

FREE

Vol. 30 Issue 07/19

KINSALE
RESTAURANT
WEEK 2019

Friday 15th - Thursday 21st February 2019



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From 18th to 24th February
each Good Food Circle Restaurant
will have a 2 Course €20 Menu
(subject to availability)

To book please contact each restaurant directly

PARTICIPATING RESTAURANTS

Finns' Table • The Bulman • The White House
Jim Edwards • Fishy Fishy • The White Lady
The Blue Haven • Actons Hotel • The Trident Hotel
The Supper Club • Man Friday

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BAR, RESTAURANT
& GUESTHOUSE



KINSALE RESTAURANT WEEK 2019

18th - 24th February
2 Course Menu - €20
BOOKING ESSENTIAL

APPETIZERS

French Onion Soup

Hoisin & Honey Pork Belly

Asian green salad

Kinsale Mussels

Garlic cream

Golden Fried Brie

Sundried tomato salad, redcurrant reduction

MAINS

Slow Cooked Feather Blade Beef

Rustic veg, chive mash

Tempura of Fresh Local Fish

Seasonal salad, curry mayo

Pan Roasted Chicken

Leeks, red pepper coulis

Vegetarian Burger

Grilled halloumi

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FRIDAY 15th FEBRUARY 10.30pm

BIG SWINGING MIKEYS

4 Piece Folk / Contemporary

SATURDAY 16th FEBRUARY 10.30pm

BAREFOOT GYPSIES

4 Piece Folk / Rock / Contemporary

SUNDAY 17th FEBRUARY 9pm

KING K

5 Piece Rockin' Covers





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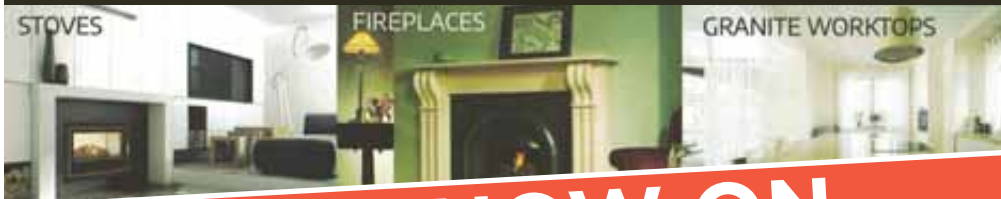
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Neuromuscular Physical Therapy Clinic

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** (BE., SMT, NMPT)

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HEALTH & FITNESS CLUB CLASSES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning Workout with Marta 7am-7.45am BOOKING REQUIRED		Legs, Bum & Tum with Marta 8am-8.45am BOOKING REQUIRED	Full Body Circuit with Joe 6.30am-7.15am BOOKING REQUIRED		
Legs, Bum & Tum with Marta 9.30am-10.15am BOOKING REQUIRED	Kettle Bells with Joe 9.30am-10.15am BOOKING REQUIRED	Water Exercise with Alana 10.30am-11.30am DROP-IN CLASS	HIIT with Joe 9.30am-10am BOOKING REQUIRED	Parent & Toddler with Marie-Anne 10am-10.40am BOOKING 085 854 9246	Power Pilates 9.30am-10.30am STARTING MARCH 2019
	Swimming Lessons with Sue 2.30pm-3.10pm HALF THE POOL ONLY	Teen Gym with Joe 2pm-2.45pm BOOK FROM 1PM MONDAYS	Swimming Lessons with Sue 2.30pm-3.10pm HALF THE POOL ONLY	Parent & Toddler with Marie-Anne 10.40am-11.20am BOOKING 085 854 9246	Zumba with Marta 11am-11.45am BOOKING REQUIRED
Water Exercise with Alana 6.30pm-7.30pm DROP-IN CLASS	Swimming Lessons with Sue 3.30pm-5pm BOOKING 086 382 8463	Swimming Lessons with Sue 3.30pm-5pm BOOKING 086 382 8463	Swimming Lessons with Sue 3.15pm-4.45pm BOOKING 086 382 8463		
Indoor Cycle with Joe 6.30pm-7.15pm BOOKING REQUIRED	Zumba with Marta 7pm-7.45pm BOOKING REQUIRED	Swimming Lessons with Sue 6.30pm-7.15pm BOOKING 086 382 8463		Abs Blast with Joe 6.15pm-7pm BOOKING REQUIRED	
Power Pilates with Karen 8pm-9pm BOOKING 087 672 8232		Power Pilates with Karen 8pm-9pm BOOKING 087 672 8232		Indoor Cycle with Joe 7.15pm-8pm BOOKING REQUIRED	

Booking essential Classes subject to change Swimming lesson times change each term Please call to confirm

Ph: 021 477 2345 Email: leisure@actonshotelkinsale.com

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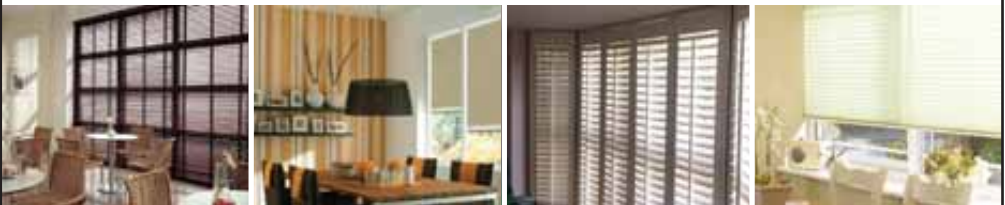


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Kinsale | March 2-3rd 2019

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Friday 1st March, 3.00pm - Actons Hotel Kinsale

A special presentation by Dr Tara Shine and Madeline Murray, the promoters of 'Change by Degrees', an award winning social enterprise based in Kinsale.

On the occasion of the 50th Lions Clubs of Ireland convention they will present to the delegates and the general public their inspiring vision for sustainable communities through achievable, practical and fun changes in our daily lives.

All are invited to hear these inspirational speakers follow on from the Plastic Free Kinsale movement and Tara's recent trip to the Antarctic.

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Local Enterprise Office



Start your own business programme, Kinsale

Wed 6th March, Tuesday 12th March, Tuesday 19th March, Wed 27th March 2019, 10am-5pm
Location: The Trident Hotel, Kinsale Fee: €80 per person

Free business advice clinics, Carrigaline

Thursday 7th March 2019, 9am-4pm
(please check our website for booking times)
Location: Carrigaline Court Hotel
Free of charge

Free business advice clinics, Kinsale

Friday 8th March 2019, 9am-4pm
(please check our website for booking times)
Location: The Trident Hotel, Kinsale
Free of charge

Contact us at:

A: Local Enterprise Office Cork North & West, 8 Kent Street, Clonakilty, Co. Cork

E: westcork@leo.corkcoco.ie **T:** 023-8834700 **W:** www.localenterprise.ie/corknorthandwest

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raising money for Kinsale & District Day Care Centre



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- Eoin Roe- Chiropractor
- Luna Young- Physical Therapist
- Shonagh Harpur- Nutrition Consultant
- Aoife McCarthy- Cranial Sacral Therapist
- Deirdre Barry- Counsellor and Play Therapist
- Tracy McCarthy- Holistic and Physical Therapist
- Elma O'Sullivan- Cranial Sacral Therapist
- Lorraine O Hanlon- Physiotherapist

Health talks:

- Benefits of Fermented Foods
- The Importance of Reflexes
- Woman's Health
- Weight Management

Mini Treatments 2nd March Raffle
11-1pm

Tickets €3 (Bought in advance or on the door)
(ticket price includes one raffle ticket)

"Nurture Your Life" Coffee & Chats
Saturday 2nd March, 11am-1pm Temperance Hall

*Raising funds
for the Kinsale
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Due to requests from clients of Fitzgerald & Partners Accountancy firm, who recently featured in a Global Research report, we have set up a new and innovative co-working space available in our first floor office suites at No 9 Pearse Street, Kinsale including a business lounge which may suit those who would like a presence in Kinsale. There is already huge demand from CEOs who may work from home one day a week for example.

Space is available monthly and may suit start-ups, individuals or entrepreneurs who want to work in a professional environment in a modern office space on a short term basis. Prices available upon request, email info@fitzgeraldandpartners.com.

This latest new project by the firm is aimed at the business community and is an unmatched creative co-working environment. So if you need an office presence or co-working space in Kinsale town centre, good wi-fi and a modern office environment with meeting rooms available, contact us for a quote and is by application only due to demand.

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18th - 24th February

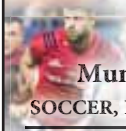
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MUSIC

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Blue Steel, 10.30pm



SPORTS

Friday 15th February

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



**WEDNESDAY 27th FEB
ORANGE & GREEN BALL**



9-11 yrs - SUPER SHOTS - 3-4pm
12 yrs and over - TEEN TENNIS
12 yrs and over - 5-6pm

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

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*Fáilte Ireland would like
to invite you to*

A WORKSHOP **Trident Hotel** **February 21st 2019** **6pm-8pm**

The workshop will concentrate on collating stories, ideas and opportunities that could boost tourism for our picturesque and welcoming town.

Key objective would be to increase visitors to the Wild Atlantic Way which will potentially lead to increasing visitors time and money spent in Kinsale.

*Please confirm your attendance by emailing
carmel.barry@failteireland.ie*

*If you can't attend a meeting but would like
to make a contribution to the discussion,
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10am to 12noon



Meet, chat & have a cuppa with other parents while you watch your child play & interact.

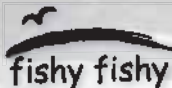
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FRIDAY 15TH FEBRUARY
DOORS 7.30PM EYES DOWN 8PM**

WHAT'S ON IN KINSALE & DISTRICT

FRI 15th FEB

ACTONS HOTEL:

Bingo, in aid of the Caroline Corkery Memorial Fund. Doors 7.30pm, eyes down 8pm.

BANDON CO-OP:

Nest Box Week. Until 21st February.

BLUE HAVEN:

Colin Deady, 10.30pm.

CORK COUNTY

COUNCIL:

Closing date for receipt of completed applications for the Community Fund Schemes is today at 4pm.

FOLKHOUSE:

Big Swinging Mikeys, 10.30pm.

KINSALE MEN'S

SHED:

Wood Workshop, 10am - 5pm. Acton's Warehouse at the Glen.

SAM'S BAR:

Live music.

TRIDENT HOTEL:

Romantic Dinner for 2. 2 course €25pp. 3 course €35pp. Until 17th February.

SAT 16th FEB

ACTONS HOTEL:

Charity Ball In aid of Volunteer Eco Students Abroad and Kinsale RNLI. 8pm til late. Tickets at Actons Hotel.

ACTONS HOTEL:

Romantic 4 Course Meal for 2, €35pp.

ARMADA BAR:

Live Music.

BLUE HAVEN:

Ruby Jude, 10.30pm.

FOLKHOUSE:

Barefoot Gypsies, 10.30pm.

HAMLETS:

DJ, 10pm.

KINSALE MEN'S SHED:

Wood Workshop, 11am. Organised Walks, 12pm.

Acton's Warehouse at the Glen.

KINSALE SCOUTS

COFFEE MORNING

& CAKE SALE:

Temperance Hall, 10am to 12.30pm. All welcome. Donations of baking greatly appreciated between 9am & 10am.

SAM'S BAR:

Live music.

WHITE HOUSE:

Blue Steel, 10.30pm.

SUN 17th FEB

BLUE HAVEN:

Danny Dineen, 8.30pm.

FOLKHOUSE:

King K, 9pm.

KINSALE BAPTIST

CHURCH:

11am, Temperance Hall.

SAM'S BAR:

The Americanics.



MON 18th FEB

ALLONS-Y,

FRANK CLASSES:

Starting today at Aperitif @ Blue Haven, 7pm-9pm.

Reserve a place, call 087 7068391 or 021 4774351

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 MEN'S SHED:

Male Voice Choir, 8pm.

Acton's Warehouse at the Glen.

KINSALE RESTAURANT

WEEK:

Until 24th February. 2 Courses for €20 at all Good Food Circle restaurants.

TUES 19th FEB

BABY & TODDLER

GROUP:

Temperance Hall, 10am - 12 noon.

BLUE HAVEN:

Sonny & Friends, 9pm.

KINSALE ACTIVE

RETIREMENT

ASSOCIATION:

Annual General Meeting, 2pm in the Temperance Hall.

KINSALE MEN'S SHED:

Walking Workshop, 7pm.

Acton's Warehouse at the Glen.

WED 20th FEB

BLUE HAVEN:

Niall McCabe, 9pm.

KINSALE MEN'S SHED:

Yoga, 6.30pm & 8pm.

Acton's Warehouse at the Glen.

THUR 21st FEB

BLUE HAVEN:

Mike O'Riordan and guest, 9pm.

DALTON'S BAR:

Trad.

KINSALE MEN'S SHED:

Ukulele Practice, 8pm.

Acton's Warehouse at the Glen.

TRIDENT HOTEL:

Fáilte Ireland invites you to a Workshop: Play your part developing a visitor experience development plan. 6pm-8pm. Email carmel.barry@failteireland.ie to confirm attendance.





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