

FREE

Vol. 30 Issue 01/19

Friday 4th - Thursday 10th January 2019



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Set Menu paired with Rum & Cocktails

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- 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
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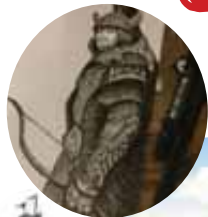


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10.50am **PILATES**

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Tuesday 8th & Thursday 10th Jan
 Evening Classes **PILATES & ZUMBA**
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INNISHANNON

Wednesday 9th January

10am-12pm **PILATES**

AT LUCY FRENCH STUDIO

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Bar/Bistro 12pm-10pm

Dinner 6pm-10pm

MUSIC

Saturday 5th January

Celtic Knights 10.30pm



SPORTS

Friday 4th January

FA CUP 3RD ROUND

Tranmere v Spurs 7.30pm

Saturday 5th January

FA CUP 3RD ROUND

Man Utd v Reading 12.30pm

GUINNESS PRO 14 RUGBY

Leinster v Ulster 5.15pm

Connacht v Munster 7.35pm

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SUNDAY 6th JANUARY 9pm

KING K

5 Piece Rock / Contemporary Covers

Bacchus Nightclub

Saturday 5th January

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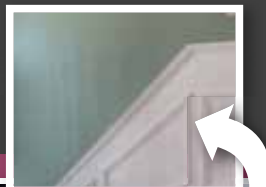
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Miraculous Prayer

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. KC

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WHAT'S ON IN KINSALE & DISTRICT

FRI 4th JAN

ACTONS LEISURE:
Join before 31st
January and get
20% off 6 or 12 month
memberships.
T+C apply.

BLUE HAVEN:
Colin Deady,
10pm.

FOLKHOUSE:
GDR, 10.30pm.

SAM'S BAR:
Alan Murphy.

SAT 5th JAN

BACCHUS NIGHTCLUB:
DJ Sean, 11.30pm.

**BANDON CO-OP /
HOMEVALUE:**
January Sale
until 19th January.
Huge discounts.

BLUE HAVEN:
Longbeach, 10pm.

FOLKHOUSE:
Superskunkz,
10.30pm.

HAMLETS:
DJ, 10pm.

SAM'S BAR:
Kurt Goodwolf.

SLIMMING WORLD:
Saile Centre, 9am.

WHITE HOUSE:
Celtic Knights,
10.30pm.

**Women's Little
Christmas
SUN 6th JAN**

ARMADA:
Women's Little
Christmas.

BLUE HAVEN:
Women's Little
Christmas.

Live music with
Sharon Crosbie,
from 5pm.

FOLKHOUSE:
King K, 9pm.

**KINSALE BAPTIST
CHURCH:**
11am,
Temperance Hall.

SAM'S BAR:
The Americanics.
Celebrate Women's
Little Christmas.

WHITE HOUSE:
Celebrate Women's
Little Christmas.

MON 7th JAN

BLUE HAVEN:
Mike O'Riordan,
9pm.

DALTON'S BAR:
Trad singalong.

FITNESS WITH DEBS:
9.45am: Zumba Toning.
10.50am: Pilates.

At Saile, Kinsale.
Booking 087 9514346.

**KINSALE YOGA
CENTRE:**
Classes resume
today.

TUES 8th JAN

**BABY & TODDLER
MORNING:**
Temperance Hall,
10am - 12 noon.

BLUE HAVEN:
Sonny & Friends,
9pm.

FITNESS WITH DEBS:
Pilates & Zumba
Evening Classes.
Piloxing (Time TBC)
At Innishannon.
Booking 087 9514346.

**KINSALE
PHOTOGRAPHIC
SOCIETY:**
Camera Club Meeting
Temperance Hall,
8pm.
Admission €5.

WED 9th JAN

BLUE HAVEN:
Niall McCabe,
9.30pm.

**CORK ACADEMY OF
HAIRDRESSING:**
Courses commence
today.

FITNESS WITH DEBS:
10am-12pm: Pilates.
At Lucy French Studio.
Piloxing Evening Class
(TBC) at Saile, Kinsale.
Booking 087 9514346.

SLIMMING WORLD:
Saile Centre,
9.30am, 5.30pm,
7.30pm.

THUR 10th JAN

BLUE HAVEN:
Mike O'Riordan
& guest,
9.30pm.

DALTON'S BAR:
Trad.

FITNESS WITH DEBS:
Pilates & Zumba
Evening Classes.
Piloxing (Time TBC)
At Innishannon.
Booking 087 9514346.

SAM'S BAR:
Jazz and Blues
Night with
Grainne Ryan.

SUPPER CLUB:
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association with
Havana Club.
7.30pm.
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