



LUTON IRISH FORUM

Providing social opportunities and welfare support to all communities.

What's On 2018

Programme is subject to change. Please call to confirm on 01582 720447
or email activities@lutonirishforum.org for updates or check our website www.lutonirishforum.org

DAY & TIME	ACTIVITY	ROOM
MONDAY		
11.30am – 1.30pm	Computer Club (<i>LIF</i>)	MOH Room
11.30am – 1.30pm	Genealogy by appointment (<i>LIF</i>)	MOH Room
2.30pm – 4.30pm	Social Dance (<i>non LIF</i>)	BF Room
5.30pm – 9.00pm	Slimming World (<i>non LIF</i>)	BF Room
7.00pm – 8.00pm	Choir (<i>LIF</i>)	MOH Room
8.00pm – 10.30pm	Musicardo singing group (<i>non LIF</i>)	MOH Room
TUESDAY		
10.00am – 1.30pm	Tuesday Elders Club (<i>LIF</i>)	BF Room
7.00pm – 8.00pm	Beginners Irish Language Classes (<i>LIF</i>)	BF Room
8.00pm – 9.30pm	Wing Chun Martial Arts (<i>non LIF</i>)	BF Room
8.00pm – 10.00pm	Poetry Society (<i>non LIF – 2nd Tuesday in month</i>)	MOH Room
WEDNESDAY		
10.00am – 1.30pm	Wednesday Elders Club (<i>LIF</i>)	BF Room
1.30pm – 3.00pm	Literary Society (<i>LIF – 1st Wednesday in month</i>)	BF Room
5.30pm – 6.30pm	Weight Watchers (<i>non LIF</i>)	BF Room
7.00pm – 9.00pm	Pipe Band practice (<i>LIF</i>)	MOH Room
THURSDAY		
10.00am – 11.30am	Tea & Chat (<i>LIF</i>)	BF/MOH
2.00pm-4.00pm	Advanced Irish Language (<i>LIF – 2nd & 4th Thursday of the month</i>)	Room 1
6.30pm – 7.45pm	Morven's yoga classes (<i>non LIF</i>)	BF Room
8.00pm – 9.00pm	Mindful Movement Yoga Fitness (<i>non LIF</i>)	BF Room
FRIDAY		
9.30am – 11.30am	Baby & Toddler Group (<i>LIF - Term time</i>)	BF Room
12.00pm – 2.00pm	Art Class (<i>LIF</i>)	BF Room
2.30pm – 4.30pm	Calligraphy Class (<i>LIF</i>)	BF Room
SATURDAY		
10.00am – 3.30pm	PBIC Polish Welfare (<i>non LIF</i>)	BF Room
SUNDAY		
10.00am – 12.00pm	Pipe Band practice (<i>LIF – alternate Sundays</i>)	BF Room

MOH Room - The Martin O'Hehir Room (Top Floor – accessible lift)

BF Room - The Boyle Family Room (Ground Floor)

Room 1 – 1st Floor

For all LIF activities we ask for contribution £1-2 plus printing cost if applicable. This contribution can be waived in cases of hardship. For non LIF activities, prices vary.