



## 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**

**2ND & 3RD APRIL 2019**

**9AM-8PM**

**COURSES START WEEK OF  
8TH APRIL 2019**

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 SPRING 2019

## REGISTRATION

**TUESDAY & WEDNESDAY**

**2ND & 3RD APRIL 2019**

**9AM - 8PM**

**COURSES START WEEK OF  
8TH APRIL 2019**

## 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

## HOME & LIFE



### 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

## 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



### DRESS MAKING

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

Thursday 10:30am - 12:30pm

Friday 11:00am - 1:00pm

## LOVE LEARNING

### INTRODUCTION TO PHILOSOPHY \*NEW\*

Questions answered, answers questioned

Thursday 10:30am -12:30pm

### INTRODUCTION TO PSYCHOLOGY \*NEW\*

Understanding what we do and why we do it

Wednesday 7:00pm -8:30pm



## 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 1:30pm - 2.30pm

## HEALTH & WELLNESS

### MINDFULNESS \*NEW\*

Introduction to mindfulness to help reduce stress, anxiety

Tuesday 10.00am - 11.00am

### 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, have fun and meet new people

Wednesday 11:30am - 12:30pm