















Timetable for Week 7

Monday	Irish Sign Language (ISL) with Robert 	Sketching a whale with Edel 	Painting Nails with Deborah 
Tuesday	Photography with Anna 	Guitar with Ruairi 	Mindfulness with John 
Wednesday	Aerobics with Arita 	Face Massage with Deborah 	Cooking Risotto with Emer 
Thursday	Cooking Biscuits with Brid 	Literacy with Dylan 	Line dancing with Gary 
Friday	Cooking Soup with Eugene 	Art with Jenny 	Yoga with Anita 