama		
5pm-6pm		Irish Dancing		Tae Kwon-Do	Irish Dancing ----- Believe Drama		
6pm-7pm	Irish Dancing ----- Irish Language Class	Indoor Football – Sept - May	Indoor Football – Sept - May	Tae Kwon-Do			

7pm-8pm	Irish Language Class	Indoor Football – Sept – May ----- Loughbrook Women’s Group	Indoor Football – Sept - May	Irish Language Class ----- Art Class	Youth Club		
8pm-9pm	Indoor Bowls ----- AA Group	Loughbrook Women’s Group		Irish Language Class ----- Indoor Bowls ----- Art Class	Youth Club		
9pm-10pm	Indoor Bowls ----- AA Group	Badminton		Indoor Bowls ----- Art Class			