



LIBRARIES FOR LEARNING

Central Library, Grand Parade

All day

CLEAN COASTS EXHIBITION OF PHOTOGRAPHS

Continues until Friday, see Monday for details.

All day

CREATING SHAPES EXHIBITION

Until Saturday, details see Monday.

11.30am – 1pm

NON-FICTION WRITERS

The Non-Fiction Writers who meet here regularly read short excerpts from their work. Bring your own short text & join in.

2pm – 4pm

ENTER A WRITING COMPETITION

This is your opportunity to register on the spot for a contest organised by the Non-Fiction Writers Group. Write your short piece, then read it to the group (or have someone else read it). The jury selects a winner today. The best entry will be posted on the CNFWG on-line blog and Cork City Libraries' The Writing Room blog. All participants get a small prize.

T 492 4900

Bishopstown Library

All day

Exhibition of Abstract Art by David Murphy in the Gallery, continues until end of April.

T 492 4950

2.30pm

CELEBRATING CORK

Join Richard T. Cooke for a celebration of our city in song, music & poetry.

6pm

BISHOPSTOWN WRITERS

Come along & find out about joining a writing group. New members always welcome.

6pm

CAINT IS COMHRÁ

New members always welcome.

T 492 4950

Blackpool Library

10am – 5.30pm (closed 1pm – 2pm)

COMMUNITY ART FROM THE GLEN, KNOCKNAHEENY & GURRANABRAHER

Ends noon Friday, see Wednesday for details.

10am – 1pm

IN STITCHES

See a display of work by the In Stitches craft group. All welcome to drop in, look at the work & learn from the group.

3pm

TRACING YOUR FAMILY

Come to a talk by a member of the Cork Genealogical Society, who will show you how to start researching your family's history. All welcome.

T 492 4933

Douglas Library

All day

HISTORY IS TO BLAME EXHIBITION

See Tuesday for details, continues until end of April.

10.30am

TAI CHI FOR SENIORS

Come along & see this vibrant Tai Chi Club in action. Presented by the Young At Heart Club.

6pm – 7pm

READINGS FOR FUN

Enjoy a selection of readings from the work of the Creative Writers for Fun Group, which meets in the library every Thursday.

6.30pm

DOUGLAS CHESS CLUB

Make your move - come along, have a game of Chess with members of the club. They're always looking for new members.

T 492 4932

Hollyhill Library

3pm

ONE BOOK, ONE COMMUNITY CELEBRATION

Parents & children involved in this year's One Book, One Community Family Literacy Initiative give readings from the Writing Competition followed by an Award Ceremony.

All welcome.

T 492 4928

Frank O'Connor Library, Mayfield

10am – 12.30pm

MAYFIELD COMMUNITY EDUCATION NETWORK SHOWCASE

A celebration of learning in the local community. All welcome. See separate entry.

2.30pm – 4.30pm

TALK ON DEMENTIA

Sufferers & their families are welcome to a talk on Dementia from Home Instead Senior Care.

T 492 4935

Tory Top Road Library, Ballypnehane

11am – 1.30pm

LEARN QUILTING

Drop in to learn the art of quilting with the Tory Top Quilting Group, and see a display of their work.

T 492 4934

8am – 9pm

Quay Co-op Restaurant,
Sullivan's Quay

EXHIBITION OF STUDENT WORK

ImaginEight showcases work by Level 6 Painting and Sculpture students at St John's Central College. Continues until Friday.

9am – 5pm

City Hall

ART BY YOUNG TRAVELLERS

See Monday for details, continues until Friday.

9am – 5pm

Coláiste Stiofáin Naofa, Tramore Rd

HIDDEN IN PLAIN SIGHT

Exhibition continues – details see Monday.

9.30am – 2pm

Cork Institute of Technology, Bishopstown



QQI

Quality and Qualifications Ireland
Dearbhú Cáilíochta agus Cáilíochtaí Éireann

A DAY IN THE LIFE OF A CIT STUDENT

This event is for senior cycle students from Cork City & County who are interested in finding out what life as a CIT student is really like. Experience a lecture, tour the campus, quiz students about what it's like at CIT. Pupils also have the opportunity to speak with the Access Team about any concerns they have about admission & other aspects of CIT. Free refreshments.

Event organised by CIT Access Service. Booking essential as places are limited. Call Louise Birmingham or Elaine Dennehy: 433 5138 or email linkedschools@cit.ie www.cit.ie/access

9.30am – 5pm

Knocknaheeny Community Centre,
Foyle Avenue

EXHIBITION OF ARTS, CRAFTS & PHOTOGRAPHS BY LOCALS

Details see Monday, continues until Friday.

10am – 12 noon
& 2pm – 4pm

Assistive Technology Service,
Student Centre, CIT

ASSISTIVE TECHNOLOGIES FOR STUDY

Find out about assistive technologies which help students become independent learners. Event aimed in particular at students with Dyslexia/DCD aged 12-18.

Mark Burleigh, Assistive Technology Officer CIT, gives a practical demonstration in the latest technologies, including software that can help when writing assignments or taking

max
14

notes. Participants can try some of the novel technologies, in particular mind mapping. They will also find out about the disability supports from Laura O'Rourke (Disability Support Officer) & other assistive technology equipment & software available in CIT.

Event organised by Disability Support Service & Access Service, CIT. Enquire about parking when booking. As numbers limited to 14 students plus parent/guardian, booking essential.

Call Christine Nolan 433 5138
email: Christine.Nolan@cit.ie www.cit.ie/
access Repeated at 2pm today.

10am – 12.30pm

Frank O'Connor Library,
Old Youghal Rd, Mayfield

INVESTIGATE, PARTICIPATE & CELEBRATE LOCAL LEARNING

The Mayfield Community Education Network hosts a morning of free workshops & displays from community groups & schools. Free refreshments. All welcome. Come along to a vibrant morning of dance performances including Salsa, Irish, Ballroom, with the option of watching or joining in! There will be displays of art from local artists, craft work, demonstrations of beauty & make-up, cross stitch & flower

arranging, all for you to enjoy. Local choirs & schools will perform.

The Mayfield Community Education Network (CEN) is a group of local adult/community education providers. Members: Mayfield Community Adult Learning Project, Mayfield Arts, Newbury House, Lotamore Family Resource Centre, St Laurence Cheshire Services, Home School Liaison from Mayfield Community School, St Patrick's Schools, Scoil Mhuire Banrion & St John the Apostle BNS, HSE Health Action Zone & Mayfield Write-On Adult Basic Education Service.

Further info about the event or Network activities: 450 8562.

SHOP & LEARN**Mahon Point Shopping Centre**

10am – noon

ALCOHOL INFO-POD

Come up to the stand, take part in a quiz & learn the facts about alcohol. Details of services & supports available. Stand organised by Cork City Partnership Community Outreach Drug Awareness Project & the TVG Drug and Alcohol Support Project. To book an Alcohol Information Stand for your organisation call Mella Magee 087 196 2022 or email: mmagee@partnershipcork.ie www.corkcitypartnership.ie

10am – 5pm

Cork Vision Centre @ St. Peter's
North Main St

EXHIBITION: THE WATERFOWL PEOPLE

Until Friday – details see Tuesday.

10am – 8pm

James Barry Exhibition Centre, CIT

MY EDUCATION, MY FUTURE EXHIBITION

Continues until Friday, for details see Tuesday at 2pm.

10am – noon

Community House, 26 Bridevalley Park, Fairhill



OPEN MORNING

Discover the various arts & craft activities & see works created by locals & groups. Pick up information on new courses & job search & skills training opportunities. Come along and see what's going on in the Farranree & Fairhill community. All welcome. Tea & coffee provided. Groups involved include Fairhill/Fairfield Community Association, Farranree Health Action Zone, Cork City Partnership, Cork City Council & RAPID.

Directions: at the top of Pophams Road, at T junction turn right through roundabout, at next T junction turn right and then left into Bridevalley Park Estate.

Info: Mary Sheehy 490 9710 or 087 196 2015 or email msheehy@partnershipcork.ie

A Cork City Partnership – Farranree/Fairhill Outreach Project



10am – 1.30pm

National Learning Network
No 26 Penrose Wharf Complex
Penrose Quay

DISCOVER FOCUS MENTAL HEALTH RECOVERY

Learn about the Focus Mental Health Recovery Programme offered here. The 12 month programme equips those with mental health difficulties with strategies to better deal with life situations. It helps participants to enhance their levels of personal development, community integration,

physical & mental well-being & vocational orientation. It also supports them in clarifying their future options, using a range of centre & community based activities.

Meet the instructors & hear from ex-learners how the programme has worked for them. Pick up an application form or arrange for an individual meeting to discuss the programme, which is HSE funded. Refreshments. Parking in Penrose Wharf Car Park can be accessed from Alfred St.

Briefings at 10.30, 11.30 & 12.30 but drop in at any time during the morning. Booking for briefings preferred (maximum 30) but not essential.

Contact Eileen or Carol at 450 9021 or 087 667 4282 or email: eileen.ryan@nln.ie or carol.osullivan@nln.ie, www.nln.ie

10am – 5pm

Foyer, Lewis Glucksman Gallery, UCC

EXHIBITION OF COMMUNITY PHOTOGRAPHY

Until Friday - details see Monday.

10am – 5.30pm (closed 1pm – 2pm)

Blackpool Library

COMMUNITY ART FROM THE GLEN, KNOCKNAHEENY & GURRANABRAHER

Details see Wednesday, continues until noon Friday.

10am – noon

Coláiste Stiofáin Naofa

FURNITURE DESIGN – CAD WORKSHOP

Join the Furniture Design Course at CSN in Room 119 this morning. The session will introduce Computer Aided Design (CAD) and CNC, part of the rapid prototyping technologies transforming the design world. Participants can try the equipment & see some of the ongoing design work. Facilitated by Fergus Somers. Booking required as places limited.

Call Lara Norris 496 1020 or email: csnartsevents@gmail.ie



10.30am

Curraheen Family Centre
Meeting Room, Church of the Real Presence, Curraheen Rd



LEARN NEEDLE WORK

Join the needle workers at the Curraheen Family Centre as they demonstrate their achievements, and share their talents in embroidery, quilting, blackstitch, tapestry work, knitting, card making and more. All welcome. Free refreshments.

Curraheen Family Centre is a member of the Bishopstown Glasheen Community Education Network.

Info: Irene Higgins 454 1583

Noon - 2pm

Coláiste Stiofáin Naofa

TRY A DRAWING CLASS

Join a Level 5 Art, Craft & Design drawing class in Room 106 & pick up some tips on working with pencil & charcoal. Facilitated by Lucy Phelan. Booking required as places limited.

Call Lara Norris 496 1020 or email: csnartsevents@gmail.ie



10.30am – noon

Knocknaheeny Hollyhill Youth Project
Hollyhill Shopping Centre

FEAST OF MUSIC, SONG & DANCE

All welcome to a celebration of talent with performances of music, song & dance by a variety of groups and local schools. Among them:

- St Mary's on the Hill Primary School
- Scoil Padre Pio
- Sunday's Well Primary Schools.
- Terence MacSwiney Community College Band.
- COPE Foundation Hollyhill
- Knocknaheeny Hollyhill Drug & Alcohol Project
- St. Vincent's Secondary School
- Other local talent.

Among performances this morning are: Storytelling with COPE Foundation Hollyhill & Knocknaheeny Hollyhill Drug & Alcohol Project. A collaborative project, meeting weekly since January to work on the One Book One Community initiative. Participants create props & discuss how best to tell the tail of *The Snail and the Whale* by Julia Donaldson.

Info: Shirley Matthews 087 762 8053 or 439 2947 email: shirleyamatthews@yahoo.co.uk

COPE Foundation's The Amazing Team with song, dance & percussion. The group created their name & also chose the pieces they perform.

Info: Mary Keating 085 210 1646

Morning organised by Cllr Tony Fitzgerald, Secretary, Knocknaheeny Youth Project 087 654 7142 or 430 3902 email: knocknaheenyouth@eircom.net



10.30am – 12.30pm

The Glen Resource Centre, The Glen

SOAPS & CELEBRITIES QUIZ

There's no need to book, just turn up, there's enough room for a small village. Teams of two answer a 40 question quiz on popular culture, including soaps & celebrities. Fun guaranteed. Tea, coffee & cake served. Ample parking. All welcome. Presented by Dillon's Cross Project, with prizes sponsored by Cork ETB Education Unit Cork Prison & The Glen CDP.

Info: 086 045 3015

11am

School Library, Terence MacSwiney
Community College, Knocknaheeny

LISTENING TO CHILDREN'S VOICES

This morning the Report *Having Our Say: Children's Voices in Housing Estate Regeneration* is launched. It's the result of research undertaken over the past year with 78 children & young people from Knocknaheeny. They were involved in this exciting project with two researchers from the School of Applied Social Studies, University College Cork. *Having Our Say* set out to hear the views of children & young people about the regeneration of their area, using lots of creative methods including focus groups, photography, art & rap.

Join the participants & researchers, local community & youth groups, the City Council & government officials when a summary of the main findings will be presented.

The research was funded by the Department of Children & Youth Affairs, the Department of the Environment, Community & Local Government, the Irish Research Council, and the College of Arts, Celtic Studies & Social Sciences, UCC.

Info: Dr Siobhán O'Sullivan 087 633 8100
email: siobhan.osull@ucc.ie

11am – 1pm

Parish Family Centre,
Church of the Resurrection,
Farranree

max
60

IT'S A LONG WAY TO TIPPERARY

A morning of songs, stories & poems remembering wartime entertainment, especially the Great War, as part of the school's theme for the festival this year: North Pres Remembers World War One. Guest musician Liam Hutchinson will be accompanied by Adult Education students from English literature classes at North Presentation Secondary. A morning treat that will have you humming and toe tapping. Light refreshments available from 10.30 – 10.45am.

Organised by members of Farranree Community Education Network: North Presentation Adult Ed; North Presentation Home Schools Liaison; North Presentation Secondary School & Farranree Family Centre, Church of the Resurrection.

The Parish Family Centre is behind the church. Number 203 bus stops nearby. Limited parking on the main road. It's sure to be popular – so book your place by calling Joanne Twomey, North Pres 085 815 4328

Info: adulated@northpres.ie

11am – 1pm

The Granary, Bessboro, Blackrock

max
26

WORKSHOP ON HUMAN RIGHTS

SHEP guest lecturer Nura Hagi from Somalia explores the issue of Human Rights & why they matter in a world of unequal opportunity. Nura is well known as a speaker & is active locally in Cork, nationally & internationally. She will take a Development Education perspective, and what she has to say affects everyone reading this programme. Workshop presented by Social & Health Education Project (SHEP) in association with Irish Aid. www.socialandhealth.com Booking essential, as places limited.

Call Geraldine Flanagan T 466 61801

11am – 1pm

Mahon Youth Centre
Portakabins, Mahon Drive

max
8

GET THE MOST FROM YOUR MOBILE PHONE

In this intergenerational programme tech savvy young people from local secondary schools teach local older people how to use their phones. It takes place in a group but on a one-to-one basis. The programme will run over 4 weeks. Parking available & free refreshments. Organised by Mahon CDP with Nagle & Ursuline Secondary Schools. Places limited – book your place. For more information or to book, contact Lynda Wakefield M 085 856 5455 T 435 9070 or email: lynda@mahoncdp.com

1am – 4pm

Cork Vision Centre @ St Peter's,
North Main St

LEARN ABOUT MUSIC COURSES

Information about Cork Academy of Music, with an Academy member available to answer questions. Details see Tuesday, repeated Friday with a lunchtime concert.

11.30am – 12.30pm

Mahon Family Resource Centre,
Mahon Drive

max
12

TRY A YOGA CLASS

Come to a class, organised specially for the festival. Discover the benefits of Yoga – it's good for mind & body, helps to relieve stress, lose weight, makes you feel more energetic. There's a regular class here on Thursday mornings from 10am, so if you enjoy the experience you can join it. As places limited, book by calling Maeve or Elsa 435 8855 or e-mail: info@frcentre.ie

Noon

The Everyman Theatre,
15 MacCurtain Street

max
15

BEHIND THE SCENES AT THE EVERYMAN

Join a behind-the-scenes tour of this magnificent Victorian theatre, which opened in 1897. Learn about its history & the personalities that shaped it. Please note

that it's a very old building & parts of the tour are only accessible by stairs. Numbers strictly limited to 15, so places must be booked - call the Box Office 450 1673
Info: email info@everymanpalace.com
www.everymanpalace.com



Noon - 1pm

Triskel Arts Centre/Christchurch
Entrance on Tobin Street

TOUR TRISKEL CHRISTCHURCH

This guided tour includes an introduction to the renovated building, the medieval and early modern history of the church, the building's distinctive features, its historical characters, the graveyard and the crypt. To make sure of your place, please book.

Call David Ryan 427 2022
email: David@triskelartscentre.ie

Repeated at 2pm today.

Noon – 1.30pm

Barnardos Brighter Futures,
Ardmore Avenue, Knocknaheeny

max
15

ART FOR PRE-SCHOOLERS AND A TOUR

The One Book One Community initiative this year chose a beautiful book for pre-schoolers, *The Snail and the Whale* by Julia Donaldson. Staff at Brighter Futures invite you & your child to experience a fun art workshop, with a variety of activities it inspired, such as making hats & bookmarks & decorating Snail and the Whale cookies!

Join in a guided tour of the centre, meet the staff & see the children's artwork inspired by *The Snail and the Whale* on display. Staff will be happy to talk to you about the different ways they support children's learning on a daily basis. They will answer any questions you have.

Please ring or email if you & your child would like to attend as places limited. Contact Project Leader Jenna Russell or Receptionist Mary Morrish to book.

T 430 7964 or email: mary.morrish@barnardos.ie or jenna.russell@barnardos.ie

Noon – 5pm

Bishopstown Senior Social Centre
Wilton Park House

COMPUTERS FOR THE PETRIFIED

Details see Tuesday.



12.30pm – 2pm

Welcome English Language Centre
Convent Place, off Proby's Quay

LEARN A LITTLE ABOUT OTHER CULTURES

Come along & learn about the culture, food, music of Georgia, Spain, Guinea Conakry. This is a regular festival event, which is enjoyed by many and includes food tasting from the countries featured. Meet some of the centre's students and teachers.

Welcome English is a voluntary community organisation. Co-ordinated by the Sisters of Mercy it was set up to provide English classes for those seeking asylum and for refugees.

Convent Place is off Proby's Quay, turn right before La Dolce Vita restaurant

Info: 431 6537 or 087 918 9841 email: welcomeenglish@hotmail.com
www.welcomeenglish.ie

1pm – 2.30pm

Scoil Ursula, Blackrock

SCHOOL GARDEN OPEN

You are invited to view the garden created by the parents, pupils & staff of Scoil Ursula.

Info: Eileen Nolan 087 798 7005
email:sublackrock.ias@eircom.net

1.10pm – 2pm

Foyer, CIT Cork School of Music

VOCALS AT LUNCHTIME

A concert of songs and tight harmonies, sweet sounds and fun!

Featuring: The Common Touch; Three Mammies (Rachel Healy, Ber Twomey, Deirdre Steele); The Upbeats (Barbershop Quartet - 2014 Feis Maitiu winners).

Some seating. Wheelchair accessible. On-street parking. Bistro on-site.

Info: Edel Sullivan 087 234 4669

Another lunchtime concert here tomorrow.

1.30pm – 4.30pm

Connaught Avenue,
off Donovan's Road

CYCLE SKILLS FOR ADULTS

See Monday for details.



2pm - 3pm

Triskel Arts Centre/Christchurch

TOUR TRISKEL CHRISTCHURCH

See Noon today for details.

2pm - 4pm

Coláiste Stiófáin Naofa

OPEN STUDIOS

Visit the studios, rooms 106-109, to meet the art students at work. Facilitated by Lucy Phelan. No booking necessary, so just drop in. www.csn.ie

2pm – 4pm

Assistive Technology Service,
Student Centre, CIT

ASSISTIVE TECHNOLOGIES FOR STUDY

See 10am today for details.

2pm – 9pm

Nexus Hall, Student Centre,
Cork Institute of Technology

28th CORK MECHANICAL, MANUFACTURING & BIOMEDICAL ENGINEERING EXHIBITION

This annual exhibition features over 200 stands & is the largest educational innovation engineering event in Europe. The theme of the 2014 events is *Think Outside the Box - CIT Engineering Innovation and Entrepreneurship*.

This theme reflects the remarkable engineering innovation & entrepreneurship achievements of the students at Cork Institute of Technology. This success has been underlined by three major CIT student awards: winners from over 400 entries island-wide at the 2013 Enterprise Ireland / Invest Northern Ireland Student Entrepreneurship Think Outside the Box Finals in Galway - Enterprise Ireland / Invest Northern Ireland First Place & Student Entrepreneur of the Year 2013; Cruickshank Intellectual Property Attorneys Most Technologically Innovative Product 2013: and Think Outside the Box National Award of Merit 2013.

For more details, contact Exhibition Organiser: Senior Lecturer Sean F. O'Leary School of Mechanical, Electrical & Process Engineering: 433 5425 or email: sean.foleary@cit.ie

2pm – 3pm

Carrig Sound Recording Studio
Donnybrook Commercial Centre,
Douglas



TOUR A RECORDING STUDIO & LEARN ABOUT CLASSES

Repeated daily until Sunday. See Wednesday for details.



2pm – 4pm

Bishopstown Senior Social Centre
Wilton Park House

LEARN ABOUT MEN'S SHEDS

Come along & meet the men already involved



in Bishopstown Senior Social Centre Men's Shed, at their weekly woodturning class. New members always welcome.

The Men's Sheds movement started in Australia & has become popular in Ireland & worldwide. It provides a friendly environment where men, from all walks of life, meet & take part in projects which benefit their community. A group drawn from the Bishopstown Senior Social Centre is currently involved in enhancing the neighbourhood by cleaning up the Glasheen River. Come along to find out more.

Info Roger 086 386 6975

2.30pm – 4.30pm

Cork City and County Archives
Seamus Murphy Building,
Great William O'Brien St, Blackpool

max
35

updates on website www.corkarchives.ie;
or facebook.com/corkarchives. Final lecture
tomorrow.

HISTORY & ARCHIVES WEEK: THE IRISH REVOLUTION 1913-23

UCC historian Dr John Borghonovo speaks about **The Irish Revolution (1913-23) & Cork Archives** as part of History & Archives Week here. See Tuesday for more information. To ensure your place, book. Call Timmy O'Connor LG Archivist 450 5876 email: timmy_oconnor@corkcity.ie.

As line-up subject to change, check for



3pm – 4pm

Visitors' Centre
University College Cork

GUIDED HISTORICAL TOUR OF UCC

See Monday for details. Repeated daily until Friday.



4pm – 6pm

The Amphitheatre,
Sample-Studios, 3rd Floor,
Former Government Buildings,
Sullivan's Quay

max
50

HOW BOLIVIA RESPONDS TO CLIMATE CHANGE

Development worker & environmentalist Sian Cowman, who spent six months in Bolivia last year, leads a seminar called **From the Rockface: Communicating Bolivian Experiences & Responses to Climate Change**. She'll touch on Bolivia's politics, history of social movements, development issues, and how indigenous Andean communities react to the climate impacts they face. The event aims to start a dialogue into how those most affected by climate change can be included in the global conversation seeking solutions.

The venue is the former FÁS building. Wheelchair access. People in foyer to direct you.

Organised by The Democracy Center, with partners Cork Environmental Forum, Friends of the Earth Ireland, Latin America Solidarity Centre, Ethical Development Action.

Info: Sian Cowman 086 353 8396
email: siancowman@democracyctr.org
www.democracyctr.org

4pm

Alliance Française de Cork, 36 Mary Street



BELLA VENEZIA

Susanna Fabris, Cultural Co-ordinator here & a native Venetian, takes you on a fascinating virtual tour of one of the most famous cities in the world – beautiful Venice.

As places limited, please book. Call Niamh Sweeney 431 0677 or email: info@alliancefrancaisecork.com

4.15pm

Ballyphehane Togher CDP
Community Resource Centre & Crèche
Lower Friars Walk

LEARNING FOR DEMOCRACY: LOCAL ELECTIONS

Adrian Kavanagh, a geographer from the National University of Ireland at Maynooth, gives a lecture called *The Political Landscape of the 2014 Local Elections*. Leading up to the Local & European elections on Friday May 23, the series Learning for Democracy aims to help you understand & engage with the political process. See 10am Friday for the final event.

If interested, please contact Siobhán O'Dowd: 431 9085 or email: siobhan@btcdp.ie

4.30pm - 6.30pm

Spanish Studies Centre Cork
19, St Patrick's Hill

ITALIAN CULTURE & LANGUAGE

Alessandra Chiappara gives a lecture on Italian culture followed by a language class, all levels are welcome to attend. No need to book. See Monday for all the languages offered here. Info: 086 311 1193 email: spanishstudiescork@gmail.com
www.spanishstudiescentrecork.com

5.30pm

Firkin Crane, Shandon

max
3

POLE FITNESS CLASS

Improve your strength, endurance & flexibility by learning pole dancing techniques & conditioning, regardless of your initial fitness level. Aged 16+ you are welcome to come along to observe or take part. You must book by calling Anna Ozolina 085 819 6145
Repeated at 6.30pm, 7.30pm & 8.45pm.

6pm

Crawford Art Gallery, Emmet Place

TOUR THE SAMUEL PALMER EXHIBITION

Details see Tuesday. Repeated Saturday 2pm.

Room 9, West Wing
Main Quadrangle, UCC



THE FREE UNIVERSITY: ACE AT UCC PUBLIC LECTURE PROGRAMME

3pm – 4pm

FROM BOKEH TO MOTION BLUR

Stephen Bean, University Cameraman, AV Media Service & ACE, UCC, introduces you to some of the key concepts & techniques in photography & film production. Differences in lens design & aperture shape can cause either pleasant or distracting effects. He'll look at 'good' and 'bad' bokeh, Motion Blur & 'eye light' reflections.

4pm – 5pm

HOW TO MAKE A RADIO DOCUMENTARY

Kieran Hurlley, Station Manager at UCC98.3FM & documentary-maker, introduces you to the most important aspects of making a radio documentary. He will include **editorial** content, how podcasts work & how to write a proposal & seek funding.

More lectures this evening & tomorrow. Unless bringing a group, no need to book.

Info: 490 4700 email: ace@ucc.ie
www.ucc.ie/en/study/ace



6pm – 8pm

Tourism & Hospitality Building,
Cork Institute of Technology



CAO APPLICANT INFORMATION EVENING

Has your son or daughter indicated an interest in a course at CIT in their 2014 CAO application? Does she still have questions? Is he contemplating the 'Change of Mind' option? Come to the Bishopstown campus this evening, for an opportunity for them to: learn more about their chosen course; take a tour of the campus & facilities; avail of information on grants (Information sessions at 6.30pm, 7pm and 7.30pm); learn about sports scholarships/bursaries; gain an insight into the various support services ; get information on accommodation; learn about life as a student at CIT.

Booking necessary, call Anthony Cremin
T 433 5552 email: citforcao@cit.ie

6.30pm

Firkin Crane, Shandon

POLE FITNESS CLASS

See 5.30pm today.

7pm – 8pm

St Anthony's Sports Hall, Ballinlough

KARATE FOR KIDS

See Tuesday for details or call Barry 429 1313 or 086 722 2779

email: barry@risingsun.ie www.risingsun.ie

Classes for adults & children at Carrigaline Court Hotel – See Fringe section.

7pm – 8pm

Garden Suite, Montenotte Hotel, St Luke's

ARGENTINE TANGO – A TASTER CLASS

Try a fun dance class for beginners with the Cork Argentine Tango Society.

For more details see Wednesday.

7pm

Spailpín Fánach, South Main St opp
Beamish & Crawford

21 YEARS LEARNING FROM THE NAOMHÓG - MO MÚINTEOIR

Join Meitheal Mara and Naomhóga Chorcaí in celebrating their 21st anniversary. Founding Manager Pádraig O Dúinnín will talk about bringing the naomhóg to the River Lee & Cork's thriving urban currach culture.

More info from Meitheal Mara 431 6813
email: office@meithealmara.ie

7pm – 10pm

University Language Centre,
Room G36, O'Rahilly Building, UCC

TRY AN ENGLISH LANGUAGE LESSON

Come to a free one hour class followed by a gathering with staff & students with Irish music & finger food. Suitable for those whose first language is not English, who want to improve their skills. Speak to experienced staff about courses, exams to take. Chat, relax - plenty of laughs guaranteed.

All visitors entered in a competition: First Prize €100 off any English course here; Second Prize 3 month free membership to self-study library & computerised labs (value €45). You don't have to book, but they hope you will. Call Carolyn 490 2898 email: carolyn.obrien@ucc.ie

The O'Rahilly Building is on main UCC campus, next to the Boole Library.

7.30pm

Firkin Crane, Shandon

POLE FITNESS CLASS

See 5.30pm today for details.

7.30pm – 9pm

Mahon Family Resource Centre,
Mahon Drive, Mahon,

LAUNCH OF BOOK BY STUDENTS

Mahon Basic Adult Education Support & the Family Resource Centre invite you to a celebration. Join students as they launch a book of short stories & anecdotes they have written. Refreshments. Parking available.
Info: Brid Murphy 086 857 7820

7.30pm - 9pm

Mahon Youth Centre
The Portacabins, Mahon Drive

OPEN ART STUDIO

See Tuesday for details.

7.30pm

Turners Cross Community Centre,
Curragh Road

CORK & THE GREAT WAR

Learn about Cork & World War I at a lecture given by the author & historian Gerry White. All welcome. Refreshments. The Centre is next to the Credit Union. Info: Joe Curtin 086 259 1362 email: turnerscrossinfo@gmail.com

8pm – 10pm

Firkin Crane, Shandon

SCREEN ACTING FOR CAMERA

Adults welcome to class, booking essential. See Monday for details.

8pm – 10pm

Douglas Community School

SHORT MAT BOWLS

See Monday for details.



8.15pm – 9.15pm

Firkin Crane, Shandon

TRY ZUMBA

Dance to Latin rhythms & movements while enjoying a fun & fitness class with Christina Murphy. Come early or book with Christina at 085 842 8592 as places limited.

8.45pm

Firkin Crane, Shandon

POLE FITNESS CLASS

See 5.30pm today for details.
Details of all classes at www.firkincrane.ie



Room 9, West Wing
Main Quadrangle, UCC



THE FREE UNIVERSITY: ACE AT UCC PUBLIC LECTURE PROGRAMME

7pm – 8pm

OUR HIDDEN CULINARY HERITAGE

Regina Sexton, Food/Culinary Historian, Adult Continuing Education, UCC, looks at the history of the recipe in the Irish country house. She'll take you inside the kitchens & dining rooms of some of Ireland's grand houses with an exploration of the culinary culture as revealed through their recipe

collections (manuscript receipt books). The focus is on the 18th & early 19th centuries, when exotics like ambergreece, isinglass & pineapples kept company with more routine staples like potatoes but all were cooked in lavishly rich ways.

8pm – 9pm

THE HONAN CHAPEL & IRELAND'S REVOLUTIONARY DECADE

James Cronin, School of History & ACE, UCC, examines the place of the Honan Chapel in Ireland's Revolutionary Decade (1914-1924). He'll discuss the role of Irish arts in the decade currently being commemorated. He will show how art & politics were interconnected with a study of the Honan Chapel on the grounds of UCC.

Lecture series ends tomorrow.

Info: 490 4700 email: ace@ucc.ie
www.ucc.ie/en/study/ace