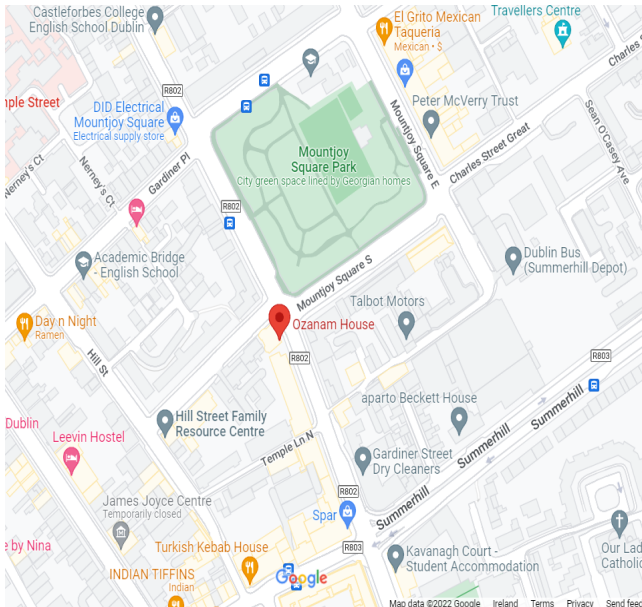


Other Services:

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



Opening Hours: Monday - Friday
9am - 9pm
Phone: 8742804
Email: admin@ozanamhouse.ie



Programme Information

All courses run for **10 weeks**
starting week of 23rd September
(Unless otherwise stated)

General Course Fees

€30 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

Sept—Nov 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



Guitar

Starting your guitar journey? This course is for you! We'll learn all the *basic* skills and build the muscles you need to play the guitar with confidence.

10:00am - 11:30am



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



Cookery

Tuesday

A fun nutrition and cookery course which helps people to make better choices when they shop, cook and eat .

10:00am - 12:30pm



Sewing and 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 - 11:30am

Saturdays: 2:30pm - 4:30pm

Wednesday and Thursday



Art and Crafts

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

No special equipment needed.

10:00am - 11:30am



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



Line Dancing

Friday

Learn a range of line-dances, with easy to follow routines & fantastic music in a friendly atmosphere.

Perfect for beginnners, you will have a fun time getting some light exercise at an easy pace.

12:00pm - 13:30pm

Saturday



Tai Chi

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