

## PROGRAMME INFORMATION

All courses run for **10 weeks**

*Unless otherwise stated*

## GENERAL COURSE FEES

- €20 Unemployed / State Pension
  - €60 Employed / State or Private Pension
- Unless otherwise stated*

## ZUMBA COURSE FEES

- €40 Unemployed / State Pension
- €80 Employed / State or Private Pension

## REGISTRATION

**TUESDAY & WEDNESDAY**

**19TH & 20TH SEPTEMBER 2017**

**9AM-8PM**

**COURSES START WEEK OF  
25TH SEPTEMBER**

Ozanam House Adult Programmes are part funded by



SVP



## OZANAM HOUSE COMMUNITY RESOURCE CENTRE

**53 MOUNTJOY SQUARE WEST  
DUBLIN 1**

**PHONE: 01 8742804**

**ADMIN@OZANAMHOUSE.IE**

**WWW.OZANAMHOUSE.IE**



Find us on  
Facebook

'SVP Ozanam House'

**OPENING HOURS:**

**MONDAY - FRIDAY**

**9AM - 9PM**

**COME IN AND SEE US**



SVP



## ADULT COURSES AUTUMN 2017

## REGISTRATION

**TUESDAY & WEDNESDAY  
19TH & 20TH SEPTEMBER 2017  
9AM - 8PM**

**COURSES START WEEK OF  
25TH SEPTEMBER 2017**

## 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  
Monday 7:00pm - 8:30pm

### BASIC COMPUTERS & THE INTERNET

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

Monday 2:30pm - 4:00pm  
Tuesday 10:30am - 12:00pm

### GET MORE FROM YOUR COMPUTER

Learn how to personalise and manage your computer better

Friday 10:30am - 12:00pm

### ECDL & FETAC PREPARATION COURSE **\*\*NEW\*\***

An Introduction to Word, Excel and Powerpoint.

Wednesday 2:30pm - 4:00pm

### MOBILE TECHNOLOGY - GET CONNECTED

Connect your phone, save pictures, learn about social media

Thursday 10:30am - 12:00pm Level 1  
Thursday 2:30pm - 4:00pm Level 2

### MOBILE PHONE CLASS FOR BEGINNERS

Learn the basics of using your mobile phone

Tuesday 2:30pm - 4:00pm

## INTERNET SAFETY

### INTERNET SAFETY FOR PARENTS **\*\*NEW\*\***

Gain better knowledge of internet safety

Wednesday 10:30am - 12:30pm

*This course runs over 2 weeks - £5 Fee*

## HOME & LIFE



### COOKERY CLASSES

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

#### Simple cooking for all

- How to prepare and cook simple tasty dishes
- Information on healthy eating and nutrition
- Practical tips you'll use at home

Wednesday 7:00pm - 9:00pm  
Thursday 10:30am - 12:30pm

#### Exploring Cooking

- Use a variety of different ingredients
- Have more choice and adventure in the recipes

Thursday 7:00pm - 9:00pm

### HOME SKILLS CLASS **\*\*NEW\*\***

Learn new skills to improve your home life in a fun, relaxed class - includes cooking, sewing and family budgeting

Tuesday 10:30am - 12:30pm

### 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 10:30am - 12:30pm



### BASIC DIY **\*\*NEW\*\***

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

### DRAMA

Enjoy improvisation in a social group

Monday 11:00am - 12:30pm



### ADULT CHOIR

Learn to sing in a fun friendly choir group

Wednesday 1:45pm - 2.45pm

## HEALTH & FITNESS

### YOGA

Relaxing classes for everyone

Monday **Beginners** 6:30pm - 7:30pm  
Monday **Improvers** 7:45pm - 9:00pm

### LINE DANCING

Keep fit and have fun

Wednesday 11:30am - 12:30pm

### ZUMBA PILOXING - DANCE FITNESS

A muscle-toning, fat burning workout that will make you feel physically & mentally empowered

Wednesday 7.00pm - 8.00pm

