

**FREE**

# KINSALE ADVERTISER

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

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# January SALE

January 10th - 20th

UP TO  
**50% OFF**  
IN OUR BEST  
EVER JAN SALE

**Massive Discounts Across all Departments**

- 📍 Kilbrogan, Bandon, Co. Cork ☎ (023) 882 9000
- 📍 Farm Lane, Kinsale, Co. Cork ☎ (021) 477 4080
- 📍 Enniskeane, Co. Cork ☎ (023) 884 7866

- 📍 BANDON COOP & ARRO RETAIL CENTRES
- 📍 BANDON COOP
- 📍 @BANDONCOOP

TO SIGN UP FOR OUR SPECIAL OFFERS TEXT MESSAGES

simply text "bandoncoop" TO 51444

Standard text rates apply  
[WWW.BANDONCOOP.IE](http://WWW.BANDONCOOP.IE)



# THE SILENT BANJO

Main Street, Kinsale

**LIVE MUSIC LINE-UP**

Friday 12th January, 10pm

**JIMMY WHITE**

Saturday 13th January, 10pm

**RAMBLING WEAVERS**

Book your **PRIVATE PARTY** with us! (Serving finger food, etc.) Please phone for details 087 2358050



# KINSALE DENTAL



## ADULT BRACES

*Get yourself the smile  
you give your children!*

Numerous options available  
including **INVISIBLE BRACES**

Payment options also available

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Pearse Street, Kinsale Tel: 021 4772788 [www.kinsaledental.ie](http://www.kinsaledental.ie)  Like us on Facebook



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Email: [info@kinsaleadvertiser.com](mailto:info@kinsaleadvertiser.com)



# KINSALE COMMUNITY SCHOOL

# NIGHT CLASSES

## EVERYBODY WELCOME

**ENROLMENT: Tuesday 23rd January 2018, 6.30pm-7.30pm**

**TERM STARTS WEEK OF JANUARY 29th**

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 . . . . . €85  
8 weeks - 7pm-9pm Mercedes Garcia
- Interior Design . . . . . €85  
8 weeks - 7pm-9pm Valda Rumley (Dip. Interior Design)
- English Language Course . . . . . €90  
8 weeks - 7pm-9pm Aine Wade
- Disarming Global Conflict . . . . . €90  
8 weeks Anthony Angelini
- Bridge for Beginners - Level 2 . . . . . €90  
10 weeks Bernie O'Halloran
- Computer Course . . . . . €90  
Beginners - Level 2  
8 weeks
- Beginners Sugar Craft Course . . . . . €85  
8 weeks - 7pm-9pm Lynn Smith
- Guitar Lessons 8 weeks . . . . . €90
- Sports First Aid Course . . . . . €90  
Monday 29th Jan & Monday 5th Feb - 7pm-9pm
- Italian for Beginners . . . . . €85  
8 weeks - 7pm-9pm Maria Grazia Traverso
- Beginners Gardening Course . . . . . €85  
8 weeks Francis Collins

### WEDNESDAY NIGHTS

- Painting with Acrylics . . . . . €90  
8 weeks - 7pm-9pm  
David Kavanagh BA Fine Art, MA Visual Communication
- Continuation Course in Spanish €85  
8 weeks - 7pm-9pm Mercedes Garcia
- Relieve Tension, Stress & . . . . . €85  
Chronic Pain with the Melt Method  
8 weeks - 7pm-8.30pm Jason Linton
- Healthy Eating Cookery Class . . . . . €100  
8 weeks Maria Grazia Traverso
- Ceramics . . . . . €90  
8 weeks - 7pm-9pm Julian Smith
- Paediatric First Aid Course . . . . . €90  
Wednesday 31st Jan & Tuesday 6th Feb  
7pm-9pm
- Conversational Irish . . . . . €85  
Rob O'Foghlu

### THURSDAY NIGHTS

- Zumba for Beginners . . . . . €75  
8 weeks - 6.15pm-7pm Jamie Grace

**Classes will break for midterm 12th Feb to 16th Feb**  
**Easter holidays from Monday 26th March to Friday 6th April**

For further details on night classes contact the Director of Adult Education  
Linda Dreelan: 087 849 1935 or 021 477 3174

info@kinsalecommunityschool.ie www.kinsalecommunityschool.ie



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**Fun classes in drama,  
musical theatre, piano  
and vocal!**

**QUALIFIED & PROFESSIONAL TEACHERS!  
MUSIC EXAMS CATERED FOR**

**SUPER STARS  
STAGE SCHOOL**

**INTRODUCING**



**ACRO  
DANCE**

**EVERY SATURDAY**

**2nd FLOOR, UNIT 1,  
KINSALE COMMERCIAL PARK**

**FREE OPEN CLASS  
ON SATURDAY 27th JANUARY  
(BOOKING ESSENTIAL)**

**Tel: 087 7933505**

**Register online:  
[www.superstarsstageschool.com](http://www.superstarsstageschool.com)**

Winner of Best Jameson  
Cocktail in Ireland 2015



**Music Venue - Guardwell, Kinsale**  
T: 021 4772382 [www.folkhousevenue.com](http://www.folkhousevenue.com)



**NEW GIN MENU  
AVAILABLE  
Over 50 to  
choose from!**



**FRIDAY 12th JANUARY 10.30pm**

**GDR**

*3 Piece Folk/Rock Covers*

**SATURDAY 13th JANUARY 10pm**

**KING K**

*5 Piece Rockin' Covers*

**SUNDAY 14th JANUARY 9pm**

**BEN & THE  
MIGHTY MEN**

**FRIDAY 19th JANUARY 10.30pm**

**THE WATERMELONS**

**Bacchus Nightclub**

**Saturday 13th January DJ SEAN**  
90s Club Classics & Chart. Doors 11:30pm. Free before 12.

**Saturday 20th January DJ SEAN**  
90s Club Classics & Chart. Doors 11:30pm. Free before 12.





**Actons**  
HOTEL ★★☆☆ KINSALE

**NEW YEAR  
NEW YOU!**

**20% OFF**

**6 & 12  
MONTH  
MEMBERSHIPS**

Terms & Conditions Apply  
Does not include Direct Debit  
Memberships

Actons Hotel will be closed from 8th January for refurbishments of our  
Bedrooms, Suites & Sidney's Bar. Reopening on 26th January.

The Leisure Centre, Conference & Banqueting Department & Reservations will remain open.

*Keep an eye on our social media for a sneak peek of our new additions!*

Phone: 021 477 2345 Email: [leisure@actonshotelkinsale.com](mailto:leisure@actonshotelkinsale.com)

[www.actonshotelkinsale.com](http://www.actonshotelkinsale.com)



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# ROGUE FITNESS SPINNING

## TIMETABLE

### MONDAY

6.30PM - 7.30PM

### TUESDAY

6.15AM - 7.00AM

7.30PM - 8.30PM

### WEDNESDAY

9.30AM - 10.30AM

6.30PM - 7.30PM

### THURSDAY

6.15AM - 7.00AM

7.30PM - 8.30PM

### FRIDAY

6.30PM - 7.30PM

### SATURDAY

9.30AM - 10.30AM

### SUNDAY

10AM - 11AM

**JOIN US FOR A RIDE & BURN SOME SERIOUS CALORIES!**

Book your class on line on our Mindbody App or call us on 021 4777538

**NEW MEMBERS - ONE MONTH CLASS PASS  
€30 - ANY CLASS / ANY TIME**

[www.roguefitness.ie](http://www.roguefitness.ie)

Farm Lane, Kinsale

# ROGUE FITNESS PERSONAL TRAINING

Lose Inches  
Sculpt & Firm  
Get Fit  
Get Results

TAILORED ONE ON ONE &  
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(Packages to suit all budgets & levels)

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FARM LANE, KINSALE



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We look forward to having the opportunity to make  
your wedding day dreams come true!



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Cork  
County Council  
Comhairle Contae Chorcaí



## Cork County Council Municipal District Community Fund Schemes 2018

Cork County Council is committed to supporting local communities across County Cork. Financial assistance for community & voluntary groups and local organisations is available through the Community Fund Scheme 2018. This scheme is administered by the 8 Municipal District Offices around County Cork and there are three separate funding streams depending on the nature and cost of your proposal.

1. CAPITAL FUND SCHEME
2. COMMUNITY CONTRACTS
3. AMENITY FUND SCHEME

Further information about this funding is available online  
and you can also apply online at  
[www.corkcoco.ie](http://www.corkcoco.ie) or [www.yourcouncil.ie](http://www.yourcouncil.ie)

**The closing date for receipt of completed applications is  
4pm on Friday 16th February 2018.**







**Kinsale Triathlon Club**  
**OPEN EVENING**  
for new and existing members

Whether you just swim, cycle, run or do all three sports  
Kinsale Tri Club is where you can give it a Tri!

Come meet members of the swim, cycle & run teams  
& check out our calendar of training and events, such as:

- Introduction to cycling.
- Beginners running course with a qualified chi runner.

**ALL LEVELS ARE CATERED FOR**

New running kit - try on and order Tri suits, cycling and running kits.

**WHARF TAVERN, TRIDENT HOTEL**  
**THURSDAY 25th JANUARY**  
**7:30pm - 9pm**

Kinsale Triathlon Club presents

**NUTRITION FOR PERFORMANCE  
IN TRIATHLON**

**Wednesday 31st January, 8pm  
at Actons Hotel**

A talk presented by Catriona Courtney from Elev8  
Nutrition on connecting Nutrition with Triathlon training  
plans, Nutrition and its effect on optimizing body  
composition, Recovery Nutrition, Race Day Nutrition &  
Maintaining Health while training & competing.



[www.elev8nutrition.ie](http://www.elev8nutrition.ie)



Kinsale Triathlon Club

**BEGINNERS**  
**5K**

**Tuesday 6th February, 7.15pm  
at The Dock**



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# Linda's

OF KINSALE

**20% OFF**  
**All Stock in January Sale**

Vintage, Contemporary & Silver Jewellery



Open 7 days: Mon-Sat: 10.30am-5.30pm, Sun: 2pm-5.30pm

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**Intruder Alarms**  
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Email: [info@kinsaleadvertiser.com](mailto:info@kinsaleadvertiser.com)



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HOTEL

# CATCH THE EARLY BIRD

2 COURSE €21 | 3 COURSE €25



Available Monday to Friday from 5.30pm



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To book call 021-4772209  
or email [info@bluehavenkinsale.com](mailto:info@bluehavenkinsale.com)

[WWW.BLUEHAVENKINSALE.COM](http://WWW.BLUEHAVENKINSALE.COM)

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for January 2018**

includes January classes and a free suit\*  
When you present this voucher at your first  
free introductory class!

**Cal l Now!!**

[KUKSOOLWONCORK.COM](http://KUKSOOLWONCORK.COM) 0871476181

## KUK SOOL WON CORK

TUESDAY  
CARRIGALINE

WEDNESDAY  
KINSALE

THURSDAY  
BALLINSPITTE

### Martial Arts for all the family

\*received on sign up in second month of training



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KINSALE GAA Presents

# KINSYNC

*Get those lips ready to rock!*

First Prize  
**€1000**  
to Winners  
nominated  
Charity

**FRI 2<sup>ND</sup> & SAT 3<sup>RD</sup> FEBRUARY**

**VENUE ACTON'S HOTEL**

**TIME 7.30pm** *Over 18s only*

Find us on 

Check our *Kinsale GAA*  
on facebook  
for more details

**TICKETS €15**

**LIMITED TICKETS ON SALE FRI 12TH JAN  
AT 9.30AM IN MAURICE MURPHYS**

In aid of Kinsale GAA, Ladies and Men's Club





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**FOOD SERVED ALL DAY**

**Breakfast** 8am-11.30am  
**Bar/Bistro** 12pm-10pm  
**Dinner** 6pm-10pm

**MUSIC**  
Saturday 13th January  
**Blue Steel** 10.30pm

**sky SPORTS**  
Sunday 14th January  
**Racing 92 v Munster** 3.15pm

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**SPRING  
FUN TENNIS**

Coaching by Maria Bolster, TCI Coach & former Irish International  
**AT KINSALE TENNIS CLUB**

**8 WEEK COURSE**

**RED BALL - MONDAYS**  
4 & 5 yrs - TINY TENNIS - 3-4pm  
6 & 7 yrs - MINI ACES - 4-5pm  
8 yrs - HOT SHOTS - 5-6pm

**ORANGE & GREEN BALL - TUESDAYS**  
9 yrs - FUTURE STARS - 4-5pm (Orange)  
10 & 11 yrs - SUPER SHOTS - 5-6pm (Green)

**YELLOW LEVEL - TEEN TENNIS - WEDNESDAYS**  
12 yrs and over - 5-6pm

€115 non members / €105 members (€5 sibling discount)

**Starts Monday February 12th 2018**  
Email: [mariatenniskinsale@gmail.com](mailto:mariatenniskinsale@gmail.com)  
for online booking

**Tel: 087 255 3810**





# KINSALE TYRE & VALET CENTRE

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The Tyre Specialists since the turn of the Century!

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MASSIVE DISCOUNTS!!

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Keep your  
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Avoid penalty  
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**FREE**  
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**RECOMMENDATION**



## The ARMADA

BAR & GUESTHOUSE  
PEARSE STREET, KINSALE Ph: 021 477 2255

Friday 12th January  
JUKEBOX NIGHT

Saturday 13th January  
LIVE MUSIC

Sunday 14th January  
ALLSORTS

Free Wi-Fi



Pearse St., Kinsale

Tel: 021 4773595



Keeping Kinsale Focused

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- Low Vision Aids
- Prescription Sunglasses
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- Coloured Contact Lenses
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Full Eye Examinations Including:

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

### OPENING HOURS

TUESDAY TO THURSDAY: 9.30am - 5.30pm

FRIDAY: 8.30am-5.30pm SATURDAY: 9.30am - 3.00pm



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# Laura Hagger Podiatry Clinic

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

## SPECIALIST FOOTCARE/CHIROPODY CENTRE

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- Sports Injuries
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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** (BEEd., SMT, NMPT)

Mobile **087 9872783**

No. 26 Haven Bay Apt, Ballinacubby, Kinsale

Health Insurance Approved  
Registered Member of ANMPT





# January SALE

January 10th - 20th

UP TO 50% OFF

## KITCHEN APPLIANCES



Saving 40%

SAVE €60

Morphy Richards Air Fryer

€149.00 **€89**



Saving 33%

SAVE €100

Nordmende 1000 Spin Washing Machine

€299.00 **€199**



Saving 20%

SAVE €60

BEKO 7kg Condenser Dryer

€299.00 **€239**



## HOME HEATING up to 25% Off

See in store for detail



## PET CARE



Saving 14%

SAVE €3.98

2 For €25.00

Mada Dog Food 15kg

€28.95 **€25.00**



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(Hedging & House Plants)

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## HOME IMPROVEMENTS

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SAVE €30

Oman Termo Wooden Attic Ladder 120 X 60

€99.95 **€69.95**

Saving 21%

SAVE €20

6 Panel Pre Finished Red Deal Doors

€94.95 **€74.95**

Saving 30%

SAVE €6

Arro 10Lt Matt White / Magnolia

€19.99 **€13.99**

Free paint roller set RRP €9.95

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📍 Farm Lane, Kinsale, Co. Cork

☎ (021) 477 4080

📍 Enniskeane, Co. Cork

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**BUY 5 GET 1 FREE**  
Briquettes  
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**SAVE €5**  
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10kg Kiln Dried  
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**SAVE €36**  
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Saving **31%**



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

**SAM'S BAR**  
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**LIVE MUSIC**  
**FRIDAY & SATURDAY**  
*See diary for details*



**BLUE HAVEN**

**LIVE MUSIC**  
 7 nights a week  
*See diary for listings*

Ph: 021 4772209  
 www.bluehavenkinsale.com

**Daltons Bar**  
 Market St, Kinsale  
 Tel: 021 477 7957

**TRAD SINGALONG**  
 Mondays

**TRAD SESSION**  
 Thursdays

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 Pearse St., Kinsale.  
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General Grocery Specialising in Fresh Fruit & Vegetables  
 Open: Monday - Saturday 8.30am to 5.30pm

**KINSALE ADVERTISER**  
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# Enjoy a Taste of India at...

69 Main Street  
KINSALE



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021 477 7163

# Cobra

## TANDOORI & BALTI RESTAURANT

### A Classical Eastern Touch

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.

**Multi-Award Winning Best Indian & Pakistani Cuisine**

Why not try something very mild for your first taste of curry.

We are sure you will be delighted.

**EARLY BIRD  
SPECIAL MENU**

Sunday-Thursday, 4pm-7pm

**COBRA TANDOORI  
KEBAB SPECIALS**

Take Away & Delivery Menu

**FREE DELIVERY IN THE KINSALE AREA**

**OPENING HOURS: 4pm-11pm, 7 Days A Week**



# KINSALE ADVERTISER

*Reserve your  
ad space now  
for our*

*Valentine's  
Issue*

*Published on Friday 9th February  
Deadline is Monday 5th February at 12 noon*

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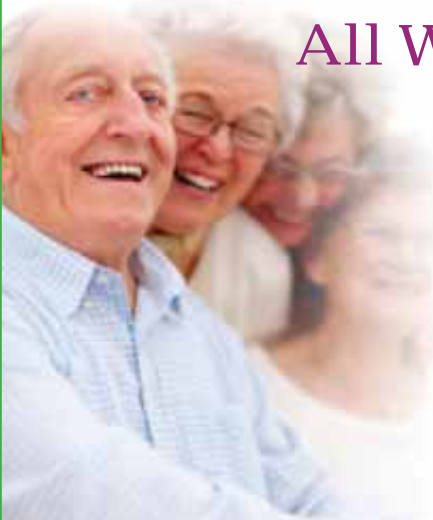
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*Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Never known to fail. FN*



# WHAT'S ON IN KINSALE & DISTRICT

Friday 12th January - Thursday 18th January 2018

## FRI 12th JAN

### ARMADA:

Jukebox Night.

### BANDON CO-OP:

Best ever  
January Sale.  
Up to 50% off.  
Runs until 20th  
January.

### BLUE HAVEN:

Jamie Shine,  
10pm.

### FOLKHOUSE:

GDR, 10.30pm.

### HAMLETS:

DJ, 10pm.

### ROGUE FITNESS

#### SPINNING:

6.30pm-7.30pm.

### SAM'S BAR:

The Americhanics.

### SILENT BANJO:

Jimmy White,  
10pm.

## SAT 13th JAN

### ARMADA:

Live Music.

### BACCHUS

#### NIGHTCLUB:

DJ Sean, 11.30pm.

### BLUE HAVEN:

Niall McCabe  
& Band, 10pm.

### FOLKHOUSE:

King K, 10pm.

### HAMLETS:

DJ, 10pm.

### KINSALE MEN'S

#### SHED, THE GLEN:

Open Day,

10am-2pm.

All welcome.

### ROGUE FITNESS

#### SPINNING:

9.30am-10.30am.

### SAM'S BAR:

Johnny Shan.

### SILENT BANJO:

Rambling Weavers,  
10pm.

### WHITE HOUSE:

Blue Steel,  
10.30pm.

### WORKSHOP

#### WITH KAREN MASON:

Swim out of Pain.

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## SUN 14th JAN

### ARMADA:

Allsorts.

### BLUE HAVEN:

Trad Session

8.30pm.

### FOLKHOUSE:

Ben & The  
Mighty Men, 9pm.

### KINSALE BAPTIST

#### CHURCH:

11am,  
Temperance Hall.

### ROGUE FITNESS

#### SPINNING:

10am-11am.

## MON 15th JAN

### BLUE HAVEN:

Mike O'Riordan,  
9pm.

### DALTON'S BAR:

Trad Singalong.

### ROGUE FITNESS

#### SPINNING:

6.30pm-7.30pm.

## TUES 16th JAN

### BLUE HAVEN:

Sonny & Friends,  
9pm.

### KINSALE

#### ACTIVE RETIRED

#### ASSOCIATION:

Exercise followed  
by Bingo. 2.30pm at  
Temperance Hall.

### KINSALE MEN'S

#### SHED, THE GLEN:

Card Game - 45s.  
8pm-10pm.

### KUK SOOL WON:

Carrigaline.

100% Off Joining

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### ROGUE FITNESS

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6.15am-7am,  
7.30pm-8.30pm.

### THINK FIT WITH DEB:

New H.I.I.T. Workout  
at Innishannon Hall,  
8.15pm.

## WED 17th JAN

### BLUE HAVEN:

Niall McCabe,  
9.30pm.

### KUK SOOL WON:

Kinsale. 100% Off  
Joining Fee for  
January.

### ROGUE FITNESS

#### SPINNING:

9.30am-10.30am.  
6.30pm-7.30pm

## THUR 18th JAN

### BLUE HAVEN:

Mike O'Riordan  
& guest,  
9.30pm.

### DALTON'S BAR:

Traditional  
Irish music.

### KUK SOOL WON:

Ballinspittle.  
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Fee for January.

### ROGUE FITNESS

#### SPINNING:

6.15am-7am.  
7.30pm-8.30pm.





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# Wedding Fair

Sunday, 21<sup>st</sup> January 2 - 5 pm

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