ADULT & COMMUNITY EDUCATION PROGRAMME

January 2024





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 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: F 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.

PLEASE NOTE THAT ALL DATES ARE SUBJECT TO CHANGE PLEASE READ TERMS & CONDITIONS BEFORE BOOKING PLEASE NOTE -MINIMUM AGE FOR ADULT EDUCATION COURSES IS 16 YEARS

CRAFT WORKSHOPS

CODE COURSE TIME FEE

SW1 JEWELLERY MAKING (Beading) 24/02/'24

JEWELLERY MAKING (Beading) Sat. 24th Feb. 10.00am -2.00pm €40

Create 3 pieces of jewellery. All materials and use of equipment included in course fee.

Tutor: Lorna Gaffney White

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

CODE COURSE TIME FEE

Class commencing Tuesday 6th February 2024

CPE1 SPECIAL NEEDS ASSISTING LEVEL 5 (5N1786)

7.00 -9.30 €325

For course information please visit: - www.progressivecollege.ie

info@progressivecollege.ie

(01) 4884300

To book please contact Donahies Adult Ed.

12-week course, Tuesday evenings. Minimum age is 17 Years for QQI Courses.

Class commencing Wednesday 7th February 2024

CPE2 SPECIAL NEEDS ASSISTING LEVEL 6 (6N1957)

7.00 -9.30 €325

For course information please contact: - www.progressivecollege.ie

info@progressivecollege.ie

(01) 4884300

To book please contact Donahies Adult Ed.

10-week course, Wednesday evenings. Minimum age is 17 Years for QQI Courses.

It is advised Special Needs Assisting Level 5/equivalent is completed before undertaking the Level 6 Course.

EVENING CLASSES – MONDAY

CODE COURSE TIME F

Classes commencing Monday 29th January 2024

M1 MS EXCEL - BEGINNERS

7.00-9.00 €70

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!

5 week course John White

M2 MS Word, File Management & Excel

7.00-9.00 €125

20-hour MS WORD, FILE MANAGEMENT & EXCEL course starts Mon. 29th Jan. '24. Suitable for beginners. Course runs Mondays (Excel) from Monday 29th January & Wednesdays (Word & File Management) from Wednesday, 31st January.

If you have MS Excel/Office 365 on your laptop, please bring your laptop along to class! **Relaxed, friendly atmosphere.** (Save €15 by booking both modules together –

BOOK THIS COMBINED COURSE UNDER MONDAY EVENING CLASSES)

20 hour course

Eleanor Byrne & John White

Class commencing Monday 12th February 2024

M3 YOGA FLOW & RESTORE

7.00-8.30

€60



This yoga and mindfulness class is suitable for all levels, including beginner and combines Hatha & Vinyasa Flowing Asana's (movements) to include breathwork, mindfulness, as well as deep rest, release and letting go. Movement is quick yet paced with breath and modified to suit, with sweet stretches, breathing and relaxation. It is best suited for students, who seek to rejuvenate, replenish and realign Mind & Body. Mat & blanket required.

6 week course

Sharon Denver

Classes commencing Monday 11th March 2024

M4 MS EXCEL INTERMEDIATE/ADVANCED

7.00-9.00

€85

This 6 week course 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!

6 week course

John White

CODE COURSE TIME FEE

Classes commencing Tuesday 23rd January 2024

T1 POTTERY (Hand Building) – Improver

7.00-9.30

€145*

This class is suitable for those **who have taken our beginners course or who have previous experience** 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 **not suitable for beginners**.

*TOOLS REQUIRED. If you do not have your own set of tools, TOOL KIT will need to be purchased directly from tutor during the first class at cost of €30.

8 week course

Naomi Boylan

T2 SEWING FOR ALL SKILL LEVELS

7.15-9.45

€120

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/evening, Thursday, Friday evening & Saturday morning/afternoon

Classes commencing Tuesday 30th January 2024

T3 SPANISH – Beginner Continuation Level 2

7.15-9.15

€110

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 2 terms of beginner Spanish/equivalent.

10 week course

Jesús Alonso Cortina

T4 YOGA (ALL LEVELS)

€85 6.30-7.45 **T5 YOGA (ALL LEVELS)** 7.45-9.00 €85

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.

Mat, blanket, pillow/yoga blocks required for all Yoga classes.

10 week course

Karen Kelly

Kevin Mulaueen

Classes commencing Tuesday 6thFebruary 2024

T6 IRISH SIGN LANGUAGE (ISL – In Person)

7.30-9.00 €90

Why not learn Irish Sign Language, Ireland's 3rd 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. (outline of course content available on our website www.donahiesadulted.ie)

8 week course

SOAP, CANDLE & BALM MAKING

7.00-9.00 **€120**

In this 6-week course, students can look forward to making approximately soaps, travel candles and body balms. Fun and easy to make with no specialist equipment needed, as well as being completely natural, with no additives or synthetic chemicals. All the ingredients are vegan friendly and not tested on animals. We will also start to develop your own scent bank with ethically sourced essential oils while also using foraged ingredients. Materials included in course fee, although students will be invited to add their own foraged ingredients.

> 6 week course Suzanne Clarke

T8 OI GONG 7.30-8.45 €65

Qi gong is an ancient Chinese practice which helps to develop and balance the life energy (qi). It consists of synchronised movement, breathing and meditation and is designed to enhance health, balance emotions, and calm the mind. Practiced regularly, it makes joints more supple, strengthens the muscles and improves balance and coordination. In this introductory course, you will also learn some gentle warm up exercises, a breathing technique to enhance energy flow & a standing meditation. Loose comfortable clothing and flat shoes/runners advised.

> 6 week course Brian Lynch

T9 TYPING/KEYBOARD SKILLS

speed development.

7.00-9.00

€85

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

6 week course Eleanor Byrne

EVENING CLASSES – WEDNESDAY **CODE**

Classes commencing Wednesday 24th January 2024

W1POTTERY (Hand Building) -Beginner/Improver

7.00-9.30 €145*

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.

*TOOLS REQUIRED. If you do not have your own set of tools, TOOL KIT will need to be purchased directly from tutor during the first class at cost of €30.

8 week course

Naomi Boylan

SEWING FOR ALL SKILL LEVELS W2

7.15-9.45 €120

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

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

Classes commencing Wednesday 31st January 2024

W3 BRIDGE BEGINNER CONTINUATION

7.15-9.15

€60

€70

Suitable for those who have completed 10-week beginner course/equivalent.

5 week course

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

W4 MS Word & File Management

7.00-9.00

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.

5 week course

Eleanor Byrne

M2 MS Word, File Management & Excel

7.00-9.00 €125

20 hour MS WORD, FILE MANAGEMENT & EXCEL course starts Mon. 29th Jan. '24. Suitable for beginners. Course runs **Mondays** (Excel) from Monday 29th January & Wednesdays (Word & File Management) from Wednesday, 31st January. If you have MS Excel/Office 365 on your laptop, please bring your laptop along to class! Relaxed, friendly atmosphere. (Save €15 by booking both modules together −

BOOK THIS COMBINED COURSE UNDER MONDAY EVENING CLASSES)

20 hours

Eleanor Byrne & John White

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*.

W5 PILATES – Beginner

6.30-7.20 €75

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.

10 week course

Rachel Ensor

W6 PILATES – Beginner/Improver

7.20-8.10 €75

This class will cater for both beginners & improvers, students working at their own pace

10 week course

Rachel Ensor

W7 PILATES – Beginner/Improver

8.10-9.00 €75

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

10 week course

Rachel Ensor

W8 SPANISH -Beginner

7.15-9.15 €110

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 a *native* Spanish speaker at the helm!

10 week course

Clara Díaz Suárez

W9 SPANISH -Beginner Continuation Level 1

7.15-9.15 €110

Looking to further 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 a *native* Spanish speaker at the helm! Suitable for those who have completed 10 week beginner Spanish course/equivalent.

10 week course

Jesús Alonso Cortina

W10 SPANISH –Improver

7.15-9.15 €110

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 2 year/equivalent in Spanish classes and have some knowledge of the past tense.

10 week course

Maria Villar Posada

W11 STAINED GLASS – Beginner/Improver

7.00-9.00 €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.

10 week course

Aideen Kilbride

W12 CROCHET-BEGINNER

6.15-7.45 €90

NEW

Learn the beautiful handcraft of crochet in a relaxed & friendly environment. Create a square in a different stitch for the first 4 weeks. Weeks 5 -8 will see you joining your squares, adding a border & tassels to complete your first project, a small blanket. We will also crochet pumpkins to celebrate Hallowe'en! By joining our class, you will quickly learn the basic stitches, how to read patterns and diagrams and be ready to take on your next project! 2 crochet hooks - 4mm & 4.5mm and 100g ball of double-knit wool required for first class

8 week course

Mary Crowley

W13 CROCHET - IMPROVER

before class begins.

8.00-9.30 €75

This course is suitable for students with knowledge of the basic crochet stitches & would like to improve their skills. In a relaxed environment you will learn how to crochet a naming/christening blanket, using new stitches, how to join using different techniques & finishing off. You will also learn how to read diagrams (if you can't already). Students are welcome to bring along their own project to work on. Materials are not included, please remember to bring along patterns, wool, hooks, darning needles, scissors, stitch markers etc that you may require for the class. Christening/naming blanket pattern can be obtained from tutor, we will contact improver students

8 week course

Mary Crowley

W14 LATINA DANCE (ZUMBA STYLE)

7.30-8.30

€45

Hi everyone! Latina Dance is my new energetic dance and fitness class to the sounds of my native rhythmic Latin beats. In Colombia, we believe dancing is the body's way of smiling, and my aim for every class is that you shake, sweat and leave with a smile! Similar to Zumba, which has its origins in Colombia, Latina Dance incorporates reggaeton, salsa, hip-hop, samba, merengue and cumbia. If you are interested, please give my class a try!

5 week course

Susanna Minihan

W15 OIL PAINTING/SOFT PASTELS

7.30-9.30

€70

Course accommodates beginner/improver/advanced. It includes mixed media of soft and hard pastel, charcoal, acrylic, water and oil paints. Explore your own project.

6 week course

Joni Croughan

W16 CREATIVE WRITING

7.00-9.00

€70

A practical workshop based programme designed to help people approach creative writing in a way that they can feel confident unlocking their own personal stories and getting them down on the page. This process uses a combination of carefully guided steps and peer to peer motivation, all within a fun and encouraging atmosphere.

6 week course

Enda McDonagh

Class commencing Wednesday 7th February 2024

W17 PHOTOGRAPHY - Level 1

7.30-9.30

€90

8 week 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.

8 week course

John White

EVENING CLASSES – THURSDAY

CODE COURSE TIME FE

Class commencing Thursday 25th January 2024

TH1 POTTERY (Hand Building) -Beginner/Improver

00-9.30 €145*

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.

*TOOLS REQUIRED. If you do not have your own set of tools, TOOL KIT will need to be purchased directly from tutor during the first class at cost of €30.

Please note "Drying week" Tuesday 14th – Thursday 16th November, no classes on these dates, subject to change.

8 week course

Naomi Boylan

TH2 SEWING FOR ALL SKILL LEVELS

7.15-9.45

€120

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, Friday evening & Saturday morning/afternoon

Class commencing Thursday 1st February 2024

TH3 DOG CARE AND BASIC DOG TRAINING

7.15-9.15

€90**

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

TH4 BASKETBALL FOR WOMEN (Experienced & Improver player) 8.15-9.15 €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

TH5 SPANISH Intermediate

7.15-9.15 €110

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 tenses and be ready to give use it! Each week we will talk about different topics and go deeper into aspects of grammar when necessary. This is a very easy-going and fun conversational class, and we will be glad to have you in it! Aquí se habla español! Nos vemos pronto.

10 week course

Maria Villar Posada

TH6 MINDFULNESS/MEDITATION

7.00-8.30

€60

This *6 week course* is for those who wish to deepen spiritual awareness and learn simple relaxation techniques to practice in their journey through life.

6 week course

Dermot Kirby

TH7 FILM & TV APPRECIATION

7.00-9.00

€70

An introductory exploration of classic and modern cinema with specific focus on how films have changed and developed over time, understanding different genres and how the art of visual storytelling works.

With the steady popularity of TV drama in recent years, this course now also features an additional focus on just what makes thrilling television and why it's popularity has increased so rapidly with the arrival of Streaming services such as Netflix and Amazon Prime. In-class screenings and potential cinema trips (if feasible) also act as an integral research and social component of this course.

6 week course

Enda McDonagh

TH8 SPRING & EASTER FLOWER ARRANGING

7.00-9.00 €110

Make Spring & Easter arrangements for your home — 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.

10 week course Maria Carey

EVENING CLASSES – FRIDAY

COURSE TIME FEE

Classes commencing Friday 26th January 2024

F1 SEWING FOR ALL SKILL LEVELS

CODE

CODE

7.15-9.45

€120

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

COURSE TIME FEE

WEDNESDAY MORNING/AFTERNOON

WED1 SEWING FOR ALL SKILL LEVELS

2.00-4:30 €120

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 24th January 2024

Mary Coonan

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

WED2 TAI CHI – Beginner

2.00-3.00 €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.

8 week course commencing Wednesday 7th February 2024 Claire McGreevy

WED3 TAI CHI – Continuation

3.00-4.00

€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 7th February 2024

WED4 CAKE DECORATING & SUGARCRAFT

2.00-4.00 €115

NEW

Learn a variety of cake decorating techniques in this 6-week course. Learn the correct technique of decorating a cake, make a variety of cake toppers such as teddy bears, small animals, baby items, flowers, festive and occasion cakes and much more. A relaxing, creative way to spend a Wednesday afternoon!

Materials including a dummy cake included in course fee as well as use of equipment.

7 week course commencing Wednesday 7th February 2024

Valentina Rossi

Claire McGreevy

SATURDAY MORNING & AFTERNOON

SAT1 POTTERY (Hand Building) – Improver

10.45-1.15 €145*

This class is suitable for those **who have taken our beginners course or who have previous experience** 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 **not suitable for beginners**.

*TOOLS REQUIRED. If you do not have your own set of tools, TOOL KIT will need to be purchased directly from tutor during the first class at cost of €30.

8-week course, commencing 27th January

SAT2 POTTERY (Hand Building) –Beginner/Improver

2.00-4.30 €145

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.

*TOOLS REQUIRED. If you do not have your own set of tools, TOOL KIT will need to be purchased directly from tutor during the first class at cost of €30.

8-week course, commencing 27th January

Naomi Boylan

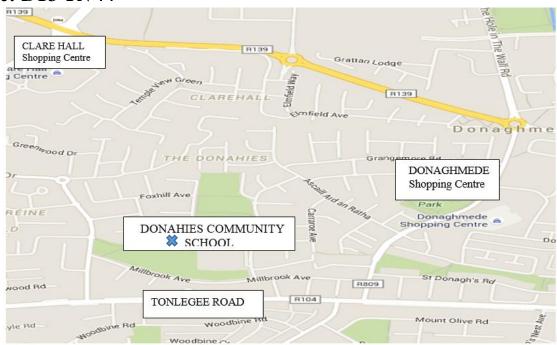
SAT3 SEWING FOR ALL SKILL LEVELS SAT4 SEWING FOR ALL SKILL LEVELS

9.30-12.00 €120 1.30-4.00 €120

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 27th January Mary Coonan See Tuesday, Wednesday evening/afternoon, Thursday & Friday evening

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.
- The student on enrolment subscribes to Adult Education regulations and is bound to observe them. The
 Director/Assistant Director has the right to suspend persons from class and premises as deemed
 appropriate.
- Places in class are non-transferable unless with the permission of the Director

** LINKS WITH OUR COMMUNITY **

Donahies Residents Association thedonahies@gmail.com

Dublin All Stars Marching BandBairbre 086 2252718 Email:bairbre.sweeney@gmail.com

Holy Trinity Parish holytrinityparish.ie

Killester Basketball https://killester.com

Mr. Safety - Fire & First Aid Training for families www.mrsafety.ie / 0863088046

O'Toole's GAA https://otoolesgac.ie

Tai Chi Master Ding Academy Ireland www.dublin.masterdingacademy.com

Trinity Gaels GAA www.trinitygaels.com