



# LUTON IRISH FORUM

Providing social opportunities and welfare support to all communities.

## What's On

**OCTOBER 2017**

Programme is subject to change. Please call to confirm on 01582 720447  
or email [activities@lutonirishforum.org](mailto:activities@lutonirishforum.org) for updates or check our website [www.lutonirishforum.org](http://www.lutonirishforum.org)

DAY & TIME	ACTIVITY	ROOM
<b>MONDAY</b>		
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
<b>TUESDAY</b>		
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
<b>WEDNESDAY</b>		
10.00am – 1.30pm	Wednesday Elders Club ( <i>LIF</i> )	BF Room
1.30pm – 3.00pm	Literary Society ( <i>LIF - 1<sup>st</sup> 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
<b>THURSDAY</b>		
10.00am – 11.30am	Tea & Chat ( <i>LIF</i> )	BF/MOH
2.00pm-4.00pm	Advanced Irish Language ( <i>LIF - 2<sup>nd</sup> &amp; 4<sup>th</sup> Thursday of the month</i> )	Room 1
6.30pm – 7.45pm	Morven's yoga classes ( <i>non LIF</i> )	BF Room
7:30pm – 8:30pm	HYM Fit ( <i>non LIF</i> )	MOH/BF
<b>FRIDAY</b>		
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
<b>SATURDAY</b>		
10.00am – 3.30pm	PBIC Polish Welfare ( <i>non LIF</i> )	BF Room
<b>SUNDAY</b>		
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 – 1<sup>st</sup> 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.**