

Fatima Womens Group

Monday 7.00pm

The group do a range of activities while looking at issues which affect their lives in a supportive way.

Mens Group

Tuesday 10.00am - 12.00noon

Meet weekly for chat, storytelling, local and family history, outings, music and art. New members welcome. Contact Deirdre at 4534722 if you are interested in joining.

Personal Development Course

Wednesday 10.30am

A new group meeting every week looking at issues affecting our personal lives - confidence, self esteem, health issues. All welcome.



In the coming weeks we will be adding extra programmes to the above list in the areas of arts and literacy. Weekly bingo will be starting back shortly.

If you would like to see a class run and it is not on the above list contact Roisin or Deirdre in Fatima Groups United. F2 Centre, 3 Reuben Plaza, Rialto, Dublin 8.



Fatima Groups United would like to acknowledge the support of the VEC and DCC with some of these programmes.

Fatima Groups United

invite you to do something
for yourself this autumn in the F2 Centre!



**get active / get creative / get fit /
get learning !**

sign up
next Tuesday 13th September 2011
10am - 12 noon
2pm - 4pm
6pm - 8pm

F2 Centre
3 Reuben Plaza, Rialto, Dublin 8.

If you can't make it on the day please phone
4534722 and ask for Roisin or Deirdre or email
health@fatimagroupsunited.com

Yoga Monday 6.30 - 7.30pm Thursday 1.00pm - 2.00pm
Yoga is an exercise which helps you physically and mentally. It is enjoyable and relaxing. It makes your body more, flexible, strong and is helpful in relieving stress and pain. Cost: €8 waged / €5 unwaged

Circuit Training Tuesday 6.00 - 7.00pm
Circuit Training is an enjoyable strenuous exercise doing a range of exercises which is suitable for all fitness levels. It is very good for aerobic fitness. Cost: €8 waged / €5 unwaged

Pilates times to be confirmed
Pilates works on the core strength of the body. Pilates will help you achieve a balanced, strong, flexible, toned and streamlined body without creating 'bulky' muscles unlike many forms of fitness training.

Zumba Dancing Thursday 6.30 - 7.30pm
Zumba Dancing is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness class that's fun and healthy. Suitable for all fitness levels. Cost: €5

First Friday Walking Group 9.45am
On the first Friday of every month you are welcome to join a group who go to the Dublin Mountains and walk for approximately 1 - 1.5 hours. Meet at F2 Centre at 9.45am. Cost: Free

Dublin Dance Co-Op Mondays 8.00 - 10.00pm
Enjoy dancing and get some exercise with this group. Loosley based on 5 rhythm dancing developed by Gabrielle Roth, this dance programme is accessible for everyone, complete beginners included. Facilitated by Dublin Dance Co-Op. Cost: €10

Bright Sparks Childrens Arts Group Tuesday 10.30am - 11.30am
A parent and child art session, for children between 18 mths and 4 years. Feel free to drop in and enjoy the fun. Cost: €7

Gymnastics Wednesday 4.00 - 5.00pm & 5.30 - 6.30pm
The aim of the group is to foster the health and wellbeing of children living with a disability, their siblings and parents through a weekly physical activity club in order to promote respect, friendship and fun. The club caters for children attending primary school.

Relaxation Sessions Tuesday 11.00am & 7.00pm
Drop in for men and women in need of relaxation. The group goes through breathing, muscle relaxation and visualisation techniques that quiet the mind and body for relaxation and stress management. Cost: Free

Keep Well in the Recession Thursday 10.00 - 12.00am
A 5 week course helping you to give time to yourself to focus on how to manage all those things in your life that make you feel tired, unhappy or sick. Cost: Free

Stitch & Bitch Thursday 10.00 - 12.00am
If you want to learn to knit or if you are an experienced knitter you are more than welcome to drop-in for a cup of tea, knit and a chat. Cost: Free

Rialto Active Age Bowling Monday 2.00 - 4.00pm
Bowling is a great form of exercise. There are places available to join this group. No experience required. Cost: €3. Contact Brendan at 087-9449601

Parent & Toddler Group Wednesday 10.30 - 12.00noon
Drop-in session for parents/guardians and their young children. All welcome. Cost: Free

Introduction to Film Production Friday 11.00 am
Basic introduction to film making for people interested in exploring film and developing technical knowledge of areas linked to the craft. Cost: Free

Computer Courses Monday - Friday (various times)
A wide range of low cost computer courses available for beginners to improvers eg. introduction to the internet, digital camera, web design, computers for older people, mens and womens groups

Monthly Holistic Event Saturday 8th Oct, 5th Nov, 3rd Dec.
A once a month opportunity to experience massage, homeopathy, health information and more. Cost: Free

Drawing & Art Classes to be confirmed
Classes for young people and adults. Contact Deirdre for further details. Cost: Free