Volume 35
#13/24
Thurs 4th
April
TO
Thurs 11th
April

2024

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SPA WELLNESS DAY

Sunday 14th April | 10am - 5pm

Join us at Kinsale Hotel & Spa for a day of mindfulness, meditation and stress relief.



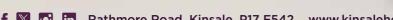




This immersive event includes:

- Welcome Refreshments
- Fitness with Ava
- Healthy Lunch
- Yoga & Meditation
- Sleep Tight Spa Treatment worth €59pp

T: 021 470 6000 E: spa@hotelkinsale.ie





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 - Discomfort

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 - · Loss of Balance
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 - Functional Exercise

By appointment: Sabine Graef (BEd., SMT, NMPT)

Mobile 087 9872783

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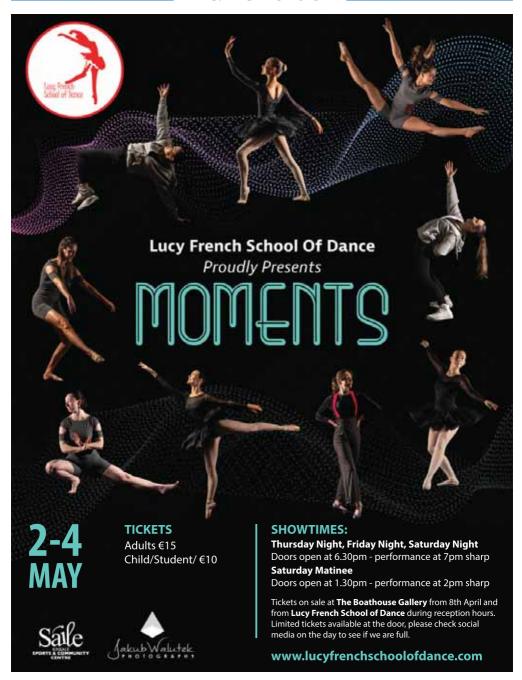
Serving food from 8:00am -9:00pm daily

021-4772209 | info@bluehavenkinsale.com













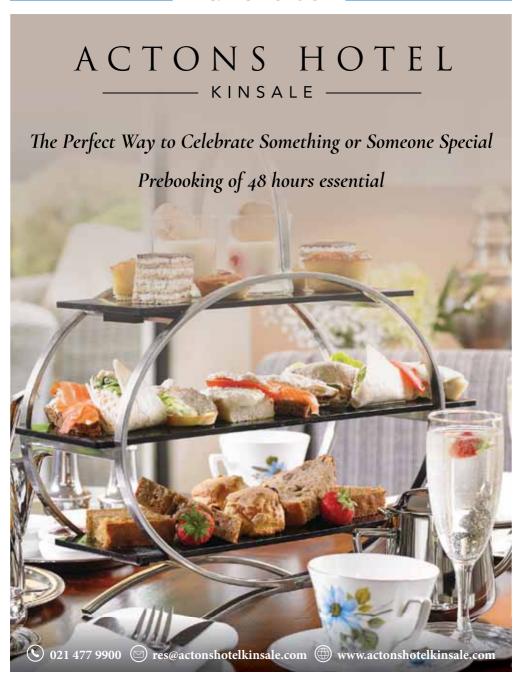
9 GUARDWELL, KINSALE, CO. CORK

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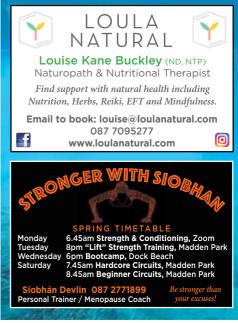
FULL TIME POSITION

The work requirements are:

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- Liaising with customers and base in Kinsale daily.
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- Clean C licence.
- Applicants should be living within 15km of Kinsale.
- References required.

Please forward CV to Karl at dandempseykinsale@gmail.com









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Tuilleadh eolais ó Trish **Further Information from Trish** 087 9475367

Senator Tim Lombard

Bandon Constituency Office open Monday to Friday

Clinics in Kinsale in April

- Monday 8th
- Monday 15th
- Monday 22nd
- Monday 29th

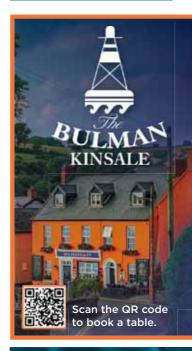
5pm - 6pm in Salvi's

an appointment or call in to see me

76 South Main St, Bandon

021 477 3399 tim.lombard@oir.ie





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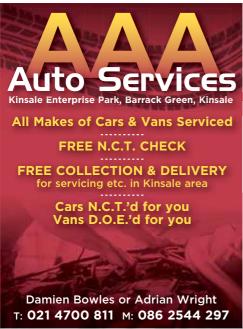
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PART-TIME, EXPERIENCED
BAR STAFF REQUIRED

Drop in with your CV.

HOUSEKEEPER WANTED

Housekeeper needed to start in mid/late April for Guesthouse in Kinsale town centre.

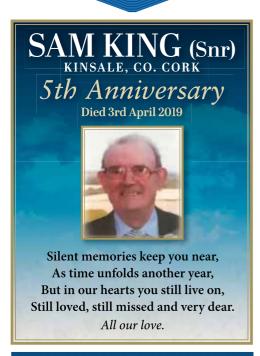
Experience of cleaning/preparing rooms to guesthouse standard and ideal if experience in taking bookings.

Knowledge of dealing with AirBnB, Bookings.com & other booking agents a plus.

Please Text/WhatsApp to Jo: 087 8216941 or Email: joannemcgrath9@gmail.com



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NOTICES

DON & BARRY'S HISTORIC STROLL

DAILY TOURS AT 11.15am FROM THE TOURIST OFFICE

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Kinsale Active **Retirement Association**

TUESDAY 9th APRIL, 2pm KINSALE COMMUNITY SCHOOL (NOTE CHANGE OF VENUE)

Meet the National Champion Robotics Team and their award-winning robots.



SUNDAY 7th April, 8am-2pm Gates open for sellers 7.30am CAR BOOT SALE

Belgooly GAA Pitch

Contact: 087 1382493



KINSALE GARDEN & FLOWER CLUB Haturalistic S DEMONSTRATION by Nora Gallagher (AOIFA) Thursday 11th April, 8pm St. Multose Hall Visitors welcome / Refreshments served

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WHAT'S ON in Kinsale & District

THURS 4th APRIL

BLUE HAVEN: Trad Music, 8pm. **DON & BARRY'S HISTORIC STROLL:** 11.15am from the Tourist Office. TRIDENT HOTEL: Talk by Professor Nick Maynard, Consultant Surgeon, who has been to Gaza regularly since 2010. 8.00pm. Hosted by Kinsale Peace Project. O'CONNOR'S PHARMACY: **Clarins Promotion** in-store until 6th April.

FRI 5th APRIL

BLUE HAVEN: Live music, 9.30pm. **DON & BARRY'S HISTORIC STROLL:** 11.15am from the Tourist Office. TRUCOLOUR PAINTS, CARRIGALINE: Chat to our in-store colour consultant/ interior designer Gwen McCarthy, 9.30am-12.30pm. Free of charge.

SAT 6th APRIL

BLUE HAVEN: Live music, 10pm. **DON & BARRY'S HISTORIC STROLL:** 11.15am from the Tourist Office. HAMLETS: DJ, 9.30pm. **KINSALE HARBOUR CRUISES:** Departs opposite Actons. 1pm, 2pm. STRONGER WITH SIOBHAN: 7.45am: Hardcore Circuits at Madden Park. 8.45am: Beginner's Circuits at Madden Park. Call Siobhan Devlin: 087 2771899.

SUN 7th APRIL

BLUE HAVEN: Bought n Sold, 8pm. **BULMAN:** Ebb Tide, 7pm-9pm. CAR BOOT SALE: Belgooly GAA Pitch, 8am-2pm. **DON & BARRY'S HISTORIC STROLL:** 11.15am from the Tourist Office. KINSALE BAPTIST CHURCH: Temperance Hall, 11am. All welcome.

KINSALE **HARBOUR CRUISES:** Departs opposite Actons. 1pm, 2pm.

MON 8th APRIL

BLUE HAVEN: Ben and Clem, 8pm. **DON & BARRY'S** HISTORIC STROLL: 11.15am from the Tourist Office. LUCY FRENCH SCHOOL OF DANCE: Tickets go on sale today for "Moments". Available from The Boathouse Gallery and Lucy French School of Dance. STRONGER WITH SIOBHAN: 6.45am: Strength & Conditioning, via Zoom. Call Siobhan Devlin: 087 2771899. **SENATOR** TIM LOMBARD: Clinic in Salvi's, 5pm-6pm.

TUES 9th APRIL

BLUE HAVEN: Trad music, 8pm. **DON & BARRY'S** HISTORIC STROLL: 11.15am from the Tourist Office.

KINSALE ACTIVE RETIREMENT ASSOC: Kinsale Community School, 2pm. Meet the National Champion Robotics Team. STRONGER WITH SIOBHAN: 8pm: "Lift" Strength Training at Madden Park. Call Siobhan Devlin: 087 2771899.

WED 10th APRIL

BLUE HAVEN: Mike O'Riordan, 8pm. **DON & BARRY'S HISTORIC STROLL:** 11.15am from the Tourist Office.

THURS 11th APRIL

BLUE HAVEN: Trad music, 8pm. **DON & BARRY'S** HISTORIC STROLL: 11.15am from the Tourist Office. KINSALE GARDEN & FLOWER CLUB: **Naturalistic Spring** Demonstration by Nora Gallagher (AOIFA). St. Multose Hall, 8pm. Visitors welcome. Refreshments.

