

PICKLEBALL A combination of ping-pong, tennis, and badminton. It uses a simplified combination of tennis rules and strategies.

PILATES (2 sessions per week) A form of exercise focusing on balance, posture, strength and flexibility, targeting the glutes, pelvic floor and lower spine.

SINGING & MUSIC Develops and strengthens the voice and delivers the joy of communal singing.

SIT & GET FIT Dynamic chair exercise programme that improves mobility, strength and flexibility in a safe, effective and functional way. Suitable for all exercise levels and those with reduced mobility.

SPANISH Intermediate class suitable for those who visit Spain often and want to immerse themselves deeper than '¡Hola!' Beginners' class subject to numbers.

STRONGER 4 LONGER Physiotherapist led, to work on: Strength - light weights and resistance bands; Aerobic fitness - work heart and lungs; Balance - decrease the risk of falls. Core and Pelvic Floor – for low back ache, and leaks! Bone Health - weight bearing and resistance exercises to strengthen bones.

TABLE TENNIS (TT) What it says on the tin!

TAI CHI We are offering a Yang style beginners' form of Tai Chi where there are 13 postures in the form. We warm up with Chi Gung exercise and some mobility and balance work.

YOGA Traditional yoga mat practice with a finishing relaxation pose.

MISSION STATEMENT: Active Age for All provides the opportunity for people over 55 from the local area to engage in social, cultural, educational and recreational activities and events in an open and friendly atmosphere. Our aim is to be as inclusive as possible and to encourage both the active and sedentary to get involved by offering a very diverse activity programme.

Active Age for All is a not-for-profit organisation run by a committee of volunteers elected from members at their A.G.M. Your committee would be very happy to receive offers of help in organization and administration matters. You can do this by contacting us at the email or text below.

Membership runs from January to January. You can become a member at any time throughout the year by filling out a membership form available from DPCC reception or by contacting the email below.

Some local businesses have discounts available on production of your membership card.

CONTACT DETAILS:

TEXT ONLY: 086 8806808

Email: activeageforall@gmail.com

Website: www.activeageforall.com

**Donabate Portrane Community Centre:
01-8434546**

Active Age for All

Donabate – Portrane

Classes information for Autumn 2022

Membership and Class Registration

5th, 6th and 7th September

Monday 5th	11.00-14.00
Tuesday 6th	10.30-13.00
Wednesday 7th	10.30-13.00

Classes are payable by bank card preferably

Classes commence Monday 19 September
and run for 12 weeks

ART Art class is a place to relax while enjoying your creative work – which in turn fosters a nice bonhomie with some lovely music.

BRIDGE Suitable for beginners and improvers.

BOWLING Short mat bowls. Players score points by rolling a ball along a fairly flat surface to gain as many shots as possible by getting their bowls nearest to the jack and outscore their opponents.

BOULES This game, that is so popular in France, is taking hold in Ireland. This is now in Newbridge.

CHAIR YOGA Is an excellent way to loosen and stretch muscles, improve circulation and reduce stress. This is a wonderful option for anyone with impaired mobility or a wheelchair user.

CHESS / CARDS / BOARDGAMES Social afternoon session. Join in a game or bring along one to play and for others to learn. Chat is encouraged when appropriate!

CROQUET A very popular game played with a mallet and ball – equipment is provided.

FRENCH Intermediate class building on regular usage of common verbs, and expanding vocabulary, all with an emphasis on practice. Beginners' class subject to numbers.

HEALTHY EATING MADE EASY A 6 - week course demonstrating how to cook and eat healthily. Ingredients provided.

PHOTOGRAPHY Using any kind of camera and mobile phone. Making the most of your creativity. Managing your photographic life.

DRAMA Aine's classes promise to get you smiling with a variety of drama exercises. Explore your creativity.

MONDAY

Healthy Eating Made Easy	10.00-12.30 (6 wks)	DPCC Kitchen
Pilates	10.30-11.30	Studio 1
Spanish Beg.	10.00-11.00	Portacabin
Spanish Int.	11.15-12.15	Portacabin
Croquet/Boules*	13.30-15.30	Newbridge

TUESDAY

French – Beg.	09.30-10.15	Portacabin
French – Int.	10.15-11.30	Portacabin
Bridge	11.30-13.00	Portacabin
Sit & Get Fit	11.00-12.00	Studio 2
Yoga	12.15-13.15	Studio 2
Singing/music	11.30-12.30	Studio 1
Bowls	15.15-17.00	Sports Hall

WEDNESDAY

Tai Chi	10.30-11.30	Studio 2
Chair Yoga	12.15-13.15	Studio 2
Art	11.30-13.00	Portacabin
Tablet	13.30-14.45	Portacabin
Croquet/Boules*	13.30-15.30	Newbridge

THURSDAY

Croquet/Boules*	10.30-13.00	Newbridge
Pilates	10.30-11.30	Studio 1
Stronger for Longer (1)	10.30-11.30	Studio 1
Stronger for Longer (2)	11.30-12.30	Studio 1
Drama	11.30-12.30	Studio 1
Pickleball	15.15-17.00	Sports Hall

FRIDAY

Yoga	12.15-13.15	Studio 2
Photography	12.00-13.00	Library

*Classes marked with an asterisk are free but may be limited by numbers. For this reason, you need to register for them.