

FREE

Vol. 29 Issue 46/18

Friday 16th - Thursday 22nd November 2018



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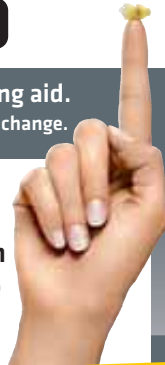


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SUNDAY 18th NOVEMBER 9pm

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Saturday 17th November

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The Cork Age Friendly Office and the Cork County Council's Local Enterprise Offices invite Kinsale businesses to come to a

BUSINESS TRAINING SESSION

in The Trident Hotel on Wednesday 21st November 2018

8am-10am Free of charge Breakfast will be provided

Businesses are invited to have 2 persons max attending and there are 50 places available. To find out more about Cork Age Friendly programme please visit www.agefriendly.ie/cork

Registration for the Training Session is compulsory and can be done online on www.localenterprise.ie/corknorthandwest or telephone 023-8834700

Scoil Naomh Eltin welcomes

The Cork ETB Youth Orchestra

90 Piece Student Orchestra

Venue: **Scoil Naomh Eltin, Kinsale**

Date: **Saturday 24th November 2018**

Time: **3pm**

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Oifig Fiontair Áitiúil
Local Enterprise Office



Cork
County Council
Comhairle Contae Chorcaí

10 STEPS TO SELF EMPLOYMENT WORKSHOP - KINSALE

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Topics covered will include:

Your Vision for the Business, Market Research, Pricing, Taxation & Compliance,
Managing the Finances, Supports Available to Self-Employed Individuals.

Date: Friday 23rd November 2018 **Time:** 10.30am - 3pm

Location: The Trident Hotel, Kinsale **Fee:** €10 per person

All online bookings are available from our website: www.localenterprise.ie/corknorthandwest

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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10.30pm



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Saturday 17th November, 7pm

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IRELAND
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Monday 19th November

INTERNATIONAL SOCCER

Denmark v Ireland, 7.45pm



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Neuromuscular Physical Therapy Clinic

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- 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

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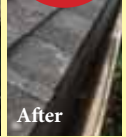
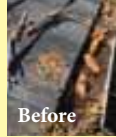
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**KINSALE MEN'S SHED
2019 CALENDAR LAUNCH**
Saturday, 17th November, 7.30pm
at The Glen, Kinsale

Everyone is welcome, refreshments and
entertainment will be provided on the night.

*The calendar is an ideal Christmas gift to send to family
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WHAT'S ON IN KINSALE & DISTRICT

FRI 16th NOVEMBER

BLUE HAVEN:

Peadar O'Callaghan,
10pm.

DERMOT RYAN'S

HERITAGE TOWN WALK:
10.30am, Tourist Office.

DUNNES STORES

BISHOPSTOWN COURT:
Unveiling Weekend!
Meet the designers
in store.

FOLKHOUSE:

The Watermelons,
10.30pm.

SAM'S BAR:

Live music, 10.30pm.

SAT 17th NOVEMBER

BACCHUS NIGHTCLUB:

DJ Sean, 11.30pm.

BLUE HAVEN:

Happy Dayz, 10pm

DERMOT RYAN'S

HERITAGE TOWN WALK:
10.30am,
Tourist Office.

DUNNES STORES

BISHOPSTOWN COURT:
Unveiling Weekend!

Meet the designers
in store.

FOLKHOUSE:

Gypsy Fish, 10.30pm.

HAMLETS:

DJ.

KINSALE MEN'S SHED:

Launch of 2019
Calendar, at 7.30pm.

The Glen, Kinsale.

SAM'S BAR:

Live music,
10.30pm.

WHITE HOUSE:

Celtic Knights,
10.30pm.

SUN 18th NOVEMBER

BLUE HAVEN:

Trad Sessions,
8.30pm.

CHERNOBYL

CHRISTMAS CRAFT FAIR:

Marian House,
Ballinhassig,
12 noon.

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HERITAGE TOWN
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10.30am,
Tourist Office.

DUNNES STORES

BISHOPSTOWN COURT:

Unveiling Weekend!
Meet the designers
in store.

FOLKHOUSE:

King K, 9pm.

KINSALE BAPTIST

CHURCH:

11am,
Temperance Hall.

SAM'S BAR:

Americhanics,
9.30pm.

MON 19th NOVEMBER

BLUE HAVEN:

Mike O'Riordan,
9pm.

CREATIVE WRITING WORKSHOPS:

Prim's Bookshop,
7pm - 9pm. Info from
mgeden@eircom.net

DALTON'S BAR:

Singalong.

DERMOT RYAN'S

HERITAGE TOWN WALK:

10.30am,
Tourist Office.

TUES 20th NOVEMBER

BLUE HAVEN:

Sonny & Friends,
9pm.

DERMOT RYAN'S

HERITAGE TOWN

WALK:

10.30am,
Tourist Office.

KINSALE ACTIVE

RETIREMENT

ASSOCIATION:

Talk from a local
solicitor. 2pm at
Temperance Hall.

WED 21st NOVEMBER

BLUE HAVEN:

Niall McCabe, 9pm.

COFFEE MORNING

AT JO'S CAFE:

8am - 10.30am.

In aid of Summercove

NS.

DERMOT RYAN'S

HERITAGE TOWN

WALK:

10.30am,
Tourist Office.

KINSALE ALCOHOLICS

ANONYMOUS:

Open Meeting,
8.30pm at the

Friary Centre.

TEMPERANCE HALL

AGM:

Temperance Hall, 8pm.
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TRIDENT HOTEL:

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Programme:

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Session,

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THUR 22nd NOVEMBER

BLUE HAVEN:

Mike O'Riordan,
9pm.

DALTON'S BAR:

Trad Session.

DERMOT RYAN'S

HERITAGE TOWN

WALK:

10.30am,
Tourist Office.

ENIBAS:

Christmas shopping
event. 6pm-9pm.

SAM'S BAR:

Grainne Ryan's
Jazz & Blues Club,
9pm.



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