















Timetable for Week 13

Monday	Skincare with Ann young 	Guitar with Ruairi 	Aerobics with Arita 
Tuesday	Sea-life art with Edel part 2 	Baking brown bread with Brian 	Line dancing with Gary 
Wednesday	Abstract photography with Anna 	Card creating with Drumlin house 	Yoga with Anita 
Thursday	Cooking scrambled egg with Eugene 	Irish artists with Andy's art 	Mindfulness with John 
Friday	Group one choir – Melody 	Group one choir – Harmony 	Chair exercises with Paul 