

# 55+ *Daily Activity*

SOUTH DUBLIN COUNTY

2019

# 55+ Daily Activity

## SOUTH DUBLIN COUNTY

Supported by: South Dublin Age Friendly Alliance

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.***

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## 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](mailto:tccbcsecretary@eircom.net)

Web: [www.tccbc.ie](http://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](mailto: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



## 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 // Closed for Membership

**Contact:** Jean Cantwell 0872285142

**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



## Ballyroan Community & Youth Centre

### League of Fitness

**Time:** 10.30 am – 11.30 am // All Welcome

**Contact:** Valerie Williams

**What to do:** League of Fitness

**How to get there:**

Marian Road, Rathfarnham, Dublin 14.

Tel: 01 298 8550



## 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, Demonstations, 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](http://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](http://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](http://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

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**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

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**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

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**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](http://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](http://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](http://www.kiltipperramblers.com)

Email: [kiltipperramblers@gmail.com](mailto: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**

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#### **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**

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#### **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**

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#### **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](http://www.araschronain.ie)

### **Áras Chrónáin Ionad Cultúir**

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#### **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](http://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](http://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



### 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

#### 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](http://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](mailto: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: [tccbcsecretary@eircom.net](mailto:tccbcsecretary@eircom.net)  
Web: [www.tccbc.ie](http://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](http://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** **Brookfield Fettercairn Men's Shed**

**Time:** 11.00 am – 1.00 pm // Men

**Contact:** Shay L'Estrange

**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.domincc.com](http://www.domincc.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



## The Villagers Association (Clondalkin)

### Various Talks, Quizzes, Social Activities

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

**Contact:** Anne Cody 087 241 8102

**Refreshments:** Tea/Coffee & Biscuits

**What to Do:** Various Talks, Table Quizzes,  
Social Activities & Outings (Day Trips & Overnight)

**How to Get There:** Quinlan's (The Black Lion),  
Orchard Road, Clondalkin



### 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

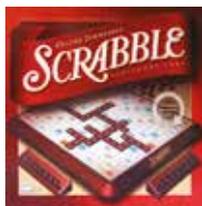
**Time:** 2.00 pm – 3.30 pm // All Welcome

**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](mailto: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**

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**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**

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**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**

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**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](http://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](http://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



## 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](http://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](http://www.terenurecollege.ie)



## Kilnamanagh Family Recreation Centre Bokwa

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**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

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**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](mailto: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](mailto: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](http://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: [tccbcsecretary@eircom.net](mailto:tccbcsecretary@eircom.net)

Web: [www.tccbc.ie](http://www.tccbc.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](mailto: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

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**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

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**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

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**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

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**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,  
Griffen 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,  
22 Mayfield Court (off Watery Lane), Dublin 22, D22VY10.  
Tel: Frank Cousins 0857508230, Tommy O' Neill 0876168546  
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

**Contact:** Valerie Williams 01 298 8550

**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](http://www.araschronain.ie)



### St Andrew's Hall

#### 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 Hall  
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](mailto: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](http://www.kiltipperramblers.com)  
Email: [kiltipperramblers@gmail.com](mailto: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](http://www.domincc.com)



### Kingswood Community Centre

#### Alzheimer's Carers 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:** Carers Support Group

**How to get there:**

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

Tel: 01 452 0590

Email: [kingswood13@eircom.net](mailto: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

#### Céilí Dancing

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

**What to do:** Céilí 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](http://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](http://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](http://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](mailto:tccbcsecretary@eircom.net)  
Web: [www.tccbc.ie](http://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](http://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](mailto: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](mailto: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](http://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](mailto: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](http://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](mailto: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.  
Contact: Pam Buchanan 083 359 0811  
Tel: 01 462 8488  
Web: [www.ancosan.com](http://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](mailto: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](http://www.domincc.com)



### Brookfield Youth & Community Centre South Dublin Fun Band

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**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

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**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

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**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

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**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

national collective of  
community based  
women's  
networks



### 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



Irish Countrywomen's Association

## 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**

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#### **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](http://www.terenurecollege.ie)



### **Dublin Postal Sports & Social Club**

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#### **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**

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#### **Templeogue Castle Community Bridge Club**

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

**Contact:** Bernadette McGilligan

**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](mailto:tccbcsecretary@eircom.net)

Web: [www.tccbc.ie](http://www.tccbc.ie)



Tymon Bawn Community Centre

### **Tymon Bawn Community Centre**

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#### **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](http://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.dominicccc.com](http://www.dominicccc.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



### St Finian's Community Centre

#### Lady's Social Group Newcastle

**Time:** 10.45am – 1.15pm // Weekly (Friday) // All Welcome

**Contact:** Kathleen 087 296 9234

**Refreshments:** Tea/Coffee

**What to Do:** Go for Life

#### How to Get There:

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



### Palmerstown Parish Centre Daycare Centre

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**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

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**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

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**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

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**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](http://www.kiltipperramblers.com)

Email: [kiltipperramblers@gmail.com](mailto: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](http://www.domincc.com)



### Áras Chrónáin Ionad Cultúir

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#### 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,  
Waters Lane, Orchard Road, Clondalkin, Dublin 22.

Tel: 01 457 4847

Email: eolas@araschronain.ie



### Áras Chrónáin Ionad Cultúir

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#### 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,  
Waters Lane, Orchard Road, Clondalkin, Dublin 22.

Tel: 01 457 4847

Email: eolas@araschronain.ie



## Brookfield Community Garden

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### 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

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### 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

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### 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

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### 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](http://www.kiltipperramblers.com)

Email: [kiltipperramblers@gmail.com](mailto: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**

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**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** **Traditional Irish Music Session**

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**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:**

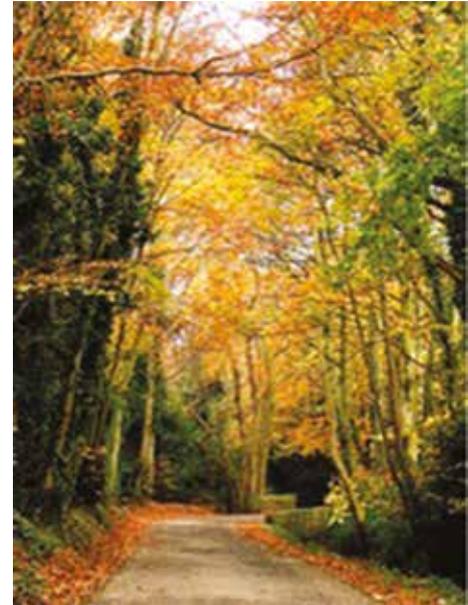
South Dublin Arts Centre, Tallaght, Dublin 24.

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**  


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 Kingswood, Tallaght, Dublin 24  
 Facilities include Outdoor Exercise Equipment
- **Beechfield Park**  


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 Walkinstown, Dublin 12  
 Facilities include Outdoor Exercise Equipment
- **Corkagh Park**  


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


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 Tallaght, Dublin 24
- **Glendown Park**  


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 Templeogue, Dublin 6W  
 Facilities include Outdoor Exercise Equipment
- **Greenhills Park**  


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 Walkinstown, Dublin 12  
 Facilities include Outdoor Exercise Equipment
- **Griffeen Park**  


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 Lucan, Co Dublin  
 Facilities include Outdoor Exercise Equipment
- **Hermitage Park**  


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 Lucan, Co Dublin  
 Facilities include Outdoor Exercise Equipment
- **Kingswood Park**  


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 Kingswood, Tallaght, Dublin 24  
 Facilities include Outdoor Exercise Equipment
- **Rathcoole Park**  


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 Rathcoole, Co Dublin  
 Facilities include Outdoor Exercise Equipment
- **Seán Walsh Park**  


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 Tallaght, Dublin 24
- **Tymon Park (North)**  


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 Tallaght, Dublin 24  
 Facilities include Outdoor Exercise Equipment
- **Tymon Park (Wellington)**  


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 Templeogue, Dublin 6W  
 Facilities include Outdoor Exercise Equipment
- **Waterstown Park**  


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 Palmerstown, Dublin 20  
 Facilities include Outdoor Exercise Equipment



## South Dublin Libraries

[www.southdublinlibraries.ie](http://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:** lucantidytowns@gmail.com

### Clondalkin

**Email:** clondalkintidytowns@gmail.com

### Palmerstown

**Email:** palmerstowntidytowns@gmail.com

### Templeogue

**Email:** tempvillage2013@gmail.com

### Newcastle

**Email:** dsheerin36@eircom.net

### Woodstown

**Email:** woodstownvillage@gmail.com

### Brittas

**Email:** brittastidytowns@gmail.com

### Ballyboden

**Email:** ballybodenttgroup@gmail.com

### Tallaght

**Email:** gary.tyrrell@ucdconnect.ie

# My Daily Planner

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## **South Dublin County Council Enquiries**

Housing, Social & Community Development  
Email: [comdevof@sdblincoco.ie](mailto:comdevof@sdblincoco.ie)

01 414 9270

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## **Social Inclusion Unit**

Adrienne Moloney

086 779 3429

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## **Sports & Recreation**

Paula Swayne

086 829 2443

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## **Tús Nua**

Cathy Purdy

01 414 9270

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## **Sports Partnership**

Thos McDermott

086 044 1071

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## **Disability Access Officer**

Selina Bonnie

01 414 9041

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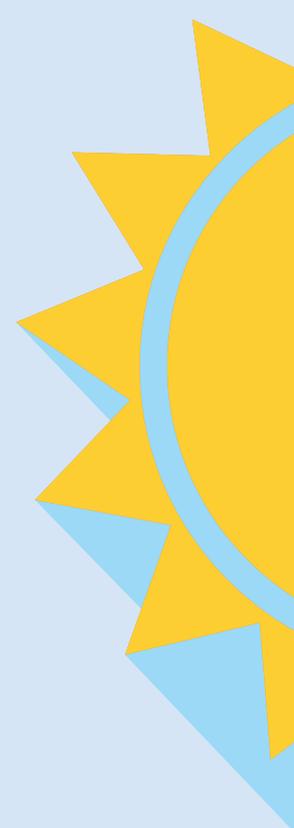
## **Tallaght Hospital**

01 414 2000

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## **Senior Helpline**

1850 440 444



Comhairle Contae  
Átha Cliath Theas  
South Dublin County Council

