

FREE

Vol. 27 Issue 20/16

Friday 20th May - Thursday 26th May 2016



KINSALE ADVERTISER

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

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



Elite Pilates KINSALE

NEW MAT CLASS

Starting **MONDAY 23RD MAY 7PM**

5 WEEKS €65

- FLATTENING OF ABDOMINALS & IMPROVED POSTURE
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- REDUCED BACK PAIN

To book your mat course email us at info@elitepilates.ie or call us on **021 4369097**

DON'T FORGET!
REFORMER INTRO CLASS EVERY WEDNESDAY 8PM

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Music Venue - Guardwell, Kinsale
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FRIDAY 20th MAY 10.30pm
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 4 Piece Folk/Rock

SATURDAY 21st MAY 10.00pm
I-FUNK
 5 Piece Funk/Rock/Soul

SUNDAY 22nd MAY 9.00pm
KING K
 5 Piece Rockin Covers

FRIDAY 27th MAY 10.30pm
BLEEDING BLUES
 4 Piece Blues Rock

Bacchus Nightclub

FRI 20th MAY: DJ MARK
 90s Club Classics & Chart. Doors 11:30pm. Free before 12.
SAT 21st MAY: DJ SEAN
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FRI 27th MAY: DJ MARK
 90s Club Classics & Chart. Doors 11:30pm. Free before 12.

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 & SATURDAYS: 9.30am-3pm (Open through Lunch)



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FINANCIAL EXPERT - John McWey

John McWey from Kildare has 25 years experience in the Financial Services industry, starting his career at Bank of Ireland Treasury in Dublin before moving to London to work for Merrill Lynch in government bond sales. John moved to Deutsche Bank as a director in the Institutional Client Group in 1999 and held roles based in Frankfurt, New York and London dealing with Hedge Fund, Asset Management and Central Bank clients. John holds a Professional Diploma in Financial Advice (QFA) and now acts as an Independent Financial Advisor in Kinsale.

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Alvier	Gl. €5.50
Chardonnay	Btl. €21.50
Long Row	
Sauvignon Blanc	Btl. €23.95
Leopard's Leap	
Chenin Blanc	Btl. €23.95
Olivier Ravoir	
Cotes du Rhone Wh.	Btl. €25.95
Frescobaldi	
Pomino Bianco	Btl. €28.50
Domain Millet	
Sancerre	Btl. €33.95

Red Wine

Alvier	Gl. €5.50
Cabernet Sauvignon	Btl. €21.50
Eliance	Gl. €5.50
Merlot	Btl. €21.50
El Esteco	Gl. €5.50
Malbec	Btl. €21.50
Olivier Ravoir	
Cotes du Rhone Red	Btl. €23.95
Muriel Rioja CVC	Btl. €23.95
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Veramonte	
Pinot Noir	Btl. €24.95
Sant Antonio	
Mont Garbi Ripasso	Btl. €28.50

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Spiced Chilli Jam		Miso Dressing, Quail Egg, Avocado, Cherry Tomato, Onion	
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Coriander, Ginger, Lemongrass, Spiced Tomato Sauce, Pectorino Cheese		Potato, Wild Mushroom, Black Bean Sauce	
Tempura Prawns	€9.00	Pan Seared Seabass	€8.50
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Crispy Chilli Beef (Sirloin)	€8.50	Green Curry Monkfish	€8.50
Lemongrass Wild Rice		Coconut Jasmine Rice	
Scallops Ginger Butter	€9.50	Duck Pancake	€8.50
White Beans, Baby Spinach, Spiced Minted Pea Purée		Pickled Ginger, Cucumber, Crispy Shallots, Sesame Paste, Ho Sin Glaze	
		Crispy Coconut Calamari	€7.50
		Wasabi Garlic Mayo, Smoked Sesame Paste	

Pilates Classes

Taught by a Chartered Physiotherapist

Temperance Hall, Kinsale
Wednesdays

5.30pm for Ante Natal

6.30pm for Beginners

STARTING SOON



Spaces limited, to book your place or for more info please contact Sinéad Considine on 087 9476150 or considine.sinead@gmail.com



BENEFITS OF PHYSIOTHERAPY LED PILATES:

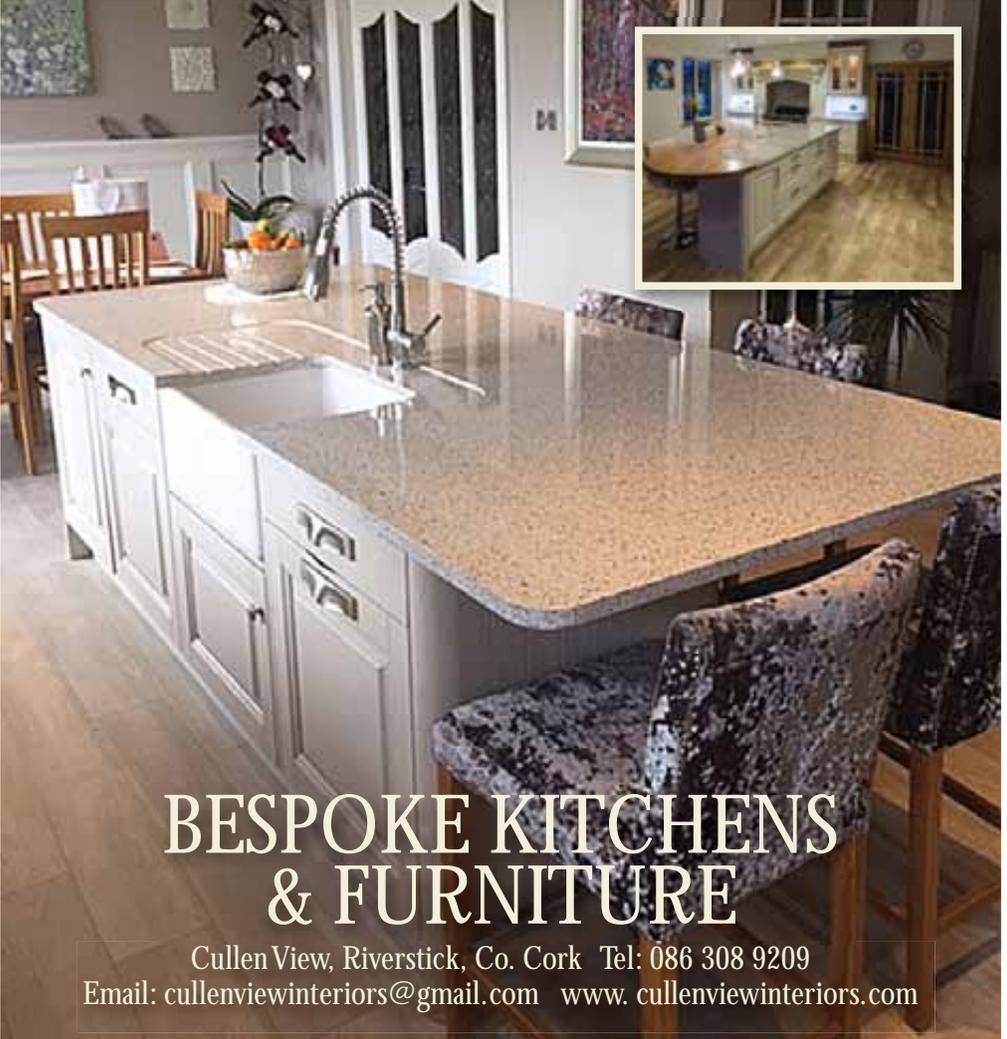
- 1:2:1 initial assessment for new clients, to inform the Physiotherapist of any problems that may be affecting you.
- This also allows the Physiotherapist to tailor the Pilates exercises according to your abilities.
- Attending the classes under the supervision of a Chartered Physiotherapist means that you will gain the benefit of their clinical expertise and explanation why some exercises are better for you than others.

Classes last for one hour, every Wednesday for 6 weeks. Cost for block of 6 classes: €90

Initial assessment required for beginners Pilates classes.

This is €70 for 1 hour, however the full hour may not be required depending on your medical condition/functional limitation.

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Vista

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Serving until 9.30pm

A small sample of our new menu

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Traditional Irish Lamb Stew	€15.50
Rib Eye Steak	€23.95
Cajun Chicken Salad - Wharf Style	€12.95
Spaghetti Bolognese	€14.95
Thai Red Chicken Curry	€14.95

MAIN COURSE - FISH

Traditional Fish & Chips	€15.95
Mussels Marinere & Chips (Moules & Frites)	€14.95
Kinsale Seafood Bake	€15.95
Prawn Stir Fry	€17.95
Oven Roasted Fillet of Hake	€16.95

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Trident Hotel, World's End, Kinsale, Co. Cork



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Sun 22nd May Americhanics
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Thursday 2nd June 2016

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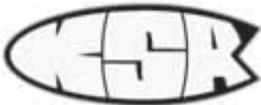
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Laurence Murphy: 087 905 6737



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Blue Steel

Wednesday 25th May 9pm

Two of a Kind

Thursday 26th May 9pm

Two of a Kind



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Sunday 22nd May

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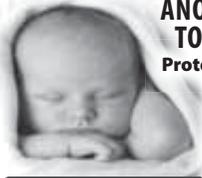
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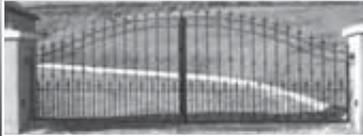
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CUP FINAL

at CIT on Saturday 21st May
Kick Off at 1pm

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WHAT'S ON IN KINSALE

FRI 20th MAY - FRI 27th MAY 2016



FRI 20th MAY

BACCHUS NIGHTCLUB:

DJ Mark, 11.30pm.

BANDON CO-OP:

Summer Sale runs until 6th June.

BLUE HAVEN:

David Hope & Clem Buckley.

DON & BARRY'S

HISTORIC STROLL:

Tourist Office

9.15am, 11.15am.

DRUM CIRCLE:

Temperance Hall, 7pm.

FOLKHOUSE:

Bugsy, Eddie & the JC Band, 10.30pm.

HARBOUR CRUISE:

Pier Road, 2pm, 3pm.

KINSALE MUSEUM:

Open from 10am - 2pm.

SAM'S BAR:

The Odd Couple.

SILENT BANJO:

The Squonks, 10.30pm.

VISTA:

Crosbie's Piano Bar at The Marina Lounge.
Set 3 Course Menu.

SAT 21st MAY

ARMADA:

Sean Treacy Sound.

BACCHUS NIGHTCLUB:

DJ Sean, 11.30pm.

BLUE HAVEN:

Darragh Keary.

DON & BARRY'S

HISTORIC STROLL:

Tourist Office

9.15am, 11.15am.

FOLKHOUSE:

I-Funk, 10pm.

HARBOUR CRUISE:

Pier Road, 2pm, 3pm.

KINSALE AFC:

Under 16 Girls in the Cup Final at CIT, 1pm.

KINSALE MUSEUM:

Open from 10am - 2pm.

SAM'S BAR:

Niall McCabe.

SILENT BANJO:

Barefoot Gypsies, 10.30pm.

THE TRADING SHED:

Antiques & Bric A Brac Clearance Sale.

TRIDENT HOTEL:

Tim O'Riordan.

WHITE HOUSE:

Blue Steel, 10.30pm.

SUN 22nd MAY

ACTONS HOTEL:

Dave Lawlor, Doors 9pm. Adm: €10.

ARMADA:

The Whale Boys.

BLUE HAVEN:

Piano Session, 5pm-7pm.

Clem Buckley, 9pm.

BULMAN BAR:

Pat Carey with Clem Buckley, 6pm.

DON & BARRY'S

HISTORIC STROLL:

Tourist Office, 11.15am.

FOLKHOUSE:

King K, 9pm.

FORT 2 FORT FUN RUN:

2pm at Charles Fort. Registration from 1pm.

HARBOUR CRUISE:

Pier Road, 2pm, 3pm.

KINSALE BAPTIST CHURCH:

11am, Temperance Hall.

SAM'S BAR:

Americanics.

SILENT BANJO:

Frank Morris Band, 9pm.

THE TRADING SHED:

Antiques & Bric A Brac Clearance Sale.

12pm - 6pm.

MON 23rd MAY

AL ANON

SUPPORT GROUP:

Library Room, Carmelite Friary,

7.30pm-8.30pm.

BLUE HAVEN:

Arundo.

DALTON'S BAR:

Traditional Irish Music.

DON & BARRY'S

HISTORIC STROLL:

Tourist Office 9.15am, 11.15am.

ELITE PILATES:

New Mat Class starts, 7pm. 5 week course.

HARBOUR CRUISE:

Pier Road, 2pm, 3pm.

KINSALE OUTDOOR

EDUCATION CENTRE:

New start date for Kid's Sail Club. 6pm - 9pm.

SAM'S BAR:

Open Mic Night with Roy.

TUES 24th MAY

ARMADA:

Lannigan's Ball, 8pm.

BABY & TODDLER GROUP:

Temperance Hall, 10am - 12 noon.

BLUE HAVEN:

Sonny & Friends.

DALTON'S BAR:

Traditional Irish Music.

DON & BARRY'S

HISTORIC STROLL:

Tourist Office 9.15am, 11.15am.

HARBOUR CRUISE:

Pier Road, 2pm, 3pm.

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ASSOCIATION:

Tea Dance, 2.30pm-6pm, Actons Hotel. €10.

KINSALE BRIDGE CLUB:

Trident Hotel, 7.30pm.

KINSALE MUSEUM:

Open from 10am - 2pm.

WEIGHTWATCHERS:

Men Only Class, SMA Centre, Wilton, 8pm.

WED 25th MAY

BLUE HAVEN:

Niall McCabe.

DON & BARRY'S

HISTORIC STROLL:

Tourist Office 9.15am, 11.15am.

ELITE PILATES:

Reformer Intro Class at 8pm.

HARBOUR CRUISE:

Pier Road, 2pm, 3pm.

KINSALE MUSEUM:

Open from 10am - 2pm.

PILATES CLASSES:

Temperance Hall, 5.30pm for Ante Natal. 6.30pm for Beginners. Call Sinéad on 087 9476150.

WEIGHTWATCHERS:

Trident Hotel, 10.30am & 7pm.

WHITE HOUSE:

Two of a Kind, 9pm.

THUR 26th MAY

BLUE HAVEN:

Arundo.

DON & BARRY'S

HISTORIC STROLL:

Tourist Office 9.15am, 11.15am.

HARBOUR CRUISE:

Pier Road, 2pm, 3pm.

KINSALE MUSEUM:

Open from 10am - 2pm.

WHITE HOUSE:

Two of a Kind, 9pm.

FRI 27th MAY

BACCHUS NIGHTCLUB:

DJ Mark, 11.30pm.

BLUE HAVEN:

Alan Murphy.

DON & BARRY'S

HISTORIC STROLL:

Tourist Office 9.15am, 11.15am.

DRUM CIRCLE:

Temperance Hall, 7pm.

FOLKHOUSE:

Bleeding Blues, 10.30pm.

HARBOUR CRUISE:

Pier Road, 2pm, 3pm.

KINSALE MUSEUM:

Open from 10am - 2pm.



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