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Elite Pilates, Kinsale Commercial Centre, Kinsale.



KINSALE ARTS FESTIVAL

GOING DARK FOR 2015

After ten years, thousands of artists, performers, writers, thinkers and adventurers, and untold thousands of visitors, it's no wonder we're taking a break. Yes, Kinsale Arts Festival is going dark for 2015. No, we're not insolvent: the Festival is totally debt free, and no, the Festival isn't ending, we're just pausing to rethink, re-imagine and reinvent.

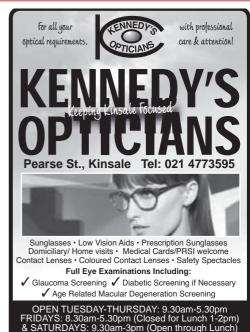
We've always been proud of the Festival's reputation as the teams over the years have created everything from abseilers installing exhibitions, to feasting in the dark, to concerts in caves, and events out at sea. And we'd love to take this moment to thank everyone who's come down, dreamed up, taken part, supported, funded, lifted and carried, and otherwise helped it all to happen every year.

A special thanks to all our loyal Friends, Patrons and to the Arts Council, Fáilte Ireland, Kinsale Town Council, Cork County Council, and Sponsors - particularly Eli Lilly - words can't express our love for you all.

Looking forward to the future - and thanks so much to you for being a part of it.

Contact: admin@kinsaleartsfestival.com Phone Maureen: +353 (0) 86 289 5075





Weekly Advertiser & Guide to WHAT'S ON IN KINSALE & DISTRICT





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Kinsale Yoga Centre

68 Lower O'Connell St, Kinsale









JANUARY 2015 TIMETABLE

MONDAY	Asthanga Flow Yoga Gillian 9.30-10.45am 085 2164184	Gentle Yoga & Meditation Martina 11am-12pm 087 6166109	Teens Yoga Mary 5.15-6.20pm 087 7623822	Pre-Natal Yoga Eileen 6.30-7.45pm 087 2383849	Yoga for Wellbeing Eileen 8-9.15pm 087 2383849
TUESDAY	Hatha Yoga Gillian 7.30-8.30am 085 2164184	Pilates/ Yogilates Eileen 10.45-11.45am 087 2383849	Support your Core Yoga Fiona 5.30-6.30pm 086 0529129	Well Woman Yoga Fiona 6.35-7.50pm 086 0529129	Yin Yoga & Restoratives Eileen 8-9.15pm 087 2383849
WEDNESDAY	Asthanga Yoga (Flow) Intro course Martina 9.45-10.45am 087 6166109	Beginners & Improvers Hatha Yoga Martina 11am-12pm 087 6166109	Kids Story Yoga 8-12yrs Mary 3.30-4.30 & 4.45- 5.45pm 087 7623822 (Courses only 21 Jan)	Chi Yoga Pam 6.15-7.45pm 087 2132663 (Course only 21 Jan, 5 wks €60)	Asthanga Flow Yoga Gillian 8-9pm 085 2164184
THURSDAY	Pilates/ Yogilates Eileen 9.30-10.30am 087 2383849	Hatha Yoga Veronique 10-45-11.45am 087 3934389		Asthanga Yoga (Flow) Intro course Martina 6.45-7.45pm 087 6166109	Beginners & Improvers Hatha Yoga Martina 8-9pm 087 6166109
FRIDAY	Asthanga Flow Yoga Gillian 7.30-8.30am 085 2164184	Hatha Yoga Gentle Stretch Fiona 11am-12pm 086 0529129			
SATURDAY	Hatha Yoga Veronique 10-11.15am 087 3934389	Tai Chi/Chi Kung Pam 11.30am-1pm 087 2132663 (from 24 Jan) (€15 drop in, €60 for 5wks)			

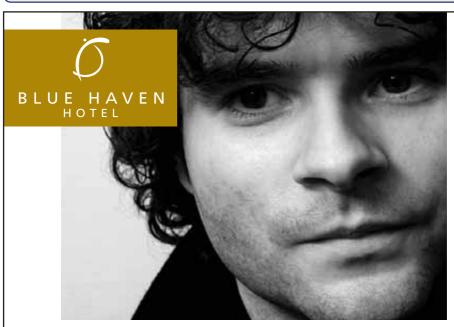
To book classes please phone or text teachers. Courses usually 6 weeks, €60 payable in advance & drop-in €12, unless otherwise stated.



Website: www.kinsaleyogacentre.com



Weekly Advertiser & Guide to WHAT'S ON IN KINSALE & DISTRICT



PADDY CASEY



Blue Haven Kinsale



FRIDAY 23RD JAN

@ 8pm

Tickets €20

For Tickets call 021-4772209 or visit www.bluehavenstore.com











Strictly Come Céilí

SAVE THE DATE!!! "Strictly Come Céilí Mór"

The Harbour Céilí Band

& Fear an Tí Fionán de Cógáin of Céilí Fit.

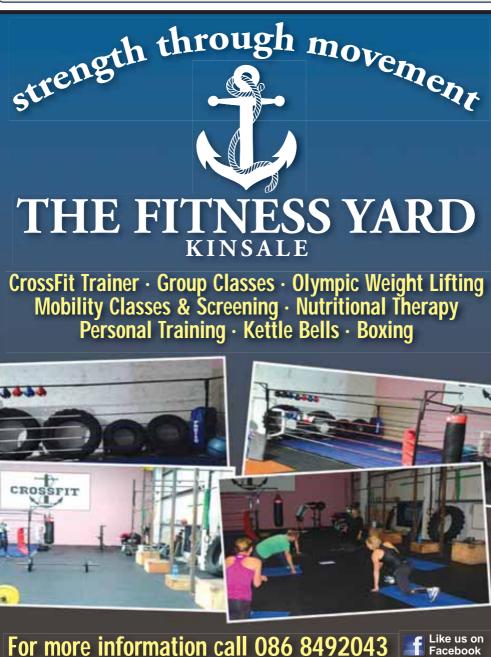
Friday 30th January 2015, 8pm til late Actons Hotel, Kinsale

Finger Food, Spot Prizes, Raffle, Loads of Craic & Lots of Laughs

A Fundraising Event in aid of Gaelscoil Chionn tSáile and St. Multose School Tickets €15 per person. Tickets on the door

and on sale from St. Multose School 4774106 and Gaelscoil Chionn tSáile 4773731.









Weekly Advertiser & Guide to WHAT'S ON IN KINSALE & DISTRICT



large silver charm was €69 now €48



30% discount

Forever Coins Collection

3 day Flash Sale

Friday 16th, Saturday 17th and Sunday 18th

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double pendant was €198 now €138



was €127 naw €89

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More voices needed to develop our group into a mixed choir.

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Interested?
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FREE 5 Week Course for Accommodation Providers

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Place on Immed, place book by unstacing thereir County, CEF Developmen Continue

This programme is funded by the Sustainable Energy Authority of Ireland and supported by Cork Environmental Forum



Cork Environmental Forum manufalia





JANUARY SPECIAL OFFER

Beat the January Blues!

Had a great Christmas & New Years? Feeling a bit blue?

KICK START YOUR NEW YEAR WITH OUR SPECIAL OFFER

20% OFF 12 MONTHS MEMBERSHIP 10% OFF 6 MONTHS MEMBERSHIP

Not including Direct Debit Memberships / Terms & Conditions Apply

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Mondays 7pm Fridays 6.45pm

EXERCISE FOR OVER 55s

Tuesdays 9.30am

HIGH INTENSITY CLASS

Wednesdays 7am

MORNING STRETCHING

Wednesdays 7.30am

CIRCUITS CLASS

Thursdays 7pm

WATER EXERCISE & WEIGHT LOSS

Mondays 6.30pm Wednesday 10.30am

To book the above classes please ring 021 477 2345 Cost: €10 non-members or €5 members

PARENT & TODDLER CLASS Thursdays 10am Phone Marie-Anne 085 854 9246

SWIMMING LESSONS Group and Private Lessons Text Sue 086 382 8463

PHYSIO FIT Pilates Classes, Physiotherapy Treatment Phone Karen 087 672 8232

For any questions on Classes, Membership or Personal Training please call Actons Health & Fitness Club on 021 477 2345









Vitality Wor



Immune Boostir Glow Skin & Hair Mar 28th Flat Belly Foods Apr 25th

Demos, Recipes, Juices, Smoothies, Salads, Soups, Snacks, Essential Oils & more.

€25 per class / 4 for €75

Classes starts Sat @ 1pm. Booking is essential Call/Text

Fiona 087 9228600

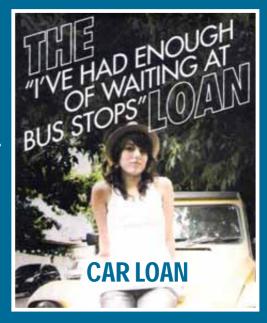
www.healthyfiona.net



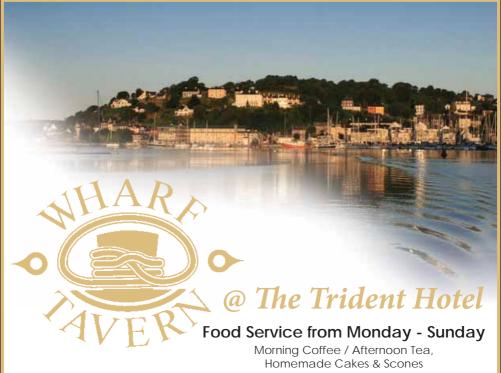
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Weekly Advertiser & Guide to WHAT'S ON IN KINSALE & DISTRICT





Food menu offers a sumptuous selection of dishes.
Served from 12noon until 9pm

Our Carvery choices change daily to ensure we can provide a wide variety of dishes and use the best of seasonal Irish produce.

Our popular Carvery served daily is a lunchtime favourite. Served from 12.30 - 2.30pm.

★★★★
Shirley's Delicious Homemade Desserts.
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action breast cancer

REGISTRATION DAY

Saturday 17th January (Tomorrow) 10am - 4pm at Temperance Hall

Please come along and register for this year's 10km sponsored walk which takes place on Sunday 1 March 2015, in the town, in aid of Action Breast Cancer.

We are delighted to announce
Actress/Author/Comedienne Tara Flynn will be
joining Singer Extraordinaire Sharon Crosbie as
PRW Ambassadors this year and both will be at
the Hall this Saturday afternoon to give you
motivation so don't miss out!

Kick-start your walking program on the day with stretches and nutritional tips from Elite Pilates and Healthy Fiona.
Representatives from the Irish Cancer Society will also be in attendance on the day.

WILL YOU WALK WITH US?

ONLINE REGISTRATIONS
ARE NOW OPEN:
www.pinkribbonwalk.ie

Pink Hotline Enquiries: 086 271 9556







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E: grannysbottomdrawer@gmail.com Facebook.com/grannysbottomdrawer

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All Christmas Decor 50% OFF from ornaments to cushions to Xmas trees

Never before 10% OFF Foxford Blankets and Inis Meain Wraps Lovely Furniture and Lamps up to 50%





Venue: Carlton Hotel January 23rd, 7.30pm

Tickets: €30 from Maurice Murphys

Orla Finn will be honoured on the night to recognise her amazing achievements with Cork and there will be two additions to the Hall of Fame!

The next Club draw will take place on the night!



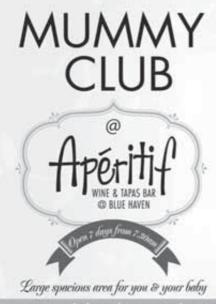
FOOD SERVED ALL DAY

BREAKFAST 8AM - 11.30AM A LA CARTE 12PM - 10PM DAILY Serving Fresh Seafood, Shellfish, Steaks & Lamb Dishes delivered daily by local producers

LIVE MUSIC SAT 17TH JAN: BLUE STEEL 10.30PM THUR 22ND JAN: SHANE & FRIENDS 9PM



Your hoses The Frawley Family & Scatt T: 4772125 www.whitehouse-kinsale.ie



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Series of talks & events for Mums (& Dads11) including Karl Henry, David Coleman & many more Special Mummy networking evenings & wine tastings

pen daily for our Mummy Club it you would like to book a table for you & your friends



BABY YOGA: EVERY TUESDAY €12

Firefus on Frankook & Twitter





Be Active -Stay Active

Join us on Thursdays from 2.30pm-3.30pm at Actons Hotel

All Welcome - €5 per session



Enhance activities of daily living Contribute to your overall wellness Improve your quality of life Improve independence and self-esteem Reduce stress levels Help prevent injury/illness

The programme is being run by Sabine Graef, member of ANMPT

For more information contact Aileen at 4709700













KINSALE COMMUNITY SCHOOL

aht Classes

EVERYBODY WELCOME

Commencing Monday 2nd February 2015 and Wednesday 4th February 2015

Please enrol for classes in advance to avoid cancellation of classes

Enrolment can be made by post, at school office or on enrolment night.

MONDAY NIGHTS

Spanish for Beginners 7pm-9pm €80	Soul Power: Music of Black Origin €80 7pm-9pm Anthony Angelini		
Italian for Beginners & Improvers €80	Ceramics 7pm-9pm Julian Smith €90		
7pm-9pm Mariagrazia Traverso	Understanding How to Job Hunt,		
Practical Cookery 7pm-9pm €90	CV Preparation, Interview &		
Michael Buckley	Presentation Skills 7pm-9pm €60		
Interior Design 7pm-9pm €80 Valda Rumley (Dip. Interior Design)	Charlie Dolan Eli Lilly will finance 50% of the course fee.		

WEDNESDAY NIGHTS

Preparation for First Certificate	Beginners Sugar Craft 7pm-9pm €80
in English Exam _{7pm-9pm} €9	90
Aine Wade	Painting with Acrylics 7pm-9pm €90
Introduction to the	David Kavanagh BA Fine Art, MA Visual Communication
Stock Market 7pm-9pm €9	90 Continuation Course
Pat Sexton, Redmayne - Bentley Stockbrokers	in Spanish _{7pm-9pm} €80
Cooking Raw & Improving your	Mercedes Garcia
Diet the Natural Way 7pm-9pm €9	90 Pilates to Music 7pm-8.30pm €70
Mariagrazia Traverso	Regina Fruitos
Computer Course 7pm-9pm €9	90 Flower Arranging 7pm-9pm €80

ENROLMENT: Monday 26th January, 6.30pm-7.15pm

Classes will break for midterm (Mon 16th and Wed 18th Feb).

For further details on Night Classes contact Linda Dreelan: 087 849 1935 Further details on each course may be found on www.kinsalecommunityschool.ie Tel: 021 4773174 info@kinsalecommunityschool.ie www.kinsalecommunityschool.ie









artisan delicatessen & bistro

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WHAT'S ON IN KINSALE & DISTRICT



KINSALE BAPTIST CHURCH will begin Sunday worship this Sunday 18th January at 11am in the Temperance Hall.

The theme is "God's Amazing Grace" in the early weeks.

ALL WELCOME

Children's Junior Church and Crèche provided.

See www.kinsaleabc.ie for more details.









Weekly Advertiser & Guide to WHAT'S ON IN KINSALE & DISTRICT



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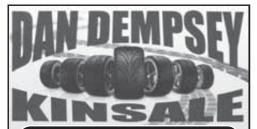
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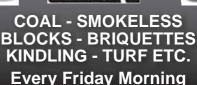
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Weekly Advertiser & Guide to

WHAT'S ON IN KINSALE & DISTRICT



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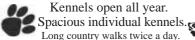
PLEASE CALL LANGE O'CONNELLY.

PLEASE CALL JANICE O'CONNELL **086 277 0943**

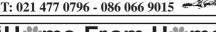
or email janiceoco@gmail.com

PETS

Belgooly Boarding Kennels & Cattery



Long country walks twice a day



Individually Heated Kennels • Large outdoor exercise area
Tel: 477 0919 - 086 392 3447 - 086 155 1541

DAY CARE CRÈCHE AVAILABLE

Don't forget to have your pet's vaccinations up to date! ...see your vet!

FORT ARTHUR BOARDING KENNELS KINSALE Prop. Avril Copithorne Personal Attention Open All Year Personal Attention Open All Year

Tel: 021 477 8002 or 085 729 7233





Kinsale Road Industrial Estate, Cork

Located in BANDON OPEN MON, WED, THURS & SAT

For a professional dog grooming service Contact Salon: Flower: 023 8820 254

or Susan: 086 8740 711

SITUATIONS VACANT

PART TIME DENTAL NURSE

required for new dental surgery opening in Kinsale.

Experience helpful but not essential as full training can be provided for the right applicant.

Apply with CV and handwritten letter to Dr. Eithne Ryan,

Kinsale Dental, 9 Market Square, Kinsale by Wednesday 28th January.

STAFF WANTED

(For Weekends to start)

COMMIS CHEF

(Must have HACCP)

WAITER/WAITRESS **WASH-UP/KITCHEN PORTER**

Must have fluent Enalish - Experience necessary APPLY TO BOX 02/15 c/o Kinsale Advertiser, Emmet Place, Kinsale



KINSALE GAA

Thanks to everyone who donated blood at Actons on January 2nd and especially first time donators.

NEXT CLINIC IS APRIL 7TH.

Remember! For each donation given you save four lives. Thanks again.

Whilst every care and attention is given to all advertisements published, we cannot take responsibility for the content or validity of these advertisements. If an advert has been proofed & cleared for publication by the advertiser, we cannot take responsibility for any errors.

DATE FOR YOUR DIARY

KINSALE MUSIC PROMOTIONS Valentine's Night - 14th Feb

Trudi Lalor + Joe Cooke & Southern Beat

Further details to follow. Fundraiser for St. Patrick's Day Parade Fund.



Paction breast cancer

VOLUNTEERS WANTED FOR KINSALE PINK RIBBON **WALK COMMITTEE**

(MEETING ATTENDANCE NOT A REQUIREMENT)

CALL THE PINK HOTLINE 086 271 9556

The parish is currently updating information of groups and activities taking place.

If you have an activity or group or know of anything new please send info to the Parish Office at: 021 4773821 or email to kinsalecatholicparish@eircom.net

Also info can be sent by phone or text to Mary @ 085 745901.



SAFETY MESSAGE

from Kinsale Neighbourhood Watch

PFDFSTRIAN SAFFTY

Did you know that pedestrians walking in the dark are 13 times more likely to be killed than when walking during the day.

31% of pedestrians killed on our roads between 1997 and 2007 were aged 65 or over.

Take responsibility, and ensure that you are visible on our roads.

DRIVERS

When driving, it is important to realise that lights aren't just for night time, turning your lights on during the day improve visibility and prevents collisions, which reduce death and injuries on the road.

Dipped headlights during the daytime as part of a road safety campaign has shown a decline of between 6% and 12% in collisions.

STAY SAFE: KINSALE NEIGHBOURHOOD WATCH



www.facebook.com/KinsaleNews





NOTICES

MIRACULOUS PRAYER

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it. Then in his merciful eyes it will become your favour, not mine, Amen.

Say this prayer for 3 days, promise publication and the favour will be aranted, no matter how impossible. Never known to fail.



AGM

Tuesday 27th January 8.30pm at Actons Hotel

ANNUAL DINNER

Friday 6th February 7pm at Actons Hotel

NAMES NEEDED ASAP Call Maura 021 4773414

Are you concerned about the well-being of any young person?

FOR FREE AND CONFIDENTIAL ADVICE **AND SUPPORT CONTACT TOM ON** 085 872 5789





Weekly Clinics at both Bandon & Clonakilty Offices. First Friday Clinics at the **Trident Hotel, Kinsale** at 12.30pm.

Clonakilty Office 023 8858770 Bandon Office 023 8843868

Please contact the office as times may vary.

DOLPHIN & WHALE Min: 6 Persons Weather Permitting €25 Per Person

BUTCH ROBERTS' Deep Sea Angling & Scenic Tours

38ft Aguastar 'Sundance Kid'

M: 086 103 6905

www.anglingkinsale.com email: info@anglingkinsale.com

BUSINESS MUMS WANTED*

Want a career working from home, flexible hours to suit your family and a good income? It is possible!

CALL 087-2240845

*Dads needed too

Baby Massage Classes For Parents Starting February 4th & 6th in Kinsale.

Anne-Marie Levis (CIMI) 087 967 3143 VHI, Aviva, Laya Healthcare & GloHealth approved

VOLUNTEERS NEEDED FOR KINSALE JOBSEEKERS RESOURCE CENTRE

Can you give just 3 hours of your time each Tuesday morning?

Telephone: Therese Bradley on 021 477 3083 or email: kinsalejrc@gmail.com

MATHS GRINDS

023 8849523 KILBRITTAIN AREA

18 years experience.

Junior Cert, Leaving Cert. & 3rd Level. includes Project Maths.

GERMAN GRINDS

bv Native German Speaker

Leaving Cert (Higher & Lower Level)

Call 086 821 8986

WHAT'S ON IN KINSALE FRI 16th - FRI 23rd JAN 2015

FRI 16th JANUARY

AUDIVOX:

Hearing Clinic at Haven Bay

Care Centre,

9.30am - 12.30pm.

BACCHUS

NIGHTCLUB:

DJ Mark, 11.30pm.

BANDON CO-OP:

Amazing January Sale.

BLUE HAVEN:

Niall McCabe Band.

FOLKHOUSE:

Mike and The

McCarthys,

10.30pm.

HAMLETS:

KINSALE BRIDGE

CLUB:

Trident Hotel.

10am sharp.

Visitors welcome.

TEMPERANCE HALL:

Drum Circle, 7pm.

SAT 17th JANUARY

BACCHUS NIGHTCLUB:

DJ Sean,

11.30pm.

BANDON CO-OP:

Amazing January Sale.

BLUE HAVEN:

King K.

FOLKHOUSE:

Barefoot Gypsies, 10pm.

HAMLETS:

D.J

KINSALE PINK

RIBBON WALK:

Registration Day at Temperance Hall,

10am - 4pm. KINSALE YOGA:

Yoga for everyone,

10am.

WHITE HOUSE:

Blue Steel, 10.30pm.

SUN 18th JANUARY

BLUE HAVEN:

Darren and Friends,

9pm.

FOLKHOUSE:

King K, 9pm.

KINSALE & DOCK

ROWING CLUB:

The Dock Slip from 12pm.

KINSALE BAPTIST

CHURCH:

Sunday Worship starts, 11am at Temperance

Hall. All welcome.

MON 19th JANUARY

BLUE HAVEN:

Mike O'Riordan.

9pm.

DALTONS BAR:

Traditional Irish Music.

MIRACULOUS PRAYER

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it. Then in his merciful eyes it will become your favour, not mine, Amen.

Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Never known to fail.

HEALTHY FIONA:

6 Week Challenge Kinsale, starts today.

10.30am and 7.30pm. LYDIAN SINGERS:

Rehearsals.

call Ruth 087 6878768.

TUES 20th JANUARY

APERITIF:

Baby Yoga.

BLUE HAVEN:

Sonnie & Friends, 9pm.

KINSALE BRIDGE CLUB:

Trident Hotel, 7.30pm. Visitors welcome.

KINSALE

JOBSEEKERS

RESOURCE CENTRE:

Red Cross Centre, Church Lane

10am - 12.30pm.

WED 21st JANUARY

BLUE HAVEN:

Niall McCabe, 9pm.

MAX'S:

€15 themed 3 course menu.

Last orders 7.30pm.

Pre-booking only.

THUR 22nd JANUARY

BLUE HAVEN:

Clem Buckley (Cadillac Cats) & Ben Dillon (King K), 9pm.

K-CORD:

Be Active - Stay Active: Actons 2.30pm - 3.30pm.

SUPER STARS STAGE

SCHOOL:

Thursday at

Temperance Hall.

WHITE HOUSE:

Shane & Friends,

9pm.

FRI 23rd JANUARY

BACCHUS

NIGHTCLUB:

DJ Mark,

11.30pm.

BLUE HAVEN:

Paddy Casey

plus support. 8pm.

FOLKHOUSE:

GDR, 10.30pm.

HAMLETS:

DJ

KINSALE BRIDGE

CLUB:

Trident Hotel,

10am sharp.

Visitors welcome.

KINSALE GAA:

Dinner Dance, 7.30pm,

Carlton Hotel.

TEMPERANCE HALL:

Drum Circle, 7pm.

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JANUARY 8TH - 17TH OR WHILE STOCKS LAST

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