



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 047 30800 or Email to MonaghanGuidance@cmetb.ie

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



Delivered by Cavan and Monaghan Adult Education Services

Monday 7th March

Morning
Managing Your Life Online: passports, drivers' licences and more Location: EU House, Monaghan Town Time: 10.00am to 12.00pm Flower Arranging Location: Clones Time: 10.00am to 1.00pm

Afternoon
Maths for Parents Location: Online Time: 12.30pm to 1.30pm

Evening
Marketing your Business via Social Media Location: Monaghan Town Time: 7.00pm to 9.00pm Introduction to Reflexology Location: Castleblayney Time: 6.30pm to 9.30pm The River of Lockdown through Visual Art Location: Carrickmacross Time: 7.00am to 9.00pm

Tuesday 8th March

Sustainable Development- Practical Approaches to Recycling Location: Monaghan Town Time: 10.00am to 12.00pm Tai Chi Location: Carrickmacross Time: 10.00am to 11.00am Using your iPad or Tablets Location: Ballybay Time: 10.00am to 12.00pm Mindful Art Journaling Location: Clones Time: 10.30am to 12.30pm Gentle Yoga Location: Carrickmacross Time: 11.30am to 12.30pm
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Preparing your Garden for Spring Location: Dun Mhuire, Monaghan Town Time: 2.00pm to 4.00pm Treating Acne Location: Online Time: 4.30pm to 5.30pm
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Quick and Easy Make-Up Looks Location: Online Time: 6.30pm to 8.30pm Circle Dancing Location: Dun Mhuire, Monaghan Town Time: 7.00pm to 8.30pm Computers for Farmers Location: Ballybay Time: 7.00pm to 9.00pm Introduction to Photoshop Location: Carrickmacross Time: 7.00pm to 9.00pm

Wednesday 9th March

Upstyling your Clothes Location: Dun Mhuire, Monaghan Town Time: 10.00am to 1.00pm Caring for Mature Skin Location: Carrickmacross Time: 10.00am to 1.00pm Calligraphy Location: Castleblayney Time: 10.30am to 12.30pm Useful Phrases for your Italian Holiday Location: Clones Time: 10.30am to 12.30pm
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Creative Writing Location: Dun Mhuire, Monaghan Town Time: 1.30pm to 3.30pm Woodcraft-Creating Simple Bird Boxes or Candle Holders Location: Clones Time: 2.00pm to 5.00pm

An overview of The Adult Guidance and Information Service Location: Online Time: 6.00pm to 7.00pm Managing Your Life Online: passports, drivers' licences and more Location: Castleblayney Time: 7.00pm to 9.00pm Food for Fitness Location: Online Time: 7.00pm to 9.00pm

Thursday 10th March

Quick and Easy Make-Up Looks Location: Ballybay Time: 10.00am to 1.00pm Tai Chi Location: Castleblayney Time: 10.30am to 12.30pm The River of Lockdown through Visual Art Location: Dun Mhuire, Monaghan Town Time: 10.30am to 12.30pm

Introduction to Genealogy Location: Online Time: 2.00pm to 4.30pm
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Tips to Prepare for Interviewing Online Location: Online Time: 6.00pm to 7.00pm Talk on Autism Spectrum Disorders Location: Online Time: 7.00pm to 8.30pm
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Friday 11th March

Heritage Walk through Dartry Woods 7km Walk. (Max 25 People) Location: Start at Tanagh Outdoor Education Centre, Cootehill Time: 10.00am to 1.00pm People Moving and Handling for Caring for Relatives at Home Location: Monaghan Town Time: 10.00am to 1.00pm Introduction to Interior Design Location: Carrickmacross Time: 10.00am to 1.00pm Caring for Mature Skin Location: Clones Time: 10.00am to 1.00pm Mindful Art Journaling Location: Ballybay Time: 10.30am to 12.30pm

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