

55+ Daily Activity

SOUTH DUBLIN COUNTY

2017

55+ Daily Activity

SOUTH DUBLIN COUNTY

The **55+ Daily Activity** was produced by South Dublin County Council's Community Development Team to help older people find information on what's going on every day in their local area.

Essentially the **55+ Daily Activity** is a snap shot of just some of the many activities and community groups for older people, in Clondalkin, Lucan, Palmerstown, Rathfarnham, Rural South Dublin County, Tallaght, Templeogue and Terenure.

The **55+ Daily Activity** contains information to turn the period from 55 onwards into one of the most satisfying times. Inside you will find opportunities to engage in arts and cultural activities, social events, outings, sport and physical activity as well as details of where you can meet like minded people for a cuppa and a chat.

We hope the information provided will inspire 55+ to reach their full potential as they age.

The **55+ Daily Activity** was accurate at the time of going into press. However, some activities or groups may have changed their times and days so it is always best to ring ahead and confirm. Indeed, some activities / groups may require an admission or membership fee, so again it is always better to ring ahead and confirm.

Also, you may know of an activity or group happening in your area which is not included in this booklet. So if you would like to tell us about it, we'd be delighted to hear from you. You will find our contact details on the back of this booklet.

We hope you will find the 55+ Daily Activity useful, helping you to have an enjoyable time meeting old friends and making new ones. We wish you an enjoyable time attending the various activities and groups and visiting your neighbouring areas.

Clondalkin Area

	Day	Page
Áras Chrónáin Ionad Cultúir	Monday	14, 15
Bawnogue Youth & Community Centre	Monday	2
Clondalkin Sports & Leisure Complex	Monday	5
Clondalkin Village Parish Centre	Monday	6
Knockmitten Youth & Community Centre	Monday	13, 15
Liscarne Community Café Centre	Monday	10
Sacred Heart Parish Centre	Monday	16
St. Joseph's School	Monday	14
Áras Chrónáin Ionad Cultúir	Tuesday	33, 34
Clondalkin Active Retirement Association	Tuesday	20
Knockmitten Youth & Community Centre	Tuesday	24, 26
Liscarne Community Café Centre	Tuesday	26
Quarryvale Youth & Community Centre	Tuesday	32
Roadstone Social Club	Tuesday	32
Ronanstown CDP	Tuesday	28
The Church of the Immaculate Conception	Tuesday	31
Áras Chrónáin Ionad Cultúir	Wednesday	46, 53
Bawnogue Youth & Community Centre	Wednesday	38, 48
Clondalkin Men's Shed	Wednesday	45
Liscarne Community Café Centre	Wednesday	44, 45, 46
Maldron Hotel Newlands Cross	Wednesday	39
Quarryvale Youth & Community Centre	Wednesday	51
Sacred Heart Parish Centre	Wednesday	53
The Scouts Den	Wednesday	52
Áras Chrónáin Ionad Cultúir	Thursday	68, 73
Bawnogue Youth & Community Centre	Thursday	58
Clonburris Parish Centre	Thursday	72
Clondalkin Library	Thursday	68, 69
Clondalkin Sports & Leisure Complex	Thursday	62, 64
Knockmitten Youth & Community Centre	Thursday	72
Liscarne Community Café Centre	Thursday	64, 65
Quarryvale Youth & Community Centre	Thursday	59
Sacred Heart Parish Centre	Thursday	56, 60
St. Joseph's School	Thursday	70
Áras Chrónáin Ionad Cultúir	Friday	84
Clondalkin Sports & Leisure Complex	Friday	77
Knockmitten Youth & Community Centre	Friday	78, 81
Liscarne Community Café Centre	Friday	80, 81
Sacred Heart Parish Centre	Friday	83
Áras Chrónáin Ionad Cultúir	Saturday	85
Áras Chrónáin Ionad Cultúir	Sunday	87
Maldron Hotel Newlands Cross	Sunday	86

Lucan Area

	Day	Page
Lucan Library SuperValu Shopping Centre	Monday	07
Lucan Sports & Leisure Complex	Wednesday	44
St. Andrew's Parish Centre	Wednesday	40, 46
St. Mary's Parish Centre	Wednesday	41
St. Andrew's Parish Centre	Thursday	64, 71
St. Andrew's Active Retirement Association	Thursday	67

Palmerstown Area

	Day	Page
Palmerstown Active Retirement Association	Monday	3
Palmerstown Parish Centre	Monday	11
Palmerstown Active Retirement Association	Tuesday	21, 28, 31
Palmerstown Community & Youth Centre	Tuesday	33
Palmerstown Active Retirement Association	Wednesday	42
Palmerstown Parish Centre	Wednesday	45
Parish Centre	Wednesday	52
Palmerstown Active Retirement Association	Thursday	57, 66
Palmerstown Active Retirement Association	Friday	74, 80, 81
Palmerstown Community & Youth Centre	Friday	83
Palmerstown Parish Centre	Friday	81

Rathfarnham Area

	Day	Page
RUAH Centre	Monday	6
Ballyroan Community & Youth Centre	Tuesday	21, 27
Knocklyon Youth & Community Centre	Tuesday	18, 21
Whitechurch Community & Youth Centre	Tuesday	22, 29
Ballyroan Community & Youth Centre	Wednesday	47, 48, 52
Ballyroan Community & Youth Centre	Thursday	63, 70
Knocklyon Youth & Community Centre	Thursday	65
Ballyroan Community & Youth Centre	Friday	77
Ballyroan Community & Youth Centre	Sunday	87

Rural South Dublin County Area (Brittas, Glenasmole, Newcastle, Rathcoole & Saggart)

	Area	Day	Page
St. Brigid's Home	Brittas	Monday	1
St. Martin's National School	Brittas	Monday	15
St. Brigid's Home	Brittas	Tuesday	18
St. Brigid's Home	Brittas	Wednesday	37
St. Brigid's Home, Crooksling	Brittas	Thursday	56
St. Brigid's Home, Crooksling	Brittas	Friday	74
Glenasmole Community Centre	Glenasmole	Monday	1
Glenasmole Community Centre	Glenasmole	Wednesday	36
St. Finian's Community Centre	Newcastle	Monday	6
St. Finian's Community Centre	Newcastle	Wednesday	51
St. Finian's Community Centre	Newcastle	Thursday	62
4 Districts Day Care Centre	Rathcoole	Monday	1
Rathcoole Community Centre	Rathcoole	Monday	4
4 Districts Day Care Centre	Rathcoole	Tuesday	18
4 Districts Day Care Centre	Rathcoole	Wednesday	37
Rathcoole Community Centre	Rathcoole	Wednesday	36, 41, 43, 54
4 Districts Day Care Centre	Rathcoole	Thursday	56
Rathcoole Community Centre	Rathcoole	Thursday	70
4 Districts Day Care Centre	Rathcoole	Friday	74

Tallaght Area

	Day	Page
An Cosán	Monday	12
Belgard Community & Youth Centre	Monday	15
Dominic's Community Centre	Monday	8, 13
Dublin Postal Sports & Social Club	Monday	2, 7, 8, 9, 10, 11, 13
Glenview Lodge	Monday	9
Killinarden Community Centre	Monday	4, 9
Killinarden Family Resource Centre	Monday	2, 3, 10, 12
Kilnamanagh Family Recreation Centre	Monday	7, 14
Kiltipper Café Bar	Monday	13
Kingswood Community Centre	Monday	17
Rose Cottage Dementia Care Centre	Monday	5
St. Aengus Parish Community Centre	Monday	16
St. Anne's GAA Club	Monday	16
St. Kevin's Family Resource Centre	Monday	3

Contents

St. Mark's GAA Club	Monday	5
St. Mark's Youth and Family Centre	Monday	12
Tallaght Leisure Centre	Monday	6
The Resource Centre	Monday	4
Trustus Day Services	Monday	1
Tymon Bawn Community Centre	Monday	16
Belgard Community & Youth Centre	Tuesday	21
Brookview Neighbourhood Centre	Tuesday	35
Dominic's Community Centre	Tuesday	24, 32
Dublin Postal Sports & Social Club	Tuesday	19, 23, 24, 25, 26, 27, 28, 31
Fettercairn Community Centre	Tuesday	24
Glenview Lodge	Tuesday	25
Killinarden Family Resource Centre	Tuesday	19, 20, 30, 31
Kilnamanagh Family Recreation Centre	Tuesday	23, 28, 35
Kingswood Community Centre	Tuesday	22
Rose Cottage Dementia Care Centre	Tuesday	20
Rua Red	Tuesday	23
Shalom, St. Mark's Church Hall, Tallaght	Tuesday	34
St. Aengus Parish Community Centre	Tuesday	30
St. Kevin's Family Resource Centre	Tuesday	22, 30, 32
St. Mark's Scout's Den	Tuesday	30
St. Thomas's Pastoral Centre	Tuesday	25
Tallaght Stadium	Tuesday	29
The Dominican Retreat Centre	Tuesday	34
The Resource Centre	Tuesday	20
Trustus Day Services	Tuesday	18
Tymon Bawn Community Centre	Tuesday	23
Belgard Community & Youth Centre	Wednesday	53
Dominic's Community Centre	Wednesday	51
Dublin Postal Sports & Social Club	Wednesday	38, 42, 43, 44, 47, 49
Fettercairn Community Centre	Wednesday	49
Firhouse Community Centre	Wednesday	49
Glenview Lodge	Wednesday	43
Killinarden Family Resource Centre	Wednesday	38
Kilnamanagh Family Recreation Centre	Wednesday	41, 55
Kiltipper Café Bar	Wednesday	50
Kingswood Community Centre	Wednesday	44, 51
Rose Cottage Dementia Care Centre	Wednesday	39
Rua Red	Wednesday	42
St. Aengus Parish Community Centre	Wednesday	52
St. Kevin's Family Resource Centre	Wednesday	36, 39, 46, 50
St. Mark's Youth and Family Centre	Wednesday	49
St. Thomas's Church	Wednesday	50
Tallaght Community School Sports Complex	Wednesday	55
Tallaght Leisure Centre	Wednesday	40

The Dominican Retreat Centre	Wednesday	53
The Park Community Centre	Wednesday	42
The Resource Centre	Wednesday	39
Trustus Day Services	Wednesday	36
Tymon Bawn Community Centre	Wednesday	40
An Cosán	Thursday	67
Belgard Community & Youth Centre	Thursday	60, 68
Brookfield Youth & Community Centre	Thursday	70
Dominic's Community Centre	Thursday	69
Dublin Postal Sports & Social Club	Thursday	57, 61, 62, 63, 64, 65, 66, 67
Glenview Lodge	Thursday	63
Jobstown Community Centre	Thursday	67
Killinarden Community Centre	Thursday	71
Killinarden Family Resource Centre	Thursday	58, 59
Kilnamanagh Family Recreation Centre	Thursday	61, 71
Kingswood Community Centre	Thursday	60
Molloys Pub	Thursday	72
Rose Cottage Dementia Care Centre	Thursday	59
St. Aengus Parish Community Centre	Thursday	73
St. Kevin's Family Resource Centre	Thursday	59
St. Mark's Scout's Den	Thursday	68
St. Thomas's Parish Centre	Thursday	69
Tallaght Leisure Centre	Thursday	61
The Dominican Retreat Centre	Thursday	72
Trustus Day Services	Thursday	56
Tymon Bawn Community Centre	Thursday	62
Belgard Community & Youth Centre	Friday	82
Dominic's Community Centre	Friday	78, 83
Dublin Postal Sports & Social Club	Friday	75, 78, 79
Fettercairn Community Centre	Friday	79
Glenview Lodge	Friday	79
Killinarden Family Resource Centre	Friday	76
Kilnamanagh Family Recreation Centre	Friday	77, 83
Kiltipper Café Bar	Friday	82
Kingswood Community Centre	Friday	79
Rose Cottage Dementia Care Centre	Friday	76
Trustus Day Services	Friday	74
Tymon Bawn Community Centre	Friday	75, 82
Brookfield Community Garden	Saturday	85
Killinarden Community Centre	Saturday	85
Rua Red	Saturday	85
Kiltipper Café Bar	Sunday	86
The Dominican Retreat Centre	Sunday	86

Templeogue & Terenure Area

	Day	Page
Kimmage Manor Church Hall	Monday	4
Perrystown & Manor Estate Community Centre	Monday	12
St. Mary's Rugby Club	Monday	8
Templeogue House	Monday	2
Terenure College Swimming Pool	Monday	8, 9, 17
Pastoral Centre, St. Jude's Church	Tuesday	29
Perrystown & Manor Estate Community Centre	Tuesday	29, 33
St. Jude's GAA Club	Tuesday	22
Templeogue House	Tuesday	19
Terenure College Swimming Pool	Tuesday	19, 34
Greenhills Community Centre	Wednesday	48, 54
Kimmage Manor Church Hall	Wednesday	40
Pastoral Centre, St. Jude's Church	Wednesday	48
Perrystown & Manor Estate Community Centre	Wednesday	54
Templeogue House	Wednesday	37
Terenure College Swimming Pool	Wednesday	37, 54, 55
Pastoral Centre, St. Jude's Church	Thursday	66
Perrystown & Manor Estate Community Centre	Thursday	66
Templeogue House	Thursday	57
Terenure College Swimming Pool	Thursday	57, 61, 63
Kimmage Manor Church Hall	Friday	82
Perrystown & Manor Estate Community Centre	Friday	76
Templeogue House	Friday	75
Terenure College Swimming Pool	Friday	75, 78

Other Activities & Notes

	Page
More to Experience	88-90
Useful Contacts	91-92
My Daily Planner	93-95
Things to Do	96-98



Trustus Day Services

Trustus Day Services

Time: 9.00 am – 4.00 pm // All Welcome

Contact: Bernice McGuirk

Refreshments: Tea / Biscuits & Dinner

What to do: Various Social Activities

How to get there:

Block C3, New Seskin Court,
Whitestown Way, Tallaght, Dublin 24
Tel: 01 468 5500



Glenasmole Community Centre

Arts and Crafts

Time: 9.30 am – 2.00 pm // All Welcome

Contact: Susan Kearns

Refreshments: Tea and Biscuits

What to do: Arts and Crafts

How to get there:

Glenasmole Community Centre, Castle Kelly,
Glenasmole, Co Dublin.
Tel: 01 459 0348



St. Brigid's Home

St. Brigid's Day Care

Time: 9.30 am – 3.00 pm // Everyday // All Welcome

Contact: Doreen Kelly

Refreshments: Tea & Coffee, Dinner

What to do: Bingo, Arts & Crafts, Singalong, Card Games

How to get there:

St. Brigid's Home, Crooksling,
Brittas, Co Dublin.
Tel: 01 401 1030
Email: daycaresbh@hse.ie



4 Districts Day Care Centre

4 Districts Day Care Centre

Time: 9.30 am – 3.30 pm // Everyday // All Welcome

Contact: Aine Ryan

Refreshments: Tea & Coffee, Dinner

What to do: Bingo, Card Games, Board Games,
Socializing, Excursions

How to get there:

Main Street, Rathcoole, Co Dublin.
Tel: 01 458 0339
Email: fourdistrictsdaycare@gmail.com



Dublin Postal Sports & Social Club

South Dublin Senior Citizen's Club

Pool, Bowls, Pitch & Putt

Time: 10.00 am // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Pool, Bowls, Pitch & Putt

How to get there:

Dublin Postal Sports & Social Club, Kiltipper Road,
Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Templeogue House

Templeogue Castle Community Bridge Club

Time: 10.00 am & 7.30 pm // Everyday // All Welcome

Contact: Bernadette McGillian

Refreshments: Tea & Coffee

What to do: Bridge Classes, Bridge Club

How to get there:

Templeogue House, Templeogue Road,
Templeogue, Dublin 6W.

Tel: 087 161 8988

Email: tccbcsecretary@eircom.net

Web: www.tccbc.ie



Killinarden Family Resource Centre

Jewellery Making

Time: 10.00 am – 12.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Jewellery Making

How to get there:

Killinarden Family Resource Centre,
Killinarden Way, Tallaght, Dublin 24.

Tel: 01 452 7143



Bawnogue Youth & Community Centre

Bawnogue Men's Group

Time: 10.00 am – 12 noon // Weekly // Men Only

Contact: Eamon

Refreshments: Tea/coffee

What to do: Variety of social activities

How to get there:

Bawnogue Youth & Community Centre,
Bawnogue Road, Clondalkin 22.

Tel: 01 457 6734



Killinarden Family Resource Centre **Knitting Dolls**

Time: 10.00 am – 12.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Knitting dolls for the experienced knitter

How to get there:

Killinarden Family Resource Centre,
Killinarden Way, Tallaght, Dublin 24.

Tel: 01 452 7143



St. Kevin's Family Resource Centre **Art Classes**

Time: 10.00 am – 12.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Art Classes

How to get there:

St. Kevin's Family Resource Centre,
Kilnamanagh Girl's School, Kilnamanagh, Dublin 24.

Tel: 01 462 7149



St. Kevin's Family Resource Centre **Stained Glass Painting**

Time: 10.00 am – 12.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Stained Glass Painting

How to get there:

St. Kevin's Family Resource Centre,
Kilnamanagh Girl's School, Kilnamanagh, Dublin 24.

Tel: 01 462 7149



Palmerstown Active Retirement Association **Mixed Indoor Mat Bowling**

Time: 10.00 am – 12.00 pm // Weekly // All Welcome

Contact: Betty Ahearn

What to do: In-door Mat Bowling / Competitions

How to get there:

Palmerstown Active Retirement Association,
Parish Centre, Palmerstown Village, Dublin 20.

Tel: 01 626 5534

Email: pararetirement@live.ie



Kimmage Manor Church Hall

Kimmage Manor Active Retired Group

Time: 10.00 am – 1.00 pm // All Welcome

Contact: Jo O'Reilly

Refreshments: Tea & Coffee

What to do: Bowls, Bridge, Art

How to get there:

Kimmage Manor Church Hall,

Kimmage Manor, Dublin 12.

Tel: 01 406 4377



Rathcoole Community Centre

Thatch Bridge Club

Time: 10.00 am – 1.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Bridge

How to get there:

Rathcoole Community Centre, Main Street, Rathcoole
Community Centre, Co Dublin.

Tel: 01 458 6134

Tel: 01 458 6135



Killinarden Community Centre

Golden Circle

Time: 10.00 am – 1.00 pm // All Welcome

Contact: Tony Cooney

Refreshments: Tea and Biscuits

What to do: Exercise, Games, Curling, Table Tennis, Line
Dancing, Knitting.

How to get there:

Killinarden Community Centre, Killinarden Heights,
Tallaght, Dublin 24.

Tel: 01 452 6617



The Resource Centre

Women's Group

Time: 10.00 – 1.00 pm // Women Only

Contact: Anne Fitzpatrick

Refreshments: Tea and Biscuits

What to do: Knitting and Crocheting

How to get there:

The Resource Centre, 16 Glenshane Lawns, Brookfield,
Tallaght, Dublin 24.

Tel: 01 452 2533



THE ALZHEIMER
SOCIETY of IRELAND

Rose Cottage Dementia Care Centre Rose Cottage Dementia Care Centre The Alzheimer Society of Ireland

Time: 10.00 am – 1.00 pm // Anyone with Cognitive Impairment

Contact: Mary Hickey

Refreshments: Tea and Biscuits

What to do: Gardening, Quizzes, Games, Drama, Sensory Exercises, Dancing, Music, Reminiscing, Outings

How to get there:

Tymon North Place, Tymon North, Tallaght, Dublin 24.

Tel: 086 607 9614

Email: mhickey@alzheimer.ie



St. Mark's GAA Club

St. Mark's Silver Surfers

Time: 10.00 am – 2.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Golf, Swimming, Computers, Bowling, Walking, Keep Fit, Talks, Social Activities, Cultural Outings, Knitting, Pool, Line Dancing, Painting, Trips Away, Seasonal Social Activities, Walking.

How to get there:

St. Mark's GAA Club, McGee Park Cookstown Road, Springfield, Tallaght, Dublin 24.

Tel: 01 452 1609



Clondalkin Sports & Leisure Complex

Senior Swim

Time: 10.30 am Weekly // All Welcome // Special Price

Refreshments: Coffee Shop available

What to do: Swimming, Sauna & Steam

How to get there:

Clondalkin Sports & Leisure Complex, Nangor Road, Clondalkin, Dublin 22.

Tel: 01 457 4858



RUAH Centre

U3A Ballyroan Branch

Time: 10.30 am // Every 2nd Monday // All Welcome

Contact: June Murphy

Refreshments: Tea / Coffee & biscuits

What to do: Talks, Demonstrations, Field Trips

How to get there:

RUAH Centre, Marian Road,

Rathfarnham, Dublin 14.

Tel: 01 494 7303

Tel: 01 494 7030

Tallaght Leisure Centre

Senior Swim

Time: 10.30 am – 11.15 am // All Welcome

Refreshments: Café

What to do: Swimming

How to get there:

Tallaght Leisure Centre, Fortunestown Way,

Tallaght, Dublin 24

Tel: 01 452 3300

Email: info@tallaghtleisure.com

St. Finian's Community Centre

Ladies Social Group Newcastle

Time: 10.30 am – 12.30 pm // Weekly // All Welcome

Contact: Margaret Maher

Refreshments: Tea & Biscuits

What to do: Various Talks, Arts & Crafts, Card games, Chair Exercise, Computers, Social Activities & Outings

How to get there:

St. Finian's Community Centre,

Main Street, Newcastle, Co Dublin.

Tel: 01 458 9195

Clondalkin Village Parish Centre

The Monday Club (Seniors)

Time: 10.30 am – 12 noon // Weekly // All Welcome

Refreshments: Tea & Biscuits

What to do: Various Talks, Activities & Outings

How to get there:

Clondalkin Village Parish Centre,

The Immaculate Conception of the Blessed Virgin,

Boot Road, Clondalkin, Dublin 22.

Tel: 01 459 3520



Lucan Library SuperValu Shopping Centre Lucan Knitting Club

Time: 10.30 am – 12 noon // Weekly // All Welcome

What to do: Knitting & Crochet

How to get there:

Lucan Library SUPERVALU Shopping Centre

Newcastle Road, Lucan, Co Dublin.

Tel: 01 621 6422



Kilnamanagh Family Recreation Centre Line Dancing

Time: 10.30 am – 12.30 pm // All Welcome

What to do: Line Dancing

How to get there:

Kilnamanagh Family Recreation Centre, Tree Park Road,
Kilnamanagh, Dublin 24.

Tel: 01 452 1199



Kilnamanagh Family Recreation Centre Kilnamanagh Day Activity Centre

Time: 10.30 am – 3.00 pm // All Welcome

Contact: Marian Gahan

Refreshments: Three course dinner

What to do: Bowls, Table Tennis, Line Dancing, Knitting,
Socialising

How to get there:

Kilnamanagh Family Recreation Centre, Tree Park Road,
Kilnamanagh, Dublin 24.

Tel: 01 452 1199



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Chair Aerobics

Time: 10.45 am // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Chair Aerobics

How to get there:

Dublin Postal Sports & Social Club, Kiltipper Road,
Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Terenure College Swimming Pool

Adult Casual Swim

Time: 11.00 am & 9.00 pm // All Welcome

What to do: Casual Swim

How to get there:

Terenure College Swimming Pool, Terenure College,
Templeogue Road, Dublin 6W.

Tel: 01 490 7071

Web: www.terenurecollege.ie



St. Mary's Rugby Club

Templeogue Active Retired Group

Time: 11.00 am – 12.00 pm // Every 2nd Monday // All Welcome

What to do: Bowls, Walking, Aerobics, Art, Outings

How to get there:

St. Mary's Rugby Club, Templeville Road,
Templeogue, Dublin 6W.



Dominic's Community Centre

Dominic's Crochet Group for the Active Retired

Time: 11.00 – 1.00 pm // Women Only

Refreshments: Tea and Biscuits

What to do: Crochet

How to get there:

Dominic's Community Centre,
Avonbeg Gardens, Tallaght, Dublin 24.

Tel: 01 459 0770

Web: www.dominicscc.com



Dublin Postal Sports & Social Club

South Dublin Senior Citizen's Club Gym

Time: 11.00 am – 1.45 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Gym

How to get there:

Dublin Postal Sports & Social Club, Kiltipper Road,
Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Glenview Lodge

Tallaght Men's Shed

Time: 11.00 am – 4.00 pm // Men Only

Contact: Maire Redmond / Bill Fitzsimons

Refreshments: Tea and Biscuits

What to do: Woodwork, Socialising, Games, Darts, Cards, Outings.

How to get there:

Glenview Lodge, Glenview, Tallaght, Dublin 24.

Tel: 01 451 2983



Dublin Postal Sports & Social Club

South Dublin Senior Citizen's Club Line Dancing (Beginners)

Time: 11.30 am – 12.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

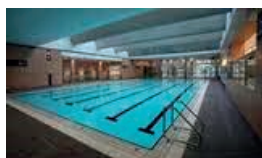
Refreshments: Tea & Coffee - Lunch

What to do: Line Dancing (Beginners)

How to get there:

Dublin Postal Sports & Social Club, Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Terenure College Swimming Pool

Aqua Fit

Time: 11.45 am // All Welcome

What to do: Casual Swim

How to get there:

Terenure College Swimming Pool, Terenure College, Templeogue Road, Dublin 6W.

Tel: 01 490 7071

Web: www.terenurecollege.ie



Killinarden Community Centre

Bingo

Time: 11.45 am – 1.00 pm // All Welcome

Contact: Tony Cooney

Refreshments: Tea & Biscuits

What to do: Bingo

How to get there:

Killinarden Community Centre, Killinarden Heights, Tallaght, Dublin 24.

Tel: 01 452 6617



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Line Dancing

Time: 12.00pm – 12.45 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Line Dancing

How to get there:

Dublin Postal Sports & Social Club, Kiltipper Road,
Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Liscarne Community Café Centre Meals on Wheels

Time: 12.00 pm – 1.00 pm // Mon-Fri // All Welcome

Contact: Martina McStay

What to do: 3 course meal plus tea & coffee,
€5 per meal per day

How to get there:

Liscarne Community Café Centre,
38 Liscarne Court, Clondalkin, Dublin 22.

Tel: 01 626 2679

Email: joasis1@gmail.com



Killinarden Family Resource Centre Relaxation and Aromatherapy

Time: 12.30 pm – 1.30 pm // All Welcome

What to do: Relaxation and Aromatherapy

How to get there:

Killinarden Family Resource Centre,
Killinarden Way, Tallaght, Dublin 24.

Tel: 01 452 7143



Liscarne Community Café Centre Lunch

Time: 12.30 pm – 2.00 pm // Mon-Fri // All Welcome

Contact: Martina McStay

What to do: 3 course meal plus tea & coffee,
€5 per meal per day

How to get there:

Liscarne Community Café Centre,
38 Liscarne Court, Clondalkin, Dublin 22.

Tel: 01 626 2679

Email: joasis1@gmail.com



Palmerstown Parish Centre Daycare Centre

Time: 12.30 pm – 2.00 pm // Weekly // Palmerstown Residents Welcome

Refreshments: Lunch / Meals-on-Wheels

What to do: Various Social Activities & Outings

How to get there:

Palmerstown Parish Centre

Lower Kennelsfort Road, Palmerstown, Dublin 20.

Apply directly to Day-Care Centre.

Tel: 01 626 0899



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Table Tennis

Time: 2.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Table Tennis

How to get there:

Dublin Postal Sports & Social Club, Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Walking Together

Time: 2.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Walk (Bring Runners)

How to get there:

Dublin Postal Sports & Social Club, Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Perrystown & Manor Estate Community Centre

Perrystown & Manor Estate Active Retired Group

Time: 2.00 pm – 4.00 pm // All Welcome

Contact: Larry Lacey

Refreshments: Tea & Coffee

What to do: Whist Drive

How to get there:

Perrystown & Manor Estate Community Centre,
Limekiln Lawns, Dublin 12.

Tel: 01 451 5527 or 01 450 2794



Killinarden Family Resource Centre

Revamp Your Wardrobe

Time: 2.00 pm – 4.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Revamping old clothes

How to get there:

Killinarden Family Resource Centre,
Killinarden Way, Tallaght, Dublin 24.

Tel: 01 452 7143



An Cosán

Older People Online

Time: 2.00 pm – 4.30 pm // All Welcome

Contact: Imelda Hanratty

Refreshments: Tea and Biscuits

What to do: Intermediate Computer Classes

How to get there:

An Cosán, Kiltalown Village Centre,
Jobstown, Tallaght, Dublin 24.

Tel: 01 462 8488

Web: www.ancosan.com



St. Mark's Youth and Family Centre

Fettercairn Collective at The Farm

Time: 2.00 pm – 5.00 pm // All Welcome

What to do: Gardening

How to get there:

St. Mark's Youth and Family Centre,
Fettercairn Road, Tallaght, Dublin 24.



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Cards & Board Games

Time: 3.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Cards & Board Games

How to get there:

Dublin Postal Sports & Social Club, Kiltipper Road,
Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Dominic's Community Centre Classic Movie Night

Time: 7.00 pm // Last Monday of the Month // All Welcome

Refreshments: Tea and Biscuits

What to do: Movie

How to get there:

Dominic's Community Centre,
Avonbeg Gardens, Tallaght, Dublin 24.

Tel: 01 459 0770

Web: www.domincc.com



Kiltipper Café Bar Kiltipper Ramblers

Time: 7.00 pm // All Welcome

Contact: Simon Sweeney

Refreshments: Café

What to do: Walks and Hikes

How to get there:

Kiltipper Café Bar, Kiltipper Way, Tallaght, Dublin 24.

Tel: 083 455 2353

Web: www.kiltipperramblers.com

Email: kiltipperramblers@gmail.com



Knockmitten Youth & Community Centre Pilates

Time: 7.00 pm – 8.00 pm // Weekly // All Welcome

What to do: non-impact exercises to develop strength,
flexibility, balance, and inner awareness.

How to get there:

Knockmitten Youth & Community Centre,
Monksfield Lawns, Clondalkin, Dublin 22.

Tel: 01 411 1511



Kilnamanagh Family Recreation Centre **Pilates**

Time: 7.00 pm – 8.00 pm // All Welcome

What to do: Pilates

How to get there:

Kilnamanagh Family Recreation Centre, Tree Park Road, Kilnamanagh, Dublin 24.

Tel: 01 452 1199



St. Joseph's School **Bridge**

Time: 7.15 pm – 10.30 pm // Weekly // All Welcome

What to do: Team Card Game

How to get there:

St. Joseph's School, Boot Road, Clondalkin, Dublin 22.



Kilnamanagh Family Recreation Centre **Ballroom Dancing**

Time: 7.15 pm – 8.15 pm // All Welcome

What to do: Ballroom Dancing

How to get there:

Kilnamanagh Family Recreation Centre, Tree Park Road, Kilnamanagh, Dublin 24.

Tel: 01 452 1199

Áras Chrónáin
Ionad Cultúir - Irish Cultural Centre
www.araschronain.ie

Áras Chrónáin Ionad Cultúir **Clondalkin Adult Community Choir**

Time: 7.30 pm – 9.00 pm // Weekly // All Welcome

Contact: Tomás Ó Flatharta

What to do: Choral Group, Singing, Rehearsals & Performances

How to get there:

Áras Chrónáin Ionad Cultúir,
Watery Lane, Orchard Road, Clondalkin, Dublin 22.

Tel: 01 457 4847

Web: www.araschronain.ie



Áras Chrónáin Ionad Cultúir Clondalkin History Society Cumann Staire Chluain Dolcáin

Time: 8.00 pm // Last Monday of Every Month // All Welcome

What to do: Various Lectures & Presentations

How to get there:

Áras Chrónáin Ionad Cultúir,
Watery Lane, Orchard Road, Clondalkin, Dublin 22.

Tel: 01 457 4847

Web: www.araschronain.ie



Irish Countrywomen's Association

St. Martin's National School ICA Brittas

Time: 8.00 pm // 2nd Monday of the month // Women Only

Refreshments: Tea / Biscuits

What to do: Crafts, Demonstrations, Outings

How to get there:

St. Martin's National School, Brittas, Co Dublin.

Tel: 01 668 0002



Knockmitten Youth & Community Centre Yoga

Time: 8.00pm – 9.00 pm // Weekly // All Welcome

What to do: Gentle exercises suitable for everyone.

How to get there:

Knockmitten Youth & Community Centre,
Monksfield Lawns, Clondalkin, Dublin 22.

Tel: 01 411 1511

BELGARD
COMMUNITY & YOUTH CENTRE



Belgard Community & Youth Centre Zumba

Time: 8.00 pm – 9.00 pm // All Welcome

What to do: Zumba Dancing

How to get there:

Belgard Community & Youth Centre,
Old Belgard Road, Tallaght, Dublin 24.

Tel: 085 758 0156



Sacred Heart Parish Centre

Sruleen Women's Group

Time: 8.00 pm – 10.00 pm // Weekly // Women Only

Contact: Anne Bateman

What to do: Various activities & courses

How to get there:

Sacred Heart Parish Centre

St. John's Drive, Sruleen, Clondalkin, Dublin 22

Tel: 085 120 2897



Irish Countrywomen's Association

St. Anne's GAA Club

ICA Bohernabreena

Time: 8.00 pm – 10.00 pm //

2nd Monday of the month // Women Only

What to do: Crafts, Exercise, Speakers etc

How to get there:

St. Anne's GAA Club, Bohernabreena, Tallaght, Dublin 24.



Tymon Bawn Community Centre

Tymon Bawn Community Centre

Ladies Club

Time: 8.00 pm – 10.00 pm // Women Only

Refreshments: Tea and Biscuits

What to do: Bingo, Socialising

How to get there:

Tymon Bawn Community Centre, Old Bawn,

Tallaght, Dublin 24.

Tel: 01 452 1028



St. Aengus Parish Community Centre

Ladies Club

Time: 8.00 pm – 10.00 pm // Women Only

Refreshments: Tea and Biscuits

What to do: Socializing, Knitting

How to get there:

St. Aengus Parish Community Centre,

Castletymon Road, Tymon North, Tallaght, Dublin 24.

Tel: 01 452 7247



Terenure College Swimming Pool

Adult Swim Classes

Time: 8.15 pm // All Welcome

What to do: Swimming lessons

How to get there:

Terenure College Swimming Pool, Terenure College,
Templeogue Road, Dublin 6W.

Tel: 01 490 7071

Web: www.terenurecollege.ie



Kingswood Community Centre

Kingswood & Castlevue Ladies Club

Time: 8.30 pm – 10.30 pm // Every 2nd Monday // Women Only

Contact: Jackie White

Refreshments: Tea and Biscuits

What to do: Bingo, Classes in flower arranging,
Make up etc, Talks, Social Events, Seasonal Outings

How to get there:

Kingswood Community Centre, Sylvan Drive,
Kingswood Heights, Tallaght, Dublin 24.

Tel: 01 452 0590

Email: kingswood13@eircom.net



Knocklyon Youth & Community Centre ICA

Time: 1st & 3rd Tuesday of the Month // Women Only

Refreshments: Tea / Coffee & Biscuits

What to do: Crafts / Outings / Demonstrations

How to get there:

Knocklyon Youth & Community Centre,
Idrone Ave, Knocklyon Road, Dublin 16.

Tel: 01 494 3991



Trustus Day Services

Trustus Day Services

Time: 9.00 am – 4.00 pm // All Welcome

Contact: Bernice McGuirk

Refreshments: Tea / Biscuits & Dinner

What to do: Various Social Activities

How to get there:

Block C3, New Seskin Court,
Whitestown Way, Tallaght, Dublin 24

Tel: 01 468 5500



St. Brigid's Home

St. Brigid's Day Care

Time: 9.30 am – 3.00 pm // Everyday // All Welcome

Contact: Doreen Kelly

Refreshments: Tea & Coffee, Dinner

What to do: Bingo, Arts & Crafts, Singalong, Card Games

How to get there:

St. Brigid's Home, Crooksling, Brittas, Co Dublin.

Tel: 01 401 1030

Email: daycaresbh@hse.ie



4 Districts Day Care Centre

4 Districts Day Care Centre

Time: 9.30 am – 3.30 pm // Everyday // All Welcome

Contact: Áine Ryan

Refreshments: Tea & Coffee, Dinner

What to do: Bingo, Card Games, Board Games, Socializing, Excursions

How to get there:

Main Street, Rathcoole, Co Dublin.

Tel: 01 458 0339

Email: fourdistrictsdaycare@gmail.com



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Pool, Bowls, Pitch & Putt

Time: 10.00 am // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Pool, Bowls, Pitch & Putt

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770



Templeogue House

Templeogue Castle Community Bridge Club

Time: 10.00 am & 7.30 pm // Everyday // All Welcome

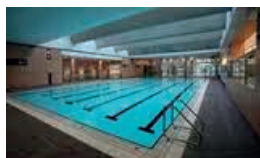
Contact: Bernadette McGillian

Refreshments: Tea & Coffee

What to do: Bridge Classes, Bridge Club

How to get there:

Templeogue House, Templeogue Road,
Templeogue, Dublin 6W.
Tel: 087 161 8988
Email: tcdbcsecretary@eircom.net
Web: www.tcdbc.ie



Terenure College Swimming Pool Adult Casual Swim

Time: 10.00 am & 9.00 pm // All Welcome

What to do: Casual Swim

How to get there:

Terenure College Swimming Pool, Terenure College,
Templeogue Road, Dublin 6W.
Tel: 01 490 7071
Web: www.terenurecollege.ie



Killinarden Family Resource Centre Introduction to the Internet

Time: 10.00 am – 12.00 pm // All Welcome

Refreshments: Tea & Biscuits

What to do: Introduction to using the internet

How to get there:

Killinarden Family Resource Centre,
Killinarden Way, Tallaght, Dublin 24.
Tel: 01 452 7143



Killinarden Family Resource Centre

Sewing

Time: 10.00 pm – 12.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Sewing

How to get there:

Killinarden Family Resource Centre,
Killinarden Way, Tallaght, Dublin 24.

Tel: 01 452 7143



Clondalkin Active Retirement Association

Clondalkin Active Retirement Association

Time: 10.00 am – 12.30 pm // Weekly // All Welcome

Refreshments: Tea & Biscuits

What to do: Various Talks, Social Activities & Outings.

How to get there:

Round Towers GAA Club
Boot Road, Clondalkin, Dublin 22

Tel: 01 457 3269



The Resource Centre

Women's Group

Time: 10.00 am – 1.00 pm // Women Only

Contact: Anne Fitzpatrick

Refreshments: Tea and Biscuits

What to do: Knitting and Crocheting

How to get there:

The Resource Centre, 16 Glenshane Lawns,
Brookfield, Tallaght, Dublin 24.

Tel: 01 452 2533



Rose Cottage Dementia Care Centre

Rose Cottage Dementia Care Centre

The Alzheimer Society of Ireland

Time: 10.00 am – 1.00 pm // Anyone with Cognitive Impairment

Contact: Mary Hickey

Refreshments: Tea and Biscuits

What to do: Gardening, Quizzes, Games, Drama, Sensory Exercises, Dancing, Music, Reminiscing, Outings

How to get there:

Tymon North Place, Tymon North,
Tallaght, Dublin 24.

Tel: 086 607 9614

Email: mhickey@alzheimer.ie



Belgard Community & Youth Centre Silver Surfers

Time: 10.00 am – 2.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Painting, Set Dancing, Flower Arranging, Bowls, Darts, Outings, Exercise

How to get there:

Belgard Community & Youth Centre,
Old Belgard Road, Tallaght, Dublin 24.
Tel: 085 837 1139



Palmerstown Active Retirement Association Dancing

Time: 10.15 am – 12 noon // Weekly // All Welcome

Contact: The Chairperson

What to do: Dance Instructor / Tuition / Annual Dinner Dance

How to get there:

Palmerstown Active Retirement Association,
Parish Centre, Palmerstown Village, Dublin 20
Tel: 01 626 5534
Email: pararetirement@live.ie



Ballyroan Community & Youth Centre Extend Ireland

Time: 10.30 am – 11.30 am // All Welcome

Contact: Lily

Refreshments: Café

What to do: Exercise to Music Class

How to get there:

Ballyroan Community & Youth Centre,
Marian Road, Rathfarnham, Dublin 14.
Tel: 01 493 8283
Email: enquiries@bcyc.ie



Knocklyon Youth & Community Centre Knocklyon Active Retired Group

Time: 10.30 am – 12.00 pm // All Welcome

Contact: Lyla Kennedy

Refreshments: Tea / Coffee & Biscuits

What to do: Bowls, Socializing

How to get there:

Knocklyon Youth & Community Centre,
Idrone Ave, Knocklyon Road, Dublin 16.
Tel: 01 494 3991
Tel: 01 494 2830



Whitechurch Community & Youth Centre Young @ Heart

Time: 10.30 am – 12.00 pm // All Welcome

Contact: Audrey

Refreshments: Tea / Coffee & Biscuits

What to do: Bingo, Activities, Art & Crafts

How to get there:

Whitechurch Community & Youth Centre,
Whitechurch Heights, Ballyboden, Dublin 16.
Tel: 01 493 5953



St. Kevin's Family Resource Centre Meditation

Time: 10.30 am – 12.30 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Meditation and Mindfulness

How to get there:

St. Kevin's Family Resource Centre,
Kilnamanagh Girl's Schools, Kilnamanagh, Dublin 24.
Tel: 01 462 7149



St. Jude's GAA Club

St. Jude's Men's Shed

Time: 10.30 am – 1.00 pm // Men Only

Contact: Sean MacBride

Refreshments: Tea & Coffee

What to do: Socializing, DIY, Computer classes

How to get there:

St. Jude's GAA Club, Wellington, Lane,
Templeogue, Dublin 6W.
Tel: 087 243 3589



Kingswood Community Centre

Kingswood/Kilnamanagh Active Age Group for Men

Time: 10.30 am – 1.00 pm // Men Only

Contact: John O'Callaghan or Tom Lillis

Refreshments: Tea and Biscuits

What to do: Cards, Dominos, Bowls, Games, Outings,
Courses, Speakers, Family/personal Support, Indoor Pitch
and Putt

How to get there:

Kingswood Community Centre, Sylvan Drive,
Kingswood Heights, Tallaght, Dublin 24.
Tel: 01 452 0590
Email: kingswood13@eircom.net



Kilnamanagh Family Recreation Centre Kilnamanagh Day Activity Centre

Time: 10.30 am – 3.00 pm // All Welcome

Contact: Marian Gahan

Refreshments: Three course dinner

What to do: Bowls, Table Tennis, Line Dancing, Knitting, Socialising

How to get there:

Kilnamanagh Family Recreation Centre,
Tree Park Road, Kilnamanagh, Dublin 24.
Tel: 01 452 1199



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Aerobics

Time: 10.45 am // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Keep Fit Aerobics

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770



Rua Red Film Club

Time: 11.00 am // All Welcome

Contact: Rua Red

Refreshments: Café

What to do: Mid Week Matinees, Family Films

How to get there:

Rua Red, South Dublin Arts Centre,
Tallaght, Dublin 24.
Tel: 01 4515860



Tymon Bawn Community Centre Senior Bowls Club

Time: 11.00 am – 12.30 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Indoor Bowls

How to get there:

Tymon Bawn Community Centre,
Old Bawn, Tallaght, Dublin 24.
Tel: 01 452 1028



Fettercairn Community Centre

Men's Shed

Time: 11.00 am – 1.00 pm // Men

Contact: Mary Keegan

Refreshments: Tea and Biscuits

What to do: Gardening, Maintenance, Games, Bowling.

How to get there:

Fettercairn Community Centre, Fettercairn Road,
Fettercairn, Tallaght, Dublin 24.

Tel: 01 452 7011



Knockmitten Youth & Community Centre

55+ Club

Time: 11.00 am – 1.00pm // Weekly

Refreshments: Tea & Biscuits

What to do: Various Talks / Activities / Outings

How to get there:

Knockmitten Youth & Community Centre,
Clondalkin, Dublin 22.

Tel: 01 411 1511



Dominic's Community Centre

Dominic's Crochet Group for the Active Retired

Time: 11.00 am – 1.00 pm // Women Only

Refreshments: Tea and Biscuits

What to do: Crochet

How to get there:

Dominic's Community Centre,
Avonbeg Gardens, Tallaght, Dublin 24.

Tel: 01 459 0770

Web: www.dominccsc.com



Dublin Postal Sports & Social Club

South Dublin Senior Citizen's Club Gym

Time: 11.00 am – 1.45 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Gym

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Glenview Lodge

Tallaght Men's Shed

Time: 11.00 am – 4.00 pm // Men Only

Contact: Maire Redmond / Bill Fitzsimons

Refreshments: Tea and Biscuits

What to do: Woodwork, Socialising, Games, Darts, Cards, Outings.

How to get there:

Glenview Lodge, Glenview,
Tallaght, Dublin 24.

Tel: 01 451 2983

St. Thomas's Pastoral Centre

Get up and Go!

Time: 11.30 am – 1.00pm // All Welcome

Contact: Liz Murphy

Refreshments: Tea and Biscuits

What to do: Socialising, Excursions, Bingo

How to get there:

St. Thomas's Pastoral Centre, Fortunestown Road,
Jobstown, Dublin 24.

Tel: 086 071 6525

Dublin Postal Sports & Social Club

South Dublin Senior Citizen's Club Line Dancing

Time: 11.30 am – 1.00pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Line Dancing

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Liscarne Community Café Centre Meals on Wheels

Time: 12.00 pm – 1.00 pm // Mon-Fri // All Welcome

Contact: Martina McStay

What to do: 3 course meal plus tea & coffee,
€5 per meal per day

How to get there:

Liscarne Community Café Centre,
38 Liscarne Court, Clondalkin, Dublin 22.

Tel: 01 626 2679

Email: joasis1@gmail.com



Liscarne Community Café Centre Lunch

Time: 12.30 pm – 2.00 pm // Mon-Fri // All Welcome

Contact: Martina McStay

What to do: 3 course meal plus tea & coffee,
€5 per meal per day

How to get there:

Liscarne Community Café Centre,
38 Liscarne Court, Clondalkin, Dublin 22.

Tel: 01 626 2679

Email: joasis1@gmail.com



Knockmitten Youth & Community Centre Senior's Dinners

Time: From 1.00 pm // Weekly

Refreshments: Lunch €4

How to get there:

Knockmitten Youth & Community Centre,
Clondalkin, Dublin 22.

Tel: 01 411 1511



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Lunch

Time: 1.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Lunch (Soup & Roll)

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Ballyroan Community & Youth Centre Bridge Class

Time: 2.00 pm // All Welcome

Refreshments: Café

What to do: Bridge Class

How to get there:

Ballyroan Community & Youth Centre,
Marian Road, Rathfarnham, Dublin 14.

Tel: 01 495 8576

Email: enquiries@bcyc.ie



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Table Tennis

Time: 2.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Table Tennis

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Walking Together

Time: 2.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Walk (Bring Runners)

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Bingo

Time: 2.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Bingo

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770



Ronanstown CDP

Active Retirement Group

Time: 2.00 pm – 3.30 pm // All Welcome

Refreshments: Tea & Biscuits

What to do: Various Lectures, Talks & Presentations,
Arts & Crafts

How to get there:

Ronanstown CDP, 43 Collinstown Grove,
Clondalkin, Dublin 22.
Tel: Pauline 01 457 0687



Kilnamanagh Family Recreation Centre Bridge Club

Time: 2.00 pm – 3.30 pm // All Welcome

Refreshments: Tea & Biscuits

What to do: Bridge

How to get there:

Kilnamanagh Family Recreation Centre,
Tree Park Road, Kilnamanagh, Dublin 24.
Tel: 01 452 1199



Palmerstown Active Retirement Association Scrabble

Time: 2.00 pm – 4.00 pm // Weekly // All Welcome

Contact: The Chairperson

What to do: Board Games

How to get there:

Palmerstown Active Retirement Association,
Parish Centre, Palmerstown Village, Dublin 20
Tel: 01 626 5534

Email: pararetirement@live.ie



Whitechurch Community & Youth Centre Adult Art Classes

Time: 2.00 pm – 4.00 pm // All Welcome

Contact: Dannielle Chaumet

Refreshments: Tea / Coffee & Biscuits

What to do: Art / Painting Class

How to get there:

Whitechurch Community & Youth Centre,
Whitechurch Heights, Ballyboden, Dublin 16.
Tel: 087 934 8832



Pastoral Centre, St. Jude's Church Willington Templeogue Active Retired Group

Time: 2.00 pm – 4.00 pm // All Welcome

Contact: Maureen McVicar

Refreshments: Tea & Coffee

What to do: Bowls

How to get there:

Pastoral Centre, St. Jude's Church,
Willington, Dublin 6W.
Tel: 01 490 2899



Perrystown & Manor Estate Community Centre Perrystown & Manor Estate Active Retired Group

Time: 2.00 pm – 4.00 pm // All Welcome

Refreshments: Tea & Coffee

What to do: Indoor Bowls

How to get there:

Perrystown & Manor Estate Community Centre,
Limekiln Lawns, Dublin 12.
Tel: 01 451 5527



Tallaght Stadium Whist Drive

Time: 2.00 pm – 4.00pm // All Welcome

Contact: Mary Lyons

Refreshments: Tea / Coffee

What to do: Whist Drive

How to get there:

Tallaght Stadium,
Whitestown Way, Tallaght Stadium, Dublin 24.
Tel 087 611 6381



Killinarden Family Resource Centre Friendship Group

Time: 2.00 pm – 4.30 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Bingo, Exercise, Computer Classes, Socialising, Outings, Arts & Crafts

How to get there:

Killinarden Family Resource Centre,
Killinarden Way, Tallaght, Dublin 24.
Tel: 01 452 7143



St. Mark's Scout's Den

West Tallaght Men's Shed

Time: 2.00 pm – 4.30 pm // Men

Contact: Tom Walsh

Refreshments: Tea and Biscuits

What to do: Go for Life Games, including Darts, Mini Golf, Ten Pin Bowling etc.

How to get there:

St. Mark's Scout's Den, Maplewood Road,
Springfield, Tallaght, Dublin 24.
Email: tallaghtms@hotmail.com



St. Aengus Parish Community Centre Active Age for Men

Time: 2.00 pm – 5.00 pm // Men Only

Contact: Mick

Refreshments: Tea and Biscuits

What to do: Bowls, Pool, Darts, Cards

How to get there:

St. Aengus Parish Community Centre,
Castletymon Road, Tymon North, Tallaght, Dublin 24.
Tel: 01 452 7247



St. Kevin's Family Resource Centre Getting Started Computer Class

Time: 2.15 pm – 4.15 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Basic Introduction to Computers

How to get there:

St. Kevin's Family Resource Centre,
Kilnamanagh Girl's Schools, Kilnamanagh, Dublin 24.
Tel: 01 462 7149



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Arts & Crafts

Time: 3.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Arts & Crafts

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770



The Church of the Immaculate Conception Seniors Choir Practice

Time: Weekly // All Welcome

What to do: Singing Rehearsals & Performance

How to get there:

The Church of the Immaculate Conception
New Road, Clondalkin, Dublin 22.
Tel: 01 459 3520



Palmerstown Active Retirement Association Choir Practice

Time: 3.00 pm – 4.00 pm // Weekly // All Welcome

Contact: The Chairperson

What to do: Singing Rehearsals & Performance

How to get there:

Palmerstown Active Retirement Association, Parish Centre,
Palmerstown Village, Dublin 20
Tel: 01 626 5534
Email: pararetirement@live.ie



Killinarden Family Resource Centre Guitar Lessons

Time: 7.00 pm – 8.00 pm Beginner // All Welcome

8.00 pm – 9.00 pm Intermediate // All Welcome

Refreshments: Tea and Biscuits

What to do: Guitar lessons for beginners and intermediates

How to get there:

Killinarden Family Resource Centre,
Killinarden Way, Tallaght, Dublin 24.
Tel: 01 452 7143



St. Kevin's Family Resource Centre

ICA

Time: 7.00 pm – 9.00 pm // Women Only

Refreshments: Tea and Biscuits

What to do: Games, Quizzes, Speaker, Arts and Crafts

How to get there:

St. Kevin's Family Resource Centre,
Kilnamanagh Girl's Schools, Kilnamanagh, Dublin 24.

Tel: 01 462 7149



Dominic's Community Centre

Dominic's Active Ladies Club

Time: 7.00 pm – 9.00 pm // Women Only

Refreshments: Tea and Biscuits

What to do: Speakers, Cultural Outings, Social Outings, Arts and Crafts, Baking.

How to get there:

Dominic's Community Centre,
Avonbeg Gardens, Tallaght, Dublin 24.

Tel: 01 459 0770

Web: www.domincc.com



Roadstone Social Club

Bridge

Time: 7.00 pm – 10.30 pm // Weekly // All Welcome

What to do: Team card game

How to get there:

Roadstone Social Club, Belgard Road,
Clondalkin, Dublin 22.

Tel: 01 459 2635



Quarryvale Youth & Community Centre

Senior Women's Group

Time: 7.30 pm // Weekly // Women Only

Contact: Mary McBride

What to do: Social activities / outings

How to get there:

Quarryvale Youth & Community Centre,
Greenfort Gardens, Clondalkin, Dublin 22.

Tel: 01 623 3417



Áras Chrónáin Ionad Cultúir Clondalkin Camera Club

Time: 7.30 pm // Weekly // All Welcome

What to do: Beginners, Intermediate and Advanced Sessions

How to get there:

Áras Chrónáin Ionad Cultúir,
Watery Lane, Orchard Road, Clondalkin, Dublin 22.

Tel: 01 457 4847

Web: www.araschronain.ie



Palmerstown Community & Youth Centre Music Group

Time: 7.30 pm – 9.00 pm // Weekly // All Welcome

Refreshments: Tea & Biscuits

What to do: Informal / share skills / play instruments & singing

How to get there:

Palmerstown Community & Youth Centre, Kennelsfort Shopping Centre, Kennelsfort Road, Palmerstown, Dublin 20
Tel: 01 616 6981



Palmerstown Community & Youth Centre Knitting Club

Time: 7.30 pm – 9.00 pm // Weekly // All Welcome

Refreshments: Tea & Biscuits

What to do: Informal / share skills / make friends

How to get there:

Palmerstown Community & Youth Centre, Kennelsfort Shopping Centre, Kennelsfort Road, Palmerstown, Dublin 20
Tel: 01 616 6981



Perrystown & Manor Estate Community Centre Perrystown & Manor Estate Bridge Club

Time: 7.30 pm – 10.00 pm // All Welcome

Contact: Denis Twomy

What to do: Bridge

How to get there:

Perrystown & Manor Estate Community Centre,
Limekiln Lawns, Dublin 12.

Tel: 01 451 5527

Tel: 01 455 8398



Áras Chrónáin
Ionad Cultúir - Irish Cultural Centre
www.araschronain.ie



The Dominican Retreat Centre

Meditation

Time: 8.00 pm – 9.30 pm // All Welcome

Contact: Marie or Anita

Refreshments: Tea and Biscuits

What to do: Zen, Christian and Mystic Meditation

How to get there:

The Dominican Retreat Centre,
The Priory, Main St, Tallaght, Dublin 24.
Tel: 01 404 8123

Áras Chrónáin Ionad Cultúir

Patchwork Group

Time: 8.00 pm – 9.30 pm // Weekly // All Welcome

What to do: Beginners & Intermediate Patchwork Group

How to get there:

Áras Chrónáin Ionad Cultúir,
Watery Lane, Orchard Road, Clondalkin, Dublin 22.
Tel: 01 457 4847
Web: www.araschronain.ie

Shalom, St. Mark's Church Hall, Tallaght

St. Mark's Senior Citizens

Time: 8.00 pm – 10.00 pm // All Welcome

Refreshments: Tea / Coffee & Cakes

What to do: Bingo, Socialising, Raffle

How to get there:

Shalom, St. Mark's Church Hall,
Raheen Park, Springfield, Dublin 24.

Terenure College Swimming Pool

Aqua Fit

Time: 8.15 pm // All Welcome

What to do: Casual Swim

How to get there:

Terenure College Swimming Pool, Terenure College,
Templeogue Road, Dublin 6W.
Tel: 01 490 7071
Web: www.terenurecollege.ie



Kilnamanagh Family Recreation Centre Bokwa

Time: 8.15 pm – 9.15 pm // All Welcome

What to do: Bokwa Dance

How to get there:

Kilnamanagh Family Recreation Centre,
Tree Park Road, Kilnamanagh, Dublin 24.

Tel: 01 452 1199



Brookview Neighbourhood Centre Ladies Club

Time: 8.30 pm – 10.00 pm // Women Only

Contact: Anne Doyle

Refreshments: Tea and Biscuits

What to do: Socialising, Outings, Games, Quizzes, Crafts

How to get there:

23 Brookview Avenue, Brookfield,
Tallaght, Dublin 24.

Tel: 087 414 7501



St. Kevin's Family Resource Centre Cuppa Morning

Time: 1st Wednesday of the month // All Welcome

Refreshments: Tea and Biscuits

What to do: Information for older people

How to get there:

St. Kevin's Family Resource Centre,
Kilnamanagh Girl's Schools, Kilnamanagh, Dublin 24.
Tel: 01 462 7149



Rathcoole Community Centre

Rathcoole Active

Time: Every 2nd Wednesday // All Welcome

Contact: Phyl Murray

Refreshments: Tea and Biscuits

What to do: Bowls

How to get there:

Rathcoole Community Centre,
Main Street, Co Dublin.
Tel: 01 458 6134



Glenasmole Community Centre Health & Wellbeing Clinic

Time: Wednesday every 2nd month // All Welcome

Contact: Susan Kearns

Refreshments: Tea and Biscuits

What to do: District Nurse, Chiropody, Blood pressure,
Manicure, Socialising

How to get there:

Glenasmole Community Centre,
Castle Kelly, Glenasmole, Co Dublin.
Tel: 01 459 0348



Trustus Day Services

Trustus Day Services

Time: 9.00 am – 4.00 pm // All Welcome

Contact: Bernice McGuirk

Refreshments: Tea / Biscuits & Dinner

What to do: Various Social Activities

How to get there:

Block C3, New Seskin Court,
Whitestown Way, Tallaght, Dublin 24
Tel: 01 468 5500



St. Brigid's Home

St. Brigid's Day Care

Time: 9.30 am – 3.00 pm // Everyday // All Welcome

Contact: Doreen Kelly

Refreshments: Tea & Coffee, Dinner

What to do: Bingo, Arts & Crafts, Singalong, Card Games

How to get there:

St. Brigid's Home, Crooksling,

Brittas, Co Dublin.

Tel: 01 401 1030

Email: daycaresbh@hse.ie



4 Districts Day Care Centre

4 Districts Day Care Centre

Time: 9.30 am – 3.30 pm // Everyday // All Welcome

Contact: Aine Ryan

Refreshments: Tea & Coffee, Dinner

What to do: Bingo, Card Games, Board Games, Socializing, Excursions

How to get there:

Main Street, Rathcoole, Co Dublin.

Tel: 01 458 0339

Email: fourdistrictsdaycare@gmail.com



Terenure College Swimming Pool

Aqua Fit

Time: 10.00 am // All Welcome

What to do: Casual Swim

How to get there:

Terenure College Swimming Pool, Terenure College,
Templeogue Road, Dublin 6W.

Tel: 01 490 7071

Web: www.terenurecollege.ie



Templeogue House

Templeogue Castle Community Bridge Club

Time: 10.00 am & 7.30 pm // Everyday // All Welcome

Contact: Bernadette McGillian

Refreshments: Tea & Coffee

What to do: Bridge Classes, Bridge Club

How to get there:

Templeogue House, Templeogue Road,
Templeogue, Dublin 6W.

Tel: 087 161 8988

Email: tcdbcsecretary@eircom.net

Web: www.tcdbc.ie



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Pool, Bowls, Pitch & Putt

Time: 10.00 am // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Pool, Bowls, Pitch & Putt

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770



Bawnogue Youth & Community Centre Craft & Chat

Time: 10.00 am – 12 noon // All Welcome // €3

Refreshments: Tea & Biscuits

What to do: Presentations, Talks, tips & ideas.

How to get there:

Bawnogue Youth & Community Centre,
Bawnogue Road, Clondalkin
Tel: 01 457 6734



Killinarden Family Resource Centre Relaxation and Aromatherapy

Time: 10.00 am – 12.00 pm // All Welcome

What to do: Relaxation and Aromatherapy

How to get there:

Killinarden Family Resource Centre,
Killinarden Way, Tallaght, Dublin 24.
Tel: 01 452 7143



Killinarden Family Resource Centre Arts and Crafts

Time: 10.00 am – 12.00 pm &

2.00 pm – 4.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Various Arts and Crafts

How to get there:

Killinarden Family Resource Centre,
Killinarden Way, Tallaght, Dublin 24.
Tel: 01 452 7143



St. Kevin's Family Resource Centre Stained Glass Painting

Time: 10.00 am – 12.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Stained Glass Painting

How to get there:

St. Kevin's Family Resource Centre,
Kilnamanagh Girl's Schools, Kilnamanagh, Dublin 24.

Tel: 01 462 7149



Maldron Hotel Newlands Cross Bridge

Time: 10.00 am – 12.30 pm // All Welcome

Contact: Kay Doyle

Refreshments: Coffee & Biscuits

What to do: No partners needed. A partner can be assigned on the day. Team Card Game €5

How to get there:

Maldron Hotel Newlands Cross,
Clondalkin, Dublin 22.

Tel: 087 299 9293



The Resource Centre Women's Group

Time: 10.00 am – 1.00 pm // Women Only

Contact: Anne Fitzpatrick

Refreshments: Tea and Biscuits

What to do: Knitting and Crocheting

How to get there:

The Resource Centre, 16 Glenshane Lawns,
Brookfield, Tallaght, Dublin 24.

Tel: 01 452 2533



Rose Cottage Dementia Care Centre Rose Cottage Dementia Care Centre The Alzheimer Society of Ireland

Time: 10.00 am – 1.00 pm // Anyone with Cognitive Impairment

Contact: Mary Hickey

Refreshments: Tea and Biscuits

What to do: Gardening, Quizzes, Games, Drama, Sensory Exercises, Dancing, Music, Reminiscing, Outings

How to get there:

Tymon North Place, Tymon North, Tallaght, Dublin 24.

Tel: 086 607 9614

Email: mhickey@alzheimer.ie



Kimmage Manor Church Hall

Kimmage Manor Active Retired Group

Time: 10.30 am // All Welcome

Contact: Jo O'Reilly

Refreshments: Tea & Coffee

What to do: Bowls, Bridge, Art

How to get there:

Kimmage Manor Church Hall,

Kimmage Manor, Dublin 12.

Tel: 01 406 4377



Tallaght Leisure Centre

Senior Swim

Time: 10.30 am – 11.15 am // All Welcome

Refreshments: Café

What to do: Swimming

How to get there:

Tallaght Leisure Centre, Fortunestown Way,
Tallaght, Dublin 24.

Tel: 01 452 3300

Email: info@tallaghtleisure.com



Tymon Bawn Community Centre

Badminton

Time: 10.30 am – 11.30 am // All Welcome

What to do: Badminton

How to get there:

Tymon Bawn Community Centre, Old Bawn,
Tallaght, Dublin 24.

Tel: 01 452 1028



St. Andrew's Parish Centre

Coffee & Chat Group

Time: 10.30 am – 12 noon // Weekly // All Welcome

Refreshments: Tea & Biscuits

What to do: Informal / make friends

How to get there:

St. Andrew's Parish Centre, Lucan Village, Co Dublin.

Tel: Jocelyn White 01 624 0976



Kilnamanagh Family Recreation Centre Line Dancing

Time: 10.30 am – 12.30 pm // All Welcome

What to do: Line Dancing

How to get there:

Kilnamanagh Family Recreation Centre, Tree Park Road, Kilnamanagh, Dublin 24.

Tel: 01 452 1199



Rathcoole Community Centre Retirement Group

Time: 10.30 am – 1.00 pm

What to do: Dancing, Art, Card Games, Board Games, Line Dancing etc.

How to get there:

Rathcoole Community Centre, Main Street, Rathcoole, Co Dublin.

Tel: 01 458 6135



St. Mary's Parish Centre

St. Mary's Active Age Lucan

Time: 10.30 am - 12.30 pm // Weekly // All Welcome

Refreshments: Tea & Cake

What to do: Bingo, Outings & Trips

How to get there:

St. Mary's Parish Centre, Lucan, Co Dublin.

Tel: 01 621 7041



Kilnamanagh Family Recreation Centre Kilnamanagh Day Activity Centre

Time: 10.30 am – 3.00 pm // All Welcome

Contact: Marian Gahan

Refreshments: Three course dinner

What to do: Bowls, Table Tennis, Line Dancing, Knitting, Socialising

How to get there:

Kilnamanagh Family Recreation Centre, Tree Park Road, Kilnamanagh, Dublin 24.

Tel: 01 452 1199



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Chair Aerobics

Time: 10.45 am // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Chair Aerobics

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770



Palmerstown Active Retirement Association Exercise to Music

Time: 10.45 am – 11.45 am // Weekly // All Welcome

Contact: The Chairperson

What to do: Gentle fitness programme

How to get there:

Palmerstown Active Retirement Association
Parish Centre, Palmerstown Village
Tel: 01 626 5534 Email: pararetirement@live.ie



The Park Community Centre Senior Social Club

Time: 10.45 am – 12.00 pm // All Welcome

Contact: Denis McGann

Refreshments: Tea and Biscuits

What to do: Indoor Bowls

How to get there:

The Park Community Centre, Ballycragh Park,
Parklands Road, Ballycullen, Dublin 24.
Tel: 086 318 1665



Rua Red Drawing Group

Time: 11.00 am // All Welcome

Contact: Rua Red

Refreshments: Café

What to do: Café Drawing Session

How to get there:

Rua Red, South Dublin Arts Centre,
Tallaght, Dublin 24
Tel: 01 451 5860



Rathcoole Community Centre Men's Club

Time: 11.00 am – 1.00 pm // Men Only

Refreshments: Tea and Biscuits

What to do: Socialising, Excursions

How to get there:

Rathcoole Community Centre,
Main Street, Rathcoole, Co Dublin.

Tel: 01 458 6134

Tel: 01 458 6135



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Gym

Time: 11.00 am – 1.45 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Gym

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Glenview Lodge Tallaght Men's Shed

Time: 11.00 am – 4.00 pm // Men Only

Contact: Maire Redmond / Bill Fitzsimons

Refreshments: Tea and Biscuits

What to do: Woodwork, Socialising, Games, Darts, Cards, Outings.

How to get there:

Glenview Lodge, Glenview, Tallaght, Dublin 24.

Tel: 01 451 2983



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Line Dancing

Time: 11.30 am – 1.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Line Dancing

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Angel Class

Time: 12.00 pm – 1.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Angel Class

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770



Liscarne Community Café Centre Meals on Wheels

Time: 12.00 pm – 1.00 pm // Mon-Fri // All Welcome

Contact: Martina McStay

What to do: 3 course meal plus tea & coffee,
€5 per meal per day

How to get there:

Liscarne Community Café Centre,
38 Liscarne Court, Clondalkin, Dublin 22.
Tel: 01 626 2679
Email: joasis1@gmail.com



Lucan Sports & Leisure Complex

Living the Life

Time: 12 noon – 1.30 pm // Weekly // All Welcome

Refreshments: Tea & Coffee

What to do: Gym / gentle exercise

How to get there:

Lucan Sports & Leisure Complex,
Griffeen Valley Park, Lucan, Co Dublin.
Tel: 01 624 1930



Kingswood Community Centre Kingswood Knitting and Crochet Club

Time: 12.00 pm – 2.00 pm // Women Only

Contact: Jackie White

Refreshments: Tea and Biscuits

What to do: Knitting and Crocheting

How to get there:

Kingswood Community Centre, Sylvan Drive, Kingswood
Heights, Tallaght, Dublin 24.
Tel: 01 452 0590
Email: kingswood13@eircom.net



Clondalkin Men's Shed

Men's Shed

Time: 12.00 pm – 5.00 pm // Weekly // Men Only

Contact: Vincent Mullally

Refreshments: Tea, Coffee & Biscuits

What to do: Manual skills, Woodwork etc., Skills Sharing & Social activities

How to get there:

Clondalkin Men's Shed,
Rear 98 Boot Road Clondalkin, Dublin 22.
Tel: 086 342 3209
Email: clondalkin@menssheds.ie



Palmerstown Parish Centre

Daycare Centre

Time: 12.30 pm – 2.00 pm // Weekly // Palmerstown Residents Welcome

Refreshments: Lunch / Meals-on-Wheels

What to do: Various Social Activities & Outings

How to get there:

Palmerstown Parish Centre
Lower Kennelsfort Road, Palmerstown, Dublin 20.
Apply directly to Day-Care Centre.
Tel: 01 626 0899



Liscarne Community Café Centre

Lunch

Time: 12.30 pm – 2.00 pm // Mon-Fri // All Welcome

Contact: Martina McStay

What to do: 3 course meal plus tea & coffee,
€5 per meal per day

How to get there:

Liscarne Community Café Centre,
38 Liscarne Court, Clondalkin, Dublin 22.
Tel: 01 626 2679
Email: joasis1@gmail.com



Liscarne Community Café Centre

Bingo

Time: 12.30 pm – 2.00 pm // Wednesdays Only // All Welcome

Contact: Martina McStay

What to do: Bingo starts immediately after Lunch
Social Activities & Outings

How to get there:

Liscarne Community Café Centre,
38 Liscarne Court, Clondalkin, Dublin 22
Tel: 01 626 2679
Email: joasis1@gmail.com



St. Kevin's Family Resource Centre

Crochet Group

Time: 1.00 pm – 3.00 pm // Women Only

Refreshments: Tea and Biscuits

What to do: Crochet

How to get there:

St. Kevin's Family Resource Centre,
Kilnamanagh Girl's Schools, Kilnamanagh, Dublin 24.
Tel: 01 462 7149



Áras Chrónáin Ionad Cultúir

League of Health & Fitness Women

Time: 1.00 pm – 3.00 pm // Weekly // Women Only

What to do: Gentle fitness programme

How to get there:

Áras Chrónáin Ionad Cultúir
Watery Lane, Orchard Road, Clondalkin, Dublin 22.
Tel: 01 457 4847
Web: www.araschronain.ie



St. Andrew's Parish Centre

Esker Active Retirement Association

Time: 1.30 pm – 4.00 pm // Weekly // All Welcome

Contact: Marian Egan

Refreshments: Tea and Biscuits

What to do: Badminton, Bowls & various other

How to get there:

St Andrew's Parish Centre,
Lucan Village, Co Dublin.
Tel: 086 126 9043



Ballyroan Community & Youth Centre Bridge Class

Time: 2.00 pm // All Welcome

Refreshments: Café

What to do: Bridge Class

How to get there:

Ballyroan Community & Youth Centre,
Marian Road, Rathfarnham, Dublin 14.

Tel: 01 495 8576

Email: enquiries@bcyc.ie



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Table Tennis

Time: 2.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Table Tennis

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Walking Together

Time: 2.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Walk (Bring Runners)

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Crochet & Knitting Group

Time: 2.00 pm – 3.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Crochet & Knitting

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Bawnogue Youth & Community Centre

Bawnogue Senior's Bingo

Time: 2.00 pm – 4.00 pm // Weekly // All Welcome

Refreshments: Tea & Biscuits

What to do: Presentations, Talks, tips & ideas.

How to get there:

Bawnogue Youth & Community Centre
Bawnogue Road, Clondalkin, Dublin 22.
Tel: 01 457 6734



Ballyroan Community & Youth Centre

Indoor Bowling

Time: 2.00 pm – 4.00 pm // All Welcome

Refreshments: Café

What to do: Indoor Bowling

How to get there:

Ballyroan Community & Youth Centre,
Marian Road, Rathfarnham, Dublin 14.
Tel: 01 495 8576
Email: enquiries@bcyc.ie



Pastoral Centre, St. Jude's Church

Willington Templeogue

Active Retired Group

Time: 2.00 pm – 4.00 pm // All Welcome

Contact: Maureen McVicar

Refreshments: Tea & Coffee

What to do: Art

How to get there:

Pastoral Centre, St. Jude's Church,
Willington, Dublin 6W.
Tel: 01 490 2899



Greenhills Community Centre

Greenhills Outdoor Bowls

Time: 2.00 pm – 4.00 pm // All Welcome

Contact: Marie McGrane

Refreshments: Tea & Coffee

What to do: Outdoor Bowls, Competitions

How to get there:

Greenhills Community Centre,
Greenhills Park, Dublin 12.
Tel: 01 450 0165
Tel: 01 451 2924



Firhouse Community Centre

Firhouse Golden Years

Time: 2.00 pm – 4.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Bingo, Talks, Yoga, Social Activities

How to get there:

Firhouse Community Centre,
Ballycullen Drive, Dublin 24.

Tel: 01 451 4455



Fettercairn Community Centre

Fettercairn Senior Citizen's Group

Time: 2.00 pm – 5.00 pm // All Welcome

Contact: Mary Keegan

Refreshments: Hot Meal, Tea and Biscuits

What to do: Card Bingo, Computer courses, Social Events, Outings, Shopping Trips, Walks, Gardening.

How to get there:

Fettercairn Community Centre, Fettercairn Road,
Fettercairn, Tallaght, Dublin 24.

Tel: 01 452 7011



St. Mark's Youth and Family Centre

Fettercairn Collective at The Farm

Time: 2.00 pm – 5.00 pm // All Welcome

What to do: Gardening

How to get there:

St. Mark's Youth and Family Centre,
Fettercairn Road, Tallaght, Dublin 24.



Dublin Postal Sports & Social Club

South Dublin Senior Citizen's Club Cards & Board Games

Time: 3.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Cards & Board Games

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



St. Kevin's Family Resource Centre

Yoga for Over 55's

Time: 3.30 pm – 5.00 pm // All Welcome

Contact: Barbara

What to do: Yoga

How to get there:

St. Kevin's Family Resource Centre,
Kilnamanagh Girl's Schools, Kilnamanagh, Dublin 24.
Tel: 01 462 7149



St. Kevin's Family Resource Centre

Needlecraft Group

Time: 6.00 pm – 8.00 pm // Women Only

Refreshments: Tea and Biscuits

What to do: Needlecraft

How to get there:

St. Kevin's Family Resource Centre,
Kilnamanagh Girl's Schools, Kilnamanagh, Dublin 24.
Tel: 01 462 7149



St. Thomas's Church

Mojo Men's Shed

Time: 6.30 pm – 10.00 pm // Men who have lost their Mojo

Contact: Danny Morris

Refreshments: Tea and Biscuits

What to do: Pool, Darts, Table Tennis, Talks, Courses, Woodwork, Gardening, Meditation, Yoga, Wellbeing, Social Activities, Support.

How to get there:

St. Thomas's Church, Jobstown, Tallaght, Dublin 24.
Tel: 087 793 8489
Email: themojo@menssheds.ie



Kiltipper Café Bar

Kiltipper Ramblers

Time: 7.00 pm // All Welcome

Contact: Simon Sweeney

Refreshments: Café

What to do: Walks, Hikes

How to get there:

Kiltipper Café Bar, Kiltipper Way, Tallaght, Dublin 24.
Tel: 083 455 2353
Web: www.kiltipperramblers.com
Email: kiltipperramblers@gmail.com



St. Finian's Community Centre

Mixed In-door Mat Bowling

Time: 7.00 pm – 9.00 pm // Weekly // All Welcome

What to do: Mixed Social Bowling

How to get there:

St. Finian's Community Centre,
Main Street, Newcastle, Co Dublin.

Tel: 01 458 6131



Dominic's Community Centre

St Muirin's Ladies Club

Time: 7.00 pm – 9.00 pm // Women Only

Contact: Peter McGeough

How to get there:

Dominic's Community Centre,
Avonbeg Gardens, Tallaght, Dublin 24.

Tel: 01 459 0770

Web: www.domincc.com



Kingswood Community Centre

Alzheimer's Carer's Group

Time: 7.00 pm – 9.00 pm // First Wednesday of every month // Carers

Contact: Una Keating or Betty Fitzpatrick

Refreshments: Tea and Biscuits

What to do: Carer's Support Group

How to get there:

Kingswood Community Centre, Sylvan Drive,
Kingswood Heights, Tallaght, Dublin 24.

Tel: 01 452 0590

Email: kingswood13@eircom.net



Quarryvale Youth & Community Centre

Quarryvale Men's Group

Time: 7.00 pm – 9.00 pm // Weekly // Men Only

Refreshments: Tea/Coffee

What to do: Various Social Activities & Outings.

How to get there:

Quarryvale Youth & Community Centre,
Shancastle Avenue, Quarryvale, Clondalkin, Dublin 22.

Tel: 01 623 3414



The Scouts Den Bowling Club

Time: 7.30 pm – 9.30 pm // Weekly // All Welcome

What to do: Beginners Bowling Instruction given

How to get there:

The Scouts Den, Watery Lane,
Clondalkin, Dublin 22.

Tel: Siobhan 087 645 8451



Ballyroan Community & Youth Centre Community Whist Drive

Time: 7.30 pm – 9.30 pm // 2nd & 4th Wednesday // All Welcome

Refreshments: Café

What to do: Whist Drive

How to get there:

Ballyroan Community & Youth Centre,
Marian Road, Rathfarnham, Dublin 14.

Tel: 01 495 8576

Email: enquiries@bcyc.ie



St. Aengus Parish Community Centre Tymon North Senior Citizens

Time: 7.30 pm – 10.30 pm // All Welcome

Contact: Mary

Refreshments: Tea and Biscuits

What to do: Bingo

How to get there:

St. Aengus Parish Community Centre,
Castletymon Road, Tymon North, Tallaght, Dublin 24.

Tel: 01 452 7247



Parish Centre

Palmerstown Camera Club

Time: 8.00 pm // Weekly // All Welcome

Contact: The Chairperson

What to do: Presentations, Talks, tips & ideas

How to get there:

Parish Centre, Palmerstown Village, Dublin 20

Tel: 087 251 5895

Email: secpcc@mail.com



Sacred Heart Parish Centre

Art Group

Time: 8.00 pm // All Welcome

Refreshments: Tea & Biscuits

What to do: Beginners & Advanced

How to get there:

Sacred Heart Parish Centre

St. John's Drive, Sruleen, Clondalkin, Dublin 22.

Tel: 01 457 2988



The Dominican Retreat Centre

Meditation

Time: 8.00 pm – 9.30 pm // All Welcome

Contact: Marie or Anita

Refreshments: Tea and Biscuits

What to do: Zen, Christian and Mystic Meditation

How to get there:

The Dominican Retreat Centre,

The Priory, Main Street, Tallaght, Dublin 24.

Tel: 01 404 8123



Belgard Community & Youth Centre

Ceili Dancing

Time: 8.00 pm – 9.30 pm // All Welcome

What to do: Ceili Dancing

How to get there:

Belgard Community & Youth Centre,

Old Belgard Road, Tallaght, Dublin 24.

Tel: 085 837 1139



Áras Chrónáin Ionad Cultúir

Spoken Irish Language

Time: 8.00 pm – 9.30 pm // Weekly // All Welcome

What to do: Spoken Irish language classes

How to get there:

Áras Chrónáin Ionad Cultúir,

Watery Lane, Orchard Road, Clondalkin, Dublin 22.

Tel: 01 457 4847

Email: eolas@araschronain.ie

Web: www.araschronain.ie



Rathcoole Community Centre

Bowls

Time: 8.00 pm – 10.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Indoor Bowls

How to get there:

Rathcoole Community Centre,
Main Street, Co Dublin.

Tel: 01 458 6134

Tel: 01 458 6135



Greenhills Community Centre

Greenhills Whist Drive

Time: 8.00 pm – 10.30 pm // All Welcome

Contact: Tony Shorten

Refreshments: Tea & Coffee

What to do: Whist Drive

How to get there:

Greenhills Community Centre,
Greenhills Park, Dublin 12.

Tel: 01 450 0165

Tel: 087 917 5513



Perrystown & Manor Estate Community Centre

Perrystown & Manor Estate Ladies Club

Time: 8.00 pm – 10.30 pm // Every 2nd Wednesday // Ladies Only

Contact: Bernie Norman

Refreshments: Tea & Coffee

What to do: Socialising, Demonstrations

How to get there:

Perrystown & Manor Estate Community Centre,
Limekiln Lawns, Dublin 12.

Tel: 01 451 5527

Tel: 086 816 9904



Terenure College Swimming Pool

Adult Swim Classes

Time: 8.15 pm // All Welcome

What to do: Swimming lessons

How to get there:

Terenure College Swimming Pool, Terenure College,
Templeogue Road, Dublin 6W.

Tel: 01 490 7071

Web: www.terenurecollege.ie



Tallaght Community School Sports Complex Greenhills Archer's Club

Time: 8.30 pm – 10.30 pm // All Welcome

Contact: Robert Sweetman

What to do: Archery

How to get there:

Tallaght Community School Sports Complex, Castlelawns, Balrothery, Tallaght, Dublin 24.

Tel: 089 212 1799 after 5.00 pm

Web: www.greenhillsarchery.com



Kilnamanagh Family Recreation Centre Bingo

Time: 8.30 pm – 10.30 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Bingo

How to get there:

Kilnamanagh Family Recreation Centre, Tree Park Road, Kilnamanagh, Dublin 24.

Tel: 01 452 1199



Terenure College Swimming Pool Adult Casual Swim

Time: 9.00 pm // All Welcome

What to do: Casual Swim

How to get there:

Terenure College Swimming Pool, Terenure College, Templeogue Road, Dublin 6W.

Tel: 01 490 7071

Web: www.terenurecollege.ie



Trustus Day Services

Trustus Day Services

Time: 9.00 am – 4.00 pm // All Welcome

Contact: Bernice McGuirk

Refreshments: Tea / Biscuits & Dinner

What to do: Various Social Activities

How to get there:

Block C3, New Seskin Court,
Whitestown Way, Tallaght, Dublin 24
Tel: 01 468 5500

Sacred Heart Parish Centre

Senior Games

Time: 9.30 am – 12 noon // All Welcome

Refreshments: Tea & Chat

What to do: Fun games / activities

How to get there:

Sacred Heart Parish Centre
St. John's Drive, Sruleen, Clondalkin, Dublin 22
Tel: 01 457 0032

St. Brigid's Home, Crooksling

St. Brigid's Day Care

Time: 9.30 am – 3.00 pm // Everyday // All Welcome

Contact: Doreen Kelly

Refreshments: Tea & Coffee, Dinner

What to do: Bingo, Arts & Crafts, Singalong, Card Games

How to get there:

St. Brigid's Home, Crooksling,
Brittas, Co Dublin.
Tel: 01 401 1030
Email: daycaresbh@hse.ie

4 Districts Day Care Centre

4 Districts Day Care Centre

Time: 9.30 am – 3.30 pm // Everyday // All Welcome

Contact: Aine Ryan

Refreshments: Tea & Coffee, Dinner

What to do: Bingo, Card Games, Board Games, Socializing,
Excursions

How to get there:

Main Street, Rathcoole, Co Dublin.
Tel: 01 458 0339
Email: fourdistrictsdaycare@gmail.com



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Pool, Bowls, Pitch & Putt

Time: 10.00 am // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Pool, Bowls, Pitch & Putt

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770



Templeogue House

Templeogue Castle Community Bridge Club

Time: 10.00 am & 7.30 pm // Everyday // All Welcome

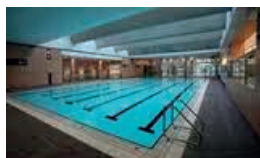
Contact: Bernadette McGillian

Refreshments: Tea & Coffee

What to do: Bridge Classes, Bridge Club

How to get there:

Templeogue House, Templeogue Road,
Templeogue, Dublin 6W.
Tel: 087 161 8988
Email: tccbcsecretary@eircom.net
Web: www.tccbc.ie



Terenure College Swimming Pool Adult Casual Swim

Time: 10.00 am & 9.00 pm // All Welcome

What to do: Casual Swim

How to get there:

Terenure College Swimming Pool, Terenure College,
Templeogue Road, Dublin 6W.
Tel: 01 490 7071
Web: www.terenurecollege.ie



Palmerstown Active Retirement Association Mat Bowling

Time: 10.00 am – 12 noon // Weekly // All Welcome

Contact: The Chairperson

What to do: Mixed Mat Bowling / competitions

How to get there:

Palmerstown Active Retirement Association,
Parish Centre, Palmerstown Village, Dublin 20
Tel: 01 626 5534
Email: pararetirement@live.ie



Bawnogue Youth & Community Centre **Art Group**

Time: 10.00 am – 12 noon // Weekly // All Welcome

Refreshments: Tea & Biscuits available

What to do: Beginners & Advanced

How to get there:

Bawnogue Youth & Community Centre,
Bawnogue Road, Clondalkin, Dublin 22

Tel: 01 457 6734



Killinarden Family Resource Centre **Arts and Crafts**

Time: 10.00 am – 12.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Various Arts and Crafts

How to get there:

Killinarden Family Resource Centre,
Killinarden Way, Tallaght, Dublin 24.

Tel: 01 452 7143



Killinarden Family Resource Centre **Quilting**

Time: 10.00 am – 12.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Learn how to Quilt

How to get there:

Killinarden Family Resource
Centre, Killinarden Way, Tallaght, Dublin 24.

Tel: 01 452 7143



Killinarden Family Resource Centre **Hairdressing**

Time: 10.00 am – 12.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Hairdressing

How to get there:

Killinarden Family Resource Centre,
Killinarden Way, Tallaght, Dublin 24.

Tel: 01 452 7143



Killinarden Family Resource Centre

Crafts

Time: 10.00 am – 12.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Various crafts

How to get there:

Killinarden Family Resource Centre,
Killinarden Way, Tallaght, Dublin 24.

Tel: 01 452 7143



St. Kevin's Family Resource Centre

Art Classes

Time: 10.00 am – 12.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Art Classes

How to get there:

St. Kevin's Family Resource Centre,
Kilnamanagh Girl's Schools, Kilnamanagh, Dublin 24.

Tel: 01 462 7149



Quarryvale Youth & Community Centre

Quarryvale Men's Group

Time: 10.00 am – 12.00 pm // Weekly // Men Only

Refreshments: Tea & Biscuits

What to do: Various Social Activities & Outings.

How to get there:

Quarryvale Youth & Community Centre,
Shancastle Avenue, Quarryvale, Clondalkin, Dublin 22.

Tel: 01 623 3414



Rose Cottage Dementia Care Centre

Rose Cottage Dementia Care Centre

The Alzheimer Society of Ireland

Time: 10.00 am – 1.00 pm // Anyone with Cognitive Impairment

Contact: Mary Hickey

Refreshments: Tea and Biscuits

What to do: Gardening, Quizzes, Games, Drama, Sensory Exercises, Dancing, Music, Reminiscing, Outings

How to get there:

Tymon North Place, Tymon North, Tallaght, Dublin 24.

Tel: 086 607 9614

Email: mhickey@alzheimer.ie



Belgard Community & Youth Centre

Silver Surfers

Time: 10.00 am – 2.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Painting, Set Dancing, Flower Arranging, Bowls, Darts, Outings, Exercise

How to get there:

Belgard Community & Youth Centre,
Old Belgard Road, Tallaght, Dublin 24.
Tel: 085 837 1139



Kingswood Community Centre

Kingswood - Thursday Club

Time: 10.30 am – 12.00 pm // Women Only

Contact: Una Keating or Betty Fitzpatrick

Refreshments: Tea and Biscuits

What to do: Bingo, Seasonal Outings

How to get there:

Kingswood Community Centre,
Sylvan Drive, Kingswood Heights, Tallaght, Dublin 24.
Tel: 01 452 0590
Email: kingswood13@eircom.net



Sacred Heart Parish Centre

Knitting Group

Time: 10.30 am-12.30 pm // All Welcome

Refreshments: Tea & Chat

What to do: Knitting & Crochet

How to get there:

Sacred Heart Parish Centre
St. John's Drive, Sruleen, Clondalkin, Dublin 22
Tel: 01 457 0032



Kingswood Community Centre

Kingswood - Art Classes

Time: 10.30 am – 12.30 pm // For Beginners // All Welcome

Contact: Jackie White

Refreshments: Tea and Biscuits

What to do: Art Classes

How to get there:

Kingswood Community Centre,
Sylvan Drive, Kingswood Heights, Tallaght, Dublin 24.
Tel: 01 452 0590
Email: kingswood13@eircom.net



Kilnamanagh Family Recreation Centre Kilnamanagh Day Activity Centre

Time: 10.30 am – 3.00 pm // All Welcome

Contact: Marian Gahan

Refreshments: Three course dinner

What to do: Bowls, Table Tennis, Line Dancing, Knitting, Socialising

How to get there:

Kilnamanagh Family Recreation Centre,
Tree Park Road, Kilnamanagh, Dublin 24.
Tel: 01 452 1199



Terenure College Swimming Pool Adult Swim Classes

Time: 10.45 am // Women Only

What to do: Swimming lessons

How to get there:

Terenure College Swimming Pool, Terenure College,
Templeogue Road, Dublin 6W.
Tel: 01 490 7071
Web: www.terenurecollege.ie



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Aerobics

Time: 10.45 am // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Keep Fit Aerobics

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770



Tallaght Leisure Centre Living For Life (55+)

Time: 11.00 am – 11.45 am // All Welcome

Refreshments: Café

What to do: Various Exercises including;
Swimming, Aerobics etc

How to get there:

Tallaght Leisure Centre,
Fortunstown Way, Tallaght, Dublin 24
Tel: 01 452 3300
Email: info@tallaghtleisure.com



Clondalkin Sports & Leisure Complex Men's Shed

Time: 11.00 am – 12.30 pm // Weekly // Men Only

Refreshments: Coffee Shop available

What to do: Swim, Fitness, Tea & Coffee

How to get there:

Clondalkin Sports & Leisure Complex, Nangor Road,
Clondalkin, Dublin 22.

Tel: 01 457 4858



Tymon Bawn Community Centre Knitting Club

Time: 11.00 am – 12.30 pm // Women Only

Refreshments: Tea and Biscuits

What to do: Knitting and Crochet

How to get there:

Tymon Bawn Community Centre,
Old Bawn, Tallaght, Dublin 24.

Tel: 01 452 1028



St. Finian's Community Centre RAMS (Retired Active Men's Social)

Time: 11.00 am – 1.00 pm // Weekly // Men Only

Refreshments: Tea/coffee & Chat

What to do: Various activities / projects / events & Social Outings

How to get there:

St. Finian's Community Centre,
Main Street, Newcastle, Co. Dublin

Tel: 01 458 6007



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Gym

Time: 11.00 am – 1.45 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Gym

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Glenview Lodge

Tallaght Men's Shed

Time: 11.00 am – 4.00 pm // Men Only

Contact: Maire Redmond / Bill Fitzsimons

Refreshments: Tea and Biscuits

What to do: Woodwork, Socialising, Games, Darts, Cards, Outings.

How to get there:

Glenview Lodge, Glenview, Tallaght, Dublin 24.

Tel: 01 451 2983



Terenure College Swimming Pool

Aqua Fit

Time: 11.30 am // All Welcome

What to do: Casual Swim

How to get there:

Terenure College Swimming Pool, Terenure College, Templeogue Road, Dublin 6W.

Tel: 01 490 7071

Web: www.terenurecollege.ie



Dublin Postal Sports & Social Club

South Dublin Senior Citizen's Club Line Dancing (Beginners)

Time: 11.30 am – 12.30 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Line Dancing (Beginners)

How to get there:

Dublin Postal Sports & Social Club, Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Ballyroan Community & Youth Centre

Chorus Adult Choir Group

Time: 11.30 am – 1.00 pm // All Welcome

Refreshments: Café

What to do: Choir Singing

How to get there:

Ballyroan Community & Youth Centre, Marian Road, Rathfarnham, Dublin 14.

Tel: 01 495 8576

Email: enquiries@bcyc.ie



Liscarne Community Café Centre Meals on Wheels

Time: 12.00 pm – 1.00 pm // Mon-Fri // All Welcome

Contact: Martina McStay

What to do: 3 course meal plus tea & coffee,
€5 per meal per day

How to get there:

Liscarne Community Café Centre,
38 Liscarne Court, Clondalkin, Dublin 22.

Tel: 01 626 2679

Email: joasis1@gmail.com



Clondalkin Sports & Leisure Complex Living the Life

Time: 12 noon – 1.30 pm // Weekly // All Welcome

Refreshments: Tea & Biscuits

What to do: Light activity / bowling / etc

How to get there:

Clondalkin Sports & Leisure Complex, Nangor Road,
Clondalkin, Dublin 22.

Tel: 01 457 4858



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Line Dancing

Time: 12.30 pm – 1.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Line Dancing

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



St. Andrew's Parish Centre Lucan Active Retirement

Time: 12.30 pm – 2.00 pm // Weekly // All Welcome

Refreshments: Tea & coffee

What to do: Various activities & social outings

How to get there:

St. Andrew's Parish Centre, Lucan Village

Tel: 01 624 0976



Liscarne Community Café Centre Lunch

Time: 12.30 pm – 2.00 pm // Mon-Fri // All Welcome

Contact: Martina McStay

What to do: 3 course meal plus tea & coffee,
€5 per meal per day

How to get there:

Liscarne Community Café Centre,
38 Liscarne Court, Clondalkin, Dublin 22.

Tel: 01 626 2679

Email: joasis1@gmail.com



Knocklyon Youth & Community Centre Knocklyon Active Retired Group

Time: 1.00 pm – 4.00 pm // All Welcome

Contact: Lyla Kennedy

Refreshments: Tea / Coffee & Biscuits

What to do: Bowls

How to get there:

Knocklyon Youth & Community Centre,
Idrone Ave, Knocklyon Road, Dublin 16.

Tel: 01 494 3991

Tel: 01 494 2830



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Walking Together

Time: 2.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Walk (Bring Runners)

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Palmerstown Active Retirement Association Mat Bowling

Time: 2.00 pm – 4.00 pm // Weekly // All Welcome

Contact: The Chairperson

What to do: Mixed Mat Bowling / competitions

How to get there:

Palmerstown Active Retirement Association,
Parish Centre, Palmerstown Village, Dublin 20

Tel: 01 626 5534

Email: pararetirement@live.ie



Perrystown & Manor Estate Community Centre Perrystown & Manor Estate Active Retired Group

Time: 2.00 pm – 4.00 pm // All Welcome

Refreshments: Tea & Coffee

What to do: Indoor Bowls

How to get there:

Perrystown & Manor Estate Community Centre,
Limekiln Lawns, Dublin 12.

Tel: 01 451 5527



Pastoral Centre, St. Jude's Church Willington Templeogue Active Retired Group

Time: 2.00 pm – 4.00 pm // All Welcome

Contact: Maureen McVicar

Refreshments: Tea & Coffee

What to do: Bowls

How to get there:

Pastoral Centre, St. Jude's Church,
Willington, Dublin 6W.

Tel: 01 490 2899



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Art

Time: 2.00 pm – 4.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Art

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Dublin Postal Sports & Social Club South Dublin Senior Citizen's Club Pitch & Putt

Time: 2.00 pm – 4.00 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Pitch & Putt

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770



An Cosán

U3A (University of the Third Age)

Time: 2.00 pm – 4.30 pm // Every 2nd Thursday // All Welcome

Contact: Imelda Hanratty

Refreshments: Tea and Biscuits

What to do: Arts and Crafts, Exercise, Speakers Outings, Socialising

How to get there:

An Cosán, Kiltalown Village Centre,
Jobstown, Tallaght, Dublin 24.
Tel: 01 462 8488
Web: www.ancosan.com



Jobstown Community Centre Jobstown Senior Citizens

Time: 2.00 pm – 5.00 pm // All Welcome

Contact: Catherine Harcourt

Refreshments: Tea and Biscuits

What to do: Darts, Table Tennis, Curling, Bowls, Etc.

How to get there:

Jobstown Community Centre,
Jobstown Road, Tallaght, Dublin 24.
Tel: 087 665 0409



St. Andrew's Active Retirement Association St. Andrew's Parish Centre

Time: 3.00 pm – 5.00 pm // Weekly // All Welcome

Contact: Birdie Sheridan

Refreshments: Tea/Coffee/Cake

What to do: Bingo, Music, Quiz, Social Outings

How to get there:

St. Andrew's Parish Centre,
Lucan Village, Co Dublin
Tel: 01 450 9191 / 450 1664



Belgard Community & Youth Centre

Belgard Seniors

Time: 3.00 pm – 5.00 pm // All Welcome

Contact: Diarmuid O'Flanagan

Refreshments: Tea and Biscuits

What to do: Indoor Bowls, Computers and Digital Photography, Playing Traditional Irish music

How to get there:

Belgard Community & Youth Centre,
Old Belgard Road, Tallaght, Dublin 24.
Tel: 086 835 6239



St. Mark's Scout's Den

West Tallaght Men's Shed

Time: 2.00 pm – 4.30 pm // Men Only

Contact: Tom Walsh

Refreshments: Tea and Biscuits

What to do: Go for Life Games, including Darts, Mini Golf, Ten Pin Bowling etc.

How to get there:

St. Mark's Scout's Den, Maplewood Road,
Springfield, Tallaght, Dublin 24.
Email: tallaghtms@hotmail.com



Áras Chrónáin Ionad Cultúir

Traditional Irish Music

Time: 6.00 pm // Weekly // All Welcome

What to do: Music Classes in Traditional Irish Music

How to get there:

Áras Chrónáin Ionad Cultúir,
Watery Lane, Orchard Road, Clondalkin, Dublin 22.
Tel: 01 457 4847
Email: eolas@araschronain.ie



Clondalkin Library

GIY (Grow it Yourself)

Time: 6.30 pm – 2nd Thursday every month // All Welcome

What to do: Various activities talks & research

How to get there:

Clondalkin Library, Monastery Road, Clondalkin, Dublin 22
Tel: 01 459 5509



Clondalkin Library

Genealogy

Time: 6.30 pm – 3rd Thursday every month // All Welcome

What to do: Various activities talks & research

How to get there:

Clondalkin Library, Monastery Road, Clondalkin, Dublin 22

Tel: 01 459 5509



Clondalkin Library

Book Club

Time: 6.30 pm – 4th Thursday every month // All Welcome

What to do: Various activities talks & research

How to get there:

Clondalkin Library, Monastery Road, Clondalkin, Dublin 22

Tel: 01 459 5509



St. Thomas's Parish Centre

Mojo Men's Shed

Time: 6.30 pm – 10.00 pm // Men who have lost their Mojo

Contact: Danny Morris

Refreshments: Tea and Biscuits

What to do: Pool, Darts, Table Tennis, Talks, Courses, Woodwork, Gardening, Meditation, Yoga, Wellbeing, Social Activities, Support.

How to get there:

St. Thomas's Parish Centre, Jobstown, Dublin 24.

Tel: 087 793 8489

Email: themojo@menssheds.ie



Dominic's Community Centre

Angel Meditation

Time: 7.00 pm – 9.00 pm // Women Only

What to do: Angel Meditation

How to get there:

Dominic's Community Centre,

Avonbeg Gardens, Tallaght, Dublin 24.

Tel: 01 459 0770

Web: www.domincc.com



Brookfield Youth & Community Centre South Dublin Fun Band

Time: 7.00 pm – 9.00 pm // All Welcome

Contact: Noel Heenan on 086 318 7833

Refreshments: Tea and Biscuits

What to do: Learning to play musical instruments, Jamming, Having fun with music

How to get there:

Brookfield Youth & Community Centre,
Brookfield Road, Tallaght, Dublin 24.

Tel: 01 452 8404

Email: noelhnn@gmail.com



Ballyroan Community & Youth Centre Marian Bridge Club

Time: 7.00 pm – 10.30 pm // All Welcome

Refreshments: Café

What to do: Bridge

How to get there:

Ballyroan Community & Youth Centre,
Marian Road, Rathfarnham, Dublin 14.

Tel: 01 495 8576

enquiries@bcyc.ie



Rathcoole Community Centre Bridge Club

Time: 7.00 pm – 11.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Bridge

How to get there:

Rathcoole Community Centre,
Main Street, Co Dublin.

Tel: 01 458 6134

Tel: 01 458 6135



St. Joseph's School Bridge

Time: 7.00 pm – 10.30 pm // Weekly // All Welcome

Admission: €4

What to do: Team Card Game

How to get there:

St. Joseph's School, Clondalkin Village, Dublin 22.



St. Andrew's Parish Centre

Bowling

Time: 7.30 pm // Weekly // All Welcome

What to do: Mixed mat bowling / Competitions

How to get there:

St. Andrew's Parish Centre, Lucan Village, Co Dublin.

Tel: Cecil Buchannan 01 624 0976



Killinarden Community Centre

Yoga with a Difference

Time: 7.30 pm – 9.00 pm // All Welcome

What to do: Yoga aimed at people with injuries

How to get there:

Killinarden Community Centre,

Killinarden Heights, Tallaght, Dublin 24.

Tel: 01 452 6617



Killinarden Community Centre

Book Club

Time: 7.30 pm – 9.00 pm // Monthly on Thursday // All Welcome

Refreshments: Tea and Biscuits

What to do: Read and discuss the monthly book

How to get there:

Killinarden Community Centre,

Killinarden Heights, Tallaght, Dublin 24.

Tel: 01 452 6617



Kilnamanagh Family Recreation Centre

M.A.T.E.S. (Men Advancing Through Education and Support)

Time: 7.30 pm – 9.30 pm // Every 2nd Thursday // Men Only

Contact: Tony Condrón

Refreshments: Tea and Biscuits

What to do: Family Support and Mentoring for Men

How to get there:

Kilnamanagh Family Recreation Centre,

Tree Park Road, Kilnamanagh, Dublin 24.

Tel: 01 452 1199 or 085 724 8306



Clonburris Parish Centre

Clonburris Women's Group

Time: 8.00 pm – 9.00 pm // Weekly // Women Only

Contact: Liz Griffin

What to do: Various Activities

How to get there:

Clonburris Parish Centre

Our Lady Queen of Apostles, Clonburris National School,
Dunawley Avenue, Clondalkin, Dublin 22.

Tel: 086 350 6380

Email: griffin.liz@hotmail.com



The Dominican Retreat Centre

Meditation

Time: 8.00 pm – 9.30 pm // All Welcome

Contact: Marie or Anita

Refreshments: Tea and Biscuits

What to do: Zen, Christian and Mystic Meditation

How to get there:

The Dominican Retreat Centre,

The Priory, Main St, Tallaght, Dublin 24.

Tel: 01 404 8123

Labhair Gaeilge
Liom!

Molloys Pub

Gaelphobal Thamhlachta

Time: 8.00 pm – 9.00 pm // All Welcome

Contact: Pól Ó Meadhra

What to do: Conversational Irish, Irish Classes

How to get there:

Molloys Pub, Tallaght Village, Dublin 24

Tel: 087 925 3483

Email: pobalnagaeilge@gmail.com

Web: www.gealphobalthamhlachta.com



Knockmitten Youth & Community Centre

Senior's Drop-in

Time: 8.00 pm – 10.00 pm // Weekly // All Welcome

Refreshments: Tea & Chat

What to do: Social group

How to get there:

Knockmitten Youth & Community Centre

Monksfield Lawns, Clondalkin, Dublin 22.

Tel: 01 411 1511



St. Aengus Parish Community Centre

ICA

Time: 8.00 pm – 10.00 pm // All Welcome

Contact: Pauline

Refreshments: Tea and Biscuits

What to do: Arts and Crafts, Talks, Dancing

How to get there:

St. Aengus Parish Community Centre,
Castletymon Road, Tymon North, Tallaght, Dublin 24.
Tel: 01 452 7247



Áras Chrónáin Ionad Cultúir

Traditional Irish Music

Time: 9.00 pm // Weekly // All Welcome

What to do: Open traditional Irish music sessions and songs

How to get there:

Áras Chrónáin Ionad Cultúir,
Watery Lane, Orchard Road, Clondalkin, Dublin 22.
Tel: 01 457 4847
Email: eolas@araschronain.ie



Trustus Day Services

Trustus Day Services

Time: 9.00 am – 4.00 pm // All Welcome

Contact: Bernice McGuirk

Refreshments: Tea / Biscuits & Dinner

What to do: Various Social Activities

How to get there:

Block C3, New Seskin Court,
Whitestown Way, Tallaght, Dublin 24
Tel: 01 468 5500



Palmerstown Active Retirement Association

Art

Time: 9.30 am – 11.30am // Weekly // All Welcome

Contact: The Chairperson

What to do: Beginners & Advanced

How to get there:

Palmerstown Active Retirement Association
Parish Centre, Palmerstown Village
Tel: 01 626 5534

Email: pararetirement@live.ie



St. Brigid's Home, Crooksling

St. Brigid's Day Care

Time: 9.30 am – 3.00 pm // Everyday // All Welcome

Contact: Doreen Kelly

Refreshments: Tea & Coffee, Dinner

What to do: Bingo, Arts & Crafts, Singalong, Card Games

How to get there:

St. Brigid's Home, Crooksling,
Brittas, Co Dublin.
Tel: 01 401 1030

Email: daycaresbh@hse.ie



4 Districts Day Care Centre

4 Districts Day Care Centre

Time: 9.30 am – 3.30 pm // Everyday // All Welcome

Contact: Áine Ryan

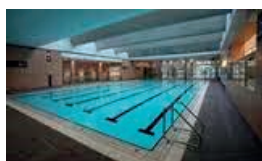
Refreshments: Tea & Coffee, Dinner

What to do: Bingo, Card Games, Board Games,
Socialising, Excursions

How to get there:

Main Street, Rathcoole, Co Dublin.
Tel: 01 458 0339

Email: fourdistrictsdaycare@gmail.com



Terenure College Swimming Pool

Adult Casual Swim

Time: 10.00 am // All Welcome

What to do: Casual Swim

How to get there:

Terenure College Swimming Pool, Terenure College, Templeogue Road, Dublin 6W.

Tel: 01 490 7071

Web: www.terenurecollege.ie



Dublin Postal Sports & Social Club

South Dublin Senior Citizen's Club Pool, Bowls, Pitch & Putt

Time: 10.00 am // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Pool, Bowls, Pitch & Putt

How to get there:

Dublin Postal Sports & Social Club, Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Templeogue House

Templeogue Castle Community Bridge Club

Time: 10.00 am & 7.30 pm // Everyday // All Welcome

Contact: Bernadette McGillian

Refreshments: Tea & Coffee

What to do: Bridge Classes, Bridge Club

How to get there:

Templeogue House, Templeogue Road, Templeogue, Dublin 6W.

Tel: 087 161 8988

Email: tccbcsecretary@eircom.net

Web: www.tccbc.ie



Tymon Bawn Community Centre

Get Ireland Walking

Time: 10.00 am – 11.30 am // All Welcome

Refreshments: Tea and Biscuits

What to do: Walking Club

How to get there:

Tymon Bawn Community Centre, Old Bawn, Tallaght, Dublin 24.

Tel: 01 452 1028



Perrystown & Manor Estate Community Centre Perrystown & Manor Estate Tai Chi Class

Time: 10.00 am – 12.00 pm // All Welcome

Contact: Stewart Breen

What to do: Tai – Chi Class

How to get there:

Perrystown & Manor Estate Community Centre,
Limekiln Lawns, Dublin 12.

Tel: 01 451 5527

Tel: 086 389 6151



Killinarden Family Resource Centre Knitting and Crochet

Time: 10.00 am – 12.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Knitting and Crochet

How to get there:

Killinarden Family Resource Centre,
Killinarden Way, Tallaght, Dublin 24.

Tel: 01 452 7143



Killinarden Family Resource Centre Irish Language Lessons

Time: 10.00 am – 12.00 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Learn Irish, Beginners, Intermediates and
Advanced

How to get there:

Killinarden Family Resource Centre,
Killinarden Way, Tallaght, Dublin 24.

Tel: 01 452 7143



Rose Cottage Dementia Care Centre Rose Cottage Dementia Care Centre The Alzheimer Society of Ireland

Time: 10.00 am – 1.00 pm // Anyone with Cognitive Impairment

Contact: Mary Hickey

Refreshments: Tea and Biscuits

What to do: Gardening, Quizzes, Games, Drama, Sensory
Exercises, Dancing, Music, Reminiscing, Outings

How to get there:

Tymon North Place, Tymon North,
Tallaght, Dublin 24.

Tel: 086 607 9614

Email: mhickey@alzheimer.ie



Clondalkin Sports & Leisure Complex Senior Swim

Time: 10.30 am // All Welcome (reduced price)

Refreshments: Coffee Shop Available

What to do: Social Swim

How to get there:

Clondalkin Sports & Leisure Complex,
Nangor Road, Clondalkin, Dublin 22.

Tel: 01 457 4858



Ballyroan Community & Youth Centre Ballyroan Men's Shed

Time: 10.30 am – 12.30 pm // Men Only

Refreshments: Café

What to do: Socialising, Craft works, Music, Exercise Classes

How to get there:

Ballyroan Community & Youth Centre,
Marian Road, Rathfarnham, Dublin 14.

Tel: 01 495 8576

enquiries@bcyc.ie



Ballyroan Community & Youth Centre Friday Club Active Age Group

Time: 10.30 am – 1.00 pm // All Welcome

Refreshments: Café

What to do: Range of Activities, Outings, Organised Events

How to get there:

Ballyroan Community & Youth Centre,
Marian Road, Rathfarnham, Dublin 14.

Tel: 01 495 8576

Email: enquiries@bcyc.ie



Kilnamanagh Family Recreation Centre Kilnamanagh Day Activity Centre

Time: 10.30 am – 3.00 pm // All Welcome

Contact: Marian Gahan

Refreshments: Three Course Dinner

What to do: Bowls, Table Tennis, Line Dancing, Knitting,
Socialising

How to get there:

Kilnamanagh Family Recreation Centre,
Tree Park Road, Kilnamanagh, Dublin 24.

Tel: 01 452 1199



Terenure College Swimming Pool

Aqua Fit

Time: 10.45 am // All Welcome

What to do: Casual Swim

How to get there:

Terenure College Swimming Pool, Terenure College,
Templeogue Road, Dublin 6W.

Tel: 01 490 7071

Web: www.terenurecollege.ie



Dublin Postal Sports & Social Club

South Dublin Senior Citizen's Club

Chair Aerobics

Time: 10.45 am // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Chair Aerobics

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Knockmitten Youth & Community Centre

Knitting & Craft Group

Time: 11.00 am – 12.30 pm // Weekly // All Welcome

Refreshments: Tea & Biscuits

What to do: Knitting & Crochet, share skills & ideas

How to get there:

Knockmitten Youth & Community Centre,
Monksfield Lawns, Clondalkin, Dublin 22.

Tel: 01 411 1511



Dominic's Community Centre

D.A.M.S. (Dominic's Active Men's Association)

Time: 11.00 am – 1.00 pm // Men Only

Contact: Tony Nolan

Refreshments: Tea and Biscuits

What to do: Various Social Activities, Outings

How to get there:

Dominic's Community Centre,
Avonbeg Gardens, Tallaght, Dublin 24.

Tel: 01 459 0770

Web: www.domincc.com



Kingswood Community Centre

Kingswood - Art Classes

Time: 11.00 am – 1.00 pm for Advanced // All Welcome

Contact: Jackie White

Refreshments: Tea and Biscuits

What to do: Art Classes

How to get there:

Kingswood Community Centre,
Sylvan Drive, Kingswood Heights, Tallaght, Dublin 24.

Tel: 01 452 0590

Email: kingswood13@eircom.net



Fettercairn Community Centre

Men's Shed

Time: 11.00 am – 1.00 pm // Men

Contact: Mary Keegan

Refreshments: Tea and Biscuits

What to do: Gardening, Maintenance, Games, Bowling.

How to get there:

Fettercairn Community Centre, Fettercairn Road,
Fettercairn, Tallaght, Dublin 24.

Tel: 01 452 7011



Glenview Lodge

Tallaght Men's Shed

Time: 11.00 am – 4.00 pm // Men Only

Contact: Maire Redmond / Bill Fitzsimons

Refreshments: Tea and Biscuits

What to do: Woodwork, Socialising, Games, Darts, Cards, Outings.

How to get there:

Glenview Lodge, Glenview, Tallaght, Dublin 24.

Tel: 01 451 2983



Dublin Postal Sports & Social Club

South Dublin Senior Citizen's Club Gym

Time: 11.30 am – 12.30 pm // All Welcome

Contact: Kitty Rafferty (Supervisor)

Refreshments: Tea & Coffee - Lunch

What to do: Gym

How to get there:

Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.

Tel: 083 150 0770



Liscarne Community Café Centre

Meals on Wheels

Time: 12.00 pm – 1.00 pm // Mon-Fri // All Welcome

Contact: Martina McStay

What to do: 3 course meal plus tea & coffee,
€5 per meal per day

How to get there:

Liscarne Community Café Centre,
38 Liscarne Court, Clondalkin, Dublin 22.

Tel: 01 626 2679

Email: joasis1@gmail.com



Palmerstown Active Retirement Association

Walking Football

Time: 12.00 pm – 1.00 pm // Weekly // All Welcome

Contact: Stephen Bates

Refreshments: Tea and Biscuits

What to do: Walking Soccer. Comfortable clothing and shoes essential

How to get there:

Pobal Scoil Iosolde Sports Complex,
Palmerstown Community College, Oakcourt Ave,
Palmerstown, Dublin 20

Tel: 01 626 5991



Palmerstown Active Retirement Association

Art

Time: 12 noon – 2.00 pm // Weekly // All Welcome

Contact: The Chairperson

What to do: Beginners & Advanced

How to get there:

Palmerstown Active Retirement Association,
Parish Centre, Palmerstown Village, Dublin 20.

Tel: 01 626 5534

Email: pararetirement@live.ie



Palmerstown Parish Centre Daycare Centre

Time: 12.30 pm – 2.00 pm // Weekly // Palmerstown Residents Welcome

Refreshments: Lunch / Meals-on-Wheels

What to do: Various Social Activities & Outings

How to get there:

Palmerstown Parish Centre

Lower Kennelsfort Road, Palmerstown, Dublin 20.

Apply directly to Day-Care Centre.

Tel: 01 626 0899



Liscarne Community Café Centre Lunch

Time: 12.30 pm – 2.00 pm // Mon-Fri // All Welcome

Contact: Martina McStay

What to do: 3 course meal plus tea & coffee,
€5 per meal per day

How to get there:

Liscarne Community Café Centre,

38 Liscarne Court, Clondalkin, Dublin 22.

Tel: 01 626 2679

Email: joasis1@gmail.com



Knockmitten Youth & Community Centre Over 55's Lunch

Time: From 1.00 pm // Weekly // All Welcome

Admission: €4

How to get there:

Knockmitten Youth & Community Centre,

Monksfield Lawns, Clondalkin, Dublin 22.

Tel: 01 411 1511



Palmerstown Active Retirement Association Art

Time: 2.00 pm – 4.00 pm // Weekly // All Welcome

Contact: The Chairperson

What to do: Beginners & Advanced

How to get there:

Palmerstown Active Retirement Association,

Parish Centre, Palmerstown Village, Dublin 20.

Tel: 01 626 5534 Email: pararetirement@live.ie



Kimmage Manor Church Hall

Kimmage Manor Active Retired Group

Time: 2.00 pm – 4.00 pm // All Welcome

Contact: Jo O'Reilly

Refreshments: Tea & Coffee

What to do: Bowls, Bridge, Art

How to get there:

Kimmage Manor Church Hall,

Kimmage Manor, Dublin 12.

Tel: 01 406 4377

Belgard Community & Youth Centre

Silver Surfers

Time: 2.00 pm – 4.00 pm // All Welcome

Contact: The Chairperson

Refreshments: Tea and Biscuits

What to do: Painting, Set Dancing, Flower Arranging, Bowls, Darts, Outings, Exercise

How to get there:

Belgard Community & Youth Centre,

Old Belgard Road, Tallaght, Dublin 24.

Tel: 085 837 1139

Kiltipper Café Bar

Kiltipper Ramblers

Time: 7.00 pm // All Welcome

Contact: Simon Sweeney

Refreshments: Café

What to do: Walks, Hikes

How to get there:

Kiltipper Café Bar, Kiltipper Way, Tallaght, Dublin 24.

Tel: 083 455 2353

Web: www.kiltipperramblers.com

Email: kiltipperramblers@gmail.com

Tymon Bawn Community Centre

Friday Night Bowls

Time: 7.00 pm – 8.30 pm // All Welcome

Refreshments: Tea and Biscuits

What to do: Indoor Bowls

How to get there:

Tymon Bawn Community Centre,

Old Bawn, Tallaght, Dublin 24.

Tel: 01 452 1028



Sacred Heart Parish Centre

Film Club

Time: 7.30 pm September – March // Weekly // All Welcome

What to do: Social Film Screening

How to get there:

Sacred Heart Parish Centre

St. John's Drive, Sruleen, Clondalkin, Dublin 22

Tel: 01 457 0032



Palmerstown Community & Youth Centre

Ballroom Dancing

Time: 8.00 pm – 9.00 pm // Weekly // All Welcome

Refreshments: Tea & Coffee

What to do: Beginners & Advanced Sections.

How to get there:

Palmerstown Community & Youth Centre,

Kennelsfort Shopping Centre, Kennelsfort Rd,

Palmerstown, Dublin 20.

Tel: 01 616 6981



Kilnamanagh Family Recreation Centre

Bokwa

Time: 8.30 pm – 9.30 pm // All Welcome

What to do: Bokwa Dance

How to get there:

Kilnamanagh Family Recreation Centre,

Tree Park Road, Kilnamanagh, Dublin 24.

Tel: 01 452 1199



Dominic's Community Centre

Bingo

Time: 8.30 pm – 10.00 pm // Women Only

Refreshments: Tea and Biscuits

What to do: Prize Bingo

How to get there:

Dominic's Community Centre,

Avonbeg Gardens, Tallaght, Dublin 24.

Tel: 01 459 0770

Web: www.domincc.com



Áras Chrónáin Ionad Cultúir

Irish Céilí & Set Dancing Classes

Time: 8.30 pm – 10.00 pm // Weekly // All Welcome

What to do: Fun Classes for Irish Céilí dancing

How to get there:

Áras Chrónáin Ionad Cultúir,
Watery Lane, Orchard Road, Clondalkin, Dublin 22.

Tel: 01 457 4847

Email: eolas@araschronain.ie



Áras Chrónáin Ionad Cultúir

Traditional Irish Music Session

Time: 9.00 pm // Weekly // All Welcome

What to do: Open Traditional Irish Music Session

How to get there:

Áras Chrónáin Ionad Cultúir,
Watery Lane, Orchard Road, Clondalkin, Dublin 22.

Tel: 01 457 4847

Email: eolas@araschronain.ie



Brookfield Community Garden

Time: 11.00 am – 1.00 pm // All Welcome

Contact: Mary Clare Wallace

Refreshments: Tea and Biscuits

What to do: Work in the garden

How to get there:

Old Fortunestown Lane, Brookfield,

Tallaght, Dublin 24.

Tel: 087 988 7007



Rua Red

Film Club

Time: 2.00 pm // All Welcome

Contact: Rua Red

Refreshments: Café

What to do: Matinees, Family Films

How to get there:

Rua Red, South Dublin Arts Centre,

Tallaght, Dublin 24.

Tel: 01 451 5860



Killinarden Community Centre

Bingo

Time: 8.00 pm – 10.00 pm // All Welcome

Contact: Tony Cooney

Refreshments: Tea and Biscuits

What to do: Bingo

How to get there:

Killinarden Community Centre,

Killinarden Heights, Tallaght, Dublin 24.

Tel: 01 452 6617



Áras Chrónáin Ionad Cultúir

Traditional Irish Music Session

Time: 9.00 pm // Weekly // All Welcome

What to do: Open Traditional Irish Music Session

How to get there:

Áras Chrónáin Ionad Cultúir,

Watery Lane, Orchard Road, Clondalkin, Dublin 22.

Tel: 01 457 4847

Email: eolas@araschronain.ie



Kiltipper Café Bar

Kiltipper Ramblers

Time: 9.30 am // All Welcome

Contact: Simon Sweeney

Refreshments: Café

What to do: Walks, Hikes

How to get there:

Kiltipper Café Bar,
Kiltipper Way, Tallaght, Dublin 24.

Tel: 083 455 2353

Web: www.kiltipperramblers.com

Email: kiltipperramblers@gmail.com



The Dominican Retreat Centre

Meditation

Time: 9.45 am – 12.30 pm // All Welcome

Contact: Marie or Anita

Refreshments: Tea and Biscuits

What to do: Zen, Christian and Mystic Meditation

How to get there:

The Dominican Retreat Centre,
The Priory, Main St, Tallaght, Dublin 24.

Tel: 01 404 8123



Maldron Hotel Newlands Cross

Bridge

Time: 7.00 pm – 9.30 pm // All Welcome

Contact: Kay Doyle

Refreshments: Coffee & Biscuits

What to do: No partners needed. A partner can be assigned on the night. Team Card Game €5

How to get there:

Maldron Hotel Newlands Cross,
Clondalkin, Dublin 22.

Tel: 087 299 9293



Ballyroan Community & Youth Centre **Active Age Social**

Time: 7.30 pm – 10.00 pm // Last Sunday of the Month // All Welcome

Refreshments: Café

What to do: Social night with Music & Singing

How to get there:

Ballyroan Community & Youth Centre,
Marian Road, Rathfarnham, Dublin 14.

Tel: 01 495 8576

Email: enquiries@bcyc.ie

Áras Chrónáin
Ionad Cultúir - Irish Cultural Centre
www.araschronain.ie

Áras Chrónáin Ionad Cultúir **Traditional Irish Music Session**

Time: 9.00 pm // Weekly // All Welcome

What to do: Open Traditional Irish Music Session

How to get there:

Áras Chrónáin Ionad Cultúir,
Watery Lane, Orchard Road, Clondalkin, Dublin 22.

Tel: 01 457 4847

Email: eolas@araschronain.ie



Pearse Museum

Admission: Check for Admission Fee // Guided Tours Available

Time: Open all year (closes for Christmas).

March – October 9.30 am – 5.30 pm

February 9.30 pm – 5.00 pm

November – January 9.30 am – 4.00 pm

What to see: Former school run by Patriot and Educationalist Patrick Pearse. The museum is set in beautiful grounds with riverside walks, waterfall, and walled gardens. Museum attractions include: exhibitions, a nature study room with attractive displays on Irish flora and fauna.

How to get there:

St. Enda's Park Grange Road, Rathfarnham, Dublin 14.

Tel: 01 493 4208



Rathfarnham Castle

Admission: Check for Admission Fee

Time: 28th May – 4th November daily 9.30 am – 5.30 pm

Opening times may be subject to change.

What to see: 800 year old castle stands on 250 acres of beautiful parkland with plenty of amenities.

How to get there:

Castleside Drive, Rathfarnham, Dublin 14.

Tel: 01 493 9462



Civic Theatre

What to see: Contemporary, classical Irish and international work in Theatre, Dance, Opera, and Music.

How to get there:

Town Centre, Tallaght, Dublin 24

Tel: 01 462 7477



Rua Red

Time: Monday – Saturday 10.00 am – 6.00 pm

What to see: provides the opportunity for people of all backgrounds and ages to witness and partake in Theatre, Dance, Music, Literature, Film-Making, e-learning, Visual Art and all that the arts have to offer.

How to get there:

South Dublin Arts Centre, Tallaght, Dublin 24.

Tel: 01 451 5860

South Dublin County Park Amenities

Time: Everyday November – January closes 5.00 pm
 Everyday February – March closes 6.00 pm
 Everyday April & October closes 7.00 pm
 Everyday May & September closes 8.00 pm
 Everyday June – August closes 9.00 pm

What to see: There are various facilities in the many parks including Playgrounds, Fairy Wood, Pet Farm, Cycle Tracks, Sports and Playing Pitches, Slí na Sláinte Walks and Outdoor Exercise Equipment.



How to get there:

• **Ballymount Park**

Kingswood, Tallaght, Dublin 24
 Facilities include Outdoor Exercise Equipment

• **Beechfield Park**

Walkinstown, Dublin 12
 Facilities include Outdoor Exercise Equipment

• **Corkagh Park**

Clondalkin, Dublin 22
 Facilities include Outdoor Exercise Equipment, Corkagh Park Fisheries and Camac Valley Caravan Park

• **Dodder Valley Park**

Tallaght, Dublin 24

• **Glendown Park**

Templeogue, Dublin 6W
 Facilities include Outdoor Exercise Equipment

• **Greenhills Park**

Walkinstown, Dublin 12
 Facilities include Outdoor Exercise Equipment

• **Griffeen Park**

Lucan, Co Dublin
 Facilities include Outdoor Exercise Equipment

• **Hermitage Park**

Lucan, Co Dublin
 Facilities include Outdoor Exercise Equipment

• **Kingswood Park**

Kingswood, Tallaght, Dublin 24
 Facilities include Outdoor Exercise Equipment

• **Rathcoole Park**

Rathcoole, Co Dublin
 Facilities include Outdoor Exercise Equipment

• **Seán Walsh Park**

Tallaght, Dublin 24

• **Tymon Park (North)**

Tallaght, Dublin 24
 Facilities include Outdoor Exercise Equipment

• **Tymon Park (Wellington)**

Templeogue, Dublin 6W
 Facilities include Outdoor Exercise Equipment

• **Waterstown Park**

Palmerstown, Dublin 20
 Facilities include Outdoor Exercise Equipment



South Dublin Libraries

www.southdublinlibraries.ie

What to see: Apart from the traditional activity of borrowing a book from the library, South Dublin Libraries has a huge range of services on offer. In particular the library offers lifestyle resources such as music, art, and literary events for free, as well as life long learning opportunities. Also check out the many groups / clubs in your local library.

How to get there:

- **Ballyroan Library,**

Orchardstown Ave, Rathfarnham, Dublin 14.
Tel: 01 494 1900

- **Castletymon Library,**

Tymon Road North, Tallaght, Dublin 24.
Tel: 01 452 4888

- **Clondalkin Library,**

Monastery Road, Clondalkin Dublin 22.
Tel: 01 459 3315

- **County Library,**

Library Square, Tallaght, Dublin 24.
Tel: 01 462 0073'

- **Library Headquarters,**

Unit 1, The Square Industrial Complex, Tallaght, Dublin 24
Tel: 01 459 7834'

- **Lucan Library,**

Supervalu Shopping Centre,
Newcastle Road, Lucan, Co. Dublin.
Tel: 01 621 6422

- **Mobile Library**

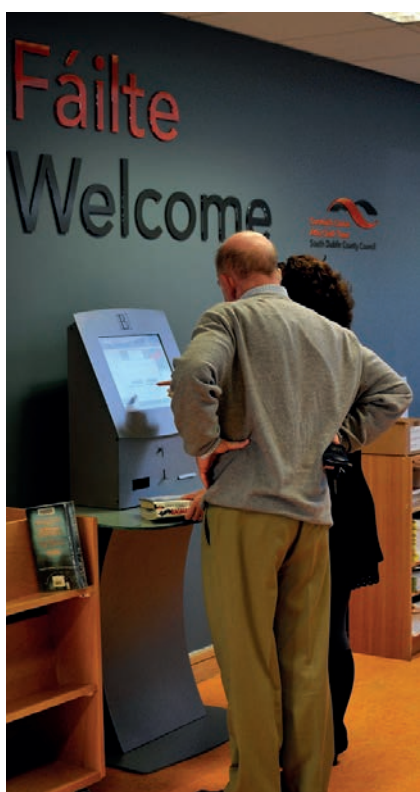
Unit 1, The Square Industrial Complex, Tallaght, Dublin 24.
Tel: 01 459 7834

- **The John Jennings Library,**

Stewarts Care Ltd, Palmerstown, Dublin 20.
Tel: 01 626 4444 ext: 1129

- **Whitechurch Library,**

Taylor's Lane, Ballyboden, Dublin 16.
Tel: 01 493 0199



Active Retirement Ireland

124 The Capel Building
Mary's Abbey, Dublin 7

Tel: 01 873 3836
Email: info@activeirl.ie
Web: www.activeirl.ie

Age Action

30/31 Lower Camden Street
Dublin 2

Tel: 01 475 6989
Email: info@ageaction.ie
Web: www.ageaction.ie

Age and Opportunity

Marino Institute of Education
Griffith Ave, Dublin 9

Tel: 01 805 7709
Email: info@ageandopportunity.ie
Web: www.ageandopportunity.ie

Citizens Information Services

Ground Floor
Georges Quay House
43 Townsend Street, Dublin 2

Tel: 0761 07 4000
Web: www.citizensinformation.ie

Friends of The Elderly

Tel: 01 873 1855
Web: www.friendsoftheelderly.ie

Irish Senior Citizens Parliament

Tel: 01 856 1243
Email: info@seniors.ie
Web: www.seniors.ie

HI - South Dublin Healthy County

Contact Cathy Purdy

Tel: 01 414 9270
Mobile: 086 820 2595
Email: cpurdy@sdblincoco.ie

National Adult Literacy Agency (NALA)

Sandford Lodge, Sandford Close
Ranelagh, Dublin 6

Tel: 1800 202 065
Email: literacy@nala.ie
Web: www.nala.ie

National Federation of Pensioners Associations

Secretary NFPA
Gaybrook, Mullingar, Co Westmeath

Tel: 0442 260 841
Email: casey_mi@eircom.net
Web: www.nfpa.ie

Tús Nua

Older Persons Council for South Dublin
South Dublin County Council,
Town Square, Tallaght, Dublin 24

Tel: 01 414 9270
Email: cpurdy@sdblincoco.ie

Tús Care & Repair

Tús Office
Killinarden Enterprise Centre, Dublin 24

Tel: 086 027 0821
Email: john.mackey@sdcpartnership.ie

The Senior Helpline

10am - 10pm 7 days a week
Tel: 1850 440 444

South Dublin Allotments Association

Email: sdaa@eircom.net
Web: <http://homepage.eircom.net/~sthduballots>

Heritage Walks

Web: <http://heritagewalks.sdcc.ie/>

55+ Chronic Condition Self-Management Programme

Fettercairn Community Health Project
Fettercairn Youth & Community Centre,
Kilmartin Crescent, Fettercairn,
Tallaght, Dublin 24

Contact: Catherine Heaney
Tel: 01 459 0708
Mob: 086 790 7778
Email: fettercairnchp@gmail.com

Community Health Initiative

Clondalkin Community Healthy Living Centre
4 Neilstown Crescent,
Clondalkin, Dublin 22

Contact: Anne Troy
Tel: 01 457 0665
Email: anne.troy@sdcpartnership.ie
Daily: Monday – Friday
Activities: Stress Management, Mindfulness, Personal Development, exercise through dance., meditation. Holistic Healing by Appointment, open days Coffee Mornings, Healthy Food Made Easy, Healthy Hearths programme & Weight Management.

Tidy Towns Contacts

Lucan

Email: kevinoloughlin15@gmail.com

Clondalkin

Email: clondalkintidytowns@gmail.com

Palmerstown

Email: palmerstowntidytowns@gmail.com

Templeogue

Email: tempvillage2013@gmail.com

Newcastle

Email: dsheerin36@eircom.net

Griffeen

Email: griffeentidytowns@gmail.com

Woodstown

Email: woodstownvillage@gmail.com

Brittas

Email: ruthfrost@eircom.net

Ballyboden

Email: ballybodentidytowns@gmail.com

South Dublin County Council Enquiries

Housing, Social & Community Development
Email: comdevof@sdblincoco.ie

01 414 9270

Community Development Team

Paul McAlerney, Senior Community Officer

01 414 9270

Clondalkin, Lucan, Palmerstown & Newcastle

Bernadette Kaluzny 086 804 6678

Valerie Brien 086 850 2194

Frank Price 086 606 3683

Claire Morrissey 086 143 8102

Sharon Bradley 086 047 2139

Tallaght South

Jimmy Morrissey 086 820 2643

Niamh Carton 086 606 3682

Cian Ó Lonargáin 086 171 7759

Andrea Molloy 086 608 6530

Tallaght Central, Rathfarnham & Templeogue-Terenure

Ger Neill 086 804 7152

Su Clarke 086 606 3688

Deirdre Cleary 086 029 9799

Social Inclusion Unit

Maria Finn 086 380 3060

Sandra Hickey 086 043 1779

Sports & Recreation

Alison Silke 086 851 6669

Paula Swayne 086 829 2443

Tús Nua

Cathy Purdy 01 414 9270

Sports Partnership

Thos McDermott 086 044 1071

Disability Access Officer

Selina Bonnie 01 414 9041

Tallaght Hospital

01 414 2000

Senior Helpline

1850 440 444