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Monday	Oat biscuit baking with Brid 	Block painting with Andy 	Aerobics with Arita 8 
Tuesday	Beauty with Deborah Advanced make- up 	Card creating with Drumlin house 	Mindfulness minutes with John 
Wednesday	Group choir one - Melody 	Group choir two - Harmony 	Chair exercises with Paul 
Thursday	Sea-life art with Edel 	Irish sign language with Robert 	Learn to bank with AIB 
Friday	Portrait photography with Anna 	Guitar with Ruairi 	Chair yoga with Anita 7 