

# Nº 49 North Street



Autumn/Winter Programme Commencing 30<sup>th</sup> September 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	11am – 12pm <b>Restorative Meditation</b>	11am <b>Community Mental Health Clinic</b> (By appointment only)	11am - 12pm <b>Mindful Movement</b>	11- 1.00pm <b>Trad &amp; Tunes</b> Informal music making & learning group	10 -1pm <b>Studio 49</b> Community recording studio		
Afternoon	12.15 -1.30pm <b>In Stitches</b> Knitting/Crochet	2 - 4pm <b>Peer Support Group</b> Fortnightly meeting (At Skibbereen family resource centre)	12 -1.30pm <b>Growing Together Gardening</b> (Last Wed of the month)  3.30.- 5.30pm <b>The Happiness Ensemble</b> Musical improvisation group (Last Wed of the month)	2- 3pm <b>Fite Fuaite pop up</b> Gaeltacht (Last Thu of the month)	2 - 4pm <b>Ealaíon Art Group</b>	2pm <b>Doughnut Economics &amp; Creative Groups</b> 2pm (advance booking necessary)	2 - 6pm <b>Skibbereen Board Games</b> fortnightly from 29 <sup>th</sup> Sept)
Evening	2 - 4pm <b>West Cork Feelgood Festival</b>	7 – 8.30pm <b>Abair Amhrán</b> (8 Oct/19 Nov/17 Dec)	7pm <b>Gamelan Spréacha Geala</b> (At Skibbereen Family Resource Centre)	5:30 - 7pm <b>Aperture 49 Photography</b>	8pm <b>12 Step Recovery Meeting</b>		