

Ballymun Adult Education Service
COMMUNITY EDUCATION PROGRAMME JAN - JUNE '25

Contact:	Rachel Hoey
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Time	Course
Monday	
10.00am to 12.00pm	Sewing & Upcycling
10.00am to 12.00pm	Cooking Easy Meals
12.15pm to 2.15pm	Beginners Art
12.30pm to 1.30pm	Stress Management
1.00pm - 2.00pm	Sing All Your Cares Away
2.15pm - 4.15pm	Improvers Art
6.30pm to 8.30pm	Drama over 55s
6.30pm to 7.30pm	Violin for Beginners
6.30pm to 8.00pm	Guitar for Beginners
Tuesday	
9.30am to 11.30pm	Irish for Improvers
11.45am - 1.45pm	Crafts
2.00pm to 4.00pm	Flower Arranging
6.30pm to 8.30pm	Evening Art
7.15pm to 8.15pm	Yoga over 55s
Wednesday	
9.30am to 11.30am	Irish for Beginners
11.40am to 1.40pm	Sewing & Upcycling
12.45pm to 2.45pm	Qi Gong
2.00pm - 4.00pm	Sewing & Upcycling
Friday	
10.00am - 12.00pm	Photography