

Volume 34
#47/23
Thurs 23rd
November
TO
Thurs 30th
November

2023

Tel: 021 477 4313 :: Web: www.kinsaleadvertiser.com :: Email: info@kinsaleadvertiser.com



100 Stars | Anita | Chantelle | DKNY | Empreinte | Falke La Fee Maraboutee | Lejaby | Miraclesuit | Part Two | Thought | Yawn | WAXX

Shop online at www.kinariboutique.com





Supporting The **Community For** Over 70 Years

Established in 1952, McCarthy Insurance Group is now one of the largest insurance brokers in Ireland. Whether you are searching for Personal Insurance, Business Insurance, Health Insurance, or Financial Advice, McCarthy Insurance Group has got you covered.

- Business Insurance
- Health Insurance
- Motor Insurance
- Life Assurance
- Home Insurance
- Savings & Investments

10 Market Quay, Kinsale, Co. Cork P17 E091



Charles McCarthy Insurances Ltd t/a McCarthy Insurance Group and McCarthy Financial Services are regulated by the Central Bank of Ireland



Get in touch for free & confidential career support.

> Iona Wilson Kinsale ionawilson@empwc.org 086 6007964

Davide Fragolini Clonakilty & Kinsale davidefragolini@empwc.org 086 8079953

www.empservice.org





EXPERT ADVICE • EXPERTS AT COLOUR MATCHING • EXTENSIVE CHOICES

Vinter is here.

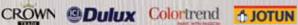
Call & chat to our in-store Colour Consultant/Interior Designer **Gwen McCarthy** Every Friday, 9.30am - 12.30pm. Free of charge.



QUALITY SERVICE • QUALITY PRODUCTS • COMPETITIVE PRICES • VALUE FOR MONEY













FREE PARKING • FREE DELIVERY RIGHT TO YOUR DOOR

Kilnagleary Business Park, Crosshaven Road, Carrigaline Phone: 021 4834478 Fax: 021 4376952

Email: trucolourpaints@gmail.com www.trucolourpaints.com



T: 021 491 9466 E: carrigalinefurniture@gmail.com

W: www.carrigalinefurnitureandcarpets.ie Follow us on **f** Facebook

Located next to the Carrigaline Court Hotel



Cork's Largest Display of RESPA Mattresses & Beds













Forge Hill, Business Park, Cork, T12 X625

www.thefireplace.ie





ALTRUSA CLUB OF KINSALE

CHRISTMAS FAYRE

Temperance Hall Friday 8th December 10am - 12.30pm

This is an opportunity to do some Christmas Shopping and at the same time support Local Charities.

There will be lots of Christmas Decorations and Gifts, Christmas Cakes, Christmas Puddings, a wide range of Homemade Cakes, and a Raffle with Great Prizes.

Come & enjoy a good atmosphere with Coffee/Tea & Scones.

Adm: €5 (Includes Refreshments)

CHILDREN FREE

Proceeds from this year's Fayre will be divided between Kinsale Community Hospital & Kinsale Meals On Wheels.



Deco-Furbish

Painters and Decorators

- REFURBISHMENTS
 KITCHEN RENOVATIONS
 INTERIOR DECORATING
 - EXTERIOR LONG-LASTING COATINGS WITH ECO-FRIENDLY PAINT



HALL & STAIRCASE RENOVATION



KITCHEN REMODEL WITH NEW WORKTOP



EXTERIOR PAINTING WITH DIRT-RESISTANT PAINT

Clonakilty, 32 Pearse Street

Tel: 023 885 9665 Mob: 087 384 9972

Email: info@deco-furbish.com Web: www.deco-furbish.com

Follow us on If O











View our new 241 cars in our Bishopstown showroom.

SATURDAY 25th NOVEMBER, 9am-5pm SUNDAY 26th NOVEMBER, 12pm-4pm

FREE 3 YEAR SERVICE PLAN AND 1 YEAR ROAD TAX ON ALL PASSENGER CARS SOLD IN NOVEMBER.

DENIS AND MARY RYAN CAR SALES

Ardrostig, Bishopstown, Cork T12 X796 Call us now on **021 434 6655** See citroen.ryans.ie



THE GOOD HEALTH CIRCLE

Your directory of practitioners in the community

Email: info@thegoodhealthcircle.ie



LOULA NATURAL

Louise Kane Buckley (ND, NTP) Naturopath & Nutritional Therapist



Find support with natural health including Nutrition, Herbs, Reiki, EFT and Mindfulness.

Email to book: louise@loulanatural.com 087 7095277



www.loulanatural.com



HEAD TO TOE THERAPIES

PHYSICAL & HOLISTIC THERAPIES

Kinsale Health Hub

Massage / Reflexology / Pregnancy / Facials **Sports Massage / Combination Treatments**

Contact Tracy: 087 0577013 Email: receptionheadtotoe@gmail.com

Book appointments online at www.headtotoetherapies.ie



Couple

Family Children



NATURALLY BALANCED

FEEDING YOUR SKIN FROM THE OUTSIDE IN

HAND-BLENDED OILS CRAFTED IN KINSALE NOW AVAILABLE FOR FACE AND BODY AT

www.naturallvbalanced.ie

We use only plant-based ingredients. Suppliers for Irish Natural Products, check out our website.

Co-Creative Psychotherapy of Relationship Mentoring

The Co-Creative Approach

- Creates a safe, compassionate and non-judgemental environment.
- It helps us to deepen our relationship with self and others.
- By understanding our own behaviour,

MA in the Psychotherapy of Relationship Mentoring





Contact Siobhán

087 277 1899

WINTER TIMETABLE

Mon 6:15am Tues 9:30am

Tues 8pm

Thurs 7.30pm

Thurs 8.30pm Sat 8am

S&C via Zoom **BOOTCAMP** @ Dock Beach LIFT HEAVY @ Madden Park **STRETCH & ROLL**

@ Sáile S&C @ Sáile BOOTCAMP

@ Dock Beach





Boost your energy, metabolism, nervous system and mood with cold and heat therapy.

BOOK A SAUNA

S +353 86 772 1444



Reiki **Shamanic Healing Intuitive Counselling Land & House Healing**

Tel: 086 3150145 Email: paddoy@gmail.com 71 Lower O'Connell St, Kinsale

Alto Holistics



f

Sarah Tubridy • 087 9127271

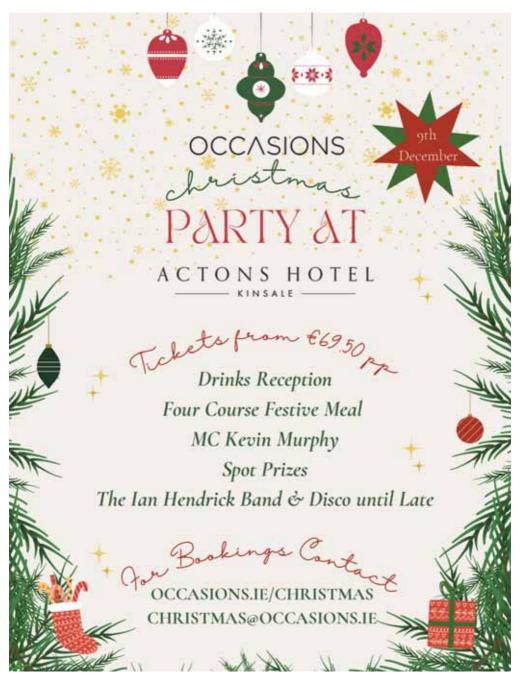
Deep Tissue • Massage • Reflexology Indian Head Massage • TFH Kinesiology Facials • Reiki • Aromatherapy

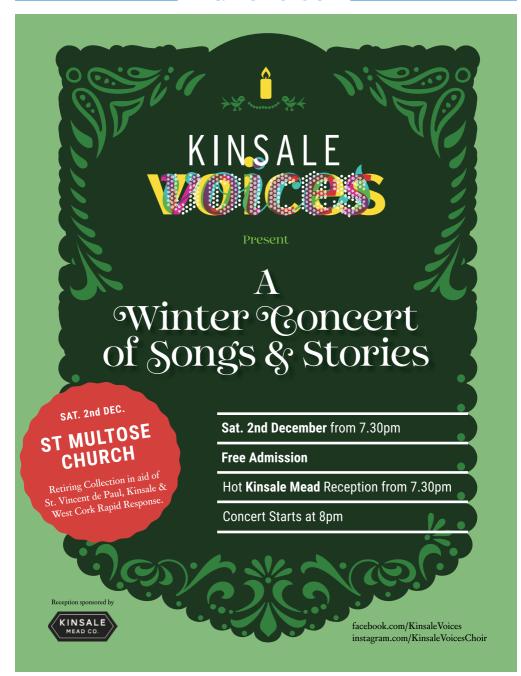
sarahtubridy@gmail.com www.altoholistics.com

relax. your. way. to. health.



Nu Denmark - Pom Amsterdam - Dolcezza - Tuzzi - Vilagallo







Special Occasions



For those special occasions with family and friends, The Pier One Restaurant provides the ideal intimate setting for 30 guests or more.



corporate gatherings, and dinner parties.

Wharf Tavern Daily 12noon - 9pm

⋈ info@tridenthotel.com

www.tridenthotel.com

O Holy Night

Church of St. John the Baptist, Kinsale Sunday 10th December, 7.30pm

Supporting

Society of St. Vincent de Paul, Kinsale



Christmas Concert

Majella Cullagh
Eoin Leahy
Margaret Collins
Patsy Seymour
Chorus and Orchestra

Leader: Kevin Goggin Conductor: Frank Buckley



Tickets €20 (Under 16s €5 at door)

Boland Kinsale Crafts: 021 4772161 Boathouse Gallery: 021 4709981





INTRODUCING OUR FIRE & ICE THERAPEUTIC MASSAGE

Hot and cold stones are used to warm muscles reducing aches and pains, followed by the sensation of cold stones helping injury recovery, reducing inflammation, pain and swelling.

Introductory offer includes 30 min Dry Flotation Experience (Valid Nov & Dec) 30 min €65 / 50 min €120



Join us this Sunday for an unforgettable Dining Treat in our Rockpool Bar & Restaurant.

You can choose from our newly designed Bar & Restaurant Menu, including light bites for smaller appetites, family favourites such as our Buffalo Chicken Burger, Roast Dish of the Day or a treat to remember with a delicious Traditional Afternoon Tea.

We offer complimentary onsite parking, 90 acres to explore and our kids onsite playground!



SUNDAY FUNDAY! 10th Dec: Facepainting 1pm - 3pm





www.kinsalehotelandspa.ie / 021 470 6000 / reservations@hotelkinsale.ie



Turning on of the Christmas Lights

Sunday 26th November at 5.00pm in the Town Park.

The festivities will commence at 4.30pm followed by Santa's Arrival.

Councillor Marie O'Sullivan will then turn on our Christmas Lights at 5.00pm.

We will then go to Actons Hotel where we will have a Disco for the kids.



BLUE HAVEN

COLLECTION

GIVE THE GIFT OF THE BLUE HAVEN

Gift Vouchers

Experience the gift of luxury and relaxation! Treat someone special to an unforgettable experience with our hotel gift vouchers. From indulgent dining experiences to a dreamy weekend escape. perfect for any occasion our vouchers make the ideal present for creating cherished memories.

Purchase yours now and give the gift of an extraordinary stay!

Contact our bookings co-ordinator to discuss Email: info@bluehavenkinsale.com Phone: 021 477 2209

TAKE ADVANTAGE OF OUR BLACK FRIDAY WEEKEND OFFERINGS

20% Extra on Gift Cards purchased.

20% Discount on our B&B Rates

Valid for stay between 22nd of Nov -14th of Mar 2024 subject to availability





Celtic Pine 7ft Artificial Christmas Tree



Imperial Pine Artificial Christmas Tree



Imperial Indoor Mini Tree



Frosted Cap Icicles 1000 LED White or Warm White

ONLY



Treebrights Plug in Lights

Various colours and sizes

FROM €31.95



Supabrights Plug in Lights

Various colours and sizes

FROM

HUGE RANGE OF ARTIFICIAL TREES IN-STORE

Mini Trees In Various Sizes And Styles • Pyramid Trees • Light Up Trees • White Trees

Opening Hours:

Monday - Friday 8.30am - 5.30pm,

Saturday 9am - 5pm.

f Like Us

X Follow Us

(C) Follow Us

www.bandoncoop.ie





ADVENT AT THE FRIARY Sunday 3rd December



Waiting for the Lord

Preparing for Christmas with Saint Titus Brandsma

Our Advent talk takes place at 4.30pm in the Friary Meeting Room followed by a light supper and Solemn Vespers at 7.00pm.

All are welcome.



Talk by: Simon Nolan O.Carm

Fr. Simon Nolan is the Dean of the Faculty of Philosophy at Maynooth and Prior of Whitefriar Street Carmelite Church and Priory in Dublin. He also teaches courses offered through the Center for Carmelite Studies at The Catholic University of America in Washington, DC.





On Sunday 15th May Pope Francis canonised St Titus Brandsma, a Dutch Carmelite and Martyr. St Titus lived in Kinsale Friary for a period of time in 1935 and continues to be held in esteem and with devotion by many in Kinsale. Within seven years of this happy time in Ireland Titus would be killed by lethal injection in Dachau Concentration Camp, on Sunday July 26th, 1942. The nurse who had administered the injection, and to whom he had given a rosary, later converted to Catholicism. She was a key witness in the early stages of the process for his beatification and canonisation. In her testimony she declared: "I was brought back to the right way through the intercession of Fr Titus."

From Saint Titus Brandsma: December 1922

I see with more clarity that it is always Christmas for me, that, just like that night, Mary the Mother of the Lord, accompanied by St Joseph, still goes around from house to house, that is, from heart to heart, to find a place where Iesus can be reborn.

For further details please contact: kinsale@carmelites.ie or call 021 477 2138





Do you or a loved one have cancer?

Are you living in Kinsale and surrounding district?

JOIN THE KINSALE & DISTRICT LIONS CLUB

&



Kinsale Hotel & Spa Thursday 7th December at 8.00pm

We would like to help develop this free service for those people living with Cancer, in the Kinsale & Surrounding District.

We would be delighted if you, a family member or indeed a few friends, would come along and hear about this wonderful, free service, have a chat, and enjoy a cup of tea or coffee.

If Cancer Connect can manage to get enough drivers in the area, it will really make a difference to the lives of those in our community who are suffering from Cancer.

> We look forward to seeing you, Alice de la Cour, President Kinsale & District Lions Club



SERVING OUR COMMUNITY FOR THE LAST 30 YEARS





Gaelscoil Chionn tSáile

Bus Escort Needed

Collections in Belgooly and Kinsale town to Gaelscoil Chionn tSáile. School hours: 8.30am collection & 2.30pm home time.

The escort can be collected in Kinsale or Belgooly.

Get in touch if interested!



Glantóir á Lorg Cleaner Wanted



FOR MORE INFORMATION PLEASE CALL **021 4773731**OR EMAIL eolas@gaelscoilchionntsaile.ie

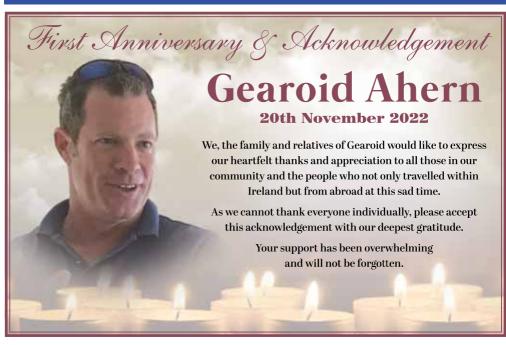




































Christmas has come to

TRADING CO.

16 Main St. Kinsale



Beautiful Sustainable Wooden Toys. Wild Republic Soft Toys. Heirloom Bears and Tovs from France

DEPOSITS WELCOME

and don't forget your WOOL HABERDASHERY PATTERNS. CHILDREN'S TOYS & GAMES. & OTHER PARAPHERNALIA

Tel. 087 9410970

Email: vivitradingkinsale@gmail.com f facebook.com/vivitradingco www.vivitradingco.com

Land Wanted for Potatoes For 2024 Season



Tel: Jim Griffin 087-2542747

Classifieds

TAKE THE NEXT STEP! CALL JAMES ON 086 1799263

FOR PATIOS, BRICK PAVING, STONEWORK, GARDENING, WELDING, ETC.

Small lorry loads of rubbish removed.

O'CONNOR'S CLEANING SERVICES

WINDOW CLEANING FASCIA • SOFFIT • GUTTERS

Please call 086 3020431



KINSALE ENTERPRISE PARK - BARRACK GREEN - KINSALE - CORK

Why Replace When You Can Repair?

EazyClear EazyFix

Repair damaged plasterwork. (damaged by door handles, etc.)

Repair/replace damaged kitchen hinges/closers.
Replace broken switch/socket facias.

And much more inside and out.

- Kinsale based -Call Kevin 087 747 2200



BELGOOLY WROUGHT IRON GATES

Tel: 021 477 0621 Mob: 086 854 9300

Beautiful Hand Crafted Gates (Manual & Automatic) Railings, Balconies, etc.

Clothes Lines, Mobile Welding

See our Facebook page.

Martin Holohan Professional Painter & Decorator

INTERIORS & EXTERIORS Belgooly, Kinsale, Co. Cork.

Call: 087 132 1792

OIL BOILERS

HOME HEATING SERVICED & REPAIRED > > HVO CONVERSIONS < < < John McCarthy: 087 2377667

Your Local Engineer Kinsale & Surrounding Area FULLY INSURED & APPROVED

ANTO'S FUELS

Serving Kinsale & District
MAIN CALOR GAS SUPPLIERS
Home Deliveries: 11kg, 34kg, 47kg Gas
COAL - SMOKELESS - BLOCKS

BRIQUETTES - KINDLING - TURF, ETC.

Every Thursday & Friday Morning

CALOR

Call 087 856 3246

FREE DELIVERY





WASHING MACHINE **SERVICES**

FIXING OVENS, COOKERS, TUMBLE DRYERS, FRIDGES, DISHWASHERS, ETC...

CONTACT: JODY DRENNAN OF ABC DOMESTIC APPLIANCE REPAIRS LTD.

> M: 087 779 0804 T: 021 483 3032

VMC CARPENTRY SERVICES

- 1st & 2nd Fixing Roofing Timber Flooring
- Property Maintenance
 Concrete Shuttering **FULLY INSURED C2 REGISTERED** Contact Vincent 087 1344114



LAZ PAINTING SERVICES

Interior / Exterior Wall Papering / Power Washing

Call 089 24 22 848



Soul Mates

"Don't be alone".

Meet that Special Person for Friendship & Romance with like-minded people.

SAFE, SECURE & CONFIDENTIAL - Long established -

Phone: 087-9216302 • 087-7720250



& Decorator

Call: 086 129 4356



UNWANTED CARS **REMOVED** & RECYCLED **FOR FREE!!** 087-9033282



PAT O'MAHONY

- Courier Furniture Removals
- House Moves/Clearance

I have the van, I am your man.

Contact me on 087 278 2442



HANDYMAN AVAII ARI F

Carpenter • Interior Plastering • Painting all Diarmuid: 087 120 5025 TOP QUALITY WORK

C2 & VAT REGISTERED

mirrors, glass tops, single & double glazing, glass films, safety glass, emergency glass repairs, window & door servicing, hinges, locks, handles, repair & replacement

Micheal O'Connor 086 815 1967

DG EXTERIOR CLEANING

- WINDOW CLEANING
- FASCIA, SOFFITS, PATIOS etc.
- GUTTER CLEARING

Professional, Insured & Registered

 SOFTWASHING **CALL DARREN** (ie: Red/Green Algae & Mould Treatment)

085 705 3243

KINSALE TRAILER REPAIRS

KINSALE AND THE SURROUNDING AREAS

Servicing and parts available for all brands and types of trailers.

IFOR WILLIAMS, INDESPENSION, BRIAN JAMES, DOOLEY, ETC.



General purpose, flat body, horse box, boat trailers & car transporters catered for, from fabrication to brakes, lights, suspensions, etc.

TRAILERS CAN BE REPAIRED ON SITE OR IN WORKSHOP.

FREE INSPECTION & QUOTE ON ANY TRAILER. **CONTACT GER ON 086 8200673**

Horse Riding in Kinsale @

Kinsale Equestrian Centre

1 mile from town centre.

Lessons - Trekking - Livery Call Zoë on 086 8530894 www.kinsale-equestrian.ie



GREG RYBAK FURNITURE RESTORATION

Structural & Cosmetic Repairs French Polishing

Greg: 086 084 9405 www.rybakrestoration.ie

CHIMNEY & STOVE CLEANING **BRUSH AND VACUUM**

Call Martin Eaton

Tel: 021 4777746 Mob: 087 6441575

MARTIN CONLON

Electrical Shower Repair Specialists Plumbing & Heating

M: 087 254 3434 T: 021 477 1443

Mick Ronan

Painter & Decorator

Kinsale Co. Cork

Call 087 606 4150







Construction to Maintenance, we cover it all!

Tel. 087 1756575

Full Domestic & Commercial Service Very Reasonable Rates Call Noel: 087 9885638

CARPET & UPHOLSTERY CLEANING SERVICE

FLOOR TILES CLEANED & POLISHED

COMMERCIAL & DOMESTIC

Chimney Cleaning Service Also Available Denis O'Sullivan 437 7315 • 086 207 0086

EOIN IRWIN PAINTING & DECORATING

Call for a Quote! 085 1462710



LOAD-ALL & **MINI DIGGER AVAILABLE**

TREE FELLING HEDGE CUTTING POWER WASHING

Any heavy work done, pain free! Call 087 2726640

~ TOM KEOGH ~ ELECTRICAL SERVICES Belgooly, Kinsale

Commercial & Industrial Electrical Contractor Fire Alarms, Emergency Lighting & Lightning Protection Tel: 021 477 0666 Mob: 087 277 2669

HEDGECUTTING SERVICES

EXCAVATOR HIRE

DUMP TRAILER

GRASS MULCHING

TREE REMOVAL





Also Carpet & Upholstery Cleaning Service. Denis O'Sullivan 021 4377315 - 086 2070086

Situations Vacant

FRESCO BISTRO

PART TIME CHEF POSITION AVAILABLE

25 hours per week.

ALSO PART TIME FLOOR STAFF

20 hours per week.

LEADING TO POSSIBLE FULL TIME.

Suitable candidates should be self-motivated. Immediate start.

Contact: 083 8434902 Email: kinsalefresco@gmail.com

Property

TENDER FOR PROPERTY LEASE OF THE METHODIST CHURCH HALL (OLD LIBRARY)

Interested parties are welcome to tender for the property lease of the Methodist Church Hall.

- Area space: 13ft (3955mm) x 47ft (14,420mm).
- Lease agreement is a minimum period of 12 months.

Please clarify what the intentions of use will be and the monthly rental.

Please forward all tenders to Kinsale Advertiser, Milk Market, P17 XF65 or email to info@kinsaleadvertiser.com



FULLY FURNISHED 3 BED HOUSE

Kinsale Town Centre 6-8 month let - No pets

Please contact:

twalsh2000@eircom.net

Health, Hair & Beauty

ACUPUNCTURE

Mirabel: 087 6743954 www.embodimenthealing.com

Hypnotherapy and Coaching can reduce Anxiety, Stress & other Emotional Challenges. An Aromatherapy Back Massage helps ease muscle tension.

Text Ellen 087 700 6368 for appt. www.ellenhealingholistictherapy.com



Laura Gray Counselling & Psychotherapy

Phone: 087 1146397 Email: lauragraypsychotherapy@gmail.com KINSALE HEALTH & WELLBEING CENTRE





FREE & CONFIDENTIAL ADVICE & SUPPORT

6

Irish Guide Dogs for the blind

POP-UP SHOP

Saturday 25th November, 9am - 6pm SuperValu, Kinsale

WE WILL BE SELLING CHRISTMAS CARDS, CALENDARS AND OTHER ITEMS.

Come and meet our dogs: Marley, Peppa, Suzy & Willow.

All proceeds go to Irish Guide Dogs for the Blind

CHRISTMAS COFFEE MORNING

Temperance Hall Friday 1st December 9.30am - 12.30pm Adm: €5

Tea/Coffee & Scone Plant, Book & Cake Sale Crafts - Raffle

WANTED ALL SCRAP

CARS, LORRIES, ETC
TOP PRICES PAID

Call 085 232 8519

KINSALE BAPTIST CHURCH

Sundays, 11am Temperance Hall

All welcome www.kinsaleabc.ie



Kinsale Active Retirement Association
Temperance Hall - Tues 28th Nov, 2pm
Air Fryers: What are they good for?
Come find out and sample the results.

WHAT'S ON in Kinsale & District

HAPPY THANKSGIVING SAT 25th NOVEMBER THURS 23rd NOVEMBER **HAMLETS:** Trad Duo, 7pm. **FUTURE KINSALE:** AGM at 6.45pm. **Public and Panel Discussion & Results** of Community Sustainability Study. Trident Hotel, 7.30pm. www.futurekinsale.ie www.facebook.com/futurekinsale **STRONGER** WITH SIOBHAN: 7.30pm: Stretch & Roll @ Saile. 8.30pm: S&C @ Saile. 087 2771899

BLACK FRIDAY FRI 24th NOVEMBER **BLUE HAVEN:** Trad Duo, 9.30pm. **HAMLETS:** Live Music, 9pm. **LEONA'S ON NINE** MARKET STREET: Pop-Up Tapas Night. ninemarketstreet@gmail.com MAD FOR STYLE: Black Friday Sale. Up to 30% off. Sale ends 27th Nov. TRU COLOUR PAINTS. **CARRIGALINE:** Chat to our instore colour consultant/ interior designer Gwen McCarthy. 9.30am-12.30pm. Free of charge.

ARMADA: The Ferrymen. **BLUE HAVEN:** Darren Grimley, 10pm. **DENIS & MARY RYAN CAR SALES BISHOPSTOWN:** Open Weekend. 9am-5pm. HAMLETS: DJ, 9.30pm. **IRISH GUIDE DOGS** POP-UP SHOP: SuperValu, 9am-6pm Come and meet our dogs Marley, Peppa, Suzy & Willow. KINSALE AVIATION **FESTIVAL: Actons Hotel**

Tickets: www.flyingpoet.je/event/kinsale-aviation STRONGER WITH SIOBHAN: 8am: Bootcamp @ Dock Beach.

087 2771899

3.30pm-5.50pm.

Dinner 7.30pm.

SUN 26th NOVEMBER ARMADA: Shane & The Pure Drop. **BLUE HAVEN:** Bought n Sold, 8pm. **BULMAN:** Hugh Dillon Trio, 7pm-9pm.

CHOPIN BY CANDLELIGHT: With Frank McNamara, Jorge Kachmari, Carmelite Friary Church, Kinsale. **Tickets on Eventbrite** or at the door. **DENIS & MARY RYAN CAR SALES BISHOPSTOWN:** Open Weekend. 12pm-4pm. KINSALE BAPTIST CHURCH: Temperance Hall, 11am. @ Madden Park. KINSALE CHRISTMAS: Turning on of the Christmas lights. Town Park. Starts 4.30pm followed by Santa's arrival. Cllr. Marie O'Sullivan turns on the Christmas lights at 5pm. Followed by Kids Disco 3 week Positive at Actons Hotel. KINSALE HOTEL: Billy Crosbie, 12.30pm-3pm.

MON 27th NOVEMBER **BLUE HAVEN:** Bought n Sold, 8pm. **STRONGER** WITH SIOBHAN: 6.15am: S&C via Zoom. 087 2771899

TUES 28th NOVEMBER BLUE HAVEN: 8.30pm. KINSALE ACTIVE RETIREMENT ASSOC: Temperance Hall, 2pm. Air Fryers, what are they good for?. **STRONGER** WITH SIOBHAN: 9.30am: Bootcamp @ Dock Beach. 8pm: Lift Heavy 087 2771899

WEDS 29th NOVEMBER **BLUE HAVEN:** Mike O'Riordan. 8.30pm. KINSALE FRIARY: The Science of Wellbeing with Dr. Zelda Di Blasi. Psychology Course. Week 3: Happiness. 7.00pm-8.30pm. Email: kinsale@carmelites.ie or call 021 4772138.

THURS 30th NOVEMBER **HAMLETS:** Trad Duo, 7pm. **STRONGER** WITH SIOBHAN: 7.30pm: Stretch & Roll @ Saile. 8.30pm: S&C @ Saile. 087 2771899

AGM

Kinsale Youth Community Centre Monday 11th December, 7pm All welcome

MATHS GRINDS

023 8849523 KILBRITTAIN AREA

20 years experience. Junior Cert, Leaving Cert & 3rd Level.

Selection of FREE-RANGE **TURKEYS**

available for Christmas

Call: 087 6858537

