















## Timetable for Week 8

<b>Monday</b>	Photography with Anna 	Aerobics with Arita 	Mindfulness with John 
<b>Tuesday</b>	Fresh Fruit Smoothie with Emer 	Chair Aerobics with Aine 	Irish Sign Language (ISL) with Robert 
<b>Wednesday</b>	Sketching a Squirrel with Edel 	Painting Nails with Deborah 	Cooking Biscuits with Brid 
<b>Thursday</b>	Art with Jenny Mixing Colours 	Guitar with Ruairi 	Yoga with Anita 
<b>Friday</b>	Photography with Anna-smart phone 	Line dancing with Gary 	Cooking Soup with Eugene 