

## DROP IN CHILDREN CENTRE

There are a limited number of drop in places in our Children's Centre for children of parents undertaking daytime courses at Ozanam House.

\*Children must be 2.5 yrs & toilet trained

\*Please notify us on registration day if you wish to apply for a drop in place.

## PROGRAMME INFORMATION

All courses run for 10 weeks

Unless otherwise stated

## COURSE FEES

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



## REGISTRATION DAY

**MONDAY**  
**31ST MARCH 2014**  
**9AM-8PM**

**COURSES START WEEK OF**  
**7TH APRIL 2014**

Ozanam House Adult Programmes are part  
funded by CDETB



# 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 SPRING 2014

## REGISTRATION DAY

**MONDAY**  
**31ST MARCH 2014**  
**9AM - 8PM**

**COURSES START WEEK OF**  
**7TH APRIL 2014**

# ADULT EDUCATION

## COMPUTER TRAINING

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



### COMPUTERS FOR BEGINNERS

Monday	10:30am - 12:00pm
Monday	7:00pm - 8:30pm
Tuesday	2:30pm - 4:00pm

### LEARN MORE ABOUT COMPUTERS

Tuesday	10:30am - 12:00pm
Tuesday	7:00pm - 8:30pm
Friday	10:30am - 12:00pm
Friday	2:30pm - 4:00pm

### AN INTRODUCTION TO INTERNET & EMAIL

Wednesday	2:30pm - 4:00pm
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### INTERNET & EMAIL - THE NEXT STEPS

Learn about downloading, saving, filing and attachments

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

### MOBILE TECHNOLOGY AND YOUR COMPUTER - NEW\*

Connect your phone, save pictures, learn about social media

Thursday	2:30pm - 4:00pm
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### COMPUTER MAINTENANCE & MANAGEMENT

Take control of your computer and  
Fix common problems

Thursday	10:30am - 12:00pm
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## YOGA

Monday	7:15pm - 8:45pm	Adult
General Adult Yoga Class		
Friday	12:30pm - 1:30pm	Seniors
Sit Down Yoga for senior citizens		

# ADULT EDUCATION

## COOKERY CLASSES

Healthy eating does not have to be difficult & expensive

- 1) **COOKING MADE EASY.** - Learn how to cook simple dishes for all the family, the healthy and affordable way.



Wednesday	7:00pm - 9:00pm
Thursday	10.30am - 12:30pm
Friday	10:30am - 12:30pm

- 2) **COME DINE WITH ME** - General cookery classes  
To Improve your skills and learn new dishes

Thursday	7:00pm - 9:00pm
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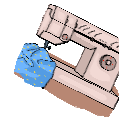
## HOME FURNISHINGS

How to use a sewing machine, curtain making, cushion covers, cross stitch, tie backs & much more

Tuesday	10:30am - 12:30pm
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## DRESS MAKING

Learn how to make simple garments & alterations



Thursday	10:30am - 12:30pm
Friday	10:30am - 12:30pm

## ART CENTRE

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



Monday	10:00am - 12:00pm
Wednesday	10:00am - 12:00pm

## ENGLISH LANGUAGE

Learn practical English for everyday use from absolute  
beginners to improvers level

All English classes **€40** unemployed or **€120** employed

### BEGINNERS

Monday & Friday	10:30am - 12:30pm
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### IMPROVERS

Tuesday & Thursday	10:30am - 12:30pm
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# COMMUNITY PROGRAMMES

## ACTIVE RETIREMENT GROUP

Something for everyone! Info Workshops, bingo, bowls, social mornings, darts, and much more...



Monday, Wednesday & Friday	10:30am - 12:30pm
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## MEN'S GROUP

A social activity club



Tuesday, Thursday & Friday	2:00pm - 5:00pm
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These groups above run year round. Annual fee €25



## DANCING

This term: Line Dancing

Wednesday	11:30am - 12:30pm
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## DRAMA

Monday	11:00am - 12:30pm
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## FITNESS CLUB

**ONLY €5 PER CLASS OR SIGN UP NOW FOR  
OUR SPECIAL RATE OF €40 FOR 10 WEEKS**

### ZUMBA DANCE - KEEP FIT CLASS

Dance your way to fitness...Burn 600 calories per hour!

Tuesday	11am - 12pm
Wednesday	8pm - 9pm



### GENERAL FITNESS CLASSES

Includes circuits, boxercise, kettle bells & bikes

Tuesday	7.00pm - 8.00pm
Thursday	7.00pm - 8.00pm