Volume 34
#03/23
Thurs 19th
January
TO
Thurs 26th
January
2023

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**Sunday Lunch:** 12.30pm - 3pm



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# KINSALE COMMUNITY SCHOOL NIGHT CLASSES

EVERYBODY WELCOME

ENROLMENT: Wednesday 25th January 2023, 6.30pm-7.30pm

# TERM STARTS WEEK OF MONDAY 30TH JANUARY

Please enrol for classes in advance to avoid cancellation of classes.

Payments accepted in advance at school office, by post to Kinsale Community School, on enrolment night or via EasyPay on school website.

#### MONDAY NIGHTS

**SPANISH FOR BEGINNERS LEVEL 2** 

Jennifer Blasco Ruiz | 8 weeks | 7pm - 9pm | €85.

FLORAL ART CLASS

Eileen O'Brien | 8 weeks | €90.

PHECC CARDIAC FIRST RESPONDER COURSE

(4 Hours)

Monday 30th and Tuesday 31st January, 7pm - 9pm | €120.

Ross Mannion, NGEMT AREMT Paramedic Dip.

I.T. SKILLS COURSE

Anthony Angelini | 8 weeks | 7pm - 9pm | €90.

**ZUMBA WITH ELAINE** 

Elaine Flaherty | 8 weeks | 6.30pm - 7.30pm | €85.

INTRODUCTION TO HERBALISM

Michelle Walsh, RGN, BSc Herbal Science, MSc Organic Horticulture

6 weeks | 7pm - 8.30pm | €85.

**COOKERY COURSE** 

Ciara Ni Cheallachain | 6 weeks | 6.45pm-9pm | €90.

PAEDIATRIC FIRST AID COURSE

(4 Hours)

ÈR Heart Training

Monday 20th and Tuesday 21st February, 7pm - 9pm | €90.

Ross Mannion, PHECC NOEMT / AREMT & NREMT Paramedic Dip.

# WELCOME BACK TO ADULT **EDUCATION**

## **TUESDAY NIGHTS**

**BRIDGE LEVEL 2 BEGINNERS** 

Bernie O'Halloran | 8 weeks | 7pm - 9pm | €90.

SPANISH TAPAS COOKERY CLASS

Jennifer Blasco Ruiz | 3 weeks | €60.

PAEDIATRIC FIRST AID COURSE (4 Hours)

ER Heart Training.
Monday 20th and Tuesday 21st February, 7pm - 9pm | €90.

Ross Mannion, PHECC NQEMT / AREMT & NREMT Paramedic Dip.

PHECC CARDIAC FIRST RESPONDER COURSE

**(4 Hours)** Monday 30th and Tuesday 31st January, 7pm - 9pm | €120.

Ross Mannion, NQEMT AREMT Paramedic Dip.

#### WEDNESDAY NIGHTS

**FUSION YOGA LEVEL 1** 

Fiona Tierney | 6 weeks | 6:30pm - 7:30pm | €85.

**FUSION YOGA LEVEL 2** 

Fiona Tierney | 6 weeks | 7:40pm - 8.40pm | €85.

PILATES LEVEL 1

Paula Arozamena | 8 weeks | 6:30pm -7:30pm | €80.

PILATES LEVEL 2

Paula Arozamena | 8 weeks | 7:45pm to 8:45pm | €80.

**SPANISH CONVERSATION LEVEL 2** 

Jennifer Blasco Ruiz | 8 weeks | 7pm - 9pm | €85.

DISARMING GLOBAL CONFLICT

Anthony Angelini, M(phil) International Peace Studies, MA Journalism & New Media.

8 weeks | €85.

**ITALIAN FOR BEGINNERS** 

Mariagrazia Traverso | 8 weeks | 7pm - 9pm | €85.

No classes on bank holiday Monday 6th February and midterm week of Monday 13th February. For further information 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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"LAMB"
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#### "PORK"

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Panko fried hake, chunky tartar sauce, baby gem, whipped pea puree, brioche bun, skinny fries. €15

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Please contact bookings@bluehavenkinsale.com
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12

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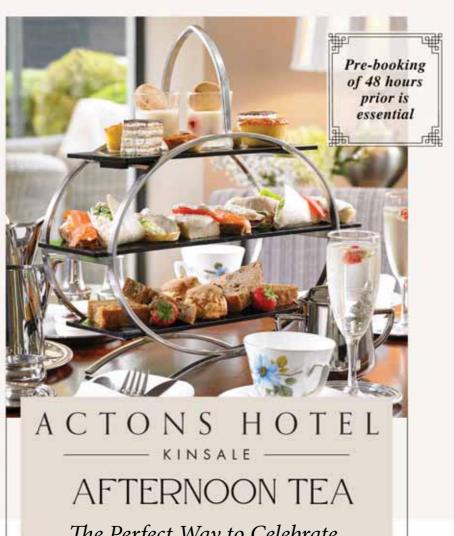
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0

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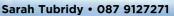
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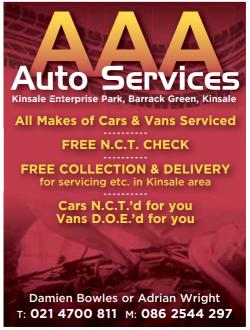






OPENING TIMES: **Monday - Friday** 7am - 5.30pm. **Saturday** 7am - 2pm. № 021 4191820 **①** 087 1886611 **②** retail@ladysbridge.ie **③** www.ladysbridge.ie











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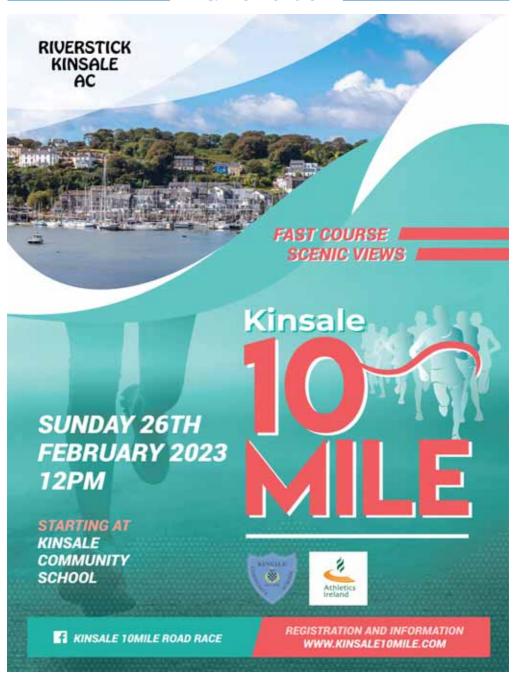


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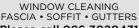
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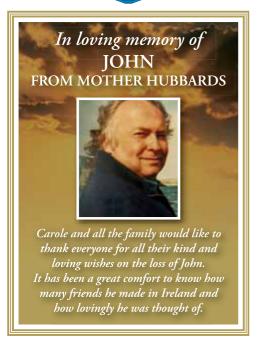
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# Acknowledgements







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# WAITER/WAITRESS REQUIRED

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KINSALE, CO. CORK

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Ideal candidate will have supervisory experience or might suit an experienced housekeeping assistant looking for a first supervisor role.

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Kinsale Active Retirement Association

Temperance Hall Tuesday 24th January, 2pm

Light Exercise followed by

**Deirdre Sheehy** from O'Connor's Pharmacy.



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JAMES O'MAHONY 085 8552638 NATALIE KANE 087 2722629 GER RICE 085-8725789

# WHAT'S ON in Kinsale & District

#### THURS 19th IANUARY

**BLUE HAVEN:** Ben Dillon, 8,00pm. **BANDON CO-OP:** Winter Sale continues until 21st January. **KINSALE PARKINSONS** SUPPORT GROUP: A meeting of the Kinsale Parkinsons Support Group will be held in the Friary Centre at 11.00am. KINSALE TILES & INTERIORS: Sale now on. LINDA'S OF KINSALE: Big sale now on! 20% off everything until 30th January. MS. ELLIE'S **BOUTIQUE:** Winter sale, 50% off. Call 087 2422469 to pop out in person or view online at www.mselliesboutique.com

#### FRI 20th IANUARY

**BLUE HAVEN:** Traditional Irish Music, 9,00pm.

**BUTCHER BAKER GOURMET BURGER FOOD TRUCK AT BALLINACURRA** HOUSE: Open from 4.00pm to 8.00pm. KINSALE HOTEL:

20% off Brunch in January. Brunch: 10.30am-12.30pm. T & C apply. Tel: 021 4706000

#### SAT 21st IANUARY

ARMADA BAR: Live music. **BLUE HAVEN:** Live entertainment. 10.00pm. **BUTCHER BAKER GOURMET BURGER FOOD TRUCK AT BALLINACURRA** HOUSE: Open from 4.00pm to 8.00pm. KINSALE HOTEL: 20% off Brunch in January. Brunch: 10.30am-12.30pm. T & C apply. Tel: 021 4706000

STRONGER WITH SIOBHAN: **Beginner Circuits.** 

9am. Madden Park. Tel: 087 2771899.

#### SUN 22nd IANUARY **BLUE HAVEN:** Paul Stubbings,

8.00pm. KINSALE BAPTIST CHURCH: Temperance Hall, 11am. KINSALE HOTEL: 20% off Brunch in January. Brunch: 10.30am-12.30pm. Sunday Lunch Offer: One child dines free. Must be accompanied by full paying adult on 3 course menu. T & C apply.

12.30pm-3pm. Tel: 021 4706000 **LOULA NATURAL:** Reiki Level 1 Class...

Sunday Lunch:

Email to book: louise@loulanatural.com 087 7095277

#### MON 23rd JANUARY

**BLUE HAVEN:** Ben Dillon, 8.00pm. LOULA NATURAL: 4 week mindfulness. Email to book: louise@loulanatural.com 087 7095277

#### TUES 24th IANUARY

**BLUE HAVEN:** Paul Stubbings. 8.00pm.

KINSALE ACTIVE RETIRED **ASSOCIATION:** Temperance Hall, 2pm. Light exercise followed by Deirdre Sheehy from O'Connor's Pharmacy. STRONGER WITH SIOBHAN: **Beginner Body** Sculpt, 8pm. Madden Park.

# Tel: 087 2771899. WEDS 25th JANUARY

**BLUE HAVEN:** Mike O'Riordan, 8.00pm. **KINSALE** COMMUNITY SCHOOL NIGHT CLASSES: Enrolment night, 6.30pm - 7.30pm.

#### THURS 26th IANUARY **BLUE HAVEN:**

Ben Dillon, 8.00pm.







# From 20th - 24th February Monday to Friday Each Good Food Circle Restaurant will have a 2 Course €28 Menu

(One to be a main course)

Pre-booking only directly with the restaurant of your choice.

Please quote "Restaurant Week" when booking.

## PARTICIPATING RESTAURANTS

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Fishy Fishy • The White Lady • The Blue Haven • Actons Hotel
The Trident Hotel • The Supper Club • Man Friday

www.kinsalerestaurants.com