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Mouth Cancer Awareness Day Wednesday 21st September

FREE MOUTH CANCER SCREENING Monday 3rd October All welcome Please call 021 477 2788 to make an appointment

WWW.KINSaledental.ie Like us on Facebook **f** Kinsale Dental Health Centre, Pearse Street, Kinsale | Tel: 021 4772788

KINSALE



## AGE-RELATED MACULAR DEGENERATION AWARENESS WEEK

19th - 25th September 2016

Book your Free AMD Eye Test

Sunglasses • Low Vision Aids • Prescription Sunglasses • Domiciliary/ Home Visits Medical Cards/PRSI welcome • Contact Lenses • Coloured Contact Lenses • Safety Spectacles

Full Eye Examinations Including:

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

OPENING HOURS: TUES, WED, THURS: 9.30am-5.30pm FRIDAY: 8.30am-5.30pm SATURDAY: 9.30am-3.00pm

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# VICTORIA'S ANTIQUES ANTIQUES Our Fantastic Sale Continues

Why not call in and see ourlatest collection of watches & diamond jewellery.

Why not trade in your broken, unwanted jewellery for the piece of your dreams.

2 Oliver Plunkett Street, Cork Tel: 021 427 2752 or 086 253 0043 Opening Hours: Tuesday - Saturday 12pm - 5pm

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Take a trip down memory lane for the Kinsale Convent of Mercy Past Pupil Reunion

AT THE WHITE LADY, KINSALE, SAT 1<sup>ST</sup> OCT DOORS AT 8. FOOD SERVED AT 9 FOLLOWED BY LIVE MUSIC AND 80'S AND 90'S NIGHT



Tickets €10 each for sale in Murphys Paint Shop, Main Street and Aunty Nellys Sweet Shop, Short Quay.

Due to large numbers tickets will be limited and sold on a first come first served Money raised going to Jack and Jill Please email old pictures to conventofmercyreunion@gmail.com



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## **KINSALE COMMUNITY SCHOOL** CI EVERYBODY WELCOME

ENROLMENT: Monday 19th September 2016, 6.30pm-7.15pm **TERM STARTS WEEK OF SEPTEMBER 26th** 

Please enrol for classes in advance to avoid cancellation of classes

Enrolment can be made in advance at school office or by post to Kinsale Community School or on enrolment night.

## **MONDAY NIGHTS**

Spanish for Beginners 8 weeks - 7pm-9pm Mercedes Garcia	€80
Italian for Beginners & Improvers 8 weeks - 7pm-9pm Mariagrazia Traverso	€80
Interior Design 8 weeks - 7pm-9pm Valda Rumley (Dip. Interior Design)	€80
Ceramics 8 weeks - 7pm-9pm Julian Smith	€90
QQI Level 5 Occupational First	Aid
Mon 26th Sept: 7pm-9pm, Mon 3rd Oct: 7pm-9	
Sat 1st Oct & Sat 8th Oct: Times TBC	
Sat 1st Oct & Sat 8th Oct: Times TBC Flower Arranging 8 weeks - 7pm-9pm Elleen O'Brien	€160
	€160 €80
Flower Arranging 8 weeks - 7pm-9pm Eileen O'Brien	€160 €80 €90

## **TUESDAY NIGHTS**

Zumba for Begini 8 weeks - 6.15pm - 7pm Ja	ners mie Grace	€75
Conversational S 8 weeks - 7pm-8pm Merced	panish es Garcia	€70
Bridge for Beginn 8 weeks - Bernie O'Halloran	ners	€80

## WEDNESDAY NIGHTS

Healthy Mediterranean & Raw F	Food
Cookery Course 8 weeks - Mariagrazia Traverso	€100
Painting with Acrylics 7pm-9pm 8 weeks - David Kavanagh BA Fine Art, MA Visual Communi	
Continuation Course in Spanish 8 weeks - 7pm-9pm Mercedes Garcia	€80
Introduction to Herbal Medicine 4 weeks - 7pm-9pm Toni Keating	€60
Cambridge First Certificate in English 8 weeks - Preparation B2 - 7pm-9pm Aine Wade	€90
Paediatric First Aid Course Wed 28th Sept & Wed 5th Oct 7pm-9pm	€90
Managing Stress through CBT . 6 weeks - 7pm-9pm Linda Hamilton	€60

## THURSDAY NIGHTS

Modern Jazz Dance Class €80 6 weeks - 6pm-7pm Mariagrazia Traverso

Classes will break for midterm Monday 31st Oct to Friday 5th Nov. For further details on night classes contact the Director of Adult Education Linda Dreelan: 087 849 1935 or 021 477 3174

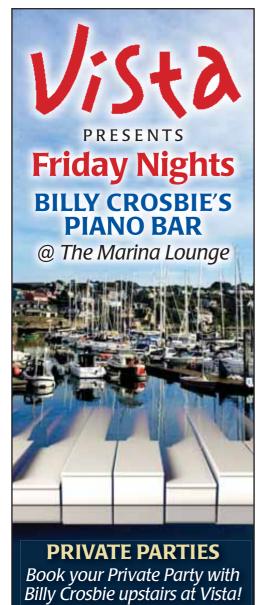
Further details on each course may be found on www.kinsalecommunityschool.ie

info@kinsalecommunityschool.ie

www.kinsalecommunityschool.ie

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For bookings contact Colette @ 021 4706866

OTICOL The worlds first invisible vireless hearing aid available at Egans Hearing Centre LATINU ans To book your FREE HEARING TEST call 021 427 6414 | www.eganshearing.ie YEARS IN HEARING SOLUTIONS OVER Sponsors of Msc in Audiology in UCC kinsale with Louise Mc Keon Children's Art Classes with renowned Irish Artist Louise McKeon at her Kinsale Studio Sat 17th Sept & Term: Tues 20th Sept for 6 weeks Saturday: 9.45am - 10.45am (ages 5-8) 11am - 12pm (9 upwards) 12.30pm - 1.30pm (older children) Tuesday: 3.30pm - 4.30pm (ages 5-8) 4.45pm - 5.45pm (9 upwards) €70 for 6 weeks Fees: COURSE CURRICULUM Age 6-9: Drawing, collage, paint and colour, design and much more. Age 9 upwards: Advanced drawing techniques, painting, still life, people & portraits. Call Louise on 087 771 8023 www.louisemckeonartist.com or louisemckeonartist@gmail.com

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
м	- Y		indoor Cycle With Louise 6.30 - 7.15am Book from 1pm Mondays			X
O R N	indoor Cycle Marta 9.30-10.15am Phone to book	indoor Cycle With Louise 9.30-10.15am Book from 1pm Mondays	Exercise for Over 50s With Louise 8 - 8.30am Drop In	Parent & Toddler Marie-Anne 10 - 10.40am Marie-Anne 085 854 9246		Indoor Cycle Marta 9.30 - 10.15pm Book from 1pm Mondays
I N G			Power Pilates Karen 9.30-10.30am Karen 087 6728232	Parent & Toddler Marie-Anne 10.40am Marie-Anne 085 854 9246		
S			Water Exercise Alana 10.30 - 11.30am Drop In Class			
A F T		Lunchtime H.i.i.T. Louise 1.15 - 1.45pm Book from 1pm Mondays	Private Fitness Class Louise 12.15 - 12.45pm			
Ē R N			Teen Gym - Guys Louise 1.30 - 2.15pm Book from 1pm Mondays			
0			Teen Gym - Dolls Louise 2.30 - 3.15pm Book from 1pm Mondays			
N S		Swimming Lessons With Sue 3.30 - 5pm Call Sue 086 3828463	Swimming Lessons With Sue 3.30 - 5pm Call Sue 086 3828463	Swimming Lessons With Sue 3.15 - 4.45pm Call Sue 086 3828463		
E V	Water Exercise Alana 6.30 - 7.30pm Drop In Class			Indoor Cycle Louise 5.30 - 6.15pm Book from 1pm Mondays		
E N I					Indoor Cycle Louise 7 - 7.45pm Book from 1pm Mondays	
N G	Indoor Cycle Louise 7pm - 7.45pm Book from 1pm Mondays	Circuits Marta 7pm - 7.45pm Book from 1pm Mondays		Circuits With Louise 7pm - 7.45pm Book from 1pm Mondays	Swimming Lessons With Sue 7 - 8pm Call Sue 086 3828463	
S	Power Pilates Karen 8-9pm Karen 087 6728232		Power Pilates Karen 8pm-9pm Karen 087 6728232			

To book the above classes please ring 021 477 2345 after 1pm on Mondays Cost: €10 non-members or €7 members \*Cost Teen Gym: €8 non-members or €5 members GYM CLASSES OPEN TO ALL LEVELS

Interested in one-on-one training? WHY NOT ASK ABOUT OUR PERSONAL TRAINING OPTIONS 6 or 8 WEEK BODY BLAST PROGRAMS or 1 HR SESSIONS

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

# Your business is our business

Contact our SME Business advisory team to see how we can help you grow your business



No. 9 Pearse Street, Kinsale, Co. Cork, Ireland Tel: 021 477 4500 Fax: 021 477 7374 E: info@fitzgeraldandpartners.com Follow us on Facebook, Linkedin & Twitter:

## SOCIAL GAMES



TUESDAY: Basketball, 7.30pm (Starting on 27th Sept)

WEDNESDAY: Badminton, 7.30pm (Starting on 28th Sept)

THURSDAY: Indoor Hockey, 7.30pm (Starting in October)

A great way to keep active, try a new sport, have fun & make friends all year round

Adults €5, Jobseekers/Students €3. All levels welcome including beginners. For more information on activities email: bookings@sailesportsandleisure.ie KEEP UP TO DATE WITH ALL OUR ACTIVITIES ON FACEBOOK

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Thank You



## for your continued support from Kinsale GAA Club **'ONE CLUB ONE VISION'** Hurling & Football - Adult Men & Underage Boys Ladies Football - Adult & Underage

Camogie - Underage (new club 2015!)

Kinsale GAA would like to offer our sincere thanks and gratitude to the local community of Kinsale and all its club members for the incredible unwavering support it has received for all Club Fundraising Efforts in 2015/2016. A phenomenal €48,500 was raised from our two main fundraisers!! The Club Development Draw contributed a staggering €30,000 and not forgetting our amazing Strictly Come Dancing Event back in November 2015 – where an unbelievable €18,500 was raised! €10,000 in prizes went back into the local community.

These vital funds have enabled the club to edge ever closer to completing **Phase 1**, of the club's overall goal, **to pay-off in its entirety the 'new Dunderrow pitch' loan**. We hope to be in a position to start **Phase 2**, **'The Dressing Room Re-development'** in 2017. Commencing the New Clubhouse Dressing Rooms will certainly be an enormous step in reaching the clubs ultimate goal of providing state of the art facilities to meet the continuing demands of our rapidly expanding club (now at 900 members), most especially in the Underage Boys and Girls Sections. The Club would like to take this opportunity once again to offer it's congratulations to all our winners in the Club Development Draw for 2015/2016. The 2016/2017 Club Draw Tickets are currently on sale. Your name could be on this list next year - don't miss out!

- €4,000 Noirin O'Connell
- €1,000 Oliver Cahill, PJ McCarthy, Kevin Kiely
- €500 Fiona O'Mahony and Maureen Judge
- €300 Ted Foran and Fr. Robert Young
- €200 Micheál Murphy and Ger O'Regan
- €100 John Stallard, Pat O'Regan, Tommy & Noreen Allen, Pat O'Driscoll, Bernard O'Callaghan, Connie Kiely, Noel & Eileen Murphy, Batt Coleman, Aoife Corrigan and Paddy O'Donovan.





in aid of Kinsale Lions Club 1920s dress optional! ~ Prize for "Best Dressed"

## **TRIDENT HOTEL** FRIDAY 30th SEPTEMBER & SATURDAY 1st OCTOBER

Time: 7.00pm Price: €35 (includes 4 course meal) Tickets on sale at The Boathouse Gallery 68 Main Street • Tel: 021 4709981



KINSALE **FRI 16th SEPTEMBER** STEVE ROCKS 9pm

SAT 17th SEPTEMBER LONG BEACH 10pm followed by DJ Mike Fitz til late Late bar

> SUN 18th SEPTEMBER GADLIC BREW 9pm followed by DJ Rory Late bar

 MONDAYS
 CHASE THE ACE 9pm

 LARGE JACKPOT WEEKLY - Buy a drink, get a ticket, pull the ace of spades & you win the jackpot?

 TUESDAYS
 ROLL THE DICE 6pm

 Roll a double & get the same round of drinks for free.

WEDNESDAYS BINGO 8.30nm

LARGE JACKPOT WEEKLY

THURSDAYS NO FRONTIERS 9pm

CASEY'S BAR & RESTAURANT, MARKET ST, KINSALE 087 798 3393

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## THE DEMENTIA ROADSHOW: AWARENESS, SKILLS, EDUCATION

## JOIN US ALONG THE ROAD 20-27 SEPTEMBER 2016

Come along to the Dementia Roadshow to learn more about dementia and to find out about local resources and initiatives to support people with dementia and their carers.

## The Dementia Roadshow Kinsale 21 September 2016

On 21 September the Dementia Roadshow will be calling at:

- Kinsale College of Further Education, 3pm to 4pm.
- The Methodist Church Kinsale, 2pm to 5pm.

The Roadshow is designed to raise awareness and knowledge about dementia and will be of interest to local businesses, local community organisations, college students and staff and the general public.



#### What is the Dementia Roadshow?

The Dementia Roadshow is a unique tour of Irish cities and towns by experts from the Dementia Elevator Project (DCU/HSE). The roadshow is designed to highlight training and awareness programmes focused on dementia, as well as local resources and initiatives that support people with dementia and their carers. The roadshow will include presentations, practical exhibits and interactive workshops, delivered by the Elevator team and special guests.

#### Who should attend?

The Roadshow will be of interest to health and social care professionals, family carers, community groups, local businesses, patient representatives and people with dementia.

For more information and details of the events taking place in your area, please see <a href="http://dementiaelevator.ie/the-dementia-roadshow/">http://dementiaelevator.ie/the-dementia-roadshow/</a>

Roadshow events from 21 -27 September are free and open to everyone. Booking is required for the Dublin event on 20 September only (registration fees may apply) see <u>http://dementia-showcase-20sept2016.eventbrite.ie</u>.

For further information about the Elevator Project, please visit our website http://dementiaelevator.ie/

You can also follow us on Twitter @dementiaelevate and on Facebook (Dementia Elevator).

The Dementia Roadshow is presented by The Dementia Elevator Project, which is supported by the Atlantic Philanthropies and the HSE. DCU and the HSE are partners in the Dementia Elevator project.



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€50/5 weeks €12/drop-in on the day

LEARN ABOUT THE GAME OF TENNIS IN A FUN & SAFE WAY! RACKETS CAN BE PROVIDED. EVERYBODY WELCOME!

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69 Main Street. **Kinsale** 



## **A Classical Eastern Touch** Multi-award winning best Indian & Pakistani Cuisine

You can enjoy our super, authentic home cooked & guaranteed mouth watering Indian & Punjab dishes from Goa to Khyber Regions - All prepared and cooked to the highest quality - with FREE boiled or pilau rice with every main course dish.

We have spent several years researching the traditional cuisine of Eastern communities who have been persuaded to part with their jealously guarded family recipes, resulting in a huge variety of very mild to hot dishes.

Why not try something very mild for your first taste of curry. We are sure you will be delighted.



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IKAINING for Bookings Mondays 4pm - 6pm Phone or Text 086 8520492 Email: bclifford1972@gmail.com



*Live Music at 6pm Every Sunday* Sunday 18th September 6.00pm IAN DATE TRIO

Bar Food served 7 days 12.30pm to 5.00pm Bar Food served Tuesday to Saturday evenings inclusive from 6.00pm



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FOOD SERVED ALL DAY

BREAKFAST 8am-11.30am

BAR/BISTRO 12pm-10pm

RESTAURANT D'ANTIBES 6pm-10pm

Serving Fresh Seafood, Shellfish, Steaks & Stews. Delivered daily by local producers.

Saturday 17th September 10.30pm Celtic Knights Wednesday 21st September 9pm Two of a Kind Thursday 22nd September 9pm Two of a Kind

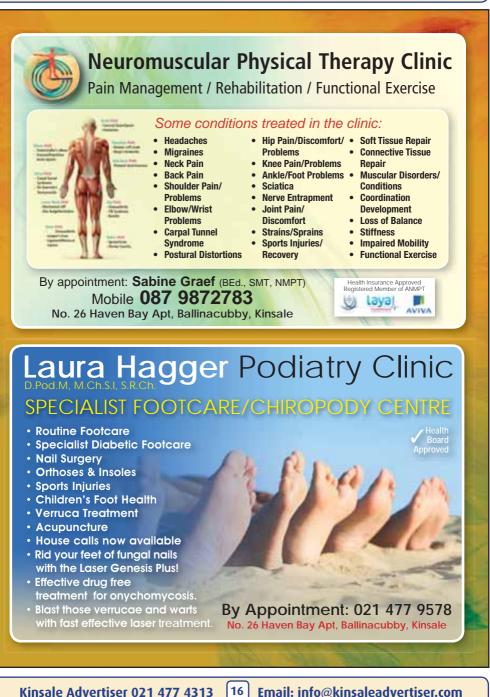
Friday 16th September Chelsea v Liverpool 8pm Saturday 17th September

Dragons v Munster 5.15pm

Sunday 18th September Watford v Man Utd 12pm GAA ALL-IRELAND FINAL Dublin v Mayo 2.30pm

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

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A CELEBRATION OF MUSIC FROM THE MOVIES FROM BING CROSBY TO WALT DISNEY

> Featuring: AFFINITÍ Soprano Emer Barry, Harp Aisling Ennis & Violin Mary McCague

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Special Guest & MC: HOWARD CROSBY NEPHEW OF BING CROSBY

> Support Act: DAN TWOMEY TENOR

## SATURDAY 24<sup>TH</sup> SEPTEMBER 2016 VENUE - THE FRIARY CHURCH

TIME 7.30PM | TICKETS €15 Available from the friary office, the tourist office and the boathouse gallery

PROCEEDS TO KINSALE FRIARY RESTORATION FUND

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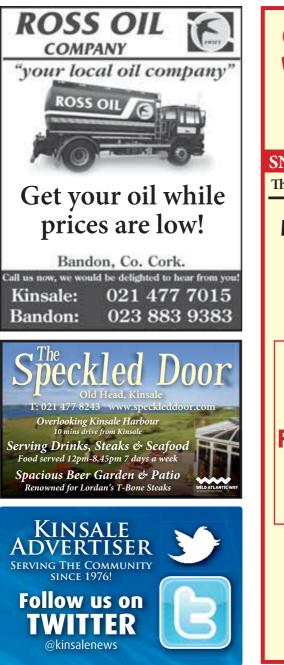
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Contact Tristan on: 087 1211809 Ballinadee, Bandon, Co. Cork email: info@fasttrackbroadband.ie

web: www.fasttrackbroadband.ie



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The Glen, Kinsale Tel: 021 4700816

## TGIF! Cocktail Night at Sam's

See board for specials on the night!

Friday 16th September

Saturday 17th September FORGET ME NOTS

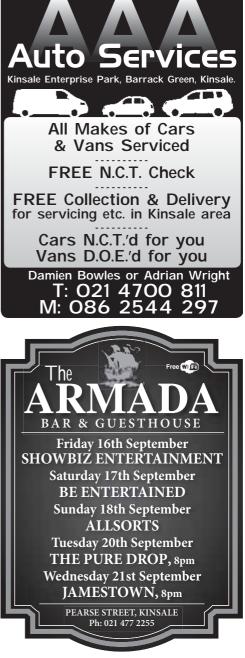
Sunday 18th September

Get over the weekend blues... join us for the MONDAY CLUB AT SAM'S

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& body fat tests.



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GREYHOUND & MARKET BAR REQUIRE BAR STAFF References & experience essential Tel: 087 927 8915

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# CHILDCARE

CHILDMINDER REQUIRED to mind 3 school-going children in own home. 2 days p/w. Driver essential for drop-off/collection from Ballinspittle Primary School. Contact Nicola - 087 6433420

## EXPERIENCED CHILD MINDER AVAILABLE NOW

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12.30pm - 3.30pm

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Contact Nuala @ 0877637266 or KinsaleCommunityPlayschool@gmail.com

CHILDMINDER WANTED For 2 children, aged 8 and 11 years, in their own home. Text or call Johnny: 087 958 4271

# NOTICES





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

Come to our next meeting. TUESDAY 27th SEPTEMBER 8:00pm at Temperance Hall, Kinsale Cost: 65.00 All welcome kinsaleps@email.com + Tim at 085 8466168 • www.kinsaleps.com

## KINSALE ACTIVE RETIRED ASSOCIATION

Secretary Ann Corcoran Mob: 086 1248160 Email: anncorcoran2008@yahoo.co.uk Exercise, Music & Chat before activities.

 Talk from Travel Agent, John Barrett.

 Suggestions for short breaks & general travel information

All welcome TUESDAY 20th SEPT, 2.30pm TEMPERANCE HALL €2

## FURNITURE FOR SALE

WARDROBE (From Wildwood Furniture, used in Guest Room, very good condition)

## 3 SINGLE DIVAN BEDS with Mattresses

€50 each

€350



## Text 087 2058813 after 7pm

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## WHAT'S ON IN KINSALE

#### FRI 16th **SEPTEMBER**

ARMADA: Showbiz Entertainment. AUDIVOX: Hearing clinic at O'Connor's Pharmacy, 10am-1pm. BACCHUS NIGHTCLUB: DJ Mark, 11.30pm. BLUE HAVEN BAR: Eoghan Murphy, 10pm. CASEY'S BAR: Steve Rocks, 9pm. **COFFEE MORNING &** CAKE SALE: Temperance Hall, 10am. Friary Restoration Fund. DON & BARRY'S HISTORIC STROLL: Tourist Office 9.15am, 11.15am. FOLKHOUSE: GDR. 10.30pm. HAMLETS: Alan Murphy, 9pm. HARBOUR CRUISE: Pier Road, 2pm, 3pm. HERITAGE TOWN WALKS: Tourist Office, 10.30am. KINSALE TENNIS CLUB: Adult Coaching commences. POP-UP SHOP: Stella & Dot. Captain Tortue, Main Street. 10am to 6pm. SAM'S BAR: TGIF! Cocktail Night. Music with Sara Bear. VISTA Billy Crosbie's Piano Bar at The Marina Lounge. SAT 17th SEPTEMBER ARMADA: **Be Entertained** BACCHUS NIGHTCLUB: DJ Sean, 11.30pm.

BLUE HAVEN: Billy Crosbie & Deirdre McCallum, 10pm. CASEY'S BAR: Long Beach, 10pm. DJ Mike Fitz til late.

DON & BARRY'S HISTORIC STROLL: Tourist Office 9.15am, 11.15am. FOLKHOUSE: Linda & the JC Swingers, 10pm. HAMLETS: DJ. 10.30pm. HARBOUR CRUISE: Pier Road, 2pm, 3pm, 4pm, HERITAGE TOWN WALKS: Tourist Office, 10.30am. KINSALE AFC: Registration: Boys U6 at Temperance Hall, 10am-11.30am. Training starts for Boys U7, U8, U9, ST. CATHERINE'S CULTURAL CENTRE. **RINCURRAN:** Information Day, 2pm to 6pm. All welcome. SAM'S BAR: Forget Me Nots. TRIDENT HOTEL: The Quays WHITE HOUSE:

Celtic Knights, 10.30pm.

#### SUN 18th SEPTEMBER

ARMADA: All Sorts BLUE HAVEN: Trad Sessions, 8.30pm. BULMAN BAR: Ian Date Trio, 6pm. CASEY'S BAR: Gaelic Brew, 9pm. DJ Rory til late. DON & BARRY'S HISTORIC STROLL: Tourist Office, 11.15am. FOLKHOUSE: King K. 9pm HARBOUR CRUISE: Pier Road, 2pm, 3pm, 4pm, HERITAGE TOWN WALKS: Tourist Office, 10.30am KINSALE BAPTIST CHURCH: 11am, Temperance Hall. SAM'S BAR: Americhanics.

#### MON 19th SEPTEMBER **ACTONS HEALTH &**

FITNESS CLUB: New class timetable. BLUE HAVEN: Arundo, 9.30pm. CASEY'S BAR: Chase the Ace, 9pm. DALTON'S BAR: Trad Session. DON & BARRY'S HISTORIC STROLL: Tourist Office 9.15am, 11.15am, HARBOUR CRUISE: Pier Road, 2pm, 3pm. HERITAGE TOWN WALKS: Tourist Office, 10.30am. KINSALE COMMUNITY SCHOOL Enrolment for Night Classes, 6.30pm to 7.15pm. KINSALE YOGA CENTRE: Kids Story Yoga & Teen Yoga Mary 087 7623822. SAM'S BAR: The Monday Club.

#### TUES 20th SEPTEMBER ARMADA:

The Pure Drop, 8pm. BLUE HAVEN: Sonny & Friends, 9.30pm. CASEY'S BAR: Roll the Dice, 6pm. DALTON'S BAR: Trad Session. DON & BARRY'S HISTORIC STROLL: Tourist Office 9.15am, 11.15am. HARBOUR CRUISE: Pier Road, 2pm, 3pm. HERITAGE TOWN WALKS: Tourist Office, 10.30am. **KENNEDY'S OPTICIANS:** Age-Related Macular Degeneration Awareness Week. KINSALE ACTIVE RETIRED: Temperance Hall, 2.30pm.

Friday 16th September to Thursday 22nd September

#### WED 21st **SEPTEMBER** ARMADA:

Jamestown, 8pm. BLUE HAVEN: Niall McCabe, 9.30pm. CASEY'S BAR: Bingo, 8.30pm. DEMENTIA ROADSHOW: Kinsale College 3pm to 4pm. Methodist Church 2pm to 5pm. DON & BARRY'S HISTORIC STROLL: Tourist Office 9.15am. 11.15am. HARBOUR CRUISE: Pier Road, 2pm, 3pm. HERITAGE TOWN WALKS: Tourist Office, 10.30am KINSALE DENTAL: Mouth Cancer Awareness Dav PILATES CLASSES: Temperance Hall, 6pm for beginners. Email: considine. sinead@gmail.com WHITE HOUSE: Two of a Kind, 9pm.

#### THUR 22nd SEPTEMBER BLUE HAVEN:

Arundo, 9.30pm. CASEY'S BAR: No Frontiers, 9pm. DALTON'S BAR: Acoustic Session. DON & BARRY'S HISTORIC STROLL: Tourist Office 9.15am, 11.15am, HAMLETS: Niall McCabe, 9.30pm. HARBOUR CRUISE: Pier Road, 2pm, 3pm. HERITAGE TOWN WALKS: Tourist Office. 10.30am. KINSALE YOGA CENTRE: Kids Story Yoga & Teen Yoga Mary 087 7623822. WHITE HOUSE: Two of a Kind, 9pm.

For upcoming events see www.kinsaleadvertiser.com/advertise/What's-On

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Wishing the best of luck to all participants at The Kinsale Shark Awards Thursday 22nd - Saturday 24th September

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