Volume 33 #**28/22** Thurs 14th July

Thurs 14th
July
TO
Thurs 21st
July
2022

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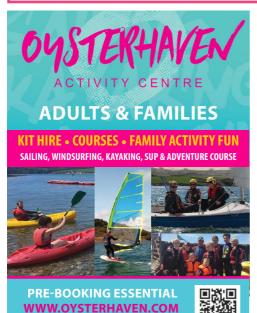
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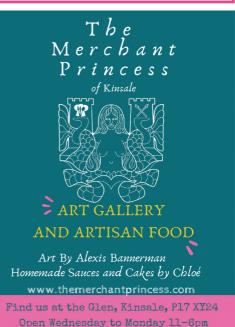








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Your directory of practitioners in the community

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Kinsale Health Hub

Massage / Reflexology / Pregnancy / Facials Contact Tracy: 087 0577013 Email: receptionheadtotoe@gmail.com

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Kinsale Commercial Park Self Care Vouchers Available

21st July 23rd July 15th Aug

Baby Reflexology with Story Massage Learn to Ferment Kefir Class 11-12.30pm Baby Massage and Family Health

www.kinsalehealthhub.com info@kinsalehealthhub.com



SUMMER CLASSES

Mon: 6.15am Zoom Strength & Conditioning

Tues: 9.30am Bootcamp @ Dock Beach

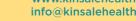
8pm Body Sculpt @ Madden Park

Wed: 6.15am Zoom Strength & Conditioning Thur: 9.30am Zoom/Gym Strength & Conditioning

Strength Circuits @ Mansfield Gym Sate Sam Hardcore Bootcamp @ Dock Beach

Book now: 087 2771899

Beginner's Bootcamp @ Dock Beach





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Tuesday from 8.30pm
THE LOUNGEMAN

Wednesday from 8.30pm MIKE O'RIORDAN

Thursday from 8.30pm ARUNDO

Friday from 10.00pm TRADITIONAL IRISH MUSIC

Saturday from 10.00pm MIKE O'RIORDAN

Sunday from 8.00pm BOUGHT & SOLD









Breakfast served daily 7.30am - 11.30am Full À la Carte served daily 12.00pm - 9.00pm

HAMLETS

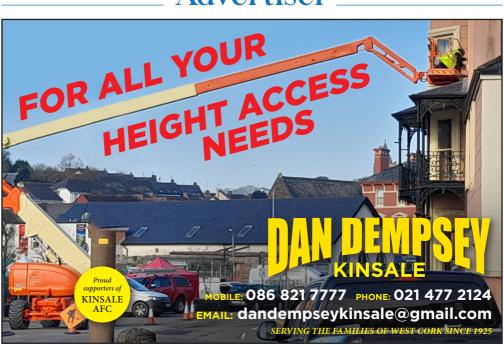
Big.

Thursday: Mike and Mike from 9.00pm Saturday: DJ from 10.00pm

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À la Carte served from 3.00pm - 9.00pm Monday, Thursday & Friday and from 12.00pm - 9.00pm Saturday & Sunday







POP UP DINNER

THURSDAY 28TH JULY

at The Wine Buff, 67 Main St Kinsale Hosting Chef Steve Mercer of Chai Kitchen.

5 courses 5 wine pairings €70. To book call Kate on 085 2630319





Introducing Steve Mercer

Classically trained with Adam Oates of 'Thyme' in London. He went on to run multiple kitchens in South West England.

In 2018, he moved to Ireland to head up the Kitchen at Ballyvolane House where he was nominated for Munster's Best Chef in the Restaurant Awards.

Travelled to India to study yoga, gaining fresh perspective before setting up Chai Yoga and Kitchen.





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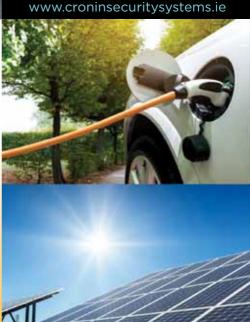
Contact: Brendan Begley 086 0838702 Denis Cronin 086 8283121 Email: denis@croninelectrical.com

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Contact: Damian Kelly 086 4666783 Denis Cronin 086 8283121 Email: denis@croninelectrical.com

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PERSONAL TRAINING SESSIONS also available with pre-booking.

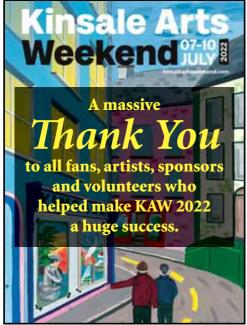
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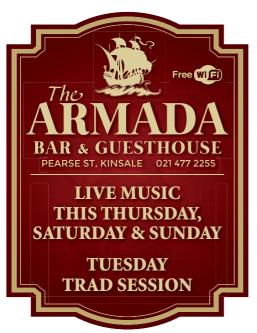


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Small lorry loads of rubbish removed.

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in minder's own home in the Kinsale area.

Approx. 30 hours a week from September.

References essential.

Please contact (087) 9956714.

Situations Vacant

Giles Norman Gallery & Townhouse

is looking for a part-time member of staff.

This is a Sales/Reception Position.

The ideal candidate must:

- Be experienced.
- Have fluent english.
- Be able to work on their own initiative.
- Be available to work weekends.

Please forward CV with covering letter to catherine@gilesnorman.com



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www.kinsaleapartment.com/en/apartment.html

Votices

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All welcome www.kinsaleabc.ie





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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. SC









Notices

DON & BARRY'S HISTORIC STROLL

DAILY TOURS AT 11.15am FROM THE TOURIST OFFICE

(Also at 9.15am, Mon - Sat)

"Excellent... Kinsale's single best attraction... A joy... Be sure to take it" **Rick Steves**

#1 Kinsale Tour



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Twice voted Ireland's Best Walking Tour Chosen Guides by National Geographic



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Kinsale Storytellers present THE CAULDRON OF POESY

A story voyage through ancient Ireland by one of Ireland's finest storytellers.

> The Lord Kingsale **Tuesday 19th July** 8pm-9pm

Adult: €15 / Student: €10 / Child: €8

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The Kinsale Story

Adrian Neville 087 7372679



A big screen picture show around the story of Kinsale and the history of Ireland

3 pm The Temperance Hall Wednesday to Sunday

KINSALE

Departure beyond Actons Hotel on board 'Spirit of Kinsale' July & August Timetable **EVERY DAY**

12pm, 1pm, 2pm, 3pm, 4pm, 5pm

See sandwich board at Tourist Office & Pier Rd. for updates. Schedule subject to change depending on de T: 086 250 5456 w.kinsaleharbourcruises.com



"Best Guide in Ireland" Irish Independent "Kinsale's Top Attraction" TripAdvisor "Best Value €5 in Ireland" Sunday Times



10.30am Daily (or by appointment) From Tourist Office

Adults: €5 Children: Free

Call 086 826 7656

Kinsale's Top Attraction - Fáilte Ireland

WHAT'S ON in Kinsale & District

Thurs 14th Iulv ARMADA BAR: Live music. **BLUE HAVEN:** Arundo, 8.30pm. **DERMOT RYAN'S** HERITAGE TOWN WALKS: 10.30am. Tourist Office. Or by appointment. 086 8267656. **DON & BARRY'S** HISTORIC STROLL: 9.15am & 11.15am. Tourist Office. **GALLERY 23:** Rain & Shine Exhibition By Kit French. Runs until July 21st 2022. HAMLETS: Mike and Mike, 9pm. KINSALE HARBOUR CRUISES: 12pm, 1pm, 2pm, 3pm, 4pm, 5pm. Departs beyond Actons. STRONGER WITH SIOBHAN: 9.30am: Zoom/Gvm Strength & Conditioning. 7pm: Strength Circuits @ Mansfield Gvm. 087 2771899. THE KINSALE STORY A Big Screen Picture Show - Adrian Neville. Temperance Hall, 3pm.

Fri 15th Iulv **BLUE HAVEN:** Trad Duo, 10pm. **DERMOT RYAN'S** HERITAGE TOWN WALKS: 10.30am. Tourist Office. Or by appointment. 086 8267656.

DON & BARRY'S HISTORIC

STROLL: 9.15am & 11.15am.

Tourist Office. KINSALE HARBOUR CRUISES: 12pm, 1pm, 2pm, 3pm, 4pm, 5pm. Departs beyond Actons. KINSALE POTTERY: Half Day Drop-in Sessions For adults/teens and families. 2pm to 5pm.

www.kinsaleceramics.com THE KINSALE STORY A Big Screen Picture Show - Adrian Neville. Temperance Hall, 3pm.

Sat 16th July

ARMADA BAR: Live music. **BLUE HAVEN:** Mike O'Riordan, 10pm. **DERMOT RYAN'S** HERITAGE TOWN WALKS: 10.30am, Tourist Office. Or by appointment. 086 8267656. **DON & BARRY'S HISTORIC** STROLL: 9.15am & 11.15am. Tourist Office. HAMLETS: DJ from 9.00pm. KINSALE HARBOUR CRUISES: 12pm, 1pm, 2pm, 3pm. 4pm. 5pm. Departs beyond Actons. KINSALE POTTERY: One Day Classes For adults/teens. www.kinsaleceramics.com STRONGER WITH SIOBHAN:

8am: Hardcore Bootcamp. 9am: Beginner's Bootcamp, Dock Beach, THE KINSALE STORY A Big Screen Picture Show - Adrian Neville. Temperance Hall, 3pm. **TENNIS EXPRESS** FOR BEGINNERS: 8 week course starts. 10am-11.30am, Dunderrow. Call Peter 087 966 0305

THE WELL INSTITUTE:

One Day Workshop -

Restoring Balance.

10am to 4pm. www.thewellinstitute.com

Sun 17th Iulv ARMADA BAR: Live music. **BLUE HAVEN:** Bought and Sold, 8pm. **DERMOT RYAN'S** HERITAGE TOWN WALKS: 10.30am, Tourist Office. Or by appointment. 086 8267656. **DON & BARRY'S HISTORIC**

STROLL: 9.15am & 11.15am, Tourist Office. KINSALE BAPTIST CHURCH: Temperance Hall, 11am. KINSALE HARBOUR

CRUISES: 12pm, 1pm, 2pm, 3pm, 4pm, 5pm. Departs beyond Actons.

THE KINSALE STORY A Big Screen Picture Show - Adrian Neville. Temperance Hall, 3pm.

Mon 18th Iulv ATLANTIC OFFSHORE ADVENTURES: Surf and Kavak Camps running all summer. Call/text: 087 944 3796. **BLUE HAVEN:** Ben & Clem. 8.30pm. **DERMOT RYAN'S** HERITAGE TOWN WALKS: 10.30am, Tourist Office. Or by appointment. 086 8267656.

DON & BARRY'S HISTORIC STROLL: 9.15am & 11.15am. Tourist Office. KINSALE HARBOUR CRUISES: 12pm, 1pm, 2pm, 3pm, 4pm, 5pm.

Departs beyond Actons. KINSALE MUSIC **SUMMER CAMPS:**

Junior & Senior Infants. 10am to 1pm. bognusiasiegel@yahoo.co.uk

KINSALE POTTERY: Half Day Drop-in Sessions For adults/teens and families, 2pm to 5pm. www.kinsaleceramics.com

KINSALE TENNIS CLUB: Summer Camp with Maria Bolster.

9.30am-11.30am, 6-8 yrs. 12.00pm-2.00pm, 9-12 vrs. www.kinsaletennisclub.com **LUCY FRENCH**

Summer Dance Intensives. Juniors - 10am to 4.30pm. Ages 5-8 years or Primary Grade 2 Ballet.

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Windsurfing Get Up & Go! Windsurfing Go for It! Pre booking essential www.oysterhaven.com

STRONGER WITH SIOBHAN: 6.15am: Zoom Strength & Conditioning.

Tues 19th Iuly

ARMADA BAR: Live trad. BLUE HAVEN: The Loungeman, 8.30pm. **DERMOT RYAN'S** HERITAGE TOWN WALKS: 10.30am, Tourist Office. Or by appointment. 086 8267656. **DON & BARRY'S HISTORIC** STROLL: 9.15am & 11.15am. Tourist Office. KINSALE HARBOUR CRUISES: 12pm, 1pm, 2pm, 3pm, 4pm, 5pm. Departs beyond Actons. KINSALE STORYTELLERS PRESENT THE **CAULDRON OF POESY:** Lord Kingsale, 8pm-9pm. STRONGER WITH SIOBHAN: 9.30am: Bootcamp @ Dock Beach. 8pm: Body Sculpt @ Madden Park.

Wed 20th Iulv

BLUE HAVEN: Mike O'Riordan, 8.30pm. **DERMOT RYAN'S** HERITAGE TOWN WALKS: 10.30am, Tourist Office. Or by appointment. 086 8267656. DON & BARRY'S HISTORIC STROLL: 9.15am & 11.15am, Tourist Office. KINSALE HARBOUR CRUISES: 12pm, 1pm, 2pm, 3pm, 4pm, 5pm. Departs beyond Actons. STRONGER WITH SIOBHAN: 6.15am: Zoom Strength & Conditioning. 087 2771899. **TENNIS EXPRESS** FOR BEGINNERS: 8 week course starts. 18.30-20.00. Dunderrow. Call Peter 087 966 0305 THE KINSALE STORY A Big Screen Picture

Show - Adrian Neville.

Temperance Hall, 3pm.

