

# ADULT & COMMUNITY EDUCATION PROGRAMME

January 2023



## THE DONAHIES

COMMUNITY SCHOOL  
STREAMVILLE ROAD, DUBLIN 13  
D13 YN 77



Accepting online registration and card payments with Easy Payments Plus  
through our website [www.donahiesadulted.ie](http://www.donahiesadulted.ie) or by phone on (01) 8482217  
**CASH PAYMENTS BY ARRANGEMENT**

*E-mail: donahiesadulted@gmail.com Telephone : 01-848 22 17*

*Join us on Facebook & Instagram:   Donahies CS Adult Education*

**Bus routes serving our school : 27, 27A, 29A, H1 and N6.  
DART to Raheny or Howth Junction**

*Suggestions for new classes and new tutors are always welcome or contact us if you wish to enquire about  
using our facilities – groups/organisations/societies/choirs  
All Welcome.*

**FREE ENGLISH CLASSES FOR UKRAINIANS (BEGINNERS CONTINUATION)**

**CLASS TO BE CONFIRMED –Email: donahiesadulted@gmail.com**

**Безкоштовні заняття з англійської мови (для початківців) для українців**

**бути підтвердженим**

**PLEASE NOTE THAT ALL DATES ARE SUBJECT TO CHANGE  
PLEASE READ TERMS & CONDITIONS BEFORE BOOKING**

# SATURDAY & SUNDAY WORKSHOPS in CRAFT/SEWING/POTTERY & MACRAME

CODE	COURSE	TIME	FEE
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## **SW1** POTTERY – PLANT POT & MACRAME PLANT HANGER

(Beginners/Improvers)

Dates in April/May & course fee to be confirmed – Register your interest by emailing [donahiesadulthood@gmail.com](mailto:donahiesadulthood@gmail.com)/call 01 -8482217

Keep updated at [www.donahiesadulthood.ie](http://www.donahiesadulthood.ie)



Tutors: Naomi Boylan (pottery) & Deirdre Hurley (macrame)

## **SW2** SEWING – MAKE A BEAR WORKSHOP 4/2/'23 (Intermediate/Advanced)

## **SW3** SEWING – MAKE A BEAR WORKSHOP 23/4/'23 (Intermediate/Advance)

<b>MAKE A BEAR WORKSHOPS</b>	<b>10.00am-2.30pm</b>	<b>€75</b>
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2 dates available for this workshop Sat. 4<sup>th</sup> Feb. & Sun. 23<sup>rd</sup> April 10.00am-2.30pm

Make this beautiful wool felt bear, a perfect gift made to treasure!

Tea & coffee provided

**All materials included in course fee.**



Requirements: -

Basic Sewing Kit (scissors, pins, pencil) & sewing machine in good working order.

Tutor: Mary Coonan

## **SW4** MEMORY/GIFT BOX MAKING WORKSHOP 5/3/'23 (Beginners/Improvers)

<b>BOX MAKING WORKSHOP (MEMORY/ GIFT BOX)</b>	<b>Sun. 5<sup>th</sup> March</b>	<b>9.30am-1.00pm</b>	<b>€60</b>
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Join us for our box-making workshop and create a truly unique & personalised gift/memory box! This is the perfect way to mark and remember a special occasion such as a wedding, new arrival, christening, birthday, anniversary – the list is endless! Use the kit provided to create your own treasure chest to fill with memories & keepsakes or to make a statement gift box for Christmas or any special occasion!

This workshop ticks all the boxes!!

**All materials included in course fee**, all tools & equipment available in class.

Choice of colours/patterns available.



Box dimensions: - (L) 23cm (W) 32cm (H) 9cm

Tutor: Mary Coonan

## QQI LEVEL 5 & 6 MINOR AWARDS IN CONJUNCTION WITH PROGRESSIVE COLLEGE

CODE	COURSE	TIME	FEE
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### Class commencing Tuesday 31<sup>st</sup> January 2023

<b>CPE1</b>	<b>SPECIAL NEEDS ASSISTING LEVEL 5 (5N1786)</b> For course information please visit : - <a href="http://www.progressivecollege.ie">www.progressivecollege.ie</a> <a href="mailto:info@progressivecollege.ie">info@progressivecollege.ie</a> <a href="tel:014884300">(01) 4884300</a>	7.00 -9.30	€325
To book please contact Donahies Adult Ed. <b>12 week course, Tuesday evenings. Minimum age is 17 Years for QQI Courses.</b>			

### Class commencing Wednesday 1<sup>st</sup> February 2023

<b>CPE2</b>	<b>SPECIAL NEEDS ASSISTING LEVEL 6 (6N1957)</b> For course information please contact:- <a href="http://www.progressivecollege.ie">www.progressivecollege.ie</a> <a href="mailto:info@progressivecollege.ie">info@progressivecollege.ie</a> <a href="tel:014884300">(01) 4884300</a>	7.00 -9.30	€325
To book please contact Donahies Adult Ed. <b>10 week course, Wednesday evenings. Minimum age is 17 Years for QQI Courses.</b>			
It is advised Special Needs Assisting Level 5/equivalent is completed before undertaking the Level 6 Course.			

## EVENING CLASSES – MONDAY

CODE	COURSE	TIME	FEE
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### Classes commencing Monday 30<sup>th</sup> January 2023

<b>M1</b>	<b>MS EXCEL - BEGINNERS</b> Learn to use MS Excel spreadsheets - format, organize & calculate data in a spreadsheet in a relaxed environment. Suitable for beginners. If also booking MS WORD, please book combined WORD & EXCEL option for €15 reduction under Monday evening classes. If you have MS Excel/Office 365 on your laptop, please bring your laptop along to class! <i>5 week course</i>	7.00-9.00	€70
<i>John White</i>			

### Classes commencing Monday 13<sup>th</sup> March 2023

<b>M2</b>	<b>MS EXCEL INTERMEDIATE</b> This <i>6 week course</i> is specifically designed for those who want to improve their use of spreadsheet applications. Topics covered include how to input data, autofill, process data, create graphs and charts. Course will progress to include advanced features of excel “if” functions and nested “if” “and” “not” functions, Sumif and Countif for Selective adding and counting. Work with time and dates, text functions, performing look ups, pivot tables, using the slicer tool and to create pivot charts If you have your MS Excel/Office 365 on your laptop, please bring your laptop along to class! <i>6 week course</i>	7.00-9.00	€85
<i>John White</i>			

<b>M3</b>	<b>MS Word, File Management &amp; Excel</b> 20 hour MS WORD, FILE MANAGEMENT & EXCEL course starts Wed. 25 <sup>th</sup> Jan. '23. Suitable for beginners. <b>Course runs Mondays (Excel) from Monday 30<sup>th</sup> January &amp; Wednesdays (Word &amp; File Management) from Wednesday, 25<sup>th</sup> January.</b> If you have MS Excel/Office 365 on your laptop, please bring your laptop along to class! <b>Relaxed, friendly atmosphere. (Save €15 by booking both modules together – BOOK THIS COMBINED COURSE UNDER MONDAY EVENING CLASSES)</b>	7.00-9.00	€125
<i>20 hour course</i>		<i>Eleanor Byrne &amp; John White</i>	

## EVENING CLASSES – TUESDAY

CODE	COURSE	TIME	FEE
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### *Classes commencing Tuesday 24<sup>th</sup> January 2023*

T1	<b>BRIDGE – <i>Beginner Continuation</i></b> Suitable for those who have completed a Beginner 10 week course or equivalent and wish to improve their bridge skills.  <i>8 week course</i>	<b>7.15-9.15</b>  <i>Anne/Paul Doyle C.B.A.I.</i>	<b>€105</b>
T2	<b>POTTERY –<i>Improvers Course</i></b> This class is suitable for those <b>who have taken our beginners course or who have previous experience</b> working with clay. Students will use prior knowledge and new techniques to create a body of work in both 2D and 3D. Different kinds of clay will be available for each project, specifically selected for each process. This course is <b>not suitable for beginners</b> . <b>Fee includes set of tools &amp; materials.</b> * If you already have a set of tools, please call (01) 8482217 to book & receive €30 reduction. <i>8 week course</i>	<b>7.00-9.30</b>  <i>Naomi Boylan</i>	<b>€165*</b>
T3	<b>SEWING FOR ALL SKILL LEVELS</b> A fun, creative and practical course suitable for all skill levels. Learn the basics or improve your existing skills for dress-making, soft furnishings, curtains, festive decorations, handbag making, gifts and crafts. Materials not included  <i>8 week course</i> <i>See Wednesday afternoon/evening, Thursday, Friday evening &amp; Saturday morning/afternoon</i>	<b>7.15-9.45</b>  <i>Mary Coonan</i>	<b>€115</b>
T4	<b>SPANISH – <i>Beginner Continuation</i></b> If you would like to brush up on your Spanish, improve your basic knowledge and learn more about Spanish culture, with a native speaker, this is the course for you! Come and join us for a fun night of learning. Suitable for those who have completed one of beginner Spanish.  <i>10 week course</i>	<b>7.15-9.15</b>  <i>Maria Asensio Soler</i>	<b>€105</b>
T5	<b>YOGA (All LEVELS)</b>	<b>7.00-8.15</b>	<b>€85</b>
T6	<b>YOGA (ALL LEVELS)</b>	<b>8.15-9.30</b>	<b>€85</b>
	Make time for yourself and restore your energy through traditional yoga practices such as postures, breathing and conscious relaxation. If you think you can't do Yoga for whatever reason, be assured that you can – if you can breathe, you can do yoga!! Suitable for all levels. <b>Mat, blanket, pillow/yoga blocks required for all Yoga classes.</b>  <i>10 week course</i>	  <i>Karen Kelly</i>	

## EVENING CLASSES – TUESDAY

CODE	COURSE	TIME	FEE
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*Classes commencing Tuesday 31<sup>st</sup> January 2023*

**T7 (ONLINE) IRISH SIGN LANGUAGE (ISL)** **7.00-8.30**    **€90**

Why not learn Irish Sign Language, Ireland's 3<sup>rd</sup> official language? This course is designed to enable you to communicate using Irish Sign Language and also to learn about the deaf community and deaf culture. These fun classes are taught by a deaf tutor who will use ISL throughout and you will learn and pick up ISL in a natural environment. **Webcam, microphone, good internet access, computer skills required for online courses.** Students require PC/laptop. Large tablets may be sufficient once tutor can see student's head & upper body. **Smart phones** are much too small and **should not be used.** Good lighting, a clear background and good positioning are also important. **CAMERA needs to be switched on for this class.**

(outline of course content available on our website [www.donahiesadulthood.ie](http://www.donahiesadulthood.ie))

*8 week course*

*Kevin Mulqueen*

*Class commencing Tuesday 7<sup>th</sup> February 2023*

**T8 TYPING/KEYBOARD SKILLS** **7.00-9.00**    **€85**

This course is suitable for beginners and also for those wishing to improve their touch typing skills, including speed development.

*6 week course*

*Eleanor Byrne*

***TO BE CONFIRMED –  
MINDFULNESS, ENERGY & VITALITY CLASSES WITH BEN SOMERS  
WHICH MAY START LATER IN THE TERM  
TO REGISTER YOUR INTEREST . . . .  
PLEASE EMAIL [donahiesadulthood@gmail.com](mailto:donahiesadulthood@gmail.com)/call 01-8482217***

## EVENING CLASSES – WEDNESDAY

CODE	COURSE	TIME	FEE
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*Classes commencing Wednesday 25<sup>th</sup> January 2023*

**W1 BRIDGE INTRODUCTION** **7.15-9.15**    **€60**

Think you might like to learn Bridge? An introductory course to Bridge in a friendly, relaxed atmosphere. Possibility of a continuation course to follow this 5 week taster course.

*5 week course*

*Paul/Anne Doyle C.B.A.I.*

**W2 POTTERY –Beginner/Improvers** **7.00-9.30**    **€165\***

In this *8 week* course students will learn a number of hand building and decorating techniques to create their own unique creative and functional works. Students can design and create vases, tiles, wall pieces, bowls, small sculptures in a relaxed environment. **Fee includes set of tools & materials.**

\*If you already have a set of tools, please call (01) 8482217 to book & receive €30 reduction.

*8 week course*

*Naomi Boylan*

**W3 SEWING FOR ALL SKILL LEVELS** **7.15-9.45**    **€115**

A fun, creative and practical course suitable for all skill levels. Learn the basics or improve your existing skills for dress-making, soft furnishings, curtains, festive decorations, handbag making, gifts and crafts. Materials not included.

*8 week course*

*Mary Coonan*

*See Wednesday afternoon, Tuesday, Thursday, Friday evening & Saturday morning/afternoon*

## EVENING CLASSES – WEDNESDAY

CODE

COURSE

TIME

FEE

*Classes commencing Wednesday 25<sup>th</sup> January 2023*

### PILATES



Pilates is a method of exercise and physical movement designed to stretch, strengthen and balance the body. The courses are a part of a systematic, progressive programme on the mat designed to stimulate and challenge the body at a pace suited to each individual. *Mat, towel & bottle of water required for Pilates classes.*

<b>W4</b>	<b>PILATES – Beginner</b> This course is aimed to introduce the fundamental connects of Pilates and its benefits on the body and health systems to new students, those returning to Pilates and recovering from injury. <i>10 week course</i>	<b>6.45-7.30</b> <i>Rachel Ensor</i>	<b>€65</b>
<b>W5</b>	<b>PILATES – Beginner/Improver</b> This class will cater for both beginners & improvers, students working at their own pace <i>10 week course</i>	<b>7.30-8.30</b> <i>Rachel Ensor</i>	<b>€85</b>
<b>W6</b>	<b>PILATES – Beginner/Improver</b> This course looks to develop and challenge the students' knowledge of the Pilates concept with more awareness placed on the precision, execution and co-ordination of movements at a faster pace <i>10 week course</i>	<b>8.30-9.30</b> <i>Rachel Ensor</i>	<b>€85</b>
<b>W7</b>	<b>SPANISH –Beginner</b> Looking to explore Spanish language and culture? Like to learn to communicate in basic Spanish? This is the course for you! Embark on our journey of discovery and fun with <i>native</i> Spanish speaker, Maria Soler, at the helm! <i>10 week course</i>	<b>7.15-9.15</b> <i>Maria Asensio Soler</i>	<b>€105</b>
<b>W8</b>	<b>SPANISH IMPROVER</b> If you would like to brush up on your Spanish, improve your basic knowledge and learn more about Spanish culture, with a native speaker, this is the course for you! Come and join us for a fun night of learning. Suitable for those who can use the present tense & have completed 1 year/equivalent in Spanish classes. <i>10 week course</i>	<b>7.15-9.15</b>	<b>€105</b>
<b>W9</b>	<b>STAINED GLASS – Beginner/Improvers</b> Learn stained glass method & glass fusing to create light catchers, terrariums, light-shades. Learn the skill of patterns, glass selection, cutting, foiling and soldering. Students will complete at least one colourful stained glass piece. Improvers should bring along project to work on. Materials not included. Equipment & materials are provided for beginners for class 1 & 2, students are advised on tools & materials to purchase for following classes. <i>10 week course</i>	<b>7.00-9.00</b> <i>Aideen Kilbride</i>	<b>€110</b>
<b>W10</b>	<b>MS Word &amp; File Management</b> Learn how to use MS Word, word processor, format and edit files & documents, create folders & organise files. Suitable for beginners. If also booking MS EXCEL, please book combined WORD & EXCEL option for €15 reduction. Relaxed, friendly atmosphere. <i>5 week course</i>	<b>7.00-9.00</b> <i>Eleanor Byrne</i>	<b>€70</b>
<b>M3</b>	<b>MS Word, File Management &amp; Excel</b> 20 hour MS WORD, FILE MANAGEMENT & EXCEL course starts Wed. 25th Jan. '23. Suitable for beginners. Course runs <b>Mondays (Excel) from Monday 30<sup>th</sup> January &amp; Wednesdays (Word &amp; File Management) from Wednesday, 25<sup>th</sup> January.</b> If you have MS Excel/Office 365 on your laptop, please bring your laptop along to class! Relaxed, friendly atmosphere. <b>(Save €15 by booking both modules together – BOOK THIS COMBINED COURSE UNDER MONDAY EVENING CLASSES)</b> <i>20 hour</i>	<b>7.00-9.00</b> <i>Eleanor Byrne &amp; John White</i>	<b>€125</b>
<b>W11</b>	<b>ZUMBA</b> Zumba your way fit dancing to Spanish & Latin American music! A fun, upbeat class. All welcome! Water, runners and loose clothing required. <i>8 week course</i>	<b>7.15-8.15</b>	<b>€65</b>

## EVENING CLASSES – WEDNESDAY

CODE	COURSE	TIME	FEE
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*Class commencing Wednesday 1<sup>st</sup> February 2023*

<p><b>W12</b> <b>BUDGETING FOR BEGINNERS</b></p> <p> This course will help you find your way through the cost of living crisis we are finding ourselves in. Learn how to make a realistic household budget and manage your money more effectively. Reduce your household costs, understand how to read your payslip, apply for tax back and set up a debt repayment plan. All in a simple to understand language. Find out more about tutor Ellie Kistnen on Instagram @planningandfinances.</p> <p style="text-align: center;"><i>8 week course</i></p>	<p><b>7.15-8.45</b>    <b>€75</b></p> <p style="text-align: right;"><i>Ellie Kistnen</i></p>
<p><b>W13</b> <b>JEWELLERY MAKING – An Introduction</b></p> <p>Start a new hobby and create your own handmade jewellery in a supportive class. Create two or three pieces in each class working with handouts and talks on tools, threading, beads etc. All tools provided with <i>materials extra €3/€4 per class.</i></p> <p style="text-align: center;"><i>8 week course</i></p>	<p><b>7.15-9.30</b>    <b>€105</b></p> <p style="text-align: right;"><i>Lorna Gaffney White</i></p>
<p><b>W14</b> <b>MACRAMÉ FOR BEGINNERS</b></p> <p> In this class you will learn the basic macramé knots and techniques to create a series of macramé projects including a plant hanger, a wall hanging and your own personalised bunting. The class is suitable for beginners - if you can tie your shoelaces you can make a beautiful wall hanging! <b>Special introductory fee including all materials with a choice of colours and textures.</b></p> <p style="text-align: center;"><i>6 week course</i></p>	<p><b>7.00-9.00</b>    <b>€85</b></p> <p style="text-align: right;"><i>Deirdre Hurley</i></p>
<p><b>W15</b> <b>OIL PAINTING/SOFT PASTELS</b></p> <p>Course accommodates beginner/improver/advanced. It includes mixed media of soft and hard pastel, charcoal, acrylic, water and oil paints. Explore your own project.</p> <p style="text-align: center;"><i>8 week course</i></p>	<p><b>7.30-9.30</b>    <b>€90</b></p> <p style="text-align: right;"><i>Joni Croughan</i></p>
<p><b>W16</b> <b>PHOTOGRAPHY – Level 1</b></p> <p><i>8 week</i> introductory course to help get the most from your camera, learn about all the camera modes and settings. Topics covered will include Aperture-Depth of Field, Shutter speed and ISO settings, Portrait and Landscape photography. This course is ideal to those looking to get started with their camera. The course will be delivered in a relaxed non-technical manner and will include a photo-shoot in the local area.</p> <p style="text-align: center;"><i>8 week course</i></p>	<p><b>7.30-9.30</b>    <b>€90</b></p> <p style="text-align: right;"><i>John White</i></p>

## EVENING CLASSES – THURSDAY

CODE	COURSE	TIME	FEE
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*Class commencing Thursday 26<sup>th</sup> January 2023*

<p><b>TH1</b> <b>SEWING FOR ALL SKILL LEVELS</b></p> <p>A fun, creative and practical course suitable for all skill levels. Learn the basics or improve your existing skills for dress-making, soft furnishings, curtains, festive decorations, handbag making, gifts and crafts. Materials not included</p> <p style="text-align: center;"><i>8 week course</i></p> <p style="text-align: center;"><i>See Tuesday, Wednesday evening/afternoon, Friday evening &amp; Saturday morning/afternoon</i></p>	<p><b>7.15-9.45</b>    <b>€115</b></p> <p style="text-align: right;"><i>Mary Coonan</i></p>
<p><b>TH2</b> <b>SPANISH Intermediate</b></p> <p>If you would like to improve your conversational Spanish, this is the course for you! You will need to be familiar with the Spanish indicative past and be ready to give use it! We will have different subjects each week to talk about and points of grammar when required. This is a very easy-going and fun conversational class and we will be glad to have you in it! Aquí se habla español! Hasta pronto.</p> <p style="text-align: center;"><i>10 week course</i></p>	<p><b>7.15-9.15</b>    <b>€110</b></p> <p style="text-align: right;"><i>Maria Villar Posada</i></p>

## EVENING CLASSES – THURSDAY

CODE	COURSE	TIME	FEE
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**TH3 DOG CARE AND BASIC DOG TRAINING** **7.15-8.45**    **€75\*\***



Thinking of getting a pup or rescuing a dog? Like to learn more about dogs? Interested in finding new ways to keep your dog active mentally and physically? Looking for tips on training and caring for your dog? John Ward, of Dublin Dog Training, who has 27 years of experience of training dogs and working with rescue dogs and Dogs Aid can help you find the answers to the questions you always wanted to ask! John will bring along guest speakers to advise on nutrition, grooming, training etc. Course participants are asked not to bring dogs along to the first class as John will need to assess needs of the dogs before they come along. After that, John will arrange in advance with students which dogs are to attend. Please do not bring along your dog until you have first spoken to John as a participant on this course.

**\*\*Profits from this course will go to Dogs Aid.** Reduced fee (€40) for a 2nd family member wishing to join this course. To obtain discounts, please contact 01-8482217 as reduced fees cannot be booked online.

*8 week course*

*John Ward*

***Class commencing Thursday 2<sup>nd</sup> February 2023***

**TH4 BASKETBALL FOR WOMEN (*Experienced & Improver player*)** **8.30-9.30**    **€55**

An enjoyable, fun class for those who are familiar with the rules of basketball and have good fitness level.

*8 week course*

*Róisín Shanahan*

***Class commencing Thursday 9<sup>th</sup> February 2023***

**TH5 SPRING & EASTER FLOWER ARRANGING** **7.00-9.00**    **€80**



Make Spring & Easter arrangements for your home in this 7 week course – candle pot, table arrangements on the agenda finishing with an Easter wreath. Relaxed, friendly atmosphere. **Flowers not included in course fee.** Students will be given a list of requirements in advance of each class. Oases can be purchased at cost price from tutor.

*7 week course*

*Maria Carey*

## EVENING CLASSES – FRIDAY

CODE	COURSE	TIME	FEE
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***Classes commencing Friday 27<sup>th</sup> January 2023***

**F1 SEWING FOR ALL SKILL LEVELS** **7.15-9.45**    **€115**

A fun, creative and practical course suitable for all skill levels. Learn the basics or improve your existing skills for dress-making, soft furnishings, curtains, festive decorations, handbag making, gifts and crafts. Materials not included

*8 week course*

*Mary Coonan*

*See Tuesday, Wednesday evening/afternoon, Thursday evening & Saturday morning/afternoon*



## DAYTIME CLASSES

CODE

COURSE

TIME

FEE

### WEDNESDAY MORNING/AFTERNOON

WED1

#### CREATIVE CARD MAKING

2.00-4.00

€70



Make your own cards for all occasions! Learn to matt and layer, embossing & die-cutting. €5 for kit payable to tutor for each class. Please bring along a scissors. Relaxed, friendly environment.

*6 week course commencing 1<sup>st</sup> February 2023*

*Aideen Kilbride*

WED2

#### SEWING FOR ALL SKILL LEVELS

2.00-4:30

€115

A fun, creative and practical course suitable for all skill levels. Learn the basics or improve your existing skills for dress-making, soft furnishings, curtains, festive decorations, handbag making, gifts and crafts. Materials not included

*8 week course commencing 25<sup>th</sup> January 2023*

*Mary Coonan*

*See Tuesday, Wednesday evening, Thursday, Friday evening & Saturday morning/afternoon*

WED3

#### STAINED GLASS

10.30-12.30

€110



Learn stained glass method & glass fusing to create light catchers, terrariums, light-shades. Learn the skill of patterns, glass selection, cutting, foiling and soldering. Students will complete at least one colourful stained glass piece. Improvers should bring along project to work on. Materials not included. Equipment & materials are provided for beginners for class 1 & 2, students are advised on tools & materials to purchase for following classes.

**PLEASE REGISTER YOUR INTEREST IN THIS COURSE TO:-**

**[donahiesadulted@gmail.com](mailto:donahiesadulted@gmail.com) / [call 01-8482217](tel:01-8482217)**

*10 week course commencing 25<sup>th</sup> January 2023*

*Aideen Kilbride*

WED4

#### TAI CHI – Continuation

2.00-3.30

€60

The gentle flowing movements of Tai Chi bring strength and flexibility to the body. With practice, Tai Chi enhances mental clarity and assists in achieving better balance and co-ordination. This class is for students who have completed previous courses with Claire. **New students, even those with experience of Tai Chi, are advised to enrol in the Beginners class.**

*5 week course commencing Wednesday 1<sup>st</sup> February 2023* *Claire McGreevy*

WED5

#### TAI CHI – Beginner

3.30-4.30

€65

The gentle flowing movements of Tai Chi bring strength and flexibility to the body. With practice, Tai Chi enhances mental clarity and assists in achieving better balance and co-ordination. This class is for students who have completed previous courses with Claire. **New students, even those with experience of Tai Chi, are advised to enrol in the Beginners class.**

*8 week course commencing Wednesday 1<sup>st</sup> February 2023*

*Claire McGreevy*

## SATURDAY MORNING & AFTERNOON

<b>SAT1</b>	<b>SEWING FOR ALL SKILL LEVELS</b>	<b>9.30-12.00</b>	<b>€115</b>
<b>SAT2</b>	<b>SEWING FOR ALL SKILL LEVELS</b>	<b>2.00-4.30</b>	<b>€115</b>

A fun, creative and practical course suitable for all skill levels. Learn the basics or improve your existing skills for dress-making, soft furnishings, curtains, festive decorations, handbag making, gifts and crafts. Materials not included

*8 week course commencing 21<sup>st</sup> January* *Mary Coonan*  
*See Tuesday, Wednesday evening/afternoon, Thursday & Friday evening*

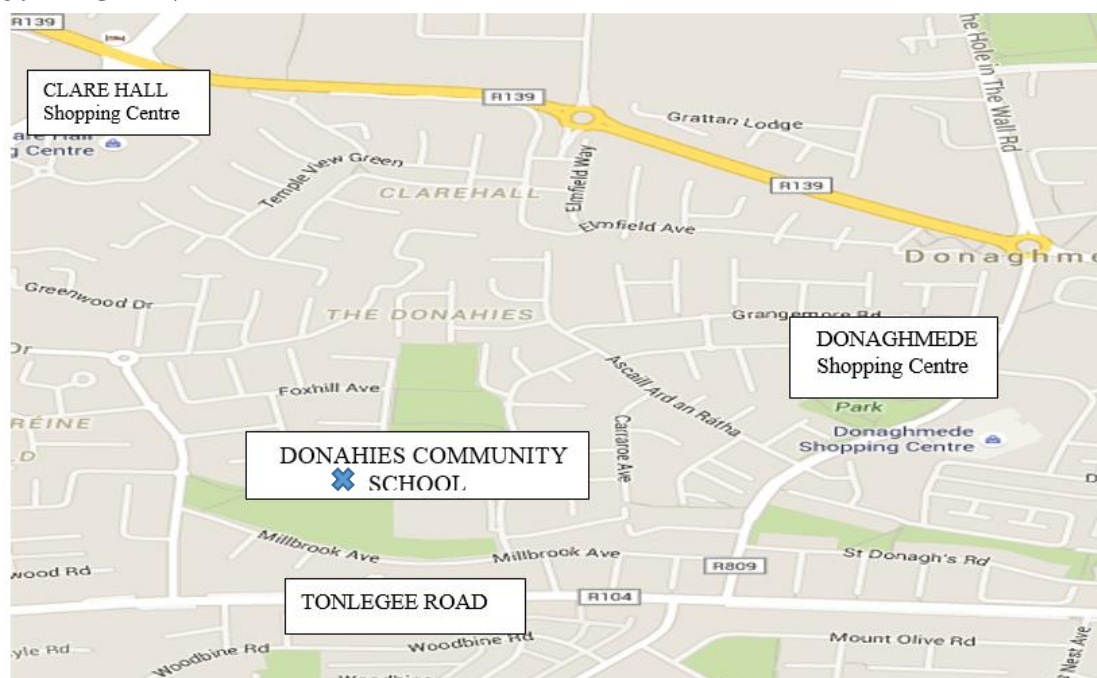
<b>SAT3</b>	<b>POTTERY –Beginner/Improver Course</b>	<b>10.45-1.15</b>	<b>€165*</b>
<b>SAT4</b>	<b>POTTERY –Beginner/Improver Course</b>	<b>2.00-4.30</b>	<b>€165*</b>

In this *8 week* course students will learn a number of hand building and decorating techniques to create their own unique creative and functional works. Students can design and create vases, tiles, wall pieces, bowls, small sculptures in a relaxed environment. **Fee includes set of tools & materials.**

\*If you already have a set of tools, please call (01) 8482217 to book & receive €30 reduction.

*8 week course, commencing 28<sup>th</sup> January* *Naomi Boylan*

*We are here: D13 YN 77*



## Terms & Conditions

- Formation of classes will depend upon sufficient enrolments for the class. **We will only contact you if your class is not formed.**
- Fees, once paid, are strictly **non-refundable**, unless a class is not formed, in which case you will receive a full refund, after classes commence.
- Unless otherwise stated, course fees cover tuition and use of building only.
- **Participants must be over 16 years of age.**
- **Class schedule/finish dates may change due to unforeseen circumstances.**
- All course participants attend at their own risk. Neither the Minister for Education & Skills nor the Board of Management of the Donahies Community School and their officers accept liability for damage or injury to persons or property, while present in the school or its precincts.
- Clean runners are essential for activities in the gym.
- Smoking is prohibited by law in any part of the school building.
- Day class participants must use designated adult facilities only.
- Cars are parked at owners' risk.
- **All participants are requested to respect disabled and reserved parking spaces.**
- Please keep up to date on our website and our Facebook page for information regarding school closures.
- Once enrolments have been made class will commence on the advertised start date unless you hear otherwise.
- For online/blended learning classes, email addresses will be shared with tutors/in case of SNA courses College of Progressive Education.
- There is no discount for those who cannot attend all evenings of the course.

### **Covid Related:**

- Symptoms of Covid 19: any adult student or staff member who is ill or displaying symptoms of Covid-19 should not attend the school for classes and follow appropriate advice.
- Government Guidelines: Classes may have to be postponed or cancelled if the Government so advises in the event of a major resurgence of Covid-19.

### **\*\* LINKS WITH OUR COMMUNITY \*\***

<b>Donahies Residents Association</b>	<a href="mailto:thedonahies@gmail.com">thedonahies@gmail.com</a>
<b>Dublin All Stars Marching Band</b>	<i>Bairbre 086 2252718 Email: <a href="mailto:bairbre.sweeney@gmail.com">bairbre.sweeney@gmail.com</a></i>
<b>Holy Trinity Parish</b>	<a href="http://holytrinityparish.ie">holytrinityparish.ie</a>
<b>Killester Basketball</b>	<a href="https://killester.com">https://killester.com</a>
<b>Mr. Safety - Fire &amp; First Aid Training for families</b>	<a href="http://www.mrsafety.ie">www.mrsafety.ie</a> / 0863088046
<b>O'Toole's GAA</b>	<a href="https://otoolesgac.ie">https://otoolesgac.ie</a>
<b>Tai Chi Master Ding Academy Ireland</b>	<a href="http://www.dublin.masterdingacademy.com">www.dublin.masterdingacademy.com</a>
<b>Trinity Gaels GAA</b>	<a href="http://www.trinitygaels.com">www.trinitygaels.com</a>