

LEABHARLAINNA
DON FHOGLHAIM



**LIBRARIES
FOR
LEARNING**

Central Library, Grand Parade

All day

CLEAN COASTS EXHIBITION OF PHOTOGRAPHS

Until Friday, see Monday for details.

All day

CREATING SHAPES EXHIBITION

Continues until Saturday, details see Monday.

2pm – 2.30pm

ARTISTS TALK ABOUT THEIR WORK

Members of Cork ETB Community Arts Groups in County Cork whose work is on display in the Creating Shapes Exhibition discuss their work & their involvement in Community Education. All welcome.

7pm – 8.30pm

OPEN HOUSE

Cork City Library & Altrusa Adult Literacy Scheme present Open House this evening. All welcome to listen to readings & music & to tour the library's facilities.

Free refreshments.

T 492 4900

Bishopstown Library

Wilton Shopping Centre

All day

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

T 492 4950

10.30pm

KNIT & KNATTER

Join the group which meets here every week.

T 492 492 4950

Hollyhill Library, Foyle Avenue

10am – 5.30pm (closed 1pm – 2pm)

EXPLORE THE DICTIONARY OF IRISH BIOGRAPHY

Book your free session to explore this useful online resource.

T 492 4928

Douglas Library, Village Shopping Centre

All day

HISTORY IS TO BLAME EXHIBITION

The first exhibition of the series from Cork City Libraries in celebration of the 1913-1923 period. Continues until end April.

11am

TRACING YOUR FAMILY HISTORY

Come along to find out from a member of the Cork Genealogical Society how you to start researching your family tree, how to access records & put together your personal story. All welcome.

2pm – 3pm

GETTING YOUR BUSINESS ONLINE

Getting your business online

Workshop for sole traders & small businesses who want to develop a web presence, presented by Blacknight Solutions. See separate entry.

Places limited, phone to book.

T 492 4932

Blackpool Library, Red Forge Rd

2.15pm

BLACKPOOL LIBRARY BOOK CLUB

Come to a regular meeting. New members always welcome.

Tory Top Library, Ballypnehane

11.30am

TRACING YOUR FAMILY HISTORY

Find out from a member of the Cork Genealogical Society how to start researching your family. All welcome.

2pm – 4pm

LEARN TO CROCHET

Watch and learn to crochet with Ballypnehane/Togher Arts and Crafts Initiative.

All welcome

6.30pm

CONVERSATIONAL IRISH

Cúpla Focal Eile invites you to come along and join in the conversation, use your cúpla focal & learn some more. All levels welcome. Fáilte roimh gach éinne.

T 492 4934

8am – 9pm

*Quay Co-op Restaurant,
Sullivans 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.

9am – noon

*Coláiste Stiofáin Naofa,
Tramore Rd*

OPEN WORKSHOP IN FURNITURE DESIGN

The Furniture Design & Making Workshop area, rooms 118-119, is open to the public this morning. Get a close look at hand-crafted furniture making in progress & get a little hands-on experience. Facilitated by Ray Dennehy. No need to book. www.csn.ie

9.30am – 11.30am

*Room 206, Hairdressing Salon,
St. John's Central College
Sawmill St*

EXPERT ADVICE ON YOUR HAIR

All welcome to a consultation with students of Hairdressing at the college, with staff on hand to tell you about the course. It's an opportunity for you to discuss the latest hair colours & to get some advice on current styles.

Info: 425 5500 www.stjohnscollege.ie

9.30am – 12.30pm

Social Protection Office, Hanover St

HELP FOR THE UNEMPLOYED

The Citywide Community Education Network has a stand in the dole office this morning & tomorrow morning, where you can talk to them about courses & other services available across the city. The Network is supported by the Cork Education & Training Board. Info: Eamonn Kirwan 492 4922

Citywide Network members: Active Pulse Theatre Group, Adult Guidance Service of City of Cork VEC, Altrusa Adult Literacy Service, The Carers Association, Cork City Libraries, Disability Education Network, Good Shepherd Services, NASC – The Irish Immigrant Support Centre, the Retired People's Network, Simon Community, Social & Health Education Network, Sophia Housing, Welcome English Centre, We Made This – South Pres.

9.30am – 5pm

Knocknaheeny Community Centre
Foyle Avenue

EXHIBITION OF ARTS, CRAFTS & PHOTOGRAPHS BY LOCALS

Details see Monday, continues until Friday.

10am – 12 noon

Easons Hill Community Centre, Shandon

LEARN HOW TO CROCHET

Join local ladies as they introduce you to crochet with a demonstration. Presented by HSE Health Action Zone & Cork ETB. All welcome.

Info: Linda or Martin 086 787 2372

10am – 5pm

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

EXHIBITION: THE WATERFOWL PEOPLE

Call in to view this celebration of works by writer & film-maker Lennart Meri, who served as the second President of Estonia in 1992 & was also a leader of the Estonian

independence movement. All welcome. Info: 427 9925 email: visioncentre@eircom.net www.corkvisioncentre.com

Daily until Friday.

10am – 5pm

Foyer, Lewis Glucksman Gallery
University College Cork

EXHIBITION OF COMMUNITY PHOTOGRAPHY

Enjoy work by Community Digital Photography groups from the Glen, Knocknaheeny & Gurrabraher. This creative exhibition builds on local people's reflections, experiences & views of the City of Cork. Info: Margo Hayes 087 196 2023

A Cork City Partnership Outreach Project. Daily until Friday.

10am – noon

Before 5 Family Centre, Churchfield

HEALTHY FOOD MADE EASY

Caroline O'Connor, Community Dietician with the Health Promotion Department of the HSE gives a workshop, showing how easy it is to make healthy meals. This is an introduction to a six week course which is available from the HSE for community groups. Places limited, so book yours by calling June Hamill 430 3561.

10am – noon

Blackpool Library

TABLE QUIZ

Fifth class pupils from Scoil Aiséirí Chríost, Farranree & their parents compete in a quiz with questions based on The Ghost of Grania O' Malley by Michael Morpurgo, the book chosen for this year's One Book, One Community Family Reading Project. All welcome to come & cheer them on.

Info: Avril Donoghue 421 0677

10am – noon

Lavanagh Centre, Ballintemple

BOOKS HELP LEARNING



Guided exhibition of all sorts of books made by students & staff in the School of the Divine Child, including Augmentative & Alternative Communication, Literacy for All.

See how the students & staff in the school use technology to make books in order to help their learning. Books using symbols, pictures & words; PowerPoint presentations of projects & poetry; models to explore historical events; 'how to do' books for cookery & sporting activities; using websites; iPads; Clicker and Grid Software.... the list is endless. The Lavanagh Centre is in Ballintemple village; take No 2 bus from city centre. Booking preferred, as places limited. Ask for Patricia Harrington 429 1804 Email: divinechild@eircom.net www.lavanagh.ie

10.15am – 12.30pm

Ballypnehane Togher CDP
Community Resource Centre & Crèche
Lower Friars Walk

LEARNING FOR DEMOCRACY: YOUR VOICE YOUR VOTE

In advance of the Local & European elections on Friday May 23, Ballypnehane Togher CDP hosts a series of events today, Thursday & Friday called Learning for Democracy to help you understand & engage with the political process. If interested in attending any of the series, please contact Siobhán O'Dowd: 431 9085 or email: siobhan@btcdp.ie

This morning the Vincentian Partnership delivers Your Voice Your Vote – session repeated this afternoon at 2pm.

max 30

10.30am – 1pm

We Made This Centre
South Presentation
Evergreen St

WORKSHOP ON MEDITATION & WELLBEING

Sile O'Connor facilitates an interactive session exploring & experiencing the gift of meditation – a journey & a discipline that leads to peace, harmony & joy of being.

Organised by the Social & Health Education Project (SHEP) & We Made This Project.

Info: socialandhealth@eircom.net or wemadethis@presentation.ie

Places limited, booking essential. Call Geraldine Flanagan at SHEP 466 6180

max 20

10.30am – 2pm

North Presentation Secondary School,
Farranree

REMEMBERING WORLD WAR ONE

North Pres remembers the First World War with a morning of talks by guest speaker Gerry White, North Pres Adult Ed students & the Transition Year group. Topics include: Cork & WWI; the Christmas Truce; an Irish Chaplain at War; the Battle of Jutland; Tom Kettle, poet & soldier. Come and join what promises to be a fascinating journey back in time. The conference is hosted by the Adult Education History Group, which meets here on Tuesdays. Light refreshments at 10.30am. Limited parking in school car park. North Pres is near the Church of the Resurrection. Bus no 203 stops outside.

For info, email: adulted@northpres.ie To book you must phone Joanne Twomey 085 815 4328

North Presentation Adult Ed, North Presentation Home Schools Liaison, North Presentation Secondary School are members of Farranree Community Education Network.

max 50

11am – noon and noon to 1pm

Knocknaheeny Community Centre,
Foyle Avenue



LEARN ABOUT ENERGY THERAPY

Come to a talk & demonstration about Complementary Energy Healing & how it can prevent age-related ailments such as Alzheimer's, Dementia, etc. Energy Healing available here on Tuesday evenings by appointment. Info: Noreen O'Regan 087 196 2026 Booking preferred, call Norma Kenny 439 9503.

A Cork City Partnership Knocknaheeny (We The People) Outreach Project.

11am – 1pm

St Mary's On the Hill Primary School,
Knocknaheeny



COOKERY DEMONSTRATION

Chef Seamus O'Connell of The Ivory Tower Restaurant in the city gives a demonstration of Healthy & Irish dishes. Booking essential as places limited. Book by calling Deirdre 439 9503 Info: Noreen O'Regan 087 196 2026 or Norma Kenny 439 9503.

A Cork City Partnership Knocknaheeny (We The People) Outreach Project.

11am – 4pm

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

DISCOVER MUSIC COURSES

Stands with information on courses & further educational initiatives on offer at the Cork Academy of Music, with an Academy member to answer your questions.

Since 1994 Cork Academy of Music Ltd has been providing an access route to music education for people who are socially, economically or culturally disadvantaged on the northside of Cork City. Since 2012 the Academy has been a catalyst & co-ordinator for the Music Generation Programme with 12 of its tutors providing classes to 286 children in seven schools. Cork Academy of Music, North Monastery Campus T 421 0573 e-mail: corkacademy@gmail.com www.corkam.com

Vision Centre 427 9925
email: visioncentre@eircom.net
www.corkvisioncentre.com

Repeated Thursday & Friday, with lunchtime concert on Friday.

11am – 4pm

The Teaching Rooms,
6 Sidney Place, Wellington Rd



INTRODUCTION TO SHIATSU

Cork School of Shiatsu invites you to learn the basic, simple & safe techniques of this ancient body therapy to help friends & family relax. Also included will be acupoints for First Aid use, as well as stretching & relaxation techniques to develop your energy using Qi kung and Do-in. This stand-alone class could encourage you to further training. Bring lunch, tea and coffee available. 2 hour Disc Parking on street. Booking essential. Call Diana 487 2324 or 087 207 0132 or email: shiatsuireland@yahoo.com www.learnshiatsu.ie

Event for accompanied children on Saturday, this event repeated on Sunday.

11am – 1pm

CityNorth College of Further Education,
Hollyhill

LEARN ABOUT LOCAL COURSES

See what full-time & part-time courses are available in your area. Meet the students, talk to teachers. Free refreshments. Info: Neil Creedon, Further Education Coordinator 439 1782 or 086 048 8601 email: ncreedon@citynorthcollege.ie www.citynorthcollege.ie

11.10am – 1.10pm

JCSP Library,
Terence MacSwiney Community College

EASTER CRAFT WORKSHOP

Come to a workshop & learn how to make some crafts for Easter.

Places limited, so you must call Anne Masterson to book yours.

T 439 7740

11.30am – 1pm

Traveller Visibility Group
25 Lower John Street

LAUNCH – TRAVELLER HEALTH ROSARY BEADS

The Traveller Visibility Group's Fairhill Women's Group has created a seven meter long Rosary beads, depicting their personal experiences, to raise awareness around improving the health status of Travellers. The Rosary beads use the Social Determinants of Health model to tell their message, highlighting many day-to-day factors which affect health.

This work was supported by Jean O'Donoghue (Traveller Community Health Worker) & facilitated by Leanne McDonagh (Cork ETB Art & Creativity Tutor).

The event features the launch of the Rosary beads & its presentation to the Traveller Culture Exhibit in Cork Public Museum, which is curated by the Cork Traveller Women's Network. The women involved in the work will discuss the development of the Rosary beads & there will be some Traveller cultural activities. Light refreshments. All welcome.

Info: Ciara Ridge T 450 3786.

Noon - 1pm

St John's Central College, Sawmill Street,

ADVICE ON TRAVEL

Details see Monday.

Noon – 5pm

Bishopstown Senior Social Centre
Wilton Park House

COMPUTERS FOR THE PETRIFIED

Take the first steps towards becoming a silver surfer. Meet coach Michael O'Connor & you'll see how easy it is. Find out about the other activities at this award-winning centre.

Free refreshments.

T Roger Coughlan 434 8595 M 086 386 6975 email:bishopstownseniors@gmail.com.

Repeated
Wed & Thurs.



12.30pm – 2pm

Glen Resource & Sports Centre, The Glen

LEARN ABOUT DIGITAL PHOTOGRAPHY

Do you want to take better photographs? Come to this workshop & learn how to 'share' your photos – with a presentation & practical tips to maximise your use of digital cameras & software. Have your questions answered. Bring your digital camera along.



AN INTRODUCTION TO IPADS, TABLETS, OTHER DEVICES



Learn how to get the best from your use of digital devices such as ipads and tablets, in this practical workshop. Question and answer session included. Bring your devices along.

Places limited to 10 at both workshops, book by calling Ronnie or Clare 087 675 5836

Regular classes on digital devices are organised by Cork City Partnership's The Glen/ Mayfield Outreach Office – find out about them & register.

1pm

Crawford Art Gallery, Emmet Place

TOUR THE SAMUEL PALMER EXHIBITION

All welcome to a free guided tour of the Samuel Palmer exhibition. Born in 1805, Samuel Palmer had little formal schooling. He believed that the best pictures have “a curiousness in their beauty - a salt on their tails by which the imagination catches hold on them.” Frequently described as a visionary, he created intensely imagined landscapes that echo innocence and longing. Info on exhibitions & events see www.crawfordartgallery.ie

Tour repeated Thursday at 6pm & Saturday at 2pm.

1pm – 3.30pm

Write Together Adult Literacy Scheme
5 Churchfield Avenue,
Churchfield



LEARN ABOUT PLAY STORY SACKS

The aim of Story Sacks is to develop family learning with parents & children sharing & enjoying books together. Benefits include: raising confidence, encouraging active participation; increasing general knowledge; improving social skills. It's also great fun. Play is a very important part of your child's life. Play helps a child to experiment with their world, to express their emotions & to learn new skills.

Presented by the Cork Anti Poverty Resource Network Ltd; Write Together Adult Literacy Scheme; Páistí @ No.3 Childcare Facility; Mná Feasa; Women Supporting Women/Parent Mentoring Project; Cork City North Mature Women's Action Group

As places limited, you must book 430 7969 or email: writetogether@eircom.net

1.10pm – 1.55pm

Curtis Auditorium, CIT Cork School of Music



ENJOY AWARD WINNING UK CHOIR

For more than 25 years, Farnham Youth Choir, director David Victor-Smith MBE, has been one of the UK's leading upper voice choirs for 12-18 year olds. It has won many competitions in the UK & abroad. At any one time some 20 songs are performed from memory, covering many different styles & spanning several centuries of choral music. The choir regularly commissions new compositions & arrangements & has produced and participated in twelve CDs. Info: 480 7310 email: aoife.moylan@cit.ie

1.10pm – 2pm

Foyer, CIT Cork School of Music

LISTEN TO SOUNDTRACKS OVER LUNCH

Enjoy entertaining short soundtracks while you 'byte' on your lunch. Music Technology Students of CITCSM (Masters & Degree) were set the task of finding a short animation & creating their own soundtrack for it. Come and hear the results! Some seating. Wheelchair accessible. On-street parking. Bistro on-site.

Info: Edel Sullivan 087 234 4669

Lunchtime concerts continue until Friday.



1.30pm – 2pm

Alliance Française de Cork, 36 Mary Street



INTERMEDIATE FRENCH CONVERSATION

Parlez-vous français? Have you already got the basics in French? Then come and chat in French with native French tutor Valérie David. Info: 431 0677 email: info@alliancefrancaisecork.com Events here until Friday.

1.30pm – 3pm

The Glen Park

EASTER TREASURE HUNT

Children of all ages & their parents & guardians are invited to take part in a fun treasure hunt to search for the surprises the Easter Bunny has left for all to find. Meet at the Glen Resource Centre. No need to book, all welcome. Organised by the Glen & District Neighbourhood Youth Project.

Info: 241 6789 or 086 777 1681
email: lauraglennyp@gmail.com



Room 9, West Wing
Main Quadrangle, UCC

THE FREE UNIVERSITY: ACE AT UCC PUBLIC LECTURE PROGRAMME



2pm – 3pm

LEARNING TO LEARN

Dr Denis Staunton of ACE outlines the latest research on how adults learn. He also looks at some of the strategies we can draw on to thrive, succeed & enjoy learning at work, home, school or college. His illustrated lecture explores how we process, store & retrieve information from short-term to working to long-term memory. How can we prevent forgetting? Does exercise boost brain power? Is every brain wired differently? Why can stress stimulate our learning potential?

3pm – 4pm

I KNEW I WAS DIFFERENT

Kirsten Hurley, Adult Continuing Education, with ACE past student Fiona O'Leary, present an exploration of the experiences of women on the autistic spectrum. Boys and men are much more likely to be diagnosed with conditions such as Asperger's - but what about girls and women? This lecture examines female experiences & why their voices need to be heard.

4pm – 5pm

AUTISTIC AUTOBIOGRAPHIES & EXPRESSION

Dr Stuart Neilson of ACE explores self-expression & autobiographies by people who identify themselves as autistic in this illustrated lecture. Authors to be discussed include Naoki Higashida (The Reason I Jump), Temple Grandin (Thinking in Pictures) and Luke Jackson (Freaks, Geeks and Asperger's Syndrome).

Lecture series continues until Friday.

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

2pm

James Barry Exhibition Centre,
CIT, Bishopstown

OPENING: MY EDUCATION, MY FUTURE EXHIBITION

All welcome to the Official Opening of **My Education, My Future** – an exhibition of artwork by school-goers. It's the result of an art competition for CIT Access Linked Schools, where aspiring young artists submitted an art piece on the theme **My Education, My Future**. Organised by a partnership between CIT's Access Service & CIT Arts Office. The Exhibition Centre is on the ground floor of the main building, close to the main reception.

Info email: linkedschools@cit.ie or arts@cit.ie or call 433 5138
www.cit.ie/access

Exhibition continues until Friday

2pm – 3pm

Douglas Library
Douglas Village Shopping Centre

GETTING YOUR BUSINESS ONLINE

Workshop for sole traders, small businesses & anyone who wants to develop a web presence.

Gianni Ponzi, Business Development Manager with Blacknight Solutions, talks you through how to choose and register a domain name, and select the appropriate hosting package. He also guides participants through setting up email and installing a wordpress site, allowing them to take control and manage their own website's content. Plenty of time for Q & A.

Places limited, phone 492 4932 to book.

Blacknight is a 100% Irish owned ICANN accredited domain registrar & hosting company, based in Carlow. Recipient of several awards for its revolutionary use of social media, it's one of Europe's cutting edge Internet companies, serving clients in 130 countries. In February it opened its own eco-friendly datacentre. Other workshops here on Friday.



2pm – 4pm

SMA Church Community Hall
Wilton

INDOOR BOWLS

Bishopstown Senior Social Centre meets here every week for Indoor Bowls. Come along, join in. Ask about other activities.

Info: Roger Coughlan 434 8595 – 086 386 6975



2pm – 4pm

Foyer, Coláiste Stiofáin
Naofa,
Tramore Rd

PRINT-MAKING WORKSHOP



Make a dry point print with Level 6 Art Craft & Design students in the college foyer.

Facilitated by Debbie Godsell. Places limited, book by calling Lara Norris, Arts Business Management - 496 1020 or email: csnartsevents@gmail.com

2pm – 4pm

Ballyphehane Togher CDP
Community Resource Centre & Crèche
Lower Friars Walk

LEARNING FOR DEMOCRACY: YOUR VOICE YOUR VOTE

For details see 10.15am today.

2pm – 4.30pm

Cork Printmakers, Wandesford Quay,
Clarke's Bridge

DISCOVER PRINTMAKING - WORKSHOP, TOUR & DEMONSTRATION

Discover the Fine Art of Printmaking at Cork Printmakers, which offers facilities in etching, photo-intaglio, screen-print, lithography, relief print and digital print.

Participants in the Mono Screen-printing workshop will learn the technique & create a print. Join a tour of the workshop & learn about the techniques & equipment artists use.

A demonstration of Mezzotint introduces this beautiful technique, most popular in the 18th & 19th centuries. Exhibition of work produced by artist members of Cork Printmakers on show.

Mono Screen-printing Workshop:

2pm – 3pm – MAX 10

Guided Tour:

3pm – 3.30pm – MAX 20

Mezzotint Demonstration:

3.30pm – 4.30pm – MAX 20

Booking essential, you're welcome to book one or all activities.

Call Frances O'Connor 432 2422 or email: info@corkprintmakers.ie

www.corkprintmakers.ie

Cork Printmakers is in refurbished 19th century warehouses at Wandesford Quay, St Finbarre's Car Park nearby.

2pm – 5pm

The Granary
Bessboro, Blackrock

ADVOCACY – HOW IT WORKS

Advocacy can be defined in many ways, from speaking up for ourselves to lobbying on behalf of marginalised groups & communities. Deirdre Lillis, Advocacy Development Worker with SHEP, leads this interactive workshop, where participants explore different models & learn how advocacy can make a difference. Booking essential.

Phone Geraldine Flanagan 466 6180
www.socialandhealth.com

2.30pm – 5pm

Bishopstown Senior
Social Centre
Wilton Park House

LEARN TO PLAY CARDS

Join this regular session – and, if you're a beginner, learn to play 45 with coach Haulie Lynch. Free refreshments. Discover other activities at this award-winning centre.

Info: Roger Coughlan 434 8595 – 086 386 6975



2.30pm – 4.30pm

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



HISTORY & ARCHIVES WEEK: BREWING IN CORK

Come to a lecture by historian & author Diarmuid O Drisceoil entitled **Brewing in Cork – Using the Beamish & Crawford Archive**. It's the first of four lectures during History & Archives Week, showing how history is brought to life by using archives & original sources. What Your Archives Can Do for You, a short introduction to Cork City & County Archives & its newly launched online catalogue precedes each lecture. Booking recommended as places limited. Call Timmy O'Connor LG Archivist 450 5876 or email: timmy_oconnor@corkcity.ie.

As line-up subject to change, check for updates on website www.corkarchives.ie; or facebook.com/corkarchives/

Lectures on Wed, Thurs & Friday.

3pm – 4pm

University College Cork, Visitors' Centre,
North Wing, Main Quad

GUIDED HISTORICAL TOUR OF UCC

See Monday for details. Repeated daily until Friday.

4.30pm – 6.30pm

Spanish Studies Centre Cork,
19, Patrick's Hill

LEARN A LITTLE PORTUGUESE CULTURE & LANGUAGE

Resident Portuguese tutor Marina Dutra gives a lecture on Portugal & its culture, followed by a language class. See Monday for details of languages taught here.

Info: 086 311 1193 email: spanishstudiescork@gmail.com www.spanishstudiescentrecork.com

Other events here during the festival.

Cork College of Commerce,
Morrison's Island



5pm – 7pm

EXHIBITION OF PHOTOGRAPHS

See Monday for details, continues tomorrow evening.

5pm – 6pm

MASSAGE DEMONSTRATION & DISCUSSION ON STRESS MANAGEMENT

Demonstration of massage, seated on a chair, performed on the upper back, neck, shoulders. Discussion of stress management & the best ways to relieve it. Presented by the Holistic Therapies Department in Room 208.

5pm – 7pm

PROMOTING A HEALTHY LIFESTYLE

Exhibition by college students promoting the importance of a healthy lifestyle, focusing on eating & exercise, and examining stress management. Come early, chat with the students.

6pm

HOW TO KEEP YOUR FAMILY HEALTHY

Miriam O'Shea gives a practical talk on nutrition & deals with specific aspects of men's, children's & women's health. She will answer questions & provide simple & practical advice promoting a long life. Room 223.

7pm – 8pm

AN INTRODUCTION TO THE STUDY OF LAW

Paul Cotter, who teaches here, gives a presentation designed to equip the lifelong learner with an understanding of what's involved in the study of Law. He'll review all the options from entry to advanced levels & is happy to answer questions.

Info: 422 2100 email: queries@ccoc.ie
www.corkcollegeofcommerce.ie

7pm – 8pm

*Mahon Family Resource Centre,
Mahon Drive*



TRY ZUMBA

Zumba is a combination of dance & aerobics & works intensively on various parts of the body. It includes multiple forms of dance such as hip-hop, salsa, mambo and samba. It decreases stress, improves flexibility, increases your metabolism & is a fun way to lose weight. This is a regular Tuesday evening class, which you may like to join. Booking necessary, as places limited. Call Maeve or Elsa 435 8866 or e-mail: info@frcentre.ie

7pm – 8pm

*St Anthony's Sports Hall
Ballinlough Rd*



KARATE FOR KIDS

Children aged 5+ are invited to the weekly class run here by the Rising Sun School of Karate. They'll learn the basic skills for self-defence, fitness, confidence & fun. Free parking. Book a place by calling Barry 429 1313 or 086 722 2779 or email: barry@risingsun.ie www.risingsun.ie

Karate for Kids repeated here on Thursday & at Carrigaline Court Hotel on Friday plus an Adult Karate class in Carrigaline on Wednesday - see Fringe.

7pm - 8.30pm

*Respond! Housing Association College,
St Francis Gardens, Thomas Davis St,
Blackpool*

TOUR A GARDEN & HEAR ABOUT A NEW COLLEGE

Take a Guided Tour of Respond! Housing Association's St Francis Gardens Complex, followed by a presentation on the ethos & aims of Respond! College Cork.

Entitled **From Community Development to Community Education: Teaching, Doing & Learning**, it will outline Respond! College's ambitions to complement the existing provision of Adult & Continuing Education in Cork. It's hoped that it will become a new Educational Hub for Blackpool over

the coming months, providing courses in Community Development, Housing Studies & Education.

Info: Dr Lorcan Byrne 422 0343 email: lorcan.byrne@respond.ie www.respond.ie/respond-college/

7pm – 9pm

*Together – Razem Centre
17 George's Quay*

AN INTRODUCTION TO POLISH CULTURE & TRADITIONS

Senior Poles from Together – Razem invite guests to their centre to introduce them to some of their rich traditions. They'll taste some delicious Polish food, learn a bit of the Polish language, see a slide show of Polish landscapes. They can also take part in a quiz, and an Easter decoration workshop. No need to book – just visit, all welcome.

Email: info@together-razem.org web: http://together-razem.org

7.15pm – 9pm

Bishopstown Community School

LEARN ABOUT NON-VIOLENT COMMUNICATION

Thomas Riedmuller, who lectures in UCC on Conflict Resolution & Group Facilitation, gives a talk on Non-Violent Communication, also known as Compassionate Communication, as an approach to dealing with bullying.

Non-Violent Communication (NVC) is based on the idea that all humans have the capacity for compassion & only resort to violence when they don't recognise more effective strategies. NVC is a process of communication designed to improve our compassionate connection to others. This talk promises to be very thought provoking & of benefit to both parents and teachers. Tea & coffee from 7.15pm. Talk starts at 7.30pm sharp. Contact Damian Ryan on 086 300 8613, liaison teacher in Glasheen National Schools, for further details.

Organised by the Bishopstown Glasheen Community Education Network.

7.30pm - 9pm

*Mahon Youth Centre
The Portacabins, Mahon Drive*

OPEN ART STUDIO

Members of Mahon Men's Art Group open their studio & invite you to see a display of their work, and to find out about their activities, including their mural painting in Cork & Belfast. All welcome. Info Mahon CDP 435 9070

Repeated Wed & Thurs.

7.30pm – 9pm

*The Teaching Room
6 Sydney Place, Wellington Rd*

CONNECTING THE DOTS

This experiential evening is about learning the technology of miracles. First acquire peace of mind on a daily basis, secondly learn about your quantum abilities to achieve core transformation. Event organised twice a year in Ireland (Cork & Dublin). Strictly RSVP if you want to attend by phone, text or email: 482 2941 (office hours); text 087 326 2549 email: Mahayana@mahayanadugast.com

www.mahayanadugast.com
www.antheneaistechnology.com
Event repeated Friday.

7.30pm – 9pm

*Welcome English
Convent Place, off Proby's Quay*

OPEN CHOIR REHEARSAL

Come to an open rehearsal of the World as One Multicultural Choir. The choir was formed in 2008 & its repertoire is joyful & upbeat. Its current director is Caz Jeffreys, and members come from countries including Lithuania, Spain, Italy, Ethiopia, Togo, Scotland, Germany and of course Ireland! Come to listen & sing & you may be tempted to join. The choir meets on Tuesdays here in Welcome English.

Convent Place is off Proby's Quay, turn right before La Dolce Vita restaurant. No need to book, all welcome. Info: Ann Bracken 087 238 5527 email: apmbracken@hotmail.com
You can also join the choir for a Singing Workshop on Sunday.

7.30pm – 9.30pm

Inonad an Phobail, 99 Douglas Street

PEARSE, PATRIOT & TEACHER OF THE NATION

All welcome to a lecture, followed by a discussion with the future Initiative.

The legacy of Pádraig Mac Piarais is hidden, he is portrayed as ‘God like’ - an idealist beyond reality - but he was a man whose ideas were grounded in practicality. He understood both the material needs of the nation & its spirituality. In his own words: “There is only one way to appease a ghost. You must do the thing it asks you. The ghosts of a nation sometimes ask very big things; and they must be appeased, whatever the cost.” In his lecture Diarmaid Ó Cadhla will be asking: Are we a people who remain haunted by ghosts? Tea/coffee provided.

Additional info: 242 8310 or 086 380 5005
email: info@thefuture.ie

thefuture Initiative is non- party political, an association of individuals investigating topics of Irish history & contemporary developments, producing analysis of current affairs & politics. Booking not essential, however advance indication appreciated.

8pm

St Columba’s Hall, Douglas

SENIOR DANCING COMPETITION

Take your partners for the Young at Heart Senior Dancing Competition – the seventh year of this event in association with the festival. Whether you dance as a couple or two ladies together, you’re very welcome, so get your dancing shoes out! You’ll be competing for the Douglas Village Perpetual Trophy, and for gold, silver and bronze medals. For information about this event & Young at Heart’s activities all year call Phil Goodman 087 298 7161

8pm

Franciscan Well, North Mall

DRINK & DRAW

Drink & Draw Cork has been meeting here every two weeks since 2009, alternating between Tuesdays & Thursdays. Whether you’re a hobbyist or a professional or even if you just like to doodle, all skill levels & all ages over 18 welcome. Learn to draw at a unique workshop given by one or two of the core members of Drink & Draw, who are passionate & experienced artists. Bring art materials. No need to book.

Check out Drink & Draw’s Facebook page; or drinkdrawcork.blogspot.ie

Contact Hugh Rose – 087 689 2202
email: mondaysremedy@yahoo.ie

8pm – 9pm

Firkin Crane, Shandon

TRY ZUMBA

Dance to Latin rhythms & movements while enjoying a fun dance & fitness class. Christina Murphy gives regular Zumba classes here. Places limited, so come early or book with Christina at 085 842 8592

Repeated Thursday at 8.15pm.



8pm – 10pm

Firkin Crane, Shandon

SCREEN ACTING CLASS FOR ADULTS

See Monday for details. Repeated Wed & Thurs.

