

Course Title	Start Date	Day	Time	Duration
WELLBEING				
Minding Your Money	16.01.2023	Monday	9.45am – 11.45am	6 Weeks
Meditation & Journaling	17.01.2023	Tuesday	10.00am – 11.00am	6 Weeks
Pilates	17.01.2023	Tuesday	1.30pm – 2.30pm	6 Weeks
Creative Writing	17.01.2023	Tuesday	12.30pm – 2.30pm	6 Weeks
Discover You	18.01.2023	Wednesday	9.45am – 11.45am	8 Weeks
Body Mind Emotions	19.01.2023	Thursday	9.45am – 11.45am	4 Weeks
Dancing Your Way to Health & Happiness	20.02.2023	Monday	12.30pm – 2.30pm	6 Weeks
Menopause Awareness	22.02.2023	Wednesday	12.30pm – 2.30pm	4 Weeks
The Fundamentals of Eating Well	23.02.2023	Thursday	9.45am – 11.45am	3 Weeks
Tai Chi & Relaxation	23.02.2023	Thursday	1.30pm – 2.30pm	6 Weeks
ESOL				
ESOL Entry 1 Speaking & Listening	05.09.2022	Monday & Tuesday	9.45am - 11.45am	Ongoing
ESOL Entry 2 Speaking & Listening	05.09.2022	Monday & Wednesday	9.45am - 12.45pm	Ongoing
ESOL Entry 2 Speaking & Listening	06.09.2022	Tuesday & Thursday	1.00pm - 3.00pm	Ongoing
ESOL Entry 3 Speaking & Listening	06.09.2022	Tuesday & Thursday	9.45am - 12.45pm	Ongoing
Pre-ESOL	14.09.2022	Wednesday	1.00pm - 3.00pm	Ongoing
LIFESKILLS				
Improve Your English	05.09.2022	Monday & Wednesday	9.45am - 11.45am	Ongoing
COMMUNITY ENGAGEMENT				
Gardening/Allotment	06.09.2022	Tuesday	12.30pm - 2.30pm	Ongoing
Flavours of the World	TBC	TBC	TBC	TBC

“This project is part funded through the Northern Ireland European Social Fund Programme and the Department for the Economy”

Courses/Dates/Times Subject to Change