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More details: www.kinsaleabc.ie

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KINSALE MEN'S SHED OPEN DAY SATURDAY 2ND FEBRUARY

11AM - 1PM

ACTON'S WAREHOUSE THE GLEN

Our Vision is that by taking part in the activities of Kinsale Men's Shed all men will have the opportunity to improve and maintain their wellbeing and serve the community.

What is Kinsale Men's Shed?

Kinsale Men's Shed is a dedicated, friendly and welcoming meeting place where men come together and undertake a variety of mutually agreed activities.

What Happens in Kinsale Men's Shed:

Male Voice Choir Mondays 8pm Walking Workshop Tuesdays 7pm Yoga Wednesdays 6-30pm & 8pm Ukulele Practice Thursdays 8pm Wood Workshop Friday 10am-5pm, Saturday 11am Organised Walks Saturdays 12pm

Other activities include card & board games, pool, gardening and metalwork at various times by arrangement. Presentations on various subjects from history, cosmology and cooking, and film shows, are arranged from time to time for members and the public.

Every effort is made to enable members to acquire new skills or impart their existing skills to others.

Also Kinsale Men's Shed is the place where men can socialize and discuss things that are important to them and their wellbeing. Or you can just pop in for a cup of tea.

IMPROVING MEN'S WELLBEING AND SERVING THE COMMUNITY

083 468 5059

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Music Venue - Guardwell, Kinsale 021 4772382 www.folkhousevenue.com

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FRIDAY 25th JANUARY 10.30pm THE INSIDERS 3 Piece Rockin' Covers

SATURDAY 26th JANUARY 10.30pm I-FUNK

4 Piece Funk, Rock and Soul

SUNDAY 27th JANUARY 9pm KING K 5 Piece Rockin' Covers







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 events: • Introduction to cycling. • Beginners running course.

ALL LEVELS ARE CATERED FOR Samples of club gear will be available to try and orders can be made on the night.

PRIZES UP FOR GRABS FOR EVERYONE WHO COMES ALONG Including FREE ENTRY into the KING OF THE HILL TRIATHLON and KINSALE REGATTA 5 MILE RUN

Thursday 31st January, 7:30pm Actons Hotel

BEGINNERS RUNNING 5km Tuesday 5th February, 7pm at The Dock



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OPEN EVENING Wednesday 30th January 7.00pm - 9.00pm **GUEST SPEAKER @ 8pm** Catherine Hallissey Senior Child Psychologist ALL WELCOME Tel: 021-4774041 Email: info@dunderrow.ie



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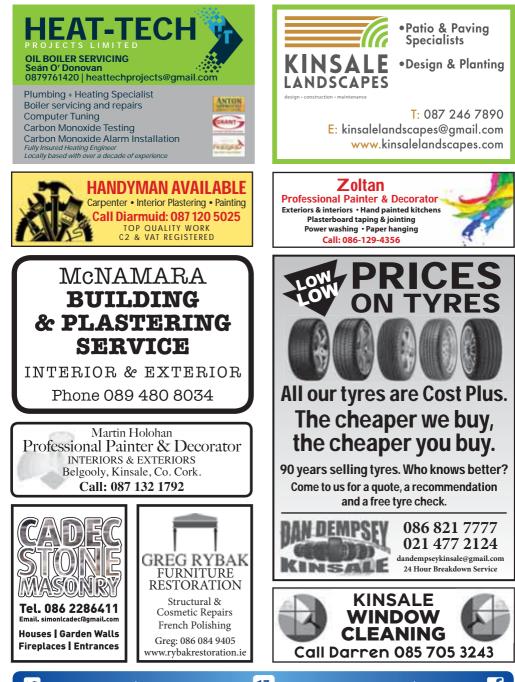
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KINSALE BAPTIST CHURCH Sundays, 11am Temperance Hall All welcome www.kinsaleabc.ie

Thank you to all the people who helped, donated and attended the Whist Drive on Friday 11th January at St. Multose Hall. €275 was raised for Penny Dinners.

Kinsale Advertiser Ph: 021 4774313

WHAT'S ON & DISTRICT

FRI 25th JAN ACTONS LEISURE: Join before 31st Jan and get 20% off 6 or 12 month memberships. T+C apply. **BLUE HAVEN:** Colin Deady, 10pm. FOLKHOUSE: The Insiders, 10.30pm. **KINSALE MEN'S SHED:** Talk by Gerald Butler, Lighthouse Keeper. 7.45pm. SAM'S BAR: Live music.

TRIDENT HOTEL: "Inspired by Kinsale" Have your say on the future of Kinsale. Open Meeting, 6pm. WILLOW & WEAVE: Sale now on.

SAT 26th JAN

ARMADA BAR: Live music. BLUE HAVEN: Red Effect, 10pm. FOLKHOUSE: I-Funk, 10.30pm. HAMLETS: DJ, 10pm. CLINIC WITH DEPUTY MARGARET MURPHY O'MAHONY TD: Kinsale. 023 8841179. SAM'S BAR: Live music. WHITE HOUSE: Celtic Knights, 10.30pm.

SUN 27th JAN

BLUE HAVEN: Trad Sessions. 8.30pm. FOLKHOUSE: King K, 9pm. KINSALE BAPTIST CHURCH: 11am, Temperance Hall. SAM'S BAR: The Americhanics.

MON 28th JAN

BLUE HAVEN: Mike O'Riordan, 9pm. CHRISTIANITY EXPLORED: "Jesus: Who? Why? What? The Christian message in a nutshell" 7pm-8pm at Temperance Hall. Free admission. DALTON'S BAR: Trad singalong. KINSALE COMMUNITY SCHOOL: Night Classes commence this week.

TUES 29th JAN

BLUE HAVEN: Sonny & Friends, 9pm. KINSALE ACTIVE RETIREMENT ASSOCIATION: Deacon John Guiney Talk & discussion on his role in the Church. 2.30pm. Temperance Hall, RAMPART PLAYERS

PRESENTS BRIAN FRIEL'S DANCING AT LUGHNASA:

Actons Hotel, 8pm. €10 from Boathouse Gallery. Buy one get one free on opening night.

WED 30th JAN

BLUE HAVEN: Niall McCabe, 9pm.

DUNDERROW NS OPEN EVENING:

7pm-9pm. Guest speaker @ 8pm, Catherine Hallissey, Senior Child Psychologist. RAMPART PLAYERS PRESENTS BRIAN FRIEL'S DANCING AT LUGHNASA: Actons Hotel, 8pm. €10 from Boathouse Gallery.

THUR 31st JAN BLUE HAVEN:

Comedy with Barry Murphy, Paul Tylak & Colum McDonnell. Doors 7.30pm. €20. Mike O'Riordan & guest, 9pm. DALTON'S BAR: Trad. KINSALE TRI CLUB **OPEN EVENING:** Actons Hotel, 7.30pm. RAMPART PLAYERS PRESENTS BRIAN FRIEL'S DANCING AT LUGHNASA: Actons Hotel, 8pm. €10 from Boathouse Gallery.

Kinsale Active Retirement Association

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