

D.A.T.E.

DUNDRUM ADULT TRAINING AND EDUCATION

SEPTEMBER 2023

Day-Time Courses for Adults

Online enrolling commences at 10a.m. on
Monday 11th September 2023 at www.acenetwork.ie

Classes take place in D.A.T.E. Centre
5th Floor, Dundrum Town Centre

All Classes commence week beginning Monday 25th
September 2023

Tel: 01 2964322 (9.30am - 1.00pm)

Email: adte@ddletbaes.ie

Web: www.acenetwork.ie





Online Enrolling

D.A.T.E. ONLINE ENROLLING September 2023

Dundrum Adult Training and Education
11th September 2023 at 10a.m.

Go to www.acenetwork.ie

Click on D.A.T.E. & click on enrolling link,
choose 'All Courses' or 'By Day' and select your
preferred class.

All classes 10 weeks, each class 1.5hrs

Fee €90

Fee will be refunded if class does not form due to the
required minimum number of students

D.A.T.E. Bridge Club
Dom Marmion Hall, Sandyford Road, Dundrum
Every Wednesday 10.00 am - 12.30pm. €7 per morning

MONDAY

Time Tutor

		Time	Tutor
M1	TAI CHI The Tai Chi way to relaxation and health. Ancient exercises to develop calmness and strength	9.30	Charles Thackaberry
M2	TAI CHI The Tai Chi way to relaxation and health. Ancient exercises to develop calmness and strength	11.15	Charles Thackaberry
M3	Art Group 1 Enjoy exploring various subjects and painting techniques. All mediums.	9.30	Beatrice Stewart
M4	Art Group 2 Painting and Drawing is an activity that can be both learned and enjoyed, Classes suitable for all mediums and levels of ability. Beginners very welcome.	11.15	Beatrice Stewart

TUESDAY

Time Tutor

		Time	Tutor
T1	Italian 2 For those who have completed beginners or equivalent.	9.30	Chiara Buldorini
T2	Italian Beginners For those who have no Italian.	11.15	Chiara Buldorini
T3	Watercolours/Drawing Drawing and watercolour techniques., covering a broad range of subjects	9.30	Noel Long
T4	Art - Oils For all levels. Beginners welcome.	11.15	Noel Long
T5	Bridge (Beginners) Come and learn this fascinating game.	9.30	Jason Doyle
T6	Bridge (Improvers) For those who already play Bridge, but would like to improve their game.	11.15	Jason Doyle
T7	Creative Writing Poems, short stories, memoirs or the novel. Learn how to get ideas, how to perfect form and write description and dialogue.	11.15	Frances Browner

WEDNESDAY

Time Tutor

		Time	Tutor
W1	Spanish 3 Expand your Spanish	9.30	Maria Fernandez de Luis
W2	Spanish 4 Practice and perfect your Spanish	11.15	Maria Fernandez de Luis
W3	Enjoying History History is more than names and dates – much more. William Faulkner said, “The past is never dead; It’s what makes the present and has its effect on every one of us. It’s fascinating, it’s fun, and much of it is surprising. Come and enjoy it.	9.30	Michael Carragher
W4	Politics and Current Issues Principles and theories of Government and decision making. Political values, global and local politics. We examine current and recent events and tease out what they might mean and entail. A lively class!	11.15	Michael Carragher
W5	Photography Become familiar with basic camera functions, learn to take creative photos, exploring different types of photography – phones and tablets may be used. Upload, edit photos on computer.	9.30	Elm Murray
W6	Mindfulness and Wellbeing Learn what Mindfulness is, and the benefits of introducing it into your life. Discover techniques that will help develop your own mindfulness practice. Course CD included with specific exercises.	11.15	Elma Murray

THURSDAY

Time Tutor

		Time	Tutor
Th1	Spanish Beginners The basic tools to get by in Spain	9.30	Maria Fernandez de Luis
Th2	Spanish 2 For those who have completed Spanish Beginners or equivalent	11.15	Maria Fernandez de Luis
Th3	History & Appreciation of Art This course is an introduction to Art History and will explore a broad range of topics, key periods, artists, themes, and styles. No previous is required and all opinions are welcome!	9.30	Sarah Ward
Th4	History & Appreciation of Art This course will explore the history of visual art and culture and the context in which art is made and exhibited, including historical art, modern art and contemporary art. It will cover a more in-depth look at key artists' lives and the development of their artwork. It will take an in-depth look at key artists lives, and the development of their artwork. All opinions are welcome!	11.15	Sarah Ward
Th5	Enjoying English Classics, Contemporary novels, and poetry explored and discussed.	9.30	Michael Carragher

FRIDAY

		Time	Tutor
F1	Italian 3 For Intermediate level students who have studied Italian for at least 2 years.	9.30	Chiara Buldorini
F2	Italian 4 For upper Intermediate level students who have studied Italian for at least 3 years. The course focuses on advanced grammar, listening and fluency skills.	11.15	Chiara Buldorini
F3	Gaeilge 2 Emphasis on conversation,	9.30	Mary Fitzgerald
F4	Gaeilge 3 Expand your conversation and listening skills.	11.15	Mary Fitzgerald
F5	YOGA Yoga is suitable for everyone. This class consists of gentle yoga poses, with guided relaxation resulting in physical and mental relaxation. Take time out for yourself.	9.30	Anne Carter
F6	PILATES Pilates is a physical fitness system, designed to improve flexibility, strength and posture. Ideal for beginners or those with some Pilates experience.	11.15	Una Whelan

D.A.T.E. is a local voluntary committee working with D.D.L.E.T.B since 1984, to provide a wide and varied range of daytime classes in a relaxed and welcoming atmosphere for adults from Dundrum and surrounding areas. Tea and coffee available in our bright friendly tea room every morning 10.15am - 12 noon.



Please join us this September and help us get back to all the things we enjoyed before the last two difficult years.

Tel. 01 2964322 or email adte@ddletbaes.ie

For information on other Adult Education Services in the Dundrum area contact:

Adult Education Service Dundrum

Sydenham Road, Dundrum, Dublin 14

Phone: 01 2989283 Email: learningdundrum@ddletbaes.ie

Website: www.adulteducationsoutheast.com

