

FREE

Vol. 25 Issue 01/14

Friday 10th Jan - Thursday 16th Jan 2014



KINSALE ADVERTISER

INCLUDING THE GUIDE TO **WHAT'S ON** IN KINSALE & DISTRICT

Tel: 021 477 4313 :: Web: www.kinsaleadvertiser.com :: Email: info@kinsaleadvertiser.com

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Poet's Corner
The Reading Café &
Book Exchange

Open a Sea Coffee
We are open
until 6 pm

Sandwich Of The Month For January
Homemade Red Pesto,
Chorizo & Crunchy Peppers
A Hot Toastie For Cold Days

Special Of The Week
Any Cake & Hot Chocolate
Only €5.90
Let's Beat The Winter Blues

Poet's Corner
The Reading Café & Book Exchange
44 Main Street, Kinsale




Kinsale
Photographic
Society

New Camera?

Join us for a great time learning
how to use whatever type of camera
you have, starting with the basics!

Next Meeting:
7:45pm - Tuesday, 14 January
St. Multose Hall, Kinsale

Contact Tim or just turn up.
You are most welcome.



kinsaleps@gmail.com
Mobile: 085 8466168

The White House
FULLY LICENCED GUESTHOUSE & BAR

 **Guest Accommodation**
4 Star AA Guesthouse


 **Food Served 8am to 10pm**
~ Special Value Menu ~ 

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Thur 16th Jan 9.00pm SHANE & FRIENDS

LIVE SPORT
LIVE PREMIERSHIP SOCCER
HEINEKEN CUP RUGBY

Sat 11th Jan 6pm: Gloucester v Munster
Sun 12th Jan 12.45pm: Castres v Leinster


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OPEN TUESDAY-THURSDAY: 9.30am-5.30pm
FRIDAYS: 8.30am-5.30pm (Closed for Lunch 1-2pm)
& SATURDAYS: 9.30am-3pm (Open through Lunch)

THE ANNUAL

BLACK

& WHITE


BLUE HAVEN
HOTEL

BALL

*Black Tie or
Fancy Dress !!*

VENUE: BLUE HAVEN HOTEL
DATE: FRIDAY 31ST JANUARY
TIME: 8PM

MUSIC: ARISTOCRATS & OCEANS SIX
PLUS LIAM SHEEHAN - MAGICIAN & MENTALIST

TICKET PRICE: €30

TICKETS AVAILABLE @ BLUE HAVEN & ONLINE WWW.BLUEHAVENSTORE.COM
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IN AID OF KINSALE LIONS CLUB & KINSALE LIFE BOAT



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Full body workout suitable for all ages and levels.

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TUESDAY MORNINGS

9:30am-10:30am

BALLINSPIITTE COMMUNITY HALL

€50 for 6 sessions or €10 per class

STARTS 14TH JANUARY

For info contact

087 147 6181

Get Fit Have Fun!



COMEDY WITH **PJ Gallagher**

The hilarious comedian is back by popular demand

Thursday 30th January

8pm

Blue Haven Hotel

Tickets €25 and can be purchased from Blue Haven,
Kinsale or online www.bluehavenstore.com.

Phone: 021 4772209

www.bluehavencollection.com

3/4 Pearse Street Kinsale Co Cork



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HOTEL**



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NEW ON TAP: Proper Job IPA, Tribute, O'Hara's Red Ale, Stowford Press Westons Cider, Metal Man Cask Ale, 8° Howling Gale, Abbot Ale, Carrig Irish Craft Lager

Music Venue
Guardwell, Kinsale

T: 021 4772382

www.folkhousevenue.com



FRI 10th JAN
10.30pm

HOUNDOGS
4 Piece Old Skool Rock n' Roll & Contemporary Covers

SAT 11th JAN
10.00pm

KING K
5 Piece Rockin Covers Band

SUN 12th JAN
9.00pm

BRENT CRUZ & THE KERB CRAWLERS
5 Piece Folk/Rock/Contemporary Covers

THUR 16th JAN
9.30pm

THE SG'S
2 Piece Folk & Contemporary Covers

FRI 17th JAN
10.30pm

G.D.R.
3 Piece Rock Covers

SAT 18th JAN
10.00pm

THE HOOTS
4 Piece Rock/Contemporary Covers

ALL PARTIES CATERED FOR IN THE GREEN ROOM

ALL SPORTS SHOWN ON 2 BIG SCREENS

Bacchus Nightclub

FRI 10th JAN - DJ MARK

All the Old & New Classics. Doors 11:30pm - Free b4 12:00am

SAT 11th JAN - DJ SEAN

90s Club Classics & Chart. Doors 11:30pm - Free b4 12:00am

FRI 17th JAN - DJ MARK

All the Old & New Classics. Doors 11:30pm - Free b4 12:00am



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Kinsale GAA Strategic Development Plan Launch
CARLTON HOTEL FRIDAY 17TH JANUARY
at 8.30pm
Special guest, new Cork manager Brian Cuthbert.

Kinsale GAA Annual Dinner Dance
CARLTON HOTEL FRIDAY 24TH JANUARY.
Celebrating the 1989 winning team!
Tickets €35, Early Bird Special of €30 until 17th January!
Tickets available from Maurice Murphy's and Club Members.

The Huntsman
Bar & Restaurant, Belgooly
 Tel: 021 477 0666
www.thehuntsmanbelgooly.com

Food Served 12.30pm-8.30pm 7 Days A Week
Set Menu Friday & Saturday, 6.30pm - 9.00pm
2 Courses: €20 3 Courses: €25
All Day Breakfast Every Saturday until 6.30pm
4 Course Sunday Lunch €22.95

January Special - Tea for a Tenner
Monday to Thursday 5.30pm to 8pm.

Sample Menu - Choose from:
Chicken & Mushroom Vol au Vent, with Salad & Chips
Mixed Grill • Taco Fries • Southern Fried Chicken Burger
with Salad and Chips (Menu changes weekly)

Please note TRAD SESSION has changed
to 3rd Thursday of every month.
Next session Friday 17th January.

Write on.....

Massive
Card Sale

All cards on back wall

3 for €3

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Mon & Thurs 9-6

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By Appointment: 021 477 9578

No. 26 Haven Bay Apt, Ballinacubby, Kinsale



CLINIC FOR Physical Therapy - Rehabilitation Functional Exercise

26 Haven Bay Apts., Kinsale

Some Conditions treated in the clinic:

- Headaches
- Migraines
- Neck Pain
- Back Pain
- Shoulder Pain/ Problems
- Elbow/Wrist Problems
- Carpal Tunnel Syndrome
- Postural Distortions
- Hip Pain/ Discomfort/Problems
- Knee Pain/Problems
- Ankle/Foot Problems
- Sciatica
- Nerve Entrapment
- Joint Pain/Discomfort
- Strains/Sprains
- Sports Injuries/Recovery
- Soft Tissue Repair
- Connective Tissue Repair
- Muscular Disorders/ Conditions
- Coordination Development
- Loss of Balance
- Stiffness
- Impaired Mobility
- Functional Exercise

Please call for your appointment: **Sabine Graef** (BEd., SMT, NMPT)

Mob. 087 9872783 Email: sabinegraef@eircom.net

No. 26 Haven Bay Apt, Ballinacubby, Kinsale



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Kinsale Good Food Circle restaurants would like to thank all those who supported the recent fundraiser in aid of Kinsale Hospital/Day Care Centre. In all a total of €1,226 was raised on the day.

A special word of thanks to 'Santa' who braved the elements to help on the morning.

Congratulations to the following prize winners who each received a €50 restaurant voucher:

Actons - Joanne O'Donovan
Blue Haven - Jenny Minihane
Crackpots - Teresa Murphy
Jim Edwards - Jenny O'Donovan
Man Friday - Tom Finn
Fishy Fishy - Mrs O'Sullivan
Pier One - Billy Crosbie
Toddies - Catherine Kelleher
White Lady - Aidan Edwards
White House - June Walton
Hamper - Alan Buckley



Give a Good Food Circle
GIFT VOUCHER

Available online at www.kinsalerestaurants.com and from The White House, Finishing Services, Trident Hotel and Actons.

www.kinsalerestaurants.com
www.facebook.com/Good.Food.Circle

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Saturday 11th January

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CELTIC HIGHWAY

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NEW TO KINSALE - ZUMBA TONE -

New to Kinsale- Zumba Tone combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance Fitness Class.

Lucy French Dance Studio Kinsale	All New Zumba Tone	13th Jan TBC
Innishannon Hall	Zumba/Bokwa	14th Jan 7.15pm
Lucy French Dance Studio Kinsale	Zumba Beginners	15th Jan 11am
Bandon Town Hall	Zumba Cardio & Core	16th Jan 10am
Innishannon Hall	Zumba Tone	16th Jan 8pm

ENROLLING NOW: Contact 087 951 4346

Email: fitness.dk42@gmail.com

Facebook: Zumba & Health N Fitness Classes with Debs
www.twitter.com/CorkZumba





Kinsale Yoga Centre

68 Lower O'Connell St, Kinsale
YOGA - PILATES - TAI CHI



January/February Timetable 2014

MONDAY	Pilates on the Ball 10.00 - 11.00am Starting 20th Jan Rose 087 1332326	Mother & Baby Yoga (6 wks to crawling) 11.15 - 12.15pm Fiona T 086 0529129	Yogilates - Heated Fusion 5.00 - 6.00pm Starting 13th Jan Eileen 087 2383849	Prenatal Yoga 6.15 - 7.30pm Starting 13th Jan Eileen 087 2383849	Yoga for Wellbeing 7.45 - 9.00pm Starting 13th Jan Eileen 087 2383849
TUESDAY	Yogilates - Heated Fusion 10.00 - 11.00am Starting 14th Jan Eileen 087 2383849	Over 50s Yoga 11.15am - 12.30pm Starting 14th Jan Eileen 087 2383849	Mens Yoga 5.15pm - 6.30pm Starting 7th Jan Fiona T 086 0529129	Well Woman Yoga 6.30 - 7.45pm (6 wk course €65) Starting 7th Jan Fiona T 086 0529129	Yin Yoga & Restoratives 8.00 - 9.15pm Starting 14th Jan Eileen 087 2383849
WEDNESDAY	Pilates 10.00 - 11.00am Starting 22nd Jan Rose 087 1332326	Beginners & Improvers Yoga 11.15am - 12.15pm 6 wks starting 15 Jan Martina 087 6166109	Kids Story Yoga 3.30 - 4.30pm 4.45 - 5.45pm Starting 22nd Jan Mary 087 7623822	Hot Yoga 6.15 - 7.30pm Starting 22nd Jan Patricia 087 7637514	Pilates 8.00 - 9.00pm Starting 22nd Jan Patricia 087 7637514
THURSDAY	Dynamic Yoga for Sporting People 6.15 - 7.15am Starting 23rd Jan Patricia 087 7637514	Hatha Yoga 10.00 - 11.30am Starting 23rd Jan Rose 087 1332326		Dynamic Yoga 6.30 - 7.30pm Veronique 087 3934389	Beginners & Improvers Yoga 8.00 - 9.00pm 6 wks starting 16 Jan Martina 087 6166109
FRIDAY	Tai Chi 10.30am - 12.00pm Starting 17th Jan Pam 085 1691304 (€15 drop in, €60 for 5wks)				Shamanic Mindfulness 7.00pm - 8.30pm Martin 086 3906849
SATURDAY	Hatha Yoga 10.00 - 11.15am Rose 087 1332326	Tai Chi 11.30am - 1.00pm Starting 18th Jan Simon 085 1691304 (€15 drop in, €60 for 5wks)	SUNDAY	Yin Yoga & Meditation 6.00 - 7.30pm Starting 26th Jan Rose 087 1332326	

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

Website: www.kinsaleyogacentre.com Email: kinsaleyogacentre@gmail.com



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SEANACHAI

Market St, Kinsale

FRIDAY 10th JANUARY:

9.00pm - 2.00am **LIVE MUSIC DOUBLE BILL**
with **Francesca Baines and Yatha Bhuta**

SATURDAY 11th JANUARY:

8.30pm - 11.00pm **Trad with Tony Dunne & Co.**
11.00pm - 2.00am **Bellyman**

SUNDAY 12th JANUARY:

10.00pm - 1.00am **Mix-a-saurus Rex**

MONDAY 13th JANUARY:

Vinyl on the Decks

TUESDAY 14th JANUARY:

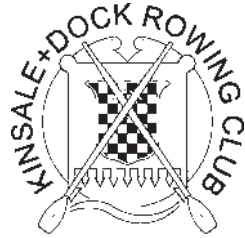
7.00pm - 9.30pm **Singing Session**
Bring a song or two

WEDNESDAY 15th JANUARY:

9.30pm - 11.30pm **Trad Session**

THURSDAY 16th JANUARY:

Open Mic Night



KINSALE & DOCK ROWING CLUB AGM

Trident Hotel
Tuesday 14th January
7.00pm

Jim Edwards BAR & RESTAURANT



*Food Available
All Day
from 12pm*

- ~ Bar & Restaurant Menus Available
- ~ Lite Bite Menu
- ~ Special Value Menu
2 Courses: €20
3 Courses: €25
- ~ Lunch Menu & Daily Specials
- ~ Sunday Lunch
€23.90 (4 Course)



Tel: 021 477 2541
www.jimwardskinsale.com

Gift Vouchers Available

Excellent Ensuite Accommodation



SVP Kinsale would like to thank everyone who supported the Christmas Concert 'O Holy Night' which was held on the 14th December 2013 at which €3,870.00 was raised.

All contributions donated to Kinsale SVP are redistributed locally to families and individuals who need assistance with food, fuel, and educational costs.

If you wish to contact SVP Kinsale:
PHONE IN CONFIDENCE
085 218 6966



Coder Dojo

**Coder Dojo restarts FRIDAY 10TH JANUARY at 7pm.
Weekly at AVEGO HQ, next to St Multose School.**

**Where young people learn computer programming,
make games & websites. Great for ages 7 - 17.**

Exciting NEW Sessions on making robots!

www.kinsalecoderdojo.wordpress.com www.coderdojo.com



Try something new this year! **KOREAN MARTIAL ARTS** **in the Rebel County** Kuk Sool Won Cork



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LEARN:

- Hand Strikes & Kicks
- Break Falls & Acrobatics
- Joint Locks & Throws
- Traditional Weapons & Forms

GAIN:

- Confidence & Strength
- Agility and Co-ordination
- Self-defense & Awareness

IN KINSALE:

Mondays in St. Multose Hall
5-12yrs: 5-6pm
Teens & Adults: 6-7pm

IN BALLINSPITTL:

Thursdays in Ballinaspittle Community Hall
Lil Dragons 4-6yrs: 4:30-5:15pm
Kids 5-12yrs: 5:30-6:30pm
Teens & Adults: 7-8:30pm

1st Class Free
Free suit when you join!

For info contact 087 147 6181 www.kuksoolwoncork.com



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Beat the Christmas **BULGE**

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31st January & receive
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of Kinsale

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Kinsale Pilates
STUDIO

STEP UP TO THE BARRE IN 2014!

JANUARY OFFER

BUY 6 BARRE SESSIONS FOR JUST €60

Monday & Thursday, 8pm
Wednesday, 10am

LIFT THE BUTT TONE THE THIGHS
SCULPT THE ARMS FLATTEN THE ABS BURN FAT

BarreConcept is a non stop workout combining the precision of Pilates, alignment of yoga, technique of ballet and strength from sports conditioning.

The Barreconcept is a total body workout suitable for all fitness levels.

Expect a stronger, leaner & more flexible body in just six sessions!

Phone/Text Trudy 087 610 6285
Email: trudy@kinsalepilatesstudio.ie



MONDAY

- 10am Pure Pilates Matwork
- 11.15am Improver Pilates
- 6.45pm Beginners Beginners Course
Starts 20th January
- 8pm BarreConcept

TUESDAY

- 7.15pm Pilates Total Body
Sculpt & Tone
- 8.30pm Rock your?
Abs, Arms & Bums (30 mins)

WEDNESDAY

- 10am BarreConcept

THURSDAY

- 11.15am 50+ Pilates
- 8pm BarreConcept

Places are limited so book early to secure your place.



Like & share us on Facebook before the 31/01/ 2014 for your chance to win 4 Pilates classes

For a full listing of Pilates & Barre classes log on to
www.kinsalepilatesstudio.ie

All classes are now held in Rogue Fitness, The Granary, Kinsale.



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**WILL YOU WALK WITH US?
THE KINSALE PINK RIBBON WALK RETURNS!**

**The 3rd Kinsale Pink Ribbon 10km Walk
will take place on Sunday 2nd March 2014 at 12 noon.**

Now is the time to get involved, get fit, have fun and help raise awareness and much needed funds for Action Breast Cancer, a programme of the Irish Cancer Society.

Registration available at Kinsale Pharmacy and www.pinkribbonwalk.ie

INFORMATION DAY - Saturday 18th January at The Temperance Hall for all details & registration.
www.pinkribbonwalk.ie



**TOTO'S
PIZZA**
is back!

Delicious Pizzas & Waffles

WEDNESDAY
Kinsale Bridge 1pm - 8pm

THURSDAY
Belgooly 2pm - 8pm
(Next to Petrol Station)

FRIDAY
Kinsale 2pm - 8pm
(Compass Quay, Community School Rd.)

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tutors and explore
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We offer level 5 and
Level 6 FETAC Courses
in a wide range of
interests, professions
and disciplines -
for all members of
the community.

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Kinsale College, Bandon Road, Kinsale.

New 2014 Prospectus
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FOR SEPTEMBER
2014



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Mark Costelloe, Director, Ballyvrin, Dunderrow, Kinsale, Co. Cork

Calling all Bright Sparks!



**Spring Science Workshops:
Electronics**

WHERE:

SAILE INDOOR FUNCTION ROOM

WHEN:

THURSDAY AFTERNOONS

commencing Thurs 16th January.

MINI EXPLORERS

6-8 year olds, 3.00pm - 4.00pm

YOUNG INVESTIGATORS

9 years and over, 4.15pm - 5.15pm

WHAT:

Get Connected!

Featuring the New Cambridge ~ Brain Box Snap Circuit Kits! Learn how circuits work, investigate how switches and sensors work, make a burglar alarm, a fan driven boat and a gear driven car! And much much more!

HOW MUCH:

€110 for 10 weeks

Class size limited, reserve your place early to avoid disappointment.

Contact: Siobhan Devlin 087 9506527



Hands on Science is also available for birthday parties either at your home or at Saile's function room, all materials and equipment provided to make sure that you party goes with a bang!

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www.changingthoughtshypnotherapy.com

or call Susan on 021 4373057 or 086 8776935

Introduction to Acting Course

This 10 week adult course is a practical, enjoyable and confidence building introduction to the craft of acting, improvisation, voice, movement, mime and text and will be held on Wednesday nights from 7 - 9pm in the Temperance Hall, Kinsale. Led by professional theatre director, performer and acting tutor Fiona McGeown, the emphasis will be to establish a strong and supportive group dynamic from which key aspects of the craft of acting are explored. This course is useful for those who wish to expand their general communication skills. No previous acting experience is required - only a willingness to participate. For further information on pricing and to book your spot please call Fiona on 0833182426

Why not come to the 'Try for free' one hour class at 7pm on Wednesday the 15th of January and see how you get on. Full course begins on the 22nd of January.



Oscar Madisons

7 MAIN ST, KINSALE

Saturday 11th January

12.45pm **HULL v CHELSEA**

3.00pm **SPURS v CRYSTAL PALACE**

5.30pm **MAN. UTD. v SWANSEA**

Sunday 12th January

2.00pm **NEWCASTLE v MAN. CITY**

4.00pm **STOKE v LIVERPOOL**

Monday 13th January

8.00pm **ASTON VILLA v ARSENAL**

HEINEKEN CUP RUGBY ALL WEEKEND

LIVE MUSIC

Sat 11th Jan 10.30pm **Puc Ar Buile**



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WHAT'S ON IN KINSALE FRI 10th JAN - FRI 17th JAN 2014

FRI 10th JAN

BACCHUS NIGHTCLUB:

DJ Mark,
11.30pm.

BLUE HAVEN:

Johnny Cash
Tribute Act, 10pm.

CODER DOJO:

Restarts at Avego HQ,
next to St. Multose
School, 7pm.

FOLKHOUSE:

The Houndogs,
10.30pm.

HAMLETS:

DJ.

KINSALE BRIDGE CLUB:

Trident Hotel,
10am. All welcome.

SEANACHAI:

Live music double
bill with Francesca
Baines and Yatha
Bhuta, 9pm.

SAT 11th JAN

ARMADA BAR:

Live Music with
Celtic Highway.

BACCHUS NIGHTCLUB:

DJ Sean,
11.30pm.

BLUE HAVEN:

Blue Fusion, 10pm.

FOLKHOUSE:

King K, 10pm.

HAMLETS:

DJ.

OSCAR MADISONS:

Puc Ar Buile, 10.30pm.

SEANACHAI:

Trad with Tony Dunne
& Co. 8.30pm.
Bellyman, 11pm.

SUN 12th JAN

BLUE HAVEN:

Darren & Friends,
9.30pm.

FOLKHOUSE:

Brent Cruz and the
Kerb Crawlers, 9pm.

SEANACHAI:

Mixasaurus Rex,
10pm.

MON 13th JAN

BLUE HAVEN:

Mike O'Riordan,
9.30pm.

DALTONS BAR:

Traditional Irish Music.

SEANACHAI:

Vinyl on the Decks.

TUES 14th JAN

ART CLASSES:

With Eileen Duffy.
Courses resume.

Oils, 7.30pm

BLUE HAVEN:

Sonnie & Friends,
9.30pm.

KINSALE AND DOCK

ROWING CLUB:

AGM, Trident Hotel,
7pm.

KINSALE

PHOTOGRAPHIC

SOCIETY: St. Multose
Hall, 7.45pm.

SEANACHAI:

Singing Session,
7pm - 9.30pm.

WED 15th JAN

ACTING COURSE:

'Try for free' 1 hour
course,
Temperance Hall,
7pm.

BLUE HAVEN:

Niall McCabe,
9.30pm.

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Open Evening,
5pm - 7pm.

SEANACHAI:

Trad Session,
9.30 - 11.30pm.

THURS 16th JAN

BLUE HAVEN:

Jack Crosbie
& Ben Dillon,
9.30pm.

FOLKHOUSE:

The S.G.s,
9.30pm.

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at Saile Indoor
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Commencing today.

SEANACHAI:

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WHITE HOUSE:

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9pm.

FRI 17th JAN

AUDIVOX

HEARING CLINIC:

Haven Bay
Care Centre,
9.30am - 12.30pm.

BACCHUS NIGHTCLUB:

DJ Mark, 11.30pm.

BLUE HAVEN:

Cookie and the
Vaudevilles,
10pm.

FOLKHOUSE:

G.D.R.,
10.30pm.

HAMLETS:

DJ.

HUNTSMAN BAR:

Trad Night.

KINSALE BRIDGE CLUB:

Trident Hotel, 10am.

All welcome.

KINSALE GAA:

Strategic
Development Plan
Launch, Carlton
Hotel, 8.30pm.

SEANACHAI:

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