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

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

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

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

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

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

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

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

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Templeogue & Terenure Area

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Liscarne Community Café Centre
Oasis
Time: EVERY DAY // All Welcome  
Contact: John O’Halloran  
Refreshments: Tea & Biscuits  
What to do: Various Activities, Bowling, Outings  
Lunch Available Daily
How to get there:  
Liscarne Community Café Centre,  
38, Liscarne Court, Clondalkin, Dublin 22.  
Tel: 01 626 2676

Liscarne Community Café Centre
Meals-on-Wheels
Time: EVERY DAY // All Welcome  
Contact: John O’Halloran  
Refreshments: Dinner
How to get there:  
Liscarne Community Café Centre,  
38, Liscarne Court, Clondalkin, Dublin 22.  
Tel: 01 626 2676

Palmerstown Parish Centre
Daycare Centre
Time: 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

Trustus Day Services
Time: 9.00 am – 4.00 pm // All Welcome  
Contact: Bernice McGuirk  
Refreshments: Tea / Biscuits & Dinner  
What to do: Various Social Activities
How to get there:  
Block C3, New Seskin Court,  
Whitestown Way, Tallaght, Dublin 24  
Tel: 01 468 5500
Glenasmole Community Centre
Arts and Crafts
Time: 9.30 am – 2.00 pm // All Welcome
Contact: Susan Kearns
Refreshments: Tea and Biscuits
What to do: Arts and Crafts
How to get there:
Glenasmole Community Centre, Castle Kelly,
Glenasmole, Co Dublin.
Tel: 01 459 0348

St. Brigid’s Home
St. Brigid’s Day Care
Time: 9.30 am – 3.00 pm // Everyday // All Welcome
Contact: Doreen Kelly
Refreshments: Tea & Coffee, Dinner
What to do: Bingo, Arts & Crafts, Singalong, Card Games
How to get there:
St. Brigid’s Home, Crooksling,
Brittas, Co Dublin.
Tel: 01 401 1030
Email: daycaresbh@hse.ie

4 Districts Day Care Centre
4 Districts Day Care Centre
Time: 9.30 am – 3.30 pm // Everyday // All Welcome
Contact: Aine Ryan
Refreshments: Tea & Coffee, Dinner
What to do: Bingo, Card Games, Board Games,
Socializing, Excursions
How to get there:
Main Street, Rathcoole, Co Dublin.
Tel: 01 458 0339
Email: fourdistrictsdaycare@gmail.com

Dublin Postal Sports & Social Club
South Dublin Senior Citizen’s Club
Pool, Bowls, Pitch & Putt
Time: 10.00 am // All Welcome
Contact: Kitty Rafferty (Supervisor)
Refreshments: Tea & Coffee - Lunch
What to do: Pool, Bowls, Pitch & Putt
How to get there:
Dublin Postal Sports & Social Club, Kiltipper Road,
Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770
**Templeogue House**

**Templeogue Castle Community Bridge Club**

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

*Contact:* Bernadette McGillian

*Refreshments:* Tea & Coffee

*What to do:* Bridge Classes, Bridge Club

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

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**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:*
Tel: 01 452 7143

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**St. Kevin’s Family Resource Centre**

**Art Classes**

*Time:* 10.00 am – 12.00 pm // 12.15 pm – 2.15 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
Monday

**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,  
Kilmamanagh Girl’s Schools, Kilmamanagh, Dublin 24.  
Tel: 01 462 7149

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**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

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**Killinarden Community Centre**

**Golden Circle**

**Time:** 10.00 am – 1.00 pm // All Welcome  
**Contact:** Uche Odinukwe  
**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**

**Rose Cottage Dementia Care Centre**  
**The Alzheimer Society of Ireland**  
**Time:** 10.00 am – 1.00 pm // Anyone with Cognitive Impairment  
**Contact:** Mary Hickey  
**Refreshments:** Tea and Biscuits  
**What to do:** Gardening, Quizzes, Games, Drama, Sensory Exercises, Dancing, Music, Reminiscing, Outings  
**How to get there:**  
Tymon North Place, Tymon North, Tallaght, Dublin 24.  
Tel: 086 607 9614  
Email: mhickey@alzheimer.ie

**St. Mark’s GAA Club**

**St. Mark’s Silver Surfers**  
**Time:** 10.00 am – 2.00 pm // All Welcome  
**Refreshments:** Tea and Biscuits  
**What to do:** Golf, Swimming, Computers, Bowling, Walking, Keep Fit, Talks, Social Activities, Cultural Outings, Knitting, Pool, Line Dancing, Painting, Trips Away, Seasonal Social Activities, Walking.  
**How to get there:**  
St. Mark’s GAA Club, McGee Park Cookstown Road, Springfield, Tallaght, Dublin 24.  
Tel: 01 452 1609

**Clondalkin Sports & Leisure Complex**

**Senior Swim**  
**Time:** 10.30 am Weekly // All Welcome // Special Price  
**Refreshments:** Coffee Shop available  
**What to do:** Swimming, Sauna & Steam  
**How to get there:**  
Clondalkin Sports & Leisure Complex, Nangor Road, Clondalkin, Dublin 22.  
Tel: 01 457 4858
RUAAH Centre
U3A Ballyroan Branch
Time: 10.30 am // Every 2nd Monday // All Welcome
Contact: June Murphy
Refreshments: Tea / Coffee & biscuits
What to do: Talks, Demonstrations, Field Trips
How to get there:
RUAAH 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@tallahtleisure.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
Refreshments: Tea/coffee & Chat
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

Kilnamanagh Day Activity Centre
Time: 10.30 am – 3.00 pm // Every Day // All Welcome
Contact: Marian Gahan
Refreshments: Three course dinner
What to do: Bowls, Table Tennis, Line Dancing, Knitting, Socialising
How to get there:
Kilnamanagh Family Recreation Centre, Tree Park Road,
Kilnamanagh, Dublin 24.
Tel: 01 452 1199

Dublin Postal Sports & Social Club

South Dublin Senior Citizen’s Club
Chair Aerobics
Time: 10.45 am // All Welcome
Contact: Kitty Rafferty (Supervisor)
Refreshments: Tea & Coffee - Lunch
What to do: Chair Aerobics
How to get there:
Dublin Postal Sports & Social Club, Kiltipper Road,
Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770

Terenure College Swimming Pool

Adult Casual Swim
Time: 11.00 am & 9.00 pm // All Welcome
What to do: Casual Swim
How to get there:
Terenure College Swimming Pool, Terenure College,
Templeogue Road, Dublin 6W.
Tel: 01 490 7071
Web: www.terenurecollege.ie
**St. Mary’s Rugby Club**

**Templeogue Active Retired Group**

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

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

**How to get there:**
St. Mary’s Rugby Club, Templeville Road, Templeogue, Dublin 6W.

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**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.domincscc.com

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**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

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**Glenview Lodge**

**Tallaght Men’s Shed**

**Time:** 11.00 am – 4.00 pm // Men Only

**Contact:** Maire Redmond / Bill Fitzsimons

**Refreshments:** Tea and Biscuits

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

**How to get there:**
Glenview Lodge, Glenview, Tallaght, Dublin 24.
Tel: 01 451 2983
Dublin Postal Sports & Social Club
South Dublin Senior Citizen’s Club
Line Dancing (Beginners)
Time: 11.30 am – 12.00 pm // All Welcome
Contact: Kitty Rafferty (Supervisor)
Refreshments: Tea & Coffee - Lunch
What to do: Line Dancing (Beginners)
How to get there:
Dublin Postal Sports & Social Club, Kiltipper Road,
Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770

Terenure College Swimming Pool
Aqua Fit
Time: 11.45 am // All Welcome
What to do: Casual Swim
How to get there:
Terenure College Swimming Pool, Terenure College,
Templeogue Road, Dublin 6W.
Tel: 01 490 7071
Web: www.terenurecollege.ie

Killinarden Community Centre
Bingo
Time: 11.45 am – 1.00 pm // All Welcome
Contact: Uche Odinukwe
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
Monday

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

Palmerstown Active Retirement Association
Mixed in-door Mat Bowling
Time: 2.00 pm – 4.00 pm // Weekly // All Welcome
Contact: The Chairperson
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

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**  
**Re vamp Your Wardrobe**  
**Time:** 2.00 pm – 4.00 pm // All Welcome  
**Refreshments:** Tea and Biscuits  
**What to do:** Revamping old clothes  
**How to get there:**  
Killinarden Family Resource Centre,  
Killinarden Way, Tallaght, Dublin 24.  
Tel: 01 452 7143  

**An Cosán**  
**Older People Online**  
**Time:** 2.00 pm – 4.30 pm // All Welcome  
**Contact:** Imelda Hanratty  
**Refreshments:** Tea and Biscuits  
**What to do:** Intermediate Computer Classes  
**How to get there:**  
An Cosán, Kiltalown Village Centre,  
Jobstown, Tallaght, Dublin 24.  
Tel: 01 462 8488  
Web: www.ancosan.com  

**St. Mark’s Youth and Family Centre**  
**F ettercairn 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
**Monday**

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**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.domincscc.com

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**Kiltipper Café Bar**

**Kiltipper Ramblers**

**Time:** 7.00 pm // All Welcome

**Contact:** Simon Sweeney

**Refreshments:** Café

**What to do:** Walks and Hikes

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

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**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

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**Kilnamanagh Family Recreation Centre**

**Pilates**

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

**What to do:** Pilates

**How to get there:**
Kilnamanagh Family Recreation Centre, Tree Park Road, Kilnamanagh, Dublin 24.
Tel: 01 452 1199
**Quarryvale Family Resource Centre**

**Quarryvale Men’s Club**

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

**Refreshments:** Tea / Coffee & Chat

**What to do:** Pool & Darts

**How to get there:**
Quarryvale Family Resource Centre, Shancastle Avenue, Clondalkin, Dublin 22.
Tel: 01 623 0264

**St. Joseph’s School Bridge**

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

**What to do:** Team Card Game

**How to get there:**
St. Joseph’s School, Boot Road, Clondalkin, Dublin 22.

**Kilnamanagh Family Recreation Centre**

**Ballroom Dancing**

**Time:** 7.15 pm – 8.15 pm // All Welcome

**What to do:** Ballroom Dancing

**How to get there:**
Kilnamanagh Family Recreation Centre, Tree Park Road, Kilnamanagh, Dublin 24.
Tel: 01 452 1199

**Scoil Mhuire**

**Clondalkin Camera Club**

**Time:** 7.45 pm // Weekly // All Welcome

**What to do:** Beginners, Intermediate and Advanced Sections.

**How to get there:**
Scoil Mhuire, Convent Road, Clondalkin (opp GAA Club).
Email: clondalkincameraclub@gmail.com

**Áras Chrónáin**

**History Club**

**Time:** 8.00 pm // Last Monday of Every Month

**What to do:** Various Lectures, & Presentations

**How to get there:**
Áras Chrónáin, Watery Lane, Clondalkin, Dublin 22
Tel: 01 457 4847
Monday

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
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

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**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

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**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

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**Kingswood Community Centre**

**Kingswood & Castleview 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
Liscarne Community Café Centre
Oasis
Time: EVERY DAY // All Welcome
Contact: John O’Halloran
Refreshments: Tea & Biscuits
What to do: Various Activities, Bowling, Outings
Lunch Available Daily
How to get there:
Liscarne Community Café Centre,
38, Liscarne Court, Clondalkin, Dublin 22.
Tel: 01 626 2676

Liscarne Community Café Centre
Meals-on-Wheels
Time: EVERY DAY // All Welcome
Contact: John O’Halloran
Refreshments: Dinner
How to get there:
Liscarne Community Café Centre,
38, Liscarne Court, Clondalkin, Dublin 22
Tel: 01 626 2676

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: daycaresbsbh@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  
Web: www.tccbc.ie
**Terenure College Swimming Pool**

**Adult Casual Swim**

*Time: 10.00 am & 9.00 pm // All Welcome*

*What to do: Casual Swim*

*How to get there:*

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

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**Palmerstown Community & Youth Centre**

**Palmerstown Art Group**

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

*Refreshments: Tea & Biscuits*

*What to do: Various Talks, Activities & Outings*

*How to get there:*

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

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**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:*

Tel: 01 452 7143

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**Round Towers GAA Club**

**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 Belard 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
**Tuesday**

**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, Dominoes, 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: 01 451 5860

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

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.domincscc.com

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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

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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

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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

**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

**Áras Chrónáin**

**Active Retired Classes Fitness**

**League Ireland**

*Time:* 2.00 pm // Weekly  
*What to do:* Chair/Exercise to music  

*How to get there:*
Áras Chrónáin, Watery Lane, Clondalkin, Dublin 22.  
Tel: Miriam 087 938 5777
**Tuesday**

**SOUTH DUBLIN COUNTY**

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**Ballyroan Community & Youth Centre**

**Bridge Class**

**Time:** 2.00 pm // All Welcome  
**Refreshments:** Café  
**What to do:** Bridge Class  
**How to get there:**  
Ballyroan Community & Youth Centre, Marian Road, Rathfarnham, Dublin 14.  
Tel: 01 495 8576  
Email: enquiries@bcyc.ie

**Dublin Postal Sports & Social Club**

**South Dublin Senior Citizen’s Club**

**Table Tennis**

**Time:** 2.00 pm // All Welcome  
**Contact:** Kitty Rafferty (Supervisor)  
**Refreshments:** Tea & Coffee - Lunch  
**What to do:** Table Tennis  
**How to get there:**  
Dublin Postal Sports & Social Club, Kiltipper Road, Old Bawn, Tallaght, Dublin 24.  
Tel: 083 150 0770

**Dublin Postal Sports & Social Club**

**South Dublin Senior Citizen’s Club**

**Walking Together**

**Time:** 2.00 pm // All Welcome  
**Contact:** Kitty Rafferty (Supervisor)  
**Refreshments:** Tea & Coffee - Lunch  
**What to do:** Walk (Bring Runners)  
**How to get there:**  
Dublin Postal Sports & Social Club, Kiltipper Road, Old Bawn, Tallaght, Dublin 24.  
Tel: 083 150 0770

**Dublin Postal Sports & Social Club**

**South Dublin Senior Citizen’s Club**

**Bingo**

**Time:** 2.00 pm // All Welcome  
**Contact:** Kitty Rafferty (Supervisor)  
**Refreshments:** Tea & Coffee - Lunch  
**What to do:** Bingo  
**How to get there:**  
Dublin Postal Sports & Social Club, Kiltipper Road, Old Bawn, Tallaght, Dublin 24.  
Tel: 083 150 0770
Ronanstown CDP
Active Retirement Group
Time: 2.00 pm – 3.30 pm // All Welcome
Refreshments: Tea & Biscuits
What to do: Various Lectures, Talks & Presentations, Arts & Crafts
How to get there:
Ronanstown CDP, 43 Collinstown Grove, Clondalkin, Dublin 22.
Tel: Pauline 01 457 0687

Kilnamanagh Family Recreation Centre
Bridge Club
Time: 2.00 pm – 3.30 pm // All Welcome
Refreshments: Tea & Biscuits
What to do: Bridge
How to get there:
Kilnamanagh Family Recreation Centre, Tree Park Road, Kilnamanagh, Dublin 24.
Tel: 01 452 1199

Palmerstown Active Retirement Association
Scrabble
Time: 2.00 pm – 4.00 pm // Weekly // All Welcome
Contact: The Chairperson
What to do: Board Games
How to get there:
Palmerstown Active Retirement Association, Parish Centre, Palmerstown Village, Dublin 20
Tel: 01 626 5534
Email: pararetirement@live.ie

Whitechurch Community & Youth Centre
Adult Art Classes
Time: 2.00 pm – 4.00 pm // All Welcome
Contact: Dannielle Chaumet
Refreshments: Tea / Coffee & Biscuits
What to do: Art / Painting Class
How to get there:
Whitechurch Community & Youth Centre, Whitechurch Heights, Ballyboden, Dublin 16.
Tel: 087 934 8832
Pastoral Centre, St. Jude’s Church
Willington Templeogue
Active Retired Group
Time: 2.00 pm – 4.00 pm // All Welcome
Contact: Maureen McVicar
Refreshments: Tea & Coffee
What to do: Bowls
How to get there:
Pastoral Centre, St. Jude’s Church,
Willington, Dublin 6W.
Tel: 01 490 2899

Perrystown & Manor Estate Community Centre
Perrystown & Manor Estate
Active Retired Group
Time: 2.00 pm – 4.00 pm // All Welcome
Refreshments: Tea & Coffee
What to do: Indoor Bowls
How to get there:
Perrystown & Manor Estate Community Centre,
Limekiln Lawns, Dublin 12.
Tel: 01 451 5527

Tallaght Stadium
Whist Drive
Time: 2.00 pm – 4.00pm // All Welcome
Contact: Mary Lyons
Refreshments: Tea / Coffee
What to do: Whist Drive
How to get there:
Tallaght Stadium,
Tel 087 611 6381

Killinarden Family Resource Centre
Friendship Group
Time: 2.00 pm – 4.30 pm // All Welcome
Refreshments: Tea and Biscuits
What to do: Bingo, Exercise, Computer Classes, Socialising,
Outings, Arts & Crafts
How to get there:
Killinarden Family Resource Centre,
Killinarden Way, Tallaght, Dublin 24.
Tel: 01 452 7143
St. Aengus Parish Community Centre

Active Age for Men
Time: 2.00 pm – 5.00 pm // Men Only
Contact: Mick
Refreshments: Tea and Biscuits
What to do: Bowls, Pool, Darts, Cards
How to get there:
St. Aengus Parish Community Centre,
Castletymon Road, Tymon North, Tallaght, Dublin 24.
Tel: 01 452 7247

St. Kevin’s Family Resource Centre

Getting Started Computer Class
Time: 2.15 pm – 4.15 pm // All Welcome
Refreshments: Tea and Biscuits
What to do: Basic Introduction to Computers
How to get there:
St. Kevin’s Family Resource Centre,
Kilnamanagh Girl’s Schools, Kilnamanagh, Dublin 24.
Tel: 01 462 7149

Dublin Postal Sports & Social Club

South Dublin Senior Citizen’s Club
Arts & Crafts
Time: 3.00 pm // All Welcome
Contact: Kitty Rafferty (Supervisor)
Refreshments: Tea & Coffee - Lunch
What to do: Arts & Crafts
How to get there:
Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770

The Church of the Immaculate Conception

Seniors Choir Practice
Time: Weekly // All Welcome
What to do: Singing Rehearsals & Performance
How to get there:
The Church of the Immaculate Conception
New Road, Clondalkin, Dublin 22.
Tel: 01 459 3520
Palmerstown Active Retirement Association

Choir Practice
Time: 3.00 pm – 4.00 pm // Weekly // All Welcome
Contact: The Chairperson
What to do: Singing Rehearsals & Performance
How to get there:
Palmerstown Active Retirement Association, Parish Centre, Palmerstown Village, Dublin 20
Tel: 01 626 5534
Email: pararetirement@live.ie

Knockmitten Youth & Community Centre

Sewing Group
Time: 6.00 pm – 8.00 pm // Weekly // All Welcome
What to do: Beginners & Advanced
How to get there:
Knockmitten Youth & Community Centre, Monksfield Lawns, Clondalkin, Dublin 22.
Tel: 01 411 1511

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:
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
Tuesday

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.domincscc.com

Roadstone Social Club

Bridge
Time: 7.15 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

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 – 9.00 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

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

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**23 Brookview Avenue**

**Ladies Club**

**Time:** 8.30 pm – 10.00 pm // Women Only  
**Contact:** Anne Doyle  
**Refreshments:** Tea and Biscuits  
**What to do:** Socialising, Outings, Games, Quizzes, Crafts  

**How to get there:**  
23 Brookview Avenue, Brookfield, Tallaght, Dublin 24.  
Tel: 087 414 7501
**Liscarne Community Café Centre**

**Oasis**

*Time:* EVERY DAY // All Welcome  
*Contact:* John O’Halloran  
*Refreshments:* Tea & Biscuits  
*What to do:* Various Activities, Bowling, Outings  
Lunch Available Daily

*How to get there:*
Liscarne Community Café Centre,  
38, Liscarne Court, Clondalkin, Dublin 22.  
Tel: 01 626 2676  

**Liscarne Community Café Centre**

**Meals-on-Wheels**

*Time:* EVERY DAY // All Welcome  
*Contact:* John O’Halloran  
*Refreshments:* Dinner

*How to get there:*
Liscarne Community Café Centre,  
38, Liscarne Court, Clondalkin, Dublin 22  
Tel: 01 626 2676

**Palmerstown Parish Centre**

**Daycare Centre**

*Time:* 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

**St. Kevin’s Family Resource Centre**

**Cuppa Morning**

*Time:* 1st Wednesday of the month // All Welcome  
*Refreshments:* Tea and Biscuits  
*What to do:* Information for older people

*How to get there:*
St. Kevin’s Family Resource Centre,  
Kilnamanagh Girl’s Schools, Kilnamanagh, Dublin 24.  
Tel: 01 462 7149
**Rathcoole Community Centre**

**Rathcoole Active**
Time: Every 2nd Wednesday // All Welcome  
Contact: Phyl Murray  
Refreshments: Tea and Biscuits  
What to do: Bowls  
How to get there:  
Rathcoole Community Centre,  
Main Street, Co Dublin.  
Tel: 01 458 6134

**Glenasmole Community Centre**

**Health & Wellbeing Clinic**
Time: Wednesday every 2nd month // All Welcome  
Contact: Susan Kearns  
Refreshments: Tea and Biscuits  
What to do: District Nurse, Chiropody, Blood pressure, Manicure, Socialising  
How to get there:  
Glenasmole Community Centre,  
Castle Kelly, Glenasmole, Co Dublin.  
Tel: 01 459 0348

**Trustus Day Services**

**Trustus Day Services**
Time: 9.00 am – 4.00 pm // All Welcome  
Contact: Bernice McGuirk  
Refreshments: Tea / Biscuits & Dinner  
What to do: Various Social Activities  
How to get there:  
Block C3, New Seskin Court,  
Whitestown Way, Tallaght, Dublin 24  
Tel: 01 468 5500

**St. Brigid’s Home**

**St. Brigid’s Day Care**
Time: 9.30 am – 3.00 pm // Everyday // All Welcome  
Contact: Doreen Kelly  
Refreshments: Tea & Coffee, Dinner  
What to do: Bingo, Arts & Crafts, Singalong, Card Games  
How to get there:  
St. Brigid’s Home, Crooksling,  
Brittas, Co Dublin.  
Tel: 01 401 1030  
Email: daycaresbh@hse.ie
4 Districts Day Care Centre

**4 Districts Day Care Centre**

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

**Contact:** Aine Ryan

**Refreshments:** Tea & Coffee, Dinner

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

**How to get there:**
Main Street, Rathcoole, Co Dublin.
Tel: 01 458 0339
Email: fourdistrictsdaycare@gmail.com

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Terenure College Swimming Pool

**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

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**Templeogue House**

**Templeogue Castle Community Bridge Club**

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

**Contact:** Bernadette McGillian

**Refreshments:** Tea & Coffee

**What to do:** Bridge Classes, Bridge Club

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

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**Dublin Postal Sports & Social Club**

**South Dublin Senior Citizens’ 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
**Wednesday**

**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:**
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 – 1.00 pm // All Welcome

**Refreshments:** Coffee & Biscuits

**What to do:** Team Card Game

**How to get there:**
Maldron Hotel Newlands Cross, Clondalkin, Dublin 22.
Tel: 01 464 0140
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:**  
Tel: 01 452 3300  
Email: info@tallaghtleisure.com
Wednesday

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

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 - 1.30 pm // Weekly // All Welcome
Refreshments: Tea & Cake
What to do: Bingo, Outings & Trips
How to get there:
St. Mary’s Parish Centre, Lucan, Co Dublin.
Tel: 01 621 7041

Kilnamanagh Family Recreation Centre
Kilnamanagh Day Activity Centre
Time: 10.30 am – 3.00 pm // All Welcome
Contact: Marian Gahan
Refreshments: Three course dinner
What to do: Bowls, Table Tennis, Line Dancing, Knitting, Socialising
How to get there:
Kilnamanagh Family Recreation Centre, Tree Park Road, Kilnamanagh, Dublin 24.
Tel: 01 452 1199
Dublin Postal Sports & Social Club
South Dublin Senior Citizen’s Club
Chair Aerobics
Time: 10.45 am // All Welcome
Contact: Kitty Rafferty (Supervisor)
Refreshments: Tea & Coffee - Lunch
What to do: Chair Aerobics

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

Palmerstown Active Retirement Association
Exercise to Music
Time: 10.45 am – 11.45 am // Weekly // All Welcome
Contact: The Chairperson
What to do: Gentle fitness programme

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

The Park Community Centre
Senior Social Club
Time: 10.45 am –12.00 pm // All Welcome
Contact: Denis McGann
Refreshments: Tea and Biscuits
What to do: Indoor Bowls

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

Rua Red
Drawing Group
Time: 11.00 am // All Welcome
Contact: Rua Red
Refreshments: Café
What to do: Café Drawing Session

How to get there:
Rua Red, South Dublin Arts Centre,
Tallaght, Dublin 24
Tel: 01 451 5860
**Rathcoole Community Centre**

**Men’s Club**

**Time:** 11.00 am – 1.00 pm // Men Only  
**Refreshments:** Tea and Biscuits  
**What to do:** Socialising, Excursions  

**How to get there:**  
Rathcoole Community Centre,  
Main Street, Rathcoole, Co Dublin.  
Tel: 01 458 6134  
Tel: 01 458 6135

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**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

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**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

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**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

Lucan Sports & Leisure Complex
Living the Life
Time: 12 noon – 1.30 pm // Weekly // All Welcome
Refreshments: Tea & Coffee
What to do: Gym / gentle exercise
How to get there:
Lucan Sports & Leisure Complex,
Griffeen Valley Park, Lucan, Co Dublin.
Tel: 01 624 1930

Kingswood Community Centre
Kingswood Knitting and Crochet Club
Time: 12.00 pm – 2.00 pm // Women Only
Contact: Jackie White
Refreshments: Tea and Biscuits
What to do: Knitting and Crocheting
How to get there:
Kingswood Community Centre, Sylvan Drive, Kingswood
Heights, Tallaght, Dublin 24.
Tel: 01 452 0590
Email: kingswood13@eircom.net

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
**Wednesday**

**Waterstown Park**  
**Walk & Talk**  
*Time:* 2.00 pm // **Weekly** // All Welcome  
*Refreshments:* Coffee shop available at Stewart’s Sports & Leisure Centre  
*What to do:* comfortable clothing & shoes essential.  
*How to get there:*
Meeting Point: Car Park, Waterstown Park, Palmerstown, Dublin 22

**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
**Áras Chrónáin**  
**League of Health & Fitness**  
**Time:** 2.00 – 3.00 pm // Weekly // All Welcome  
**What to do:** Gentle fitness programme  
**How to get there:**  
Áras Chrónáin, Watery Lane, Clondalkin, Dublin 22.  
Tel: 01 457 4847

**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.

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**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

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**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

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**St. Kevin’s Family Resource Centre**

**Needlecraft Group**

**Time:** 6.00 pm – 8.00 pm // Women Only  
**Refreshments:** Tea and Biscuits  
**What to do:** Needlecraft  
**How to get there:**  
St. Kevin’s Family Resource Centre,  
Kilnamanagh Girl’s Schools, Kilnamanagh, Dublin 24.  
Tel: 01 462 7149
St. Thomas’s Church

Mojo Men’s Shed
Time: 6.30 pm – 10.00 pm // Men who have lost their Mojo
Contact: Danny Morris
Refreshments: Tea and Biscuits
What to do: Pool, Darts, Table Tennis, Talks, Courses, Woodwork, Gardening, Meditation, Yoga, Wellbeing, Social Activities, Support.
How to get there:
St. Thomas’s Church, Jobstown, Tallaght, Dublin 24.
Tel: 087 793 8489
Email: themojo@menssheds.ie

Kiltipper Café Bar

Kiltipper Ramblers
Time: 7.00 pm // All Welcome
Contact: Simon Sweeney
Refreshments: Café
What to do: Walks, Hikes
How to get there:
Kiltipper Café Bar, Kiltipper Way, Tallaght, Dublin 24.
Tel: 083 455 2353
Web: www.kiltipperramblers.com
Email: kiltipperramblers@gmail.com

St. Finian’s Community Centre

Mixed In-door Mat Bowling
Time: 7.00 pm – 9.00 pm // Weekly // All Welcome
What to do: Mixed Social Bowling
How to get there:
St. Finian’s Community Centre, Main Street, Newcastle, Co Dublin.
Tel: 01 458 6131

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: 087 252 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 – 9.00 pm // All Welcome  
**Contact:** Marie or Anita  
**Refreshments:** Tea and Biscuits  
**What to do:** Zen, Christian and Mystic Meditation  
**How to get there:**  
The Dominican Retreat Centre,  
The Priory, Main Street, Tallaght, Dublin 24.  
Tel: 01 404 8123

Belgard Community & Youth Centre  
**Ceili Dancing**  
**Time:** 8.00 pm – 9.30 pm // All Welcome  
**What to do:** Ceili Dancing  
**How to get there:**  
Belgard Community & Youth Centre,  
Old Belgard Road, Tallaght, Dublin 24.  
Tel: 085 837 1139

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

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**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

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**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

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**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
**Liscarne Community Café Centre**

**Oasis**

**Time:** EVERY DAY // All Welcome  
**Contact:** John O’Halloran  
**Refreshments:** Tea & Biscuits  
**What to do:** Various Activities, Bowling, Outings  
Lunch Available Daily

**How to get there:**  
Liscarne Community Café Centre,  
38, Liscarne Court, Clondalkin, Dublin 22.  
Tel: 01 626 2676

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**Liscarne Community Café Centre**

**Meals-on-Wheels**

**Time:** EVERY DAY // All Welcome  
**Contact:** John O’Halloran  
**Refreshments:** Dinner

**How to get there:**  
Liscarne Community Café Centre,  
38, Liscarne Court, Clondalkin, Dublin 22  
Tel: 01 626 2676

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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

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**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

**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: fourdistrictsdhaycare@gmail.com

Dublin Postal Sports & Social Club
South Dublin Senior Citizen’s Club

**Pool, Bowls, Pitch & Putt**

**Time:** 10.00 am // All Welcome
**Contact:** Kitty Rafferty (Supervisor)
**Refreshments:** Tea & Coffee - Lunch
**What to do:** Pool, Bowls, Pitch & Putt

**How to get there:**
Dublin Postal Sports & Social Club, Kiltipper Road, Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770
Templeogue House
Templeogue Castle Community Bridge Club
Time: 10.00 am & 7.30 pm // Everyday // All Welcome
Contact: Bernadette McGillian
Refreshments: Tea & Coffee
What to do: Bridge Classes, Bridge Club
How to get there:
Templeogue House, Templeogue Road, Templeogue, Dublin 6W.
Tel: 087 161 8988
Email: tccbcsecretary@eircom.net
Web: www.tccbc.ie

Terenure College Swimming Pool
Adult Casual Swim
Time: 10.00 am & 9.00 pm // All Welcome
What to do: Casual Swim
How to get there:
Terenure College Swimming Pool, Terenure College, Templeogue Road, Dublin 6W.
Tel: 01 490 7071
Web: www.terenurecollege.ie

Palmerstown Active Retirement Association
Mat Bowling
Time: 10.00 am – 12 noon // Weekly // All Welcome
Contact: The Chairperson
What to do: Mixed Mat Bowling / competitions
How to get there:
Palmerstown Active Retirement Association, Parish Centre, Palmerstown Village, Dublin 20
Tel: 01 626 5534
Email: pararetirement@live.ie

Bawnogue Youth & Community Centre
Art Group
Time: 10.00 am – 12 noon // Weekly // All Welcome
Refreshments: Tea & Biscuits available
What to do: Beginners & Advanced
How to get there:
Bawnogue Youth & Community Centre, Bawnogue Road, Clondalkin, Dublin 22
Tel: 01 457 6734
**Killinarden Family Resource Centre**

**Arts and Crafts**

**Time:** 10.00 am – 12.00 pm // All Welcome  
**Refreshments:** Tea and Biscuits  
**What to do:** Various Arts and Crafts  
**How to get there:**  
Killinarden Family Resource Centre,  
Killinarden Way, Tallaght, Dublin 24.  
Tel: 01 452 7143

**Killinarden Family Resource Centre**

**Quilting**

**Time:** 10.00 am – 12.00 pm // All Welcome  
**Refreshments:** Tea and Biscuits  
**What to do:** Learn how to Quilt  
**How to get there:**  
Tel: 01 452 7143

**Rose Cottage Dementia Care Centre**

**The Alzheimer Society of Ireland**

**Time:** 10.00 am – 1.00 pm // Anyone with Cognitive Impairment  
**Contact:** Mary Hickey  
**Refreshments:** Tea and Biscuits  
**What to do:** Gardening, Quizzes, Games, Drama, Sensory Exercises, Dancing, Music, Reminiscing, Outings  
**How to get there:**  
Tymon North Place, Tymon North, Tallaght, Dublin 24.  
Tel: 086 607 9614  
Email: mhickey@alzheimer.ie

**Belgard Community & Youth Centre**

**Silver Surfers**

**Time:** 10.00 am – 2.00 pm // All Welcome  
**Refreshments:** Tea and Biscuits  
**What to do:** Painting, Set Dancing, Flower Arranging, Bowls, Darts, Outings, Exercise  
**How to get there:**  
Belgard Community & Youth Centre, Old Belgard Road, Tallaght, Dublin 24.  
Tel: 085 837 1139
Kingswood Community Centre
Kingswood - Thursday Club
Time: 10.30 am – 12.00 pm // Women Only
Contact: Una Keating or Betty Fitzpatrick
Refreshments: Tea and Biscuits
What to do: Bingo, Seasonal Outings
How to get there:
Kingswood Community Centre,
Sylvan Drive, Kingswood Heights, Tallaght, Dublin 24.
Tel: 01 452 0590
Email: kingswood13@eircom.net

Sacred Heart Parish Centre
Knitting Group
Time: 10.30 am-12.30 pm // All Welcome
Refreshments: Tea & Chat
What to do: Knitting & Crochet
How to get there:
Sacred Heart Parish Centre
St. John’s Drive, Sruleen, Clondalkin, Dublin 22
Tel: 01 457 0032

Kingswood Community Centre
Kingswood - Art Classes
Time: 10.30 am – 12.30 pm // For Beginners // All Welcome
Contact: Jackie White
Refreshments: Tea and Biscuits
What to do: Art Classes
How to get there:
Kingswood Community Centre,
Sylvan Drive, Kingswood Heights, Tallaght, Dublin 24.
Tel: 01 452 0590
Email: kingswood13@eircom.net

Kilnamanagh Family Recreation Centre
Kilnamanagh Day Activity Centre
Time: 10.30 am – 3.00 pm // All Welcome
Contact: Marian Gahan
Refreshments: Three course dinner
What to do: Bowls, Table Tennis, Line Dancing, Knitting, Socialising
How to get there:
Kilnamanagh Family Recreation Centre,
Tree Park Road, Kilnamanagh, Dublin 24.
Tel: 01 452 1199
Terenure College Swimming Pool
Adult Swim Classes
Time: 10.45 am // Women Only
What to do: Swimming lessons
How to get there:
Terenure College Swimming Pool, Terenure College, Templeogue Road, Dublin 6W.
Tel: 01 490 7071
Web: www.terenurecollege.ie

Dublin Postal Sports & Social Club
South Dublin Senior Citizen’s Club Aerobics
Time: 10.45 am // All Welcome
Contact: Kitty Rafferty (Supervisor)
Refreshments: Tea & Coffee - Lunch
What to do: Keep Fit Aerobics
How to get there:
Dublin Postal Sports & Social Club, Kiltipper Road, Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770

Tallaght Leisure Centre
Living For Life (55+)
Time: 11.00 am – 11.45 am // All Welcome
Refreshments: Café
What to do: Various Exercises including; Swimming, Aerobics etc
How to get there:
Tallaght Leisure Centre, Fortunstown Way, Tallaght, Dublin 24
Tel: 01 452 3300
Email: info@tallaghtleisure.com

Clondalkin Sports & Leisure Complex
Men’s Shed
Time: 11.00 am – 12.30 pm // Weekly // Men Only
Refreshments: Coffee Shop available
What to do: Swim, Fitness, Tea & Coffee
How to get there:
Clondalkin Sports & Leisure Complex, Nangor Road, Clondalkin, Dublin 22.
Tel: 01 457 4858
**Tymon Bawn Community Centre**  
**Knitting Club**  
**Time:** 11.00 am – 12.30 pm // Women Only  
**Refreshments:** Tea and Biscuits  
**What to do:** Knitting and Crochet  
**How to get there:**  
Tymon Bawn Community Centre,  
Old Bawn, Tallaght, Dublin 24.  
Tel: 01 452 1028

**St. Finian’s Community Centre**  
**RAMS (Retired Active Men’s Social)**  
**Time:** 11.00 am – 1.00 pm // Weekly // Men Only  
**Refreshments:** Tea/coffee & Chat  
**What to do:** Various activities / projects / events & Social Outings  
**How to get there:**  
St. Finian’s Community Centre,  
Main Street, Newcastle, Co. Dublin  
Tel: 01 458 6007

**Dublin Postal Sports & Social Club**  
**South Dublin Senior Citizen’s Club Gym**  
**Time:** 11.00 am – 1.45 pm // All Welcome  
**Contact:** Kitty Rafferty (Supervisor)  
**Refreshments:** Tea & Coffee - Lunch  
**What to do:** Gym  
**How to get there:**  
Dublin Postal Sports & Social Club,  
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.  
Tel: 083 150 0770

**Glenview Lodge**  
**Tallaght Men’s Shed**  
**Time:** 11.00 am – 4.00 pm // Men Only  
**Contact:** Maire Redmond / Bill Fitzsimons  
**Refreshments:** Tea and Biscuits  
**What to do:** Woodwork, Socialising, Games, Darts, Cards, Outings.  
**How to get there:**  
Glenview Lodge, Glenview, Tallaght, Dublin 24.  
Tel: 01 451 2983
**Terenure College Swimming Pool**

**Aqua Fit**

**Time:** 11.30 am // All Welcome  
**What to do:** Casual Swim

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

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**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

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**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

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**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

Bawnogue Youth & Community Centre
Bawnogue Senior’s Lunch
Time: From 1.00 pm // Weekly // All Welcome
Refreshments: Lunch €5 Tea & Sandwich €3
How to get there:
Bawnogue Youth & Community Centre,
Bawnogue Road, Clondalkin, Dublin 22
Tel: 01 457 6734

Knocklyon Youth & Community Centre
Knocklyon Active Retired Group
Time: 1.00 pm – 4.00 pm // All Welcome
Contact: Lyla Kennedy
Refreshments: Tea / Coffee & Biscuits
What to do: Bowls
How to get there:
Knocklyon Youth & Community Centre,
Idrone Ave, Knocklyon Road, Dublin 16.
Tel: 01 494 3991
Tel: 01 494 2830
Dublin Postal Sports & Social Club
South Dublin Senior Citizen’s Club
Walking Together
Time: 2.00 pm // All Welcome
Contact: Kitty Rafferty (Supervisor)
Refreshments: Tea & Coffee - Lunch
What to do: Walk (Bring Runners)

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

Palmerstown Active Retirement Association
Mat Bowling
Time: 2.00 pm – 4.00 pm // Weekly // All Welcome
Contact: The Chairperson
What to do: Mixed Mat Bowling / competitions

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

Perrystown & Manor Estate Community Centre
Perrystown & Manor Estate
Active Retired Group
Time: 2.00 pm – 4.00 pm // All Welcome
Refreshments: Tea & Coffee
What to do: Indoor Bowls

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

Pastoral Centre, St. Jude’s Church
Willington Templeogue
Active Retired Group
Time: 2.00 pm – 4.00 pm // All Welcome
Contact: Maureen McVicar
Refreshments: Tea & Coffee
What to do: Bowls

How to get there:
Pastoral Centre, St. Jude’s Church,
Willington, Dublin 6W.
Tel: 01 490 2899
Dublin Postal Sports & Social Club
South Dublin Senior Citizen’s Club
Art
Time: 2.00 pm – 4.00 pm // All Welcome
Contact: Kitty Rafferty (Supervisor)
Refreshments: Tea & Coffee - Lunch
What to do: Art
How to get there:
Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770

Dublin Postal Sports & Social Club
South Dublin Senior Citizen’s Club
Pitch & Putt
Time: 2.00 pm – 4.00 pm // All Welcome
Contact: Kitty Rafferty (Supervisor)
Refreshments: Tea & Coffee - Lunch
What to do: Pitch & Putt
How to get there:
Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770

An Cosán
U3A (University of the Third Age)
Time: 2.00 pm – 4.30 pm // Every 2nd Thursday // All Welcome
Contact: Imelda Hanratty
Refreshments: Tea and Biscuits
What to do: Arts and Crafts, Exercise, Speakers Outings, Socialising
How to get there:
An Cosán, Kiltalown Village Centre,
Jobstown, Tallaght, Dublin 24.
Tel: 01 462 8488
Web: www.ancosan.com
Jobstown Community Centre

Jobstown Senior Citizens

Time: 2.00 pm – 5.00 pm // All Welcome
Contact: Catherine Harcourt
Refreshments: Tea and Biscuits
What to do: Darts, Table Tennis, Curling, Bowls, Etc.

How to get there:
Jobstown Community Centre,
Jobstown Road, Tallaght, Dublin 24.
Tel: 087 665 0409

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: 3.00 pm – 5.00 pm // Men Only
Contact: Tom Walsh
Refreshments: Tea and Biscuits
What to do: Skittles, Carpentry, Painting, Model making, Bowls, Exercise, Disc throwing

How to get there:
St. Mark’s Scout’s Den, Maplewood Road,
Springfield, Tallaght, Dublin 24.
Email: tallaghtms@hotmail.com

St. Andrew’s Centre for Senior Citizens

St. Andrew’s Senior Citizens Group

Time: 3.00 pm – 5.30 pm // All Welcome
Contact: Bridie Sheridan
Refreshments: Tea / Coffee & Cakes
What to do: Bingo, Music, Quiz, Social Outings

How to get there:
St. Andrew’s Centre for Senior Citizens,
Pastoral Centre, Holy Spirit Parish, Greenhills, Dublin 12.
Tel: 01 450 9191
Tel: 01 450 1664
Thursday

Clondalkin Library

GIY (Grow it Yourself)
Time: 6.30 pm – 2nd Thursday every month // All Welcome
What to do: Various activities talks & research
How to get there:
Clondalkin Library, Monastery Road, Clondalkin, Dublin 22
Tel: 01 459 5509

Clondalkin Library

Genealogy
Time: 6.30 pm – 3rd Thursday every month // All Welcome
What to do: Various activities talks & research
How to get there:
Clondalkin Library, Monastery Road, Clondalkin, Dublin 22
Tel: 01 459 5509

Clondalkin Library

Book Club
Time: 6.30 pm – 4th Thursday every month // All Welcome
What to do: Various activities talks & research
How to get there:
Clondalkin Library, Monastery Road, Clondalkin, Dublin 22
Tel: 01 459 5509

St. Thomas’s Parish Centre

Mojo Men’s Shed
Time: 6.30 pm – 10.00 pm // Men who have lost their Mojo
Contact: Danny Morris
Refreshments: Tea and Biscuits
What to do: Pool, Darts, Table Tennis, Talks, Courses, Woodwork, Gardening, Meditation, Yoga, Wellbeing, Social Activities, Support.
How to get there:
St. Thomas’s Parish Centre, Jobstown, Dublin 24.
Tel: 087 793 8489
Email: themojo@menssheds.ie

Dominic’s Community Centre

Angel Meditation
Time: 7.00 pm – 9.00 pm // Women Only
What to do: Angel Meditation
How to get there:
Dominic’s Community Centre,
Avonbeg Gardens, Tallaght, Dublin 24.
Tel: 01 459 0770
Web: www.dominicscc.com
**Brookfield Youth & Community Centre**

**South Dublin Fun Band**

**Time:** 7.00 pm – 9.00 pm // All Welcome  
**Contact:** Noel Heenan on 086 318 7833  
**Refreshments:** Tea and Biscuits  
**What to do:** Learning to play musical instruments, Jamming, Having fun with music  
**How to get there:**  
Brookfield Youth & Community Centre,  
Brookfield Road, Tallaght, Dublin 24.  
Tel: 01 452 8404  
Email: noelhnn@gmail.com

**Ballyroan Community & Youth Centre**

**Marian Bridge Club**  
**Time:** 7.00 pm – 10.30 pm // All Welcome  
**Refreshments:** Café  
**What to do:** Bridge  
**How to get there:**  
Ballyroan Community & Youth Centre,  
Marian Road, Rathfarnham, Dublin 14.  
Tel: 01 495 8576  
enquiries@bcyc.ie

**Rathcoole Community Centre**

**Bridge Club**  
**Time:** 7.00 pm – 11.00 pm // All Welcome  
**Refreshments:** Tea and Biscuits  
**What to do:** Bridge  
**How to get there:**  
Rathcoole Community Centre,  
Main Street, Co Dublin.  
Tel: 01 458 6134  
Tel: 01 458 6135

**Quarryvale Family Resource Centre**

**Quarryvale Men’s Group**  
**Time:** 7.15 pm – 10.30 pm // Weekly // Men Only  
**Refreshments:** Tea & Biscuits  
**What to do:** Various Social Activities & Outings.  
**How to get there:**  
Quarryvale Family Resource Centre  
Shancastle Avenue, Clondalkin, Dublin 22.  
Tel: 01 623 0264
St. Joseph’s School
Bridge
Time: 7.15 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 Condron
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
The Dominican Retreat Centre

**Meditation**

**Time:** 8.00 pm – 9.00 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

**Molloy's Pub**

**Gaeilphobal Thamhlachtá**

**Time:** 8.00 pm – 9.00 pm // All Welcome  
**Contact:** Pól Ó Meadhra  
**What to do:** Conversational Irish, Irish Classes  

**How to get there:**  
Molloy’s Pub, Tallaght Village, Dublin 24  
Tel: 087 925 3483  
Email: pobalnagaeilge@gmail.com  
Web: www.gealphobalthamhlachtá.com

**Knockmitten Youth & Community Centre**

**Senior’s Drop-in**

**Time:** 8.00 pm – 10.00 pm // Weekly // All Welcome  
**Refreshments:** Tea & Chat  
**What to do:** Social group  

**How to get there:**  
Knockmitten Youth & Community Centre  
Monksfield Lawns, Clondalkin, Dublin 22.  
Tel: 01 411 1511

**St. Aengus Parish Community Centre**

**ICA**

**Time:** 8.00 pm – 10.00 pm // All Welcome  
**Contact:** Pauline  
**Refreshments:** Tea and Biscuits  
**What to do:** Arts and Crafts, Talks, Dancing  

**How to get there:**  
St. Aengus Parish Community Centre,  
Castletymon Road, Tymon North, Tallaght, Dublin 24.  
Tel: 01 452 7247
**Liscarne Community Café Centre**  
**Oasis**  
**Time:** EVERY DAY // All Welcome  
**Contact:** John O’Halloran  
**Refreshments:** Tea & Biscuits  
**What to do:** Various Activities, Bowling, Outings  
Lunch Available Daily  
**How to get there:**  
Liscarne Community Café Centre,  
38, Liscarne Court, Clondalkin, Dublin 22.  
Tel: 01 626 2676

**Liscarne Community Café Centre**  
**Meals-on-Wheels**  
**Time:** EVERY DAY // All Welcome  
**Contact:** John O’Halloran  
**Refreshments:** Dinner  
**How to get there:**  
Liscarne Community Café Centre,  
38, Liscarne Court, Clondalkin, Dublin 22  
Tel: 01 626 2676

**Palmerstown Parish Centre**  
**Daycare Centre**  
**Time:** 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  
Tel: Apply directly to Day-Care Centre 01 626 0899

**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: parareirement@live.ie

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**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

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**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

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**Terenure College Swimming Pool**

**Adult Casual Swim**

**Time:** 10.00 am // All Welcome

**What to do:** Casual Swim

**How to get there:**
Terenure College Swimming Pool, Terenure College, Templeogue Road, Dublin 6W.
Tel: 01 490 7071
Web: www.terenurecollege.ie
Dublin Postal Sports & Social Club
South Dublin Senior Citizen’s Club
Pool, Bowls, Pitch & Putt
Time: 10.00 am // All Welcome
Contact: Kitty Rafferty (Supervisor)
Refreshments: Tea & Coffee - Lunch
What to do: Pool, Bowls, Pitch & Putt
How to get there:
Dublin Postal Sports & Social Club,
Kiltipper Road, Old Bawn, Tallaght, Dublin 24.
Tel: 083 150 0770

Templeogue House
Templeogue Castle Community Bridge Club
Time: 10.00 am & 7.30 pm // Everyday // All Welcome
Contact: Bernadette McGillian
Refreshments: Tea & Coffee
What to do: Bridge Classes, Bridge Club
How to get there:
Templeogue House, Templeogue Road,
Templeogue, Dublin 6W.
Tel: 087 161 8988
Email: tccbcsecretary@eircom.net
Web: www.tccbc.ie

Tymon Bawn Community Centre
Get Ireland Walking
Time: 10.00 am – 11.30 am // All Welcome
Refreshments: Tea and Biscuits
What to do: Walking Club
How to get there:
Tymon Bawn Community Centre,
Old Bawn, Tallaght, Dublin 24.
Tel: 01 452 1028

Perrystown & Manor Estate Community Centre
Perrystown & Manor Estate Tai Chi Class
Time: 10.00 am – 12.00 pm // All Welcome
Contact: Stewert 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
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
Friday

**Ballyroan Community & Youth Centre**

**Ballyroan Men’s Shed**

**Time:** 10.30 am – 12.30 pm // Men Only

**Refreshments:** Café

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

**How to get there:**
Ballyroan Community & Youth Centre, Marian Road, Rathfarnham, Dublin 14.
Tel: 01 495 8576
enquiries@bcyc.ie

**Ballyroan Community & Youth Centre**

**Friday Club Active Age Group**

**Time:** 10.30 am – 1.00 pm // All Welcome

**Refreshments:** Café

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

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

**Kilnamanagh Family Recreation Centre**

**Kilnamanagh Day Activity Centre**

**Time:** 10.30 am – 3.00 pm // All Welcome

**Contact:** Marian Gahan

**Refreshments:** Three Course Dinner

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

**How to get there:**
Kilnamanagh Family Recreation Centre, Tree Park Road, Kilnamanagh, Dublin 24.
Tel: 01 452 1199

**Terenure College Swimming Pool**

**Aqua Fit**

**Time:** 10.45 am // All Welcome

**What to do:** Casual Swim

**How to get there:**
Terenure College Swimming Pool, Terenure College, Templeogue Road, Dublin 6W.
Tel: 01 490 7071
Web: www.terenurecollege.ie
Dublin Postal Sports & Social Club
South Dublin Senior Citizen’s Club
Chair Aerobics
Time: 10.45 am // All Welcome
Contact: Kitty Rafferty (Supervisor)
Refreshments: Tea & Coffee - Lunch
What to do: Chair Aerobics

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

Knockmitten Youth & Community Centre
Knitting & Craft Group
Time: 11.00 am – 12.30 pm // Weekly // All Welcome
Refreshments: Tea & Biscuits
What to do: Knitting & Crochet, share skills & ideas

How to get there:
Knockmitten Youth & Community Centre,
Monksfield Lawns, Clondalkin, Dublin 22.
Tel: 01 411 1511

Dominic’s Community Centre
D.A.M.S. (Dominic’s Active Men’s Association)
Time: 11.00 am – 1.00 pm // Men Only
Contact: Tony Nolan
Refreshments: Tea and Biscuits
What to do: Various Social Activities, Outings

How to get there:
Dominic’s Community Centre,
Avonbeg Gardens, Tallaght, Dublin 24.
Tel: 01 459 0770
Web: www.domincscc.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
**Friday**

**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

**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

**Knockmitten Youth & Community Centre**

**Over 55’s Lunch**

**Time:** From 1.00 pm // Weekly // All Welcome  
**Admission:** €4  
**How to get there:**  
Knockmitten Youth & Community Centre, Monksfield Lawns, Clondalkin, Dublin 22.  
Tel: 01 411 1511
Palmerstown Active Retirement Association

**Art**

*Time:* 2.00 pm – 4.00 pm // Weekly // All Welcome
*Contact:* The Chairperson
*What to do:* Beginners & Advanced

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

Kimmage Manor Church Hall

**Kimmage Manor Active Retired Group**

*Time:* 2.00 pm – 4.00 pm // All Welcome
*Contact:* Jo O’Reilly
*Refreshments:* Tea & Coffee
*What to do:* Bowls, Bridge, Art

*How to get there:*
Kimmage Manor Church Hall, Kimmage Manor, Dublin 12.
Tel: 01 406 4377

Belgard Community & Youth Centre

**Silver Surfers**

*Time:* 2.00 pm – 4.00 pm // All Welcome
*Contact:* The Chairperson
*Refreshments:* Tea and Biscuits
*What to do:* Painting, Set Dancing, Flower Arranging, Bowls, Darts, Outings, Exercise

*How to get there:*
Belgard Community & Youth Centre, Old Belgard Road, Tallaght, Dublin 24.
Tel: 085 837 1139

Kiltipper Café Bar

**Kiltipper Ramblers**

*Time:* 7.00 pm // All Welcome
*Contact:* Simon Sweeney
*Refreshments:* Café
*What to do:* Walks, Hikes

*How to get there:*
Kiltipper Café Bar, Kiltipper Way, Tallaght, Dublin 24.
Tel: 083 455 2353
Web: www.kiltipperramblers.com
Email: kiltipperramblers@gmail.com
**Tymon Bawn Community Centre**

**Friday Night Bowls**

**Time:** 7.00 pm – 8.30 pm // All Welcome  
**Refreshments:** Tea and Biscuits  
**What to do:** Indoor Bowls  

**How to get there:**  
Tymon Bawn Community Centre,  
Old Bawn, Tallaght, Dublin 24.  
Tel: 01 452 1028

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**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, Sruileen, Clondalkin, Dublin 22  
Tel: 01 457 0032

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**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

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**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.domincscc.com
Saturday

**Brookfield Community Garden**

**Time:** 11.00 am – 1.00 pm // All Welcome  
**Contact:** Mary Clare Wallace  
**Refreshments:** Tea and Biscuits  
**What to do:** Work in the garden  
**How to get there:**  
Old Fortunestown Lane, Brookfield, Tallaght, Dublin 24.  
Tel: 087 988 7007

**Rua Red Film Club**

**Time:** 2.00 pm // All Welcome  
**Contact:** Rua Red  
**Refreshments:** Café  
**What to do:** Matinees, Family Films  
**How to get there:**  
Rua Red, South Dublin Arts Centre, Tallaght, Dublin 24.  
Tel: 01 451 5860

**Killinarden Community Centre Bingo**

**Time:** 8.00 pm – 10.00 pm // All Welcome  
**Contact:** Uche Odinukwe  
**Refreshments:** Tea and Biscuits  
**What to do:** Bingo  
**How to get there:**  
Killinarden Community Centre, Killinarden Heights, Tallaght, Dublin 24.  
Tel: 01 452 6617
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,
Tel: 083 455 2353
Web: www.kiltipperramblers.com
Email: kiltipperramblers@gmail.com

Ballyroan Community & Youth Centre

Active Age Social

Time: 7.30 pm – 10.00 pm // Last Sunday of the Month // All Welcome
Refreshments: Café
What to do: Social night with Music & Singing

How to get there:
Ballyroan Community & Youth Centre,
Marian Road, Rathfarnham, Dublin 14.
Tel: 01 495 8576
Email: enquiries@bcyc.ie
Pearse Museum
Admission: Check for Admission Fee // Guided Tours Available
Time: Open all year (closes for Christmas).
  March – October 9.30 am – 5.30 pm
  February 9.30 pm – 5.00 pm
  November – January 9.30 am – 4.00 pm
What to see: Former school run by Patriot and Educationalist Patrick Pearse. The museum is set in beautiful grounds with riverside walks, waterfall, and walled gardens. Museum attractions include: exhibitions, a nature study room with attractive displays on Irish flora and fauna.
How to get there:
St. Enda’s Park Grange Road, Rathfarnham, Dublin 14.
Tel: 01 493 4208

Rathfarnham Castle
Admission: Check for Admission Fee
Time: 28th May – 4th November daily 9.30 am – 5.30 pm
  Opening times may be subject to change.
What to see: 800 year old castle stands on 250 acres of beautiful parkland with plenty of amenities.
How to get there:
Castleside Drive, Rathfarnham, Dublin 14.
Tel: 01 493 9462

Civic Theatre
What to see: Contemporary, classical Irish and international work in Theatre, Dance, Opera, and Music.
How to get there:
Town Centre, Tallaght, Dublin 24
Tel: 01 462 7477

Rua Red
Time: Monday – Saturday 10.00 am – 6.00 pm
What to see: provides the opportunity for people of all backgrounds and ages to witness and partake in Theatre, Dance, Music, Literature, Film-Making, e-learning, Visual Art and all that the arts have to offer.
How to get there:
South Dublin Arts Centre, Tallaght, Dublin 24.
Tel: 01 451 5860
South Dublin County Park Amenities

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

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

How to get there:

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

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

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

- **Dodder Valley Park**
  Tallaght, Dublin 24

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

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

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

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

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

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

- **Seán Walsh Park**
  Tallaght, Dublin 24

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

- **Tymon Park (Wellington)**
  Templeogue, Dublin 6W
  Facilities include Outdoor Exercise Equipment

- **Waterstown Park**
  Palmerstown, Dublin 20
  Facilities include Outdoor Exercise Equipment
South Dublin Libraries
www.southdublinlibraries.ie

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

How to get there:

• **Ballyroan Library**, Orchardstown Ave, Rathfarnham, Dublin 14. Tel: 01 494 1900
• **Castletymon Library**, Tymon Road North, Tallaght, Dublin 24. Tel: 01 452 4888
• **Clondalkin Library**, Monastery Road, Clondalkin Dublin 22. Tel: 01 459 3315
• **County Library**, Library Square, Tallaght, Dublin 24. Tel: 01 462 0073’
• **Library Headquarters**, Unit 1, The Square Industrial Complex, Tallaght, Dublin 24 Tel: 01 459 7834’
• **Lucan Library**, Supervalu Shopping Centre, Newcastle Road, Lucan, Co. Dublin. Tel: 01 621 6422
• **Mobile Library**
  Unit 1, The Square Industrial Complex, Tallaght, Dublin 24. Tel: 01 459 7834
• **The John Jennings Library**, Stewarts Care Ltd, Palmerstown, Dublin 20. Tel: 01 626 4444 ext: 1129
• **Whitechurch Library**, Taylors Lane, Ballyboden, Dublin 16. Tel: 01 493 0199
Useful Contacts

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

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: sogorman@sdublincoco.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: sdac@eircom.net
Web: http://homepage.eircom.net/~sthduballots

Heritage Walks
Web: http://heritagewalks.sdcc.ie/
Tidy Towns Contacts

**Lucan**
Kevin O’Loughlin  
**Tel:** 087 782 1108  
**Email:** kevinoloughlin15@gmail.com

**Clondalkin**
Pat O Sullivan  
**Tel:** 085 164 5582  
**Email:** 32newlandsrd@eircom.net  
Tommy Keogh  
**Tel:** 087 281 2626  
**Email:** tomkeogh@yahoo.com  
Agnes O’Neill  
**Email:** agnesoneill@gmail.com

**Palmerstown**
Gráinne Ní Mhuiri  
**Tel:** 087 620 7521  
**Email:** grainnenimhuiri@gmail.com

**Templeogue**
Tom Byrne  
**Tel:** 087 998 1055  
**Email:** tempvillage2013@gmail.com

**North Clondalkin**
Brian Dunne  
**Tel:** 085 137 4473  
**Email:** tbdunne@eircom.net

**Newcastle**
Declan Sheerin  
**Tel:** 087 264 6689  
**Email:** dsheerin36@eircom.net

**Griffeen**
Aine McKinlay  
**Tel:** 087 315 7036  
**Email:** griffeentidytowns@gmail.com

**Woodstown**
Gabriel Curtis  
**Tel:** 085 728 6001  
**Email:** gabrielcurtis5@gmail.com

**Old Bawn**
Francis Sheehy  
**Tel:** 087 912 8851  
**Email:** freemanrachel@gmail.com

**Firhouse**
Barbara Coleman  
**Tel:** 085 246 3110  
**Email:** barbaracoleman14@gmail.com
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**South Dublin County Council Enquiries**
Housing, Social & Community Development 01 414 9270
Email: comdevof@sdublincoco.ie

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**Community Development Team**
Paul McAlerney, Senior Community Officer 01 414 9270

**Clondalkin, Lucan, Palmerstown & Newcastle**
Donal Walsh 086 812 6280
Valerie Brien 086 850 2194
Frank Price 086 606 3683
Andrea Molloy 086 608 6530

**Tallaght South**
Jimmy Morrissey 086 820 2643
Niamh Carton 086 606 3682
Cian Ó Lonargáin 086 171 7759

**Tallaght Central, Rathfarnham & Templeogue-Terenure**
Ger Neill 086 804 7152
Su Clarke 086 606 3688
Bernadette Kaluzny 086 804 6678

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**Social Inclusion Unit**
Maria Finn 086 380 3060
Sandra Hickey 086 043 1779

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**Sports & Recreation**
Alison Silke 086 851 6669
Paula Swayne 086 829 2443

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**Tús Nua**
Sarah O’Gorman 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