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It's your community..... **get involved!**



Clean up your home, business or farmyard.

Bring your unwanted scrap metal
and dispose of it for FREE.

Doing so will BENEFIT the environment as well as helping
to RAISE FUNDS for Kinsale Sport & Community Centre.

WHEN: >>> Friday 20th & Saturday 21st
January 2012, 9.00am - 5.00pm

WHERE: >>> Saille Sports & Community Centre
(opposite Kinsale Community School)

FOR MORE INFORMATION PLEASE CONTACT:

Anne Roche (Kinsale Macra na Feirme) **086 395 35 73**
Siobhán Green (Saille Sports & Community Centre) **021 4773929**
Pat Hegarty (KRD Community Association Ltd.) **086 0603247**
www.saillesportsandleisure.ie

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ELECTRIC KNIVES
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GOLF IRONS
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KETTLES (NOT PLASTIC)
LEAD
OIL TANKS (STEEL)
RADIATORS
SAUCEPANS
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SOLID FUEL COOKERS
STEEL COAL BUNKERS
STEEL FIREPLACES
STEEL GUTTERS
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WASHING MACHINES/
TUMBLE DRYERS
WHEEL BARROWS

Please note we cannot accept any Rubber, Plastic, Timber, Gas Cylinders, Fridges , T.V.

Happy New Year from all at the
Kinsale Yoga Centre

Classes Starting 10th January 2012

| | | | | |
|--------------|---|--|--|--|
| MON | Yoga Basics with Rose/Libby 087 2794706 10am-11am | | Yogalates Fusion With Eileen 6.30pm-7.30pm 087 2383849 | Vinyasa Flow Yoga with Eileen 7.30pm-8.45pm 087 2383849 |
| TUES | Back Care With Libby 10am-11am 087 9906187 Course Only | Over 50s Yoga With Libby 11.30am-12.30am 087 9906187 | Pilates Matwork 1 With Rose 6.30pm-7.30pm Course Only | Hatha Yoga All Levels With Rose 087 1332326 8pm-9.30pm |
| WED | Yoga Bhajans 9.00am-9.45am (no charge) | Pilates With Rose 087 1332326 10.30-11.30am | Pilates Matwork 2 With Rose 6.30pm-7.30pm | Pregnancy Yoga With Libby 087 9906187 8pm-9.15pm Course Only |
| THURS | Hatha Yoga with Rose 087 1332326 10am-11.30am | | Yoga Basics with Rose/Libby 087 9906187 6.30pm-7.30pm | Men's Yoga with Rose/Libby 087 2794706 8pm-9.30pm |
| FRI | Capoeira with Sinha, 10am-11am 087 6258227 Call For Details | Pilates & More! with Regina 11.30am-1pm 086 0669267 | Pilates & More! with Regina 5.45pm-7pm 086 0669267 | Total Body Tone 7.15pm-8.15pm with Silver 085 1136018 |
| SAT | Hatha Yoga with Rose 10am-11.15am 087 133 2326 | Tai Chi with Simon 11.30am-1pm 085 1691304 (Call/Txt for Details) | | |

Drop-In Available Unless Otherwise Stated. Please call for details of costs and course lengths.

Libby/Rose 087 279 4706

68 Lower O'Connell St. email: kinsaleyogacentre@gmail.com

www.kinsaleyogacentre.com



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JANUARY & FEBRUARY**

- *Beginners
- *Intermediate & Advanced
- *Antenatal
- *50+ Pilates
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Maximum of six people per class

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Covers Band

SUN 8th JAN - THE BIG ORDEAL

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Guardwell Kinsale

FRIDAY Doors 11:30pm

DJ Garian - 90s Club classics & chart
Free Entry b4 12:00am

SATURDAY Doors 11:30pm

DJ Sean - all the old & new classics
Free Entry b4 12:00am

THURSDAY Doors 11:30pm

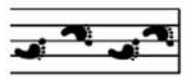
DJ Mark - all the old & new classics
Free Entry all Night



**Enrolment for Kinsale
Jan 2012 Classes**



MUSIC MAKERS
First Steps in Music



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Baby Sensory (3 months - pre-walking, with carer)
Mirror dances, infant instruments, sensory light balls, baby drums, cuddle and tickle songs, active lap songs...

Toddler Music (Walking - 3 1/2 years, with carer)
Speech and language songs (weeks 1-5), Animal and Spring songs (weeks 6-10), with the usual boomwhackers, drums, dancing, percussion instruments, bells and bubbles...



Toddler Art (18 months+ with carer)
Fun with paint and exploring with dough. Lots of making, doing, sticking and creating while learning about textures and colours.

Twinkles (4 - 7 years)
Instrumental playing, stage work, action songs, development of musicianship and confidence. Mini orchestra & mini musicals.

Instrumental Classes
Piano - Electric Guitar - Violin - Flute - Bodhrán
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Tin Whistle - Junior & Leaving Cert grinds - Ukulele

Choir (1st - 6th class)

Orchestra (1st - 6th class)
- Christmas and Summer Concerts
- Exams at Easter

Adult Classes Also Available

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Go at your own pace or join up with friends
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There is also a 1.45pm start time for runners
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All details of route, registration and further
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Tonight - Womens' Little Christmas

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...Great Atmosphere

An Seanachai ~ Studio Blue Nightclub

Live Music in Seanachai Late Night Bar with An Puc ar Buile
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"GIRLS JUST WANNA HAVE FUN NIGHT" from 11pm

Free access and complimentary sparkling reception for every lady on the night.
Plus - Cosmo and Appletini party!

Rosencrantz Bar: Music with the brilliant Niall Mc Cabe

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JUNIOR group lessons:

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@ St. Multose Hall
Times: 3.30pm, 4.30pm
6 weeks, Fee: €55

Senior Beginners:

Monday 16th January 2012
@ Kinsale Tennis Club
Time: 6.30pm. 6 weeks, Fee: €55
Private & individual lessons (by appointment) also available!
New players always welcome!
You can join lessons on an ongoing basis!

For registration contact

Sabine: 087 9872783

Kinsale Pilates Studio

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- improve your posture
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For further enquiries or appointment
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**mob: 087 9872783
email: sabine@fitforfun.ie
www.fitforfun.ie**

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Little Christmas with*
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A photograph of a woman in a purple blouse and black leather pants sitting on a chair. The name "Jane" is written in large, yellow, cursive script over the image. Below it, "Boutique & Accessories" is written in a smaller, white, cursive font, followed by "Shearwater, Pier Road. T:021 477 4910" in a white, sans-serif font.

Jane

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New Members and Visitors are very welcome.

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Kinsale Parish Folk Group would like to express their thanks to everyone who helped in any way with our Carol Service in December. Thanks also to everyone who attended on the night. A total amount of €800 was raised for Kinsale Community Hospital. Happy New Year.

Padraig & Ger of the Kinsale Peace Project would like to thank everyone for their support during the year for the visits of:

Fergus Finlay, of Barnardos

Fergal Keane, author & BBC correspondent

Michael Murphy, author, psychoanalyst & RTE News reader.

**And look forward to the
visit of Sister Stan
on January 26th 2011**



Zumba

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Commencing Wednesday 18th January,
in Kinsale at 10.30am-11.30am
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Thank You

To all those who supported the Altrusa Annual Christmas Fayre in December, and also to those who donated homemade cakes and prizes for the raffle. The Fayre raised €4100 which will be divided between Kinsale Community Hospital, the Society of the St. Vincent de Paul and Meal on Wheels. With best wishes for a Happy New Year

- Altrusa Club of Kinsale & District

What's On... What's On...

Women's Little

Christmas

FRI 6th JAN

AN SEANACHAI:

An Poc Ar Bulle, 10pm.

APÉRITIF WINE

& SEAFOOD BAR:

Music with

DJ Dennis.

ARMADA BAR:

Little Christmas Special
with Bobby & Eileen.

BACCHUS NIGHTCLUB:

with DJ Garian, 11.30pm.

BLUE HAVEN:

Women's Little Christmas
with Grainne Long, 10pm.

CRACKPOTS:

Infamous Women's
Little Christmas Party!

FOLKHOUSE:

Live Music with Fling.

HAMLETS CAFÉ BAR:

Live DJ.

LORD KINGSALE:

Live Music.

ROSENCRANTZ BAR:

Live Music with
Niall McCabe.

SPANIARD BAR:

Live Music with
Martin & Friends, 9ish.

STUDIO BLUE NIGHTCLUB:

"Girls Just Wanna Have Fun"
Night, Doors 11.00pm.

SAT 7th JAN

AN SEANACHAI:

Live with

Mike O'Riordan, 7.30pm.

The Love Junkies, 9.30pm.

ARMADA BAR:

Dan the Man.

BACCHUS NIGHTCLUB:

with DJ Sean, 11.30pm.

BLUE HAVEN:

Crazy Chester, 10pm.

BULMAN, SUMMERCOVE:

Live Music, 10.15pm.

FOLKHOUSE:

Live Music with iFunk.

HAMLETS CAFÉ BAR:

RedFM's DJ Philip Bource.

STUDIO BLUE NIGHTCLUB:

Doors 11.00pm

WHITE HOUSE:

Liam O' & Ger, 10.30pm.

SUN 8th JAN

AN SEANACHAI:

Crazy Chester, 11pm.

BLUE HAVEN:

Elly & Friends, 9pm.

BULMAN, SUMMERCOVE:

Boozy Schmoozers, 6.15pm.

FOLKHOUSE:

The Big Ordeal.

STUDIO BLUE NIGHTCLUB:

Doors 11.00pm.

WHITE HOUSE:

Mike O'Riordan, 9pm.

MON 9th JAN

BLUE HAVEN:

Mike O'Riordan, 10pm.

DALTONS BAR:

Traditional Irish

Music & Ballads.

TUES 10th JAN

BLUE HAVEN:

Sonny & Friends, 10pm.

KINSALE BRIDGE CLUB:

Trident Hotel, 7.30pm.

New Members Welcome.

WED 11th JAN

BLUE HAVEN:

Niall McCabe Band, 10pm.

THURS 12th JAN

BACCHUS NIGHTCLUB:

with DJ Mark, 11.30pm.

BLUE HAVEN:

Darren & Friends, 10pm.

FOLKHOUSE:

The BlueJays.

KINSALE GARDEN

& FLOWER CLUB:

'Beekeeping & Honey Flora'

a talk by Noel Power,

St. Mulfose Hall, 8pm.

FRI 13th JAN

AN SEANACHAI:

Crazy Chester, 10pm.

ARMADA BAR: Live Music.

BACCHUS NIGHTCLUB:

with DJ Garian, 11.30pm.

BLUE HAVEN:

Neil Diamond Tribute, 10pm.

FOLKHOUSE:

The Cadillac Cats.

HAMLETS CAFÉ BAR:

Live DJ.

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