

No 49 North Street Programme: January - June 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	11am Restorative Meditation	11am Community Mental Health <i>By appointment only</i>	11am Mindful Movement	11am 1:1 Creative Writing session <i>From Feb 6 via zoom invite only</i>	11am Trad & Tunes <i>Informal music making</i>		
Afternoon	12.15pm 'In Stitches' Knitting & Crotchet group	2pm Peer Support Group <i>Fortnightly At Skibbereen family resource centre from Jan 7</i>	12pm Gardening group <i>last Wed of the month only</i> 2pm 'Studio 49' Community Recording	2pm West Cork Feelgood Festival 'Fite Fuaite' pop up Gaeltacht <i>Last Thurs of the month only</i>	2 pm 'Ealaíon' Art Group <i>At West Cork Arts Centre until Feb 7</i>	3pm Doughnut Economics Meeting <i>Advance booking necessary</i>	2pm Skibbereen Board Games <i>Fortnightly meet from Jan 19</i>
Evening	2 pm West Cork Feelgood Festival <i>By appointment only</i>	7pm Abair Amhrán <i>21 Jan/18 Feb/17/11 March</i>	7pm Gamelan Spréacha Geala <i>At Skibbereen family resource centre from Feb 12</i>	5:30pm Aperture 49 Photography 8.30pm Al Anon Meeting	8pm 12 Step Recovery Meeting		