



**cmetb**

Bord Oideachais agus Oiliúna  
an Chabháin agus Mhuineacháin  
*Cavan and Monaghan  
Education and Training Board*

# Adult Learners' Week 2022 7th to 11th March

## #LearnYourWay

**Free  
Taster  
Sessions**

**Booking  
Essential**

## How to Register

Telephone on 087 3874908 or Email [CavanGuidance@cmetb.ie](mailto:CavanGuidance@cmetb.ie)

*(Please note phone bookings only available Monday-Friday 9am-5pm)*



## Delivered by Cavan and Monaghan Adult Education Services

	Morning	Afternoon	Evening
<b>Monday 7th March</b>	<b>Maths for Parents</b> Location: Ballyjamesduff Time: 10.00am to 12.00pm	<b>Parent and Child- Lego Mindstorm Workshop Suitable for Ages (6 to 11yrs)</b> Location: Unit 20, Church View Square, Cavan Town Time: 3.30pm to 4.30pm  <b>Maths for Parents</b> Location: Online Time: 12.30pm to 1.30pm	<b>Tai-Chi</b> Location: Unit 5, Church View Square, Cavan Town Time: 6.00pm to 8.00pm
<b>Tuesday 8th March</b>	<b>Understanding your Payslip</b> Location: Unit 20, Church View Square, Cavan Town Time: 10.00am to 12.00pm  <b>Preparing your Garden for Spring</b> Location: Ballyconnell Time: 10.00am to 12.00pm	<b>Using your Smartphones and Tablets</b> Location: Family Focus Centre, Killashandra Time: 2.00pm to 5.00pm  <b>Using your Smartphones and Tablets</b> Location: Bailieborough Time: 2.00pm  <b>Treating Acne</b> Location: Online Time: 4.30pm to 5.30pm	<b>Up-style your Clothes</b> Location: Ballyjamesduff Time: 6.30pm to 9.00pm  <b>Quick and Easy Make Up Looks</b> Location: Online Time: 6.30pm to 8.30pm
<b>Wednesday 9th March</b>	<b>Flower Arranging</b> Location: Family Focus Centre, Killashandra Time: 10.00am to 12.00pm	<b>Introduction to Genealogy</b> Location: Unit 20, Church View Square, Cavan Town Time: 3.00pm to 4.30pm	<b>An Overview of The Adult Guidance and Information Service</b> Location: Online Time: 6.00pm to 7.00pm  <b>Food for Fitness</b> Location: Online Time: 7.00pm to 9.00pm  <b>Sign Language Taster</b> Location: Ballyjamesduff Time: 7.00pm to 9.00pm
<b>Thursday 10th March</b>	<b>Home Baking Made Easy</b> Location: Family Focus Centre, Killashandra Time: 10.00am to 12.30pm  <b>Sustainability in Everyday Life</b> Location: Breffni Park, Cavan Time: 10.00am to 12.00pm	<b>Sustainable Gardening 'Grow Your Own Food'</b> Location: Ballyjamesduff Time: 2.00pm to 4.00pm  <b>Introduction to Genealogy</b> Location: Online Time: 2.00pm to 4.30pm  <b>Using your Smartphones and Tablets</b> Location: Unit 20, Church View Square, Cavan Town Time: 2.00pm to 4.30pm  <b>Parent and Child Cookery</b> Location: Ballyjamesduff Time: 4.00pm to 6.00pm	<b>Tips to Prepare for Interviewing Online</b> Location: Online Time: 6.00pm to 7.00pm  <b>Flower Arranging</b> Location: Unit 5, Church View Square, Cavan Town Time: 7.00pm to 10.00pm  <b>Talk on Autism Spectrum Disorders</b> Location: Online Time: 7.00pm to 8.30pm
<b>Friday 11th March</b>	<b>Heritage Walk through Dartry Woods 7km Walk. (Max 25 People)</b> Location: Start at Tanagh Outdoor Education Centre Cootehill Time: 10.00am to 1.00pm  <b>Botanical Art – Introduction to Drawing or Painting Plants</b> Location: Ballyjamesduff Time: 10.00am to 12.00pm	<b>Ikebana -Japanese Flower Arranging</b> Location: Ballyjamesduff Time: 2.00pm to 4.00pm	

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