

FREE

Vol. 26 Issue 01/15

Friday 9th - Thursday 15th January 2015



KINSALE ADVERTISER

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

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

Operation Rogue

2015



ROGUE FITNESS

PERSONAL TRAINING - FITNESS CLASSES - NUTRITION

THE New Year 6 Week Transformation Challenge

- Weekly Personal Training Session
- Unlimited Fitness Classes
- Detailed Nutritional Plan
- Weekly Nutritional Meeting
- Weekly Weigh in
- Daily motivational Text & Support

Book Early
as Limited
Spaces
Available

Keep Your New Year's Resolutions

Starts Monday 12th Jan at 6.30pm

Buddy
Only
€325
Per Buddy

Single
Only
€390

Rogue Fitness
021 4777538

info@roguefitness.ie

**Easy Payment Option Available



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The White House
FULLY LICENCED GUESTHOUSE & BAR
Guest Accommodation
4 Star AA Guesthouse

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

LIVE MUSIC
SAT 10TH JAN: BREAK THE MOULD 10.30PM
THUR 15TH JAN: SHANE & FRIENDS 9PM

SOCCER PREMIERSHIP GAMES SHOWN LIVE RUGBY
SAT 10TH JANUARY 2.40PM
CARDIFF BLUES v LEINSTER

Your hosts The Frawley Family & Staff
T: 4772125 www.whitehouse-kinsale.ie

KINSALE MUSIC PROMOTIONS
PRESENTS

**LIAM MANNERING
BAND**

Actons Hotel, Kinsale
SATURDAY 10th JAN
Adm. €10
Doors 8.45pm Dancing 9.30pm
Non Profit - Surplus funds donated to charity.

Build Self-Confidence
Kuk Sool Won is great for girls of all ages

Korean Martial Arts ~ Classes in 3 locations
Tuesdays 7-8pm Carrigaline CETNS
Wednesdays 7-8pm Kinsale Temperance Hall
Thursdays 7-8:30pm Ballinspittle Community Hall
1st Class free to try
visit website for details or call 087 147 6181

1/2 Price joining fee for adults in January 2015

www.kuksoolwoncork.com

FINNS' TABLE
6 Main Street, Kinsale
Wishing everyone a Happy New Year!
Open Thurs, Fri, Sat at 6pm
Early Evening Menu available until 7pm daily

Phone: 021 470 9636

Elite Pilates

KINSALE



NEW COURSES

Starting week
commencing
19th January

Mums & Bubs

Ante Natal

Beginners

Mat Class

**Don't forget 40% DISCOUNT
on your first online booking.**

NEW Reformer, Mat & Barre Timetable out now!

www.elitepilates.ie Phone Trudy: 087 6106 285

Elite Pilates, Kinsale Commercial Centre, Kinsale.



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Actons

of Kinsale

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

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

CORK'S PREMIUM DANCE, DRAMA & MUSICAL THEATRE STAGE SCHOOL

CATERING FOR STUDENTS AGED 3 TO 18 YEARS OLD ALSO ADULT CLASSES IN SELECTED LOCATIONS

SUPER STARS STAGE SCHOOL

TEMPERANCE HALL, KINSALE ON THURSDAYS

3yrs - 6 yrs: 3.30pm - 4.30pm

7yrs - 12yrs: 4.30pm to 5.30pm

Tel: 087 793 3505 Email: info@superstarsstageschool.com

www.superstarsstageschool.com

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1ST CLASS
FREE!**

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Neuromuscular Physical Therapy Clinic

Pain Management / Rehabilitation / Functional Exercise



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

By appointment: **Sabine Graef** (BEd., SMT, NMPT)

Mobile **087 9872783**

No. 26 Haven Bay Apt, Ballinacubby, Kinsale

Health Insurance Approved
Registered Member of ANMPT



Laura Hagger Podiatry Clinic

D.Pod.M, M.Ch.S.I, S.R.Ch.

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Health Board Approved

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- Specialist Diabetic Footcare
- Nail Surgery
- Orthoses & Insoles
- Sports Injuries
- Children's Foot Health
- Verruca Treatment
- Acupuncture
- House calls now available
- Rid your feet of fungal nails with the Laser Genesis Plus!
- Effective drug free treatment for onychomycosis.
- Blast those verrucae and warts with fast effective laser treatment.

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BLUE HAVEN
HOTEL



PADDY CASEY

PLUS SUPPORT

Live @

Blue Haven Kinsale

FRIDAY 23RD JAN

@ 8pm

Tickets €20

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



3/4 Pearse Street, Kinsale, Co. Cork



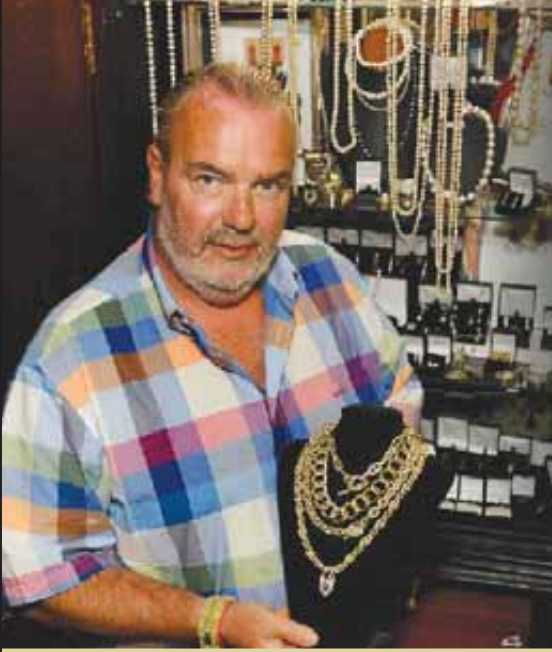
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VICTORIA'S ANTIQUES



*We would like
to wish all our
customers a
Happy New Year.*

*An Aladdin's
Cave of Unique &
Exclusive Jewellery*

Getting engaged?

*Why not call in and see our fantastic range of
diamond engagement rings.*

*We also have a fabulous selection of diamond
and coloured stone rings, and see our exquisite
collection of pearl jewellery.*

2 Oliver Plunkett Street, Cork Tel: 021 427 2752 or 086 253 0043

Opening Hours: Tuesday - Saturday 11am - 5pm.



Cork Sports Partnership
Comhairleíocht Spóirt Chorcaí
An t-Éireann Spóirt Council Initiative

Are you overweight?

(BMI over 25)

Aged 18+? Ready to **change your life & get active?**
Need advice & motivation?

We are looking for Male & Female participants to take part in a
12 week program to lose weight and improve your health.

You will attend 2 sessions per week, where you will take part in an exercise program and get advice on healthy eating. There is a charge of €150 to suitable candidates to take part in the program.

Anyone interested should complete an **application form** that can be collected from your local centre or downloaded from:

www.corksports.ie

'Coming to your area soon'
Project Weightloss;

**Actons Health
& Fitness Club**

Starting Tuesday 13th Jan

**make the move ...
make the change!!**



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Get fit, tone & lose weight the fun way in 2015.

LOCATION	CLASS	DAY	TIME
Lucy French Dance Studio Kinsale	Zumba & Zumba Tone	Mon 12th & Wed 14th Jan	9.45am 10am
Innishannon Hall	Zumba & Zumba Tone	Tue 13th & Thur 15th Jan	7.30pm 8pm

Enrolling now: **Contact: 087-9514346** or **E-Mail: fitness.dk42@gmail.com**
 Classes conducted by Qualified Personal Trainer, Zumba & Zumba Tone Instructor
www.facebook.com/Zumba & Health N Fitness Classes with Debs

LEMON LEAF CAFÉ

70 Main Street, Kinsale
 Tel: 021 4709792

courtyard & food store



CLOSED 6TH JANUARY
WE ARE BACK OPEN ON
FRIDAY 23RD JANUARY



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Takeaway Menu
 Available

Gluten-Free Products
 Available

Specialising in low
 calorie recipes endorsed
 by Rogue Fitness

*Delicious home baked goods, tarts & much more. We make & bake everything ourselves every day!
 And remember... If you can't stay, you can takeaway!*



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Extensive Bar & Snack Menu

Available daily from noon - 9pm

(Full menu available online)

Popular Carvery

Served daily is a lunchtime favourite 12.30 - 2.30pm

Evening Bistro Menu 6-9pm

Fixed Price Menus Available

For reservations or more information
please phone us at Tel. +353 (0)21 4779 300

*We look forward to welcoming back
our old friends & guests - and to
welcome new friends in 2015.*

Happy New Year!

OPEN 7 DAYS A WEEK



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Pearse St., Kinsale Tel: 021 4773595



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Full Eye Examinations Including:

- ✓ Glaucoma Screening
- ✓ Diabetic Screening if Necessary
- ✓ Age Related Macular Degeneration Screening

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

YOGA FOR EVERYONE

starting

Thursday 15th Jan 10am

Thursday 15th Jan 8pm

Saturday 17th Jan 10am

6 weeks course costs €60
(pay per week concession by arrangement)

Warm comfortable yoga room in Kinsale Town.
Mats, blankets and stools supplied.

*Not sure if this is for you?
Why not try a FREE session!*

To reserve your place call Marsha

087 250 7637

Email: kinsaleyoga@yahoo.ie

10 Good Reasons to advertise in the KINSALE ADVERTISER

SERVING THE COMMUNITY FOR 26 YEARS!

- 1) The Definitive Guide to **What's On In Kinsale!**
- 2) Quality local advertising **direct to your target market.**
- 3) **Most competitive and affordable advertising rates** around for a product which we have improved vastly through the years: (A weekly full page mono costs just €66+vat, 21 years ago the same ad cost the equivalent of €57+vat!)
- 4) **No extra charge for ad design.**
- 5) **Weekly & Monthly rates** and further discounts for prepayment on block bookings.
- 6) Kinsale Advertiser is **uploaded to www.kinsalenews.com** every Thursday and is delivered to usual outlets every Friday morning - more people than ever before now see your ads!
- 7) **Follow us on Twitter @kinsalenews and Facebook /kinsalenews** Advertise your events and we will promote them to our followers on Twitter and Facebook. Over 2200 followers on Facebook, over 1300 followers on Facebook.
- 8) **Full colour pages available.**
- 9) Book your preferred space for upcoming events.... **Valentine's, Easter, Chowder Festival, Rugby 7s, Point to Point, etc....**
- 10) The Kinsale Advertiser, the most effective way to **let people know what your business has to offer.**



Deadline:
Every Monday @ 12 noon

PUBLICATION OF ADVERTS CANNOT BE CONFIRMED
UNTIL PAYMENT HAS BEEN RECEIVED IN FULL

T: 021 477 4313

E: info@kinsaleadvertiser.com

www.kinsalenews.com

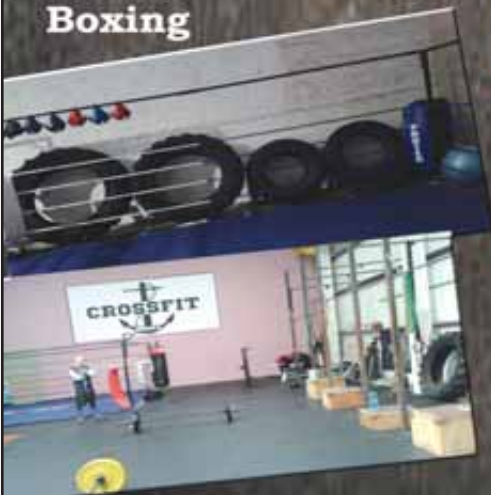
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6th Degree Black Belt,
First Aid & Child Protection Certified
MEMBERS OF IRELAND'S LARGEST TAEKWON-DO ASSOCIATION

Ms. Aoife O'Mahony
1st Degree Black Belt
First Aid & Child Protection Certified
MEMBERS OF IRELAND'S LARGEST TAEKWON-DO ASSOCIATION

FUN ★ EXCITING ★ SPORT
for **KIDS**
& **ADULTS**

FREE UNIFORM FOR NEW TAEKWONDO MEMBERS FOR THE MONTH OF JANUARY!

SCOIL NAOMH ELTIN, KINSALE
WEDNESDAYS
Kubz: Class currently full. 5.30pm - 6.15pm (ages 4 - 6)
Taekwon-Do Juniors: 6.15pm - 7.15pm (ages 7 - 12)
Seniors: 7.15pm - 8.15pm

FRIDAYS
Taekwon-Do Juniors: 6.45pm - 7.45pm (ages 7 - 12)
Seniors: 7.45pm - 8.45pm

Call or Text 086 822 0107

Wishing our students & families a Happy New Year.
Get active for 2015!



Cork ITA



KINSALE GAA

DINNER DANCE



Venue: Carlton Hotel
January 23rd, 7.30pm
Tickets: €30 from Maurice Murphys
There will be two additions to the Hall of Fame!
The next Club draw will take place on the night!

Kinsale
ART ACADEMY
with Louise McKeon



6 week courses commence on Tuesdays & Saturdays

TUESDAYS: 3.30pm-4.30pm (ages 6-9)
4.45pm-5.45pm (age 9 upwards)

SATURDAYS: 9.45am-10.45am (ages 6-9)
11am-12pm (age 9 upwards)

Course Curriculum
Age 6-9: Drawing, collage, paint and colour, design and much more.
Age 9+: Advanced drawing techniques, painting, still life, people and portraits.
All materials supplied €70

ALSO SECONDARY SCHOOL CHILDREN'S CLASSES
SATURDAYS: 12.30pm-2pm WEDNESDAYS: 3pm-4.30pm
All materials supplied €85

ALL ADULT CLASSES STARTING NEXT WEEK

To reserve a place call Louise on 087 771 8023 or email louisemckeonartist@gmail.com



Kinsale Yoga Centre

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



JANUARY 2015 TIMETABLE

MONDAY	Astanga Flow Yoga Gillian 9.30-10.45am 085 2164184	Gentle Yoga & Meditation Martina 11am-12pm 087 6166101	Teens Yoga Mary 5.15-6.20pm 087 7623822 (from 18 Jan)	Prenatal Yoga Eileen 6.30-7.45pm 087 2383849	Yoga for Wellbeing Eileen 8-9.15pm 087 2383849
TUESDAY	Hatha Flow Yoga Gillian 7.30-8.30am 085 2164184	Pilates/Yogikites Eileen 10.45-11.45am 087 2383841	Support your Core Yoga Fiona 5.30-6.30pm 086 0529129	Well Woman Yoga Fiona 6.35-7.50pm 086 0529121 (Course starts 13 Jan 665)	Yin Yoga & Restoratives Eileen 8-9.15pm 087 2383849
WEDNESDAY	Astanga Yoga (flow) Introduction course Martina 9.45-10.45am 087 6166109	Beginners & Improvers Hatha Yoga (gentle) Martina 11am-12pm 087 6166101	Kids Story Yoga 8-12yrs Mary 3.30-4.30 & 4.45-5.45pm 087 7623822 (courses Only 21Jan)	Chi Yoga Pam 6.15-7.45pm 087 2132661 (Course Only starts 21 Jan, Satks - 660)	Astanga Flow Yoga Gillian 8-9pm 085 2164184
THURSDAY	Yogikites/Pilates Eileen 9.30-10.30am 087 2383849	Hatha Yoga Veronique 10.45-11.45am 087 3934381		Astanga Yoga (low) Introduction Martina 6.45-7.45pm 087 6166109 (Course starts 15 Jan)	Hatha Yoga (gentle) Beginners & Improvers Martina 8-9pm 087 6166109
FRIDAY	Astanga Flow Yoga Gillian 9.30-10.45am 085 2164184	Hatha Yoga Gentle Stretch Fiona 11am-12pm 086 0529121			
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 Satks)			

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



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UPCOMING EVENTS

VALENTINE'S DAY

Saturday 14th February

ST. PATRICK'S DAY

Tuesday 17th March

EASTER WEEKEND

Friday 3rd - Sunday 5th April

KINSALE RUGBY SEVENS

Saturday 2nd - Sunday 3rd May

KINSALE POINT TO POINT

Saturday 30th - Sunday 31st May

KINSALE ADVERTISER

Published every Friday Deadline for copy Mondays at 12 noon



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KINSALE

pink ribbon walk.ie

to benefit
Action Breast Cancer



INFORMATION DAY

**Saturday 17th January 10am - 4pm at Temperance Hall
for all details and registration.**

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

The 4th Kinsale Pink Ribbon 10km Walk: Sunday 1st March, 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
www.pinkribbonwalk.ie

Kinsale
Photographic
Society



**Do you have a new camera? Want to join
with others who love photography?**

Ring or Text Tim and turn up at our next meeting.

TUESDAY 13TH JANUARY

8:00pm at St. Multose Hall in Kinsale

Cost: €5.00

Email: kinsaleps@gmail.com Mobile: 085 8466168

www.kinsaleps.com



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Music Venue - Guardwell, Kinsale
T: 021 4772382 www.folkhousevenue.com



& CHECK OUT OUR WORLD BEERS MENU

FRIDAY 9th JANUARY 10.30pm

THE SGs

Folk/Rock/Contemporary Covers

SATURDAY 10th JANUARY 10.00pm

PSYCHEDELIC PILL

Rockin' Neil Young Tribute Band

SUNDAY 11th JANUARY 9.00pm

KING K

5 Piece Rockin' Covers

FRI 16th JANUARY 10.30pm

THE FRETS

Lively Duo playing Trad to Contemporary Covers

Bacchus Nightclub

FRI 9th JAN - DJ MARK

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

SAT 10th JAN - DJ SEAN

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

FRI 16th JAN - DJ MARK

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

**ALL SPORTS SHOWN ON 2 BIG SCREENS
ALL PARTIES ALL OCCASIONS CATERING FROM 3 TO 300**

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FOR 26 YEARS!



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Ballinadee, Bandon, Co. Cork

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2006 VW Golf 5 Dr 1.6 Petrol	€4600
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2003 Ford Focus 5 Dr 1.6 Petrol	€2300

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Quality Interior & Exterior Painting
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Life assurance cover starts from as little as €12 per month.

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Pearse Street, Kinsale

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with Stylist Michelle Connolly



For appointments contact:

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Open

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2 & 3 BED APARTMENTS

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

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Personal Attention
Open All Year

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CLEANER REQUIRED

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Experience helpful but not essential as full
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by Wednesday 28th January.

CHILDMINDER WANTED

Collection from Dunderrow National
School on 3 afternoons.

Car required, non-smoker.

CALL KAREN ON 087 9913519

Great opportunity for an experienced CHEF DE PARTIE

Applicant must:

Have the flair to provide quality food to a
very high standard.

Have excellent presentation skills.

Be able to work to their full potential as
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Have a minimum of 1-2 years experience in a
similar role is essential.

Applicants must be fluent in English.

Applications to be forwarded to Box No. 01/15

c/o Kinsale Advertiser, Emmet Place, Kinsale.

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 granted, no matter how impossible. Never known to fail.



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Weekly Clinics at both
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★ Please contact the office
as times may vary.

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Krafty Kids!
Ages 6-12 years
New Term Commences
Monday 12th January
4.15pm-5.15pm
at **Sáile**

Ring Laura 087 797 0011 or email
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THANK YOU
*Denise Whelton would like
to thank everyone who
supported me for the last
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I have now moved to
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*Can you give just 3 hours of
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18 years experience.

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CONTACT TOM ON
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 Kinsale
Youth
Support
Services

THANK YOU

The family of the late Geraldine Allen, RIP
(Belgooly) would like to thank everyone who
made a donation to Marymount Hospice
following our recent loss. These donations
will help the staff of Marymount Hospice to
continue to provide a wonderful level of care
to all those who need it.

A total of €1,321.22 was collected and both
we and Marymount are extremely grateful.

KINSALE ADVERTISER

WHAT'S ON IN KINSALE FRI 9th - FRI 16th JAN 2015

FRI 9th JANUARY

BACCHUS NIGHTCLUB:

DJ Mark,
11.30pm.

BANDON CO-OP:

Amazing January Sale.
Runs until 17th January.

BLUE HAVEN:

Mike O'Riordan Trio.

FOLKHOUSE:

The SGs,
10.30pm.

HAMLETS:

DJ.

KINSALE BRIDGE CLUB:

Trident Hotel,

10am sharp.

Visitors welcome.

TEMPERANCE HALL:

Drum Circle, 7pm.

HAMLETS: DJ

WHITE HOUSE:

Break The Mould,
10.30pm.

SUN 11th JANUARY

BLUE HAVEN:

Darren and Friends,
9pm.

FOLKHOUSE:

King K, 9pm.

KINSALE & DOCK

ROWING CLUB:

The Dock Slip from 12pm.

MON 12th JANUARY

BLUE HAVEN:

Mike O'Riordan,
9pm.

DALTONS BAR:

Traditional Irish Music.

KRAFTY KIDS:

New term commences
at Saile, Kinsale.
4.15pm - 5.15pm.

laurakraftykids@gmail.com.

ROGUE FITNESS:

Operation Rogue 2015,
6 week Transformation
Challenge, starts today
at 6.30pm.

ZUMBA:

Lucy French Dance
Studio, 9.45am.

TUES 13th JANUARY

ACTONS HEALTH

& FITNESS CLUB:

Project Weightloss.

BLUE HAVEN:

Sonnie & Friends,
9pm.

KINSALE BRIDGE CLUB:

Trident Hotel, 7.30pm.

Visitors welcome.

KINSALE CHAMBER OF

TOURISM & BUSINESS:

AGM, Trident Hotel,
8pm.

KINSALE JOBSEEKERS

RESOURCE CENTRE:

Red Cross Centre,
Church Lane.

10am - 12.30pm.

KINSALE

PHOTOGRAPHIC

SOCIETY:

St. Multose Hall
at 8pm.

Admission €5.

WED 14th JANUARY

BLUE HAVEN:

Niall McCabe,
9pm.

ZUMBA:

Lucy French
Dance Studio,
10am.

THUR 15th JANUARY

BLUE HAVEN:

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

KINSALE YOGA:

Yoga for everyone,
10am and 8pm.

SUPER STARS STAGE

SCHOOL:

Thursday at
Temperance Hall.

WHITE HOUSE:

Shane & Friends,
9pm.

FRI 16th JANUARY

AUDIVOX:

Hearing Clinic at
Haven Bay
Care Centre,
9.30am - 12.30pm.

BACCHUS

NIGHTCLUB:

DJ Mark,
11.30pm.

BLUE HAVEN:

Niall McCabe Band.

FOLKHOUSE:

The Frets,
10.30pm.

HAMLETS:

DJ

KINSALE BRIDGE

CLUB:

Trident Hotel,
10am sharp.

Visitors welcome.

TEMPERANCE HALL:

Drum Circle, 7pm.

KINSALE ADVERTISER

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