















Timetable for Week 17

<p>Monday</p>	<p>Choir group one – How to record?</p> 	<p>Choir group one - Melody</p> 	<p>Choir group one - Harmony</p> 
<p>Tuesday</p>	<p>Beef stew with Safe Food Ireland</p> 	<p>Irish sign language with Robert</p> 	<p>Chair exercises with Paul</p> 
<p>Wednesday</p>	<p>Portrait photography with Anna</p> 	<p>Irish artist with Andy part 3</p> 	<p>Mindfulness with John</p> 
<p>Thursday</p>	<p>How to prepare your CV?</p> 	<p>Fish pie with Safe Food Ireland</p> 	<p>Aerobics with Arita</p> 
<p>Friday</p>	<p>Sea-life art with Edel part three</p> 	<p>Home-made body scrub making with Ann Young</p> 	<p>Yoga with Anita</p> 