



Silver Arch
Family Resource Centre



Healthy
Tipperary



etb
Bord Oideachais agus
Oiliúnaíochtaí
Tipperary Education &
Training Board



In partnership with

Health & Wellbeing Programmes for Autumn and Winter

TUESDAY
7TH NOV
2:15PM - 3:30PM

DIGITAL LITERACY WITH MÁIRE SHANAHAN:
6 WEEK COURSE IN SILVER ARCH TRAINING ROOM FOR €10.
LEARN TO GO ONLINE AND USE THE INTERNET SAFELY USING POPULAR
APPS ON TABLETS & SMARTPHONES, REFRESHMENTS AVAILABLE.

EVERY TUESDAY
2PM - 3PM

GREEN EXERCISE WITH FIONA WARD:
FREE 12 WEEK OUTDOOR WALKING PROGRAMME
STARTING AT NENAGH CASTLE.
INCLUDES EXERCISES TO HELP WITH MOBILITY AND FLEXIBILITY

TUESDAY
14TH NOV
3:30PM - 4:30PM

EASY EXERCISE WITH FIONA WARD:
4 WEEKS INDOOR EXERCISE PROGRAMME IN TYONE
COMMUNITY CENTRE FOR €10.
FOR ANYONE WANTING IMPROVE & MAINTAIN MOBILITY, BALANCE & FITNESS.

EVERY
WEDNESDAY
12 NOON - 1:30PM

COMMUNITY CHOIR WITH DAMIAN O'DONOGHUE:
FREE - SINGING AND MUSIC EVERY WEDNESDAY IN TYONE
COMMUNITY CENTRE UNTIL CHRISTMAS.

THURSDAY
9TH NOV
1PM - 3PM

SAFEGUARDING AWARENESS DAY:
FREE INFORMATION TALK ON PLANNING AHEAD
WITH SAFEGUARDING & PROTECTION TEAM
WITH AFTERNOON TEA

MONDAY
27TH NOV
10:30AM - 12:30PM

CARDS & CRAFTS FOR CHRISTMAS WITH MELISSA RYAN:
ONE-OFF WORKSHOP IN TYONE COMMUNITY CENTRE.
CREATE YOUR OWN CHRISTMAS CARDS AND DECORATIONS WITH ALL
MATERIALS SUPPLIED FOR €3.



Rialtas na hÉireann
Government of Ireland



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government supporting communities

The Healthy Ireland Fund supported
by the Department of Health

**TO BOOK, CONTACT SILVER ARCH
RECEPTION AT 067-31800**