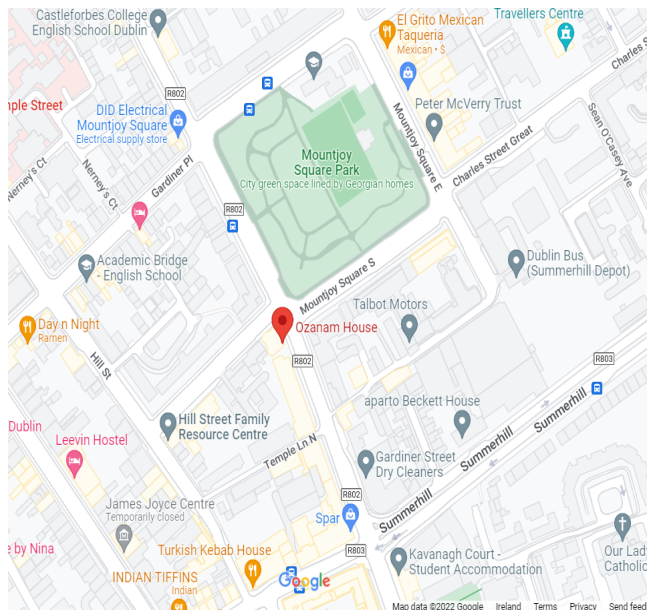


## Other Services:

Active Retired Group  
Men's Group  
Youth Services  
Childcare  
Room Rental



Opening Hours: Monday - Friday  
9am - 9pm  
Phone: 8742804  
Email: [admin@ozanamhouse.ie](mailto:admin@ozanamhouse.ie)



## Programme Information

All courses run for **10 weeks**  
starting week of 22nd April  
(Unless otherwise stated)

## General Course Fees

€25 Unemployed / State Pension  
/ Part-time Worker

€60 Employed / State or Private Pension (Unless  
otherwise stated)

Ozanam House Adult Education courses  
provide the North Inner City Dublin  
community with the opportunity to return to  
education.

Our team of volunteers, staff and teachers  
dedicate their skills and time to providing  
excellent services in a friendly, fun & safe  
environment.

'SVPOzanamHouse'



## Ozanam House Adult Education

**April—June 2024**

Ozanam House Resource Centre  
Society of St. Vincent de Paul  
53 Mountjoy Square West, Dublin 1





# Yoga

## Monday

Join our weekly Yoga classes and meet new people while gaining a healthier happier lifestyle by bettering your mind and improve your stretching, flexibility and will

**Beginners** 6:30pm - 7:30pm  
**Improvers** 7:30pm - 8:30pm  
**Duration:** 8 weeks



# Computers

## Tuesday

Learn basic computer skills at your own pace. Students will gain knowledge and experience on what a computer is and learn how to work it before progressing onto Word, Excel and PowerPoint.

**11:00am - 12:30pm**



# Sewing & Dressmaking

## Wednesday and Saturday

Learn a new skill and display your creativity with something handmade by you! Learn how to use a sewing machine, make simple Garments, Home Furnishings and how to do some general alterations in a fun and social class.

**Wednesday:** 9:30 am - 11:30pm  
**Saturdays:** 2:30pm - 4:30pm



# Arts & Crafts

## Wednesday and Thursday

Our weekly Arts & Crafts course will help unleash your creativity. Learn to draw before progressing on to painting and more!

*No special equipment needed.*

**Wednesday and Thursday:** 09:30am - 11:00am



# Mobile Technology

## Wednesday

Get connected! Learn how to use your phone, tablet, camera or any other mobile device? This class will teach you how to connect your phone, save pictures, use social media and more.

**11:00am - 12:30pm**



# Tai Chi

## Saturday

Practiced by people of all ages, regardless of their lifestyle or their health. The slow, flowing and coordinated movements control various functions of the body. Tai Chi can help dissolve many physical problems, especially those caused by modern day stress and tension.

**1:15pm - 2:15pm**