

What you need: Week 17



Choir group one – How to record?  <ul style="list-style-type: none">• Lyric sheet• 2 devices i.e, tablet or phone• Earphones	Choir group one – Melody  <ul style="list-style-type: none">• Lyric sheet• Tablet or phone	Choir group one – Harmony  <ul style="list-style-type: none">• Lyric sheet• Tablet or phone
Beef stew with Safe Food Ireland  <ul style="list-style-type: none">• Beef stew• Onion• Carrot• Flour• Salt and pepper	Irish sign language with Robert  <ul style="list-style-type: none">• Pen and paper• Quiet space	Chair exercises with Paul  <ul style="list-style-type: none">• Comfortable clothing• Water• Chair• Space to move about
Portrait photography with Anna  <ul style="list-style-type: none">• Chopping board or large book	Irish artist with Andy part three  <ul style="list-style-type: none">• Pencil• Paper• Eraser• Paint	Mindfulness with John  <ul style="list-style-type: none">• Quiet space• Chair• Comfortable clothing• Blanket or cushion

<ul style="list-style-type: none"> • Tinfoil • Phone or tablet 	<ul style="list-style-type: none"> • Paintbrushes • Water • Tissue 	
<p>How to prepare your CV</p>  <ul style="list-style-type: none"> • Worksheet • Pen and paper 	<p>Fish pie with Safe with Ireland</p>  <ul style="list-style-type: none"> • Cod fillets • Water • 1 onion • Semi-skimmed milk • Butter • Flour • Lemon 	<p>Aerobics with Arita</p>  <ul style="list-style-type: none"> • Chair • Comfortable clothing • Water
<p>Sea-life art with Edel part three</p>  <ul style="list-style-type: none"> • Pencil • Paper • Eraser • Ruler • Paint • Paintbrushes • Water • Tissue 	<p>Home-made body scrub making with Ann Young</p>  <ul style="list-style-type: none"> • Olive oil • Sugar • Shower gel • Container • Spoon • Towel • Hand cream 	<p>Yoga with Anita</p>  <ul style="list-style-type: none"> • Comfortable clothing • Quiet space • Chair • Cushion or blanket • Water