Programme of Activities

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am-	ARC						
10am	Group						
10am-	ARC	Art Class		Art Class	Chest,		
11am	Group	Desistand			Heart		
		Registered Child			and Stroke		
		Minders			SHOKE		
11am-	ARC	Art Class		Art Class	Chest,		
12pm	Group			7 6 0.0.00	Heart		
·		Registered			and		
		Child			Stroke		
		Minders					
12pm-	ARC	AA Group	Senior			AA Group	
1pm	Group		Citizens				
			Luncheon Club				
1pm-	ARC	AA Group	Senior			AA Group	
2pm	Group	70 (G. Gap	Citizens			/ u t o l o a p	
			Luncheon				
			Club				
2pm-	ARC		Senior				
3pm	Group		Citizens				
			Luncheon				
3pm-	ARC		Club Senior		Irish		
4pm	Group		Citizens		Dancing		
ipini	огоир		Luncheon		Dancing		
			Club				
4pm-		Irish	Irish		Irish		
5pm		Dancing	Dancing		Dancing		
					D - I'		
					Believe Drama		
5pm-		Irish		Tae	Irish		
6pm		Dancing		Kwon-Do	Dancing		
'		3					
					Believe		
				_	Drama		
6pm-	Irish	Indoor	Indoor	Tae			
7pm	Dancing	Football – Sept - May	Football – Sept - May	Kwon-Do			
	Irish	эерс тау	Sept May				
	Language						
	Class						

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		