











Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monday Morning Breakfast Club with Lisa (€40) 10am-11am	Swimming with Graham (€80) 10am-11am	Bocce with Lisa (€40) 10am-11am	Bocce with Graham (€40) 10am-11am	Couch to 5k with Graham (€40) 9am-10am	Badminton (€30) 11.30am-12.30pm
Pottery with June (€64) 10am-12pm	Gym with Lisa (€80) 10am-11am	Hill Walking with Volunteers (€40) 10am-12pm 	Walk with Lisa (Shanganagh) (€40) 10am-11am	Strollers with Volunteers (€40) 10am-12pm 	Men's + Ladies Basketball (€30) 12.30pm-1.30pm
Golf with Graham (€40) 11am-12pm 	Cookery with Volunteers (€64) 10am-12pm	Tennis with Graham (Starting 14th Sept) (€40) 11am-12pm 	Cookery with Niamh (GF) (€64) 10.30am-12.30pm	Music with Graham (€40) 11am-12pm	
Dance with Lisa (€40) 11am-12pm	Athletics with Lisa (€40) 12pm-1pm	Bocce 2 with Lisa (€40) 11.30-12.30	Men's Club with Graham (€40) 11.30am-12.30pm	Athletics with Lisa (€40) 11am-12pm 	
Cookery with Niamh (€64) 12pm-2pm	Walk with Graham (Centre) (€40) 12pm-1pm	Cookery with Niamh (€64) 11am-1pm	Ladies Friendship Circle with Lisa (€40) 12pm-1pm	Music with Graham (€40) 12pm-1pm	Over 18's Activities 5th September– 21st December
Table Tennis with Graham (€40) 1pm-2pm	Yoga with Graham (€40) 2pm-3pm	Art with Christine (Starting 21st Sept) (€48) 2pm-3pm	Book Club with Niamh (€40) 2pm-3pm	Fun Bowl with Lisa (€80) 2pm-3pm	No Activities- Saturday 17th September October B/H 29th + 31st
Art with Christine (€48) (Starting 19th September) 4pm-5pm	Photography with Lisa (€40) 3pm-4pm	Keep Fit with Graham (€40) 2pm-3pm 	Computers with Lisa (€40) 3pm-4pm	Swimming with Graham and Lisa (€80) 4pm-5pm 	
Cookery with Niamh (€64) 4pm-6pm	Bingo with Graham (€40) 3pm-4pm	Drop in (€64) 3.30pm-5.30pm 	Music with Graham (€40) 4pm-5pm		
Art with Christine (€48) (Starting 19th September) 6pm-7pm	Social Club with Lisa (€40) 4.30pm-6.30pm	GAA Éir Óg Greystones (FOC) 5pm-6pm	O16 Taekwondo with Volunteers (€40) 5.30pm-6.30pm		
O16 Tennis with Volunteers (Starting 19th Sept) (€30) 5pm-6pm	Art with Christine (Starting 20th Sept) (€48) 5.30pm-6.30pm	Drama with Nadia (€40) 5.30pm-6.30pm			
Football with Graham (€40) 6pm-7pm 	Bowling with Volunteers (Starting 30th Aug) (€80) 6pm-8pm	Drama with Nadia (€40) 6.30pm-7.30pm			