

Health and Wellbeing in South Dublin

Contact your local community centre to register your interest using the contact number provided.

Free
Activities

Age
55+

Crosscare Youth Services Lucan
The U Club
Phone Number-01 495 8576

Date	Activity	Time
Thursday 29 October	Postcards (Art)	10:30am
Thursday 5 November	Zumba Gold	10:30am
Thursday 12 November	Yoga	10:30am
Thursday 19 November	Clay	10:30am

Esker Active Retirement Association

Phone Number- 01 873 3836

Date	Activity	Time
Wednesday 28 October	Art/Postcards	3pm-4pm
Wednesday 4 November	Zumba Gold	3pm-4pm
Wednesday 18 November	Clay	3pm-4pm

Palmerstown Active Retirement Association

Phone Number-0894250264

Date	Activity	Time
Tuesday 27 October	Art/Postcards	2:30-3:30pm
Tuesday 3 November	Zumba Gold	2:30-3:30pm
Tuesday 10 November	Yoga	2:30-3:30pm
Tuesday 17 November	Clay	2:30-3:30pm

Firhouse Community Centre
Phone number- 01 4514455

Date	Activity	Time
Monday 2 November	Pilates	12pm
Friday 6 November	Tai Chi	1pm
Saturday 14 November	Createful Art with Emma	11am
Thursday 29 October	Sepsis Talk TUH	10am

Knockmitten Community Centre
Phone number-01-411 1511

Date	Activity	Time
Tuesday 27 October	Gentle Movement Class	11am
Tuesday 3 November	Mindfulness	1pm
Tuesday 10 November	Chair Yoga	1pm
Tuesday 17 November	Breathwork/ Reiki	1pm

Sagart School Comunity Centre

Phone number-01 578 2377

Date	Activity	Time
Monday 2 November	Restorative Chair Exercise	2:30pm
Monday 9 November	Fitness 55+	2:30pm
Monday 16 November	Dance	12pm
Monday 23 November	Flower Arranging	2:30pm- 4pm

Neilstown Community Centre

Phone number-01 459 5943

Date	Activity	Time
Thursday 29 October	Zumba Gold	3:30-4:30pm
Thursday 5 November	Chair Yoga	2:30-4:30pm
Thursday 12 November	Wellbeing Activity	3:30-4:30pm
Thursday 19 November	Flower Arranging	3:30-4:30pm

Jobstown Community Centre
Phone number-01 547 5751

Date	Activity	Time
Thursday 5 November	Jewellery Making	11am-12:30pm
Thursday 12 November	Chair Yoga	11am
Thursday 19 November	Christmas Crafts	11am-12:30pm

Glenasmole Community Centre
Phone Number-0858188800

Date	Activity	Time
Thursday 29 October	Wellness Drumming	11am-12:15pm
Thursday 5 October	Pranic Healing/ Mindfulness	11am-1pm
Thursday 12 November	Zumba Gold	1pm
Thursday 19 November	Chair Aerobics	12:30pm

Ballyroan Youth and Community Centre
Phone number-01 495 8576

Date	Activity	Time
Friday 6 November	Flower Arranging	6pm-7pm
Wednesday 11 November	Mindfulness	1pm-2pm
Wednesday 18 November	Zumba Gold	1pm-2pm
Wednesday 25 November	Art with Emma	1pm-2pm

Fettercairn Youth and Community Centre
Phone number-01 452 7011

Date	Activity	Time
Wednesday 28 October	Pilates	10am
Wednesday 4 November	Tai Chi	3pm
Wednesday 11 November	Restorative Chair Exercise	10am
Wednesday 18 November	Mindfulness	3pm

Orchard Lodge
Phone Number-089 4292322

Date	Activity	Time
Wednesday 28 October	Restorative Chair Exercise	2:30pm
Wednesday 4 November	Sound Bath	1pm
Wednesday 11 November	Chair Yoga	1pm
Wednesday 18 November	Breathwork/ Reiki	1pm

Whitechurch Community and Youth Centre
Phone number-01 445 7035

Date	Activity	Time
Tuesday 3 November	Zumba Gold	11:30am-1pm
Tuesday 10 November	Feebee Foran Foraging Workshop	11:30am-1pm
Tuesday 17 November	Mindfulness and Wellbeing	11:30am-1pm
Tuesday 24 November	Chair Fitness	11:30am-1pm

Bawnogue Youth and Community Centre

Phone number-014576734

Date	Activity	Time
Wednesday 28 October	Freebee Foran Foraging Workshop	10am-12pm
Wednesday 4 November	Hetty Murphy Flower Arranging	10am-12pm
Wednesday 11 November	Zumba Gold	10am-12pm
Wednesday 18 November	Strength and Balance	10am-12pm