



PROGRAMME INFORMATION

All courses run for **10 weeks**

Unless otherwise stated

GENERAL COURSE FEES

- €25 Unemployed / State Pension

- €75 Employed / State or Private Pension

Unless otherwise stated

REGISTRATION

TUESDAY & WEDNESDAY

18TH & 19TH SEPTEMBER 2018

9AM-8PM

**COURSES START WEEK OF
24TH SEPTEMBER 2018**

Ozanam House Adult Programmes are part funded by



OZANAM HOUSE COMMUNITY RESOURCE CENTRE

53 MOUNTJOY SQUARE WEST

DUBLIN 1

PHONE: 01 8742804

ADMIN@OZANAMHOUSE.IE

WWW.OZANAMHOUSE.IE



'SVP Ozanam House'

OPENING HOURS:

MONDAY - FRIDAY

9AM - 9PM

COME IN AND SEE US



ADULT COURSES AUTUMN 2018

REGISTRATION

TUESDAY & WEDNESDAY

18TH & 19TH SEPTEMBER 2018

9AM - 8PM

**COURSES START WEEK OF
24TH SEPTEMBER 2018**

COMPUTER CLASSES

We talk you through our classes to make sure we find the best class and level for you

ABSOLUTE BEGINNERS

Switch on your computer and take it nice and slowly from the start

Monday 10:30am - 12:00pm

BASIC COMPUTERS & THE INTERNET

Bringing you to the next level, building confidence as you go

Tuesday 10:30am - 12:00pm

ECDL & FETAC PREPARATION COURSE

An Introduction to Word, Excel and Powerpoint

Wednesday 2:30pm - 4:00pm

Friday 10:30am - 12:00pm

MOBILE TECHNOLOGY - GET CONNECTED

Connect your phone/tablet, save pictures, learn about social media and online security

Thursday 10:30am - 12:00pm Level 1

Thursday 2:30pm - 4:00pm Level 2

MOBILE PHONE CLASS

Learn the basics of using your mobile phone

Tuesday - Beginners 2.30pm - 4:00pm

Wednesday - Improvers 10.30am - 12:00pm

LOVE LEARNING

INTRODUCTION TO PHILOSOPHY *NEW*

Questions answered, answers questioned

Thursday 10:30am - 12:30pm

HOME & LIFE



COOKERY CLASSES

Learn how to cook simple dishes for you and all the family

Simple cooking for you and all the family

-How to prepare and cook simple affordable dishes

-Information on healthy eating and nutrition

-Practical budget and shopping tips you'll use at home

Thursday 10.30am - 12:30pm

Further develop your cookery skills

General cookery classes learn how to improve your skills and learn new dishes

Wednesday 7:00pm - 9:00pm

INTRODUCTION TO MINDFULNESS *NEW*

Introduction to mindfulness to help reduce stress, anxiety

Tuesday 10:00am - 11:00am

DRESS MAKING

Learn how to use a sewing machine, make simple garments and how to do some general alterations in a fun and social class

Thursday 10:30am - 12:30pm

Friday 11:00am - 1:00pm



BASIC DIY

Learn the basic skills to carry out safe DIY in your home. The best tools to use and where to get them

Wednesday 2:00pm - 4:00pm

CREATIVE CLASSES



ART CENTRE

A course in painting & drawing that will help unleash your creativity

Monday 10:00am - 12:00pm

Wednesday 10:00am - 12:00pm

ADULT CHOIR

Learn to sing in a fun friendly choir group



Wednesday 12:30pm - 1.30pm

HEALTH & FITNESS

SALSA - DANCE FITNESS *NEW*

Salsa dancing originated in the Caribbean. It is a social dance class that is energetic and fun

Thursday 7.00pm - 8.00pm

YOGA

Relaxing classes for everyone



Monday **Beginners** 6:30pm - 7:30pm

Monday **Improvers** 7:45pm - 9:00pm

Tuesday **Beginners** 11:30am - 12:30pm

LINE DANCING

Keep fit and have fun

Wednesday 11:30am - 12:30pm