BRARIES RNING

Central Library, Grand Parade

All day

CLEAN COASTS EXHIBITION OF PHOTOGRAPHS

Continues until Friday, see Monday for details.

All day

CREATING SHAPES EXHIBITION

Continues until Saturday, details see Monday.

1pm -2pm

TALK ON PHOTOGRAPHY

Conal Thomson, award-winning photographer in the Clean Coasts Competition 2013, talks about his work. 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

Hollyhill Library, Foyle Avenue

10am - 5.30pm (closed 1pm-2pm) LEARN CV WRITING SKILLS

Book a free session using the library's collection of self-learning DVDs. Computer experience required. Booking essential. T 492 4928

Blackpool Library

10am - 5.30pm (closed 1pm - 2pm)

COMMUNITY ART FROM THE GLEN. KNOCKNAHEENY & GURRANABRAHER

See separate entry for details. Continues until noon Friday.

11am

FOLK 'N FUN

Musician Cliff Wedgbury performs a folk concert. All welcome.

T 492 4933

Frank O'Connor Library, Mayfield

11am

BOOK CLUB

Come along to a regular meeting of the Mayfield Library Book Club. New members always welcome.

Douglas Library

All day

HISTORY IS TO BLAME **EXHIBITION**

See Tuesday for details, continues until end of April.

11am

DOUGLAS WRITERS

Tales from the Fingerpost; Douglas, Lennox Robinson and all that ... Join Douglas Writers as they read short excerpts from their works.

T 492 4932

Tory Top Road Library, Ballyphehane

10.30am - 2.30pm

PAINTING WORKSHOP

Come to a painting demonstration and workshop with Tory Top Library Artists. Limited places, book by phone.

2.15pm

LEARN ABOUT BEADWORK

All welcome to an introduction to beadwork presented by the Bead Wizards.

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

Coláiste Stiofáin Naofa, Tramore Rd

HIDDEN IN PLAIN SIGHT

Exhibition continues – details see Monday.

9am – 5pm

City Hall

ART BY YOUNG TRAVELLERS

See Monday for details, continues until Friday.

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, where you can talk to them about courses and other services available across the city. The Network is supported by the Cork Education & Training Board. Info: Eamonn Kirwan 492 4922 For more details see Tuesday.

9.30am - 3pm

Before 5 Family Centre, Churchfield

LITTLE ONES LEARN ABOUT ANIMALS

The Churchfield/Gurranabraher Community Education Network welcomes the AgriAware Mobile Farm. Children attending local schools & childcare facilities enjoy interacting with young animals – holding & feeding them, learning about farm life. Parents and grandparents welcome too.

Info: June Hamill 430 3561.

9.30am - 5pm

Knocknaheeny Community Centre Foyle Avenue

EXHIBITION OF ARTS, CRAFTS & PHOTOGRAPHS BY LOCALS

Details see Monday, continues until Friday.

10am - noon

Performance & Development Unit, Administration Building, St Mary's Health Campus, Gurranabraher



ECOCOWELL OPEN NETWORKING

EcCoWell Cork hosts an Open Networking event, an opportunity for those working to improve the quality of life for Cork's citizens to inform others about their activities.

Among the projects featured will be: The UNESCO Beijing Declaration on Building Learning Cities; SMART Cities; European Green Capital; Cork as an Age Friendly City; Cork as a City of Scientific Discovery; Cork as a City of Music.

Come along & find out about the 'what' & the 'who' of these and other initiatives, and how they are progressing.

EcCoWell is an integrated approach to deliver better quality of life to citizens in a sustainable way. The concept has been developed out of work done by the OECD & PASCAL International Exchanges (PIE) on lifelong learning. It promotes building on areas of common interest. It brings together Ecology & Economy (Ec), Community & Culture (Co) with Well-being & Lifelong Learning & encourages communication & cooperation between the different sectors.

To find out more go to www.eccowellcork.com

Contact Denis Barrett, Community Education Service, Cork ETB 490 7145 or email bernadette@cef.ie

St Mary's is the former Orthopaedic Hospital – on entering grounds, the Admin building is on your right across the green.

10am - 8pm

James Barry Exhibition Centre, CIT

MY EDUCATION, MY FUTURE

Exhibition continues until Friday, for details see Tuesday at 2pm.

10am - 11am

Yogaworx, East Village, Douglas

TRY PILATES

Relax, stretch, strengthen, balance, body and mind. Attend this free Pilates class to feel the difference in just an hour. Jaconel Janssen runs a regular Pilates class here every Tuesday and Wednesday morning. See pilatespeoplecork.com for more times and venues.

Yogaworx is above hairdresser Staunton Byrne, near El Vino.

You must book, call Jaconel 085 161 3505 email: info@pilatespeoplecork.com www.pilatespeoplecork.com



10am - 2pm

QDS - Cope Foundation, Vicar's Road

FORK TO FORK, LIKE!

Food is something we all need: some of us grow it, more of us can cook it very well & all of us enjoy eating our favourite foods.

This year Togher Ballyphehane Community Education Network concentrates on food & its journey from the garden fork to our table fork, with a mention too for food as fuel to keep us healthy and active. All welcome to an Open Morning with performances, demonstrations, information talks, activities and information stands.

max

12

Highlights

In the mood for food: Musical and dance contributions from local Early Years centres, schools & groups on the theme of food.

Food in the nude: Still Life Art Class on painting food.

Food in the ground – talk on organic gardening and growing your own food.

Heritage farming with a horse outside!

Incredible edibles – two cookery demonstrations with samples for everyone. Information stands from Tory Top Road Community Library & Health Promotion HSE. Info: Siobhán O'Dowd, Togher Ballyphehane Community Education Network Chair 431 9085 or email: siobhan@btcdp.ie

Togher Ballyphehane Community Education Network has members from Home School Community Links in Maria Assumpta NS, Morning Star NS & Gaelscoil an Teaglaigh Naofa, Greenmount NS & St Marie's of the Isle NS, Togher Girls NS, QDS- COPE Foundation, Read Write Now Adult Basic Education Service, Togher Family Centre, Ballyphehane Togher Community Development Project.

EXHIBITION: THE WATERFOWL PEOPLE

Details see Tuesday, continues until Friday. _____

10am - 5.30pm (closed 1pm - 2pm)

Blackpool Library

COMMUNITY ART FROM THE GLEN. KNOCKNAHEENY & GURRANABRAHER

Come and see an exhibition which explores & celebrates the creativity of local people & encourages others to get involved. It includes works from the following groups: digital photography, arts & crafts, knitting/crochet & cross-stitch & much more...

The exhibition is organised by the Glen Community Education Network and includes individuals engaged in community art across the northside of Cork. With special thanks to Blackpool Library. Info: 087 675 5836

Continues until noon Friday.

10am - 5pm

Foyer, Lewis Glucksman Gallery, UCC

EXHIBITION OF COMMUNITY PHOTOGRAPHY

Until Friday - details see Monday

10am - 11.30am

8 Knockrea Drive, Ballinlough Road

LEARN ABOUT THE ALEXANDER TECHNIQUE

Rosemary Moone, Alexander Teacher, talks about Mindfulness in Action & how the Alexander Technique can help you to bring a mindful awareness into everyday life.

Bus 215 from city, alight at the first stop on the Ballinlough Road. Places very limited, book by calling 431 1411 email: rosemary. moone@upcmail.ie

www.alexanderteacher.ie

10am - 1pm

We Made This Centre South Presentation, Evergreen St

LEARN HOW TO DEAL WITH **STRESS**



Noreen Leahy, one of SHEP's community tutors, leads an interactive workshop examining stress & how to cope with it. A leading cause of ill health, stress is more widespread in this time of recession, both for those in work & the unemployed. Participants will have the opportunity to become proactive in minimising its ill effects. Booking essential, as places limited. Call Geraldine Flanagan 466 6180

Organised by SHEP, The Social & Health Education Project, with the We Made This Project. Info by email: socialandhealth@ eircom,net or wemadethis@presentation.ie

10.30am

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

CORK'S EXHIBITIONS & FAIRS

Local historian Councillor Kieran McCarthy offers the benefits of his research. introducing the great days of Cork's festivals of yore in an illustrated talk, entitled The Story of Cork's Great Exhibitions and Fairs. Free refreshments. All welcome. The

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

Info: Irene Higgins 454 1583

10.30am - 12.30pm

Glen Resource & Sports Centre, The Glen

WELLBEING & STRESS MANAGEMENT

Come to a class that introduces the basic principles of wellbeing & stress management techniques. Learn some skills to cope with stress & embrace calm. Class takes place in the Glen NYP Afterschool Extension at the back of the Glen Centre. Places limited, book by calling Ronnie or Clare 087 675 5836

Cork City Partnership - The Glen/Mayfield Outreach Project

11am - 1pm

Colaiste Stiofain Naofa, Tramore Rd

LEARN ABOUT FURNITURE DESIGN

The Furniture Design & Making workshop area, Rooms 118-119, are open to the public. Get a close look at hand-crafted furniture making in progress; take the opportunity to get a little hands-on experience in the woodwork room. Facilitated by Ray Dennehy.

No need to book, just drop in. Info: Lara Norris, Arts Business Management 496 1020 or email: csnartsevents@gmail.com www.csn.ie

11am

Douglas Community School

INTERGENERATIONAL QUIZ

Members of Young at Heart & students from Douglas Community School join forces to pitch their skills & knowledge against each other. Each team is made up of two seniors & two students, and they compete to win the Douglas Credit Union Perpetual Trophy.

All welcome. For information about Young at Heart's activities & the guiz call Phil Goodman 087 298 7161.

11am - 1pm

The Kino Cinema, 23A Washington Street West



FILM SCREENING - VOLUNTEER **VOICES**

Cork Volunteer Centre's film 'Volunteer Voices' documents the experiences of some of the people volunteering in Cork City & County. They share their stories of what being involved in the community as a volunteer means to them. Watch and listen to individuals from diverse backgrounds as they talk about how volunteering has positively impacted on their lives, and prepare to have some of your pre-conceptions challenged. Café on site. Booking preferred.

Call Emily Harrington 439 6510 email: emily@ volunteercork.ie www.volunteercork.ie _____

11am - 2.30pm

QDS Sports Hall, Vicars Road

ADAPTIVE SPORTS DAY

This event provides individuals with disabilities with the opportunity to participate in a variety of adaptive sports. Activities will be led by staff from disability organisations around the city who have recently undergone Disability Inclusion Training (DIT) with the CARA Adapted Physical Activity Centre based at IT, Tralee.

See www.caraapacentre.ie

Sports Day organised by the Disability Education Network (DEN). Further info: Therese Calanan QDS 464 3433 or Miriam Gallagher Enable Ireland 452 0066

11am

Knocknaheeny Community Centre, Foyle Avenue

FLOWER ARRANGING & CONTAINER PLANTING

Come to a demonstration of flower arranging, followed by some tips & advice for container planting. You don't need a big garden to have a colourful display. Booking preferred. Call Noreen O'Regan 087 196 2026 or Deirdre 439 9503

Cork City Partnership Knocknaheeny (We The People) Outreach Community Project

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11.30am - 1.30pm

Meelagh Community Centre, 9, Meelagh View, Mahon

PHOTOS CELEBRATE TRAVELLER HERITAGE

Enjoy a display of photographs celebrating Traveller heritage, taken by American anthropologists George & Sharon Gmelch in the early 1970s. The exhibition is supported by Cork City Council's Local Heritage Fund 2013. All are welcome to Meelagh, a Traveller led community centre which provides a range of activities and family support services. Info: 087 953 8507 Mary Hogan, Meelagh Community Development Worker. Event organised by Cork Traveller Women's Network & Meelagh Community Centre for Travellers

Noon – 1pm

Terence MacSwiney Community College Knocknaheeny

LISTEN TO THE ARMY BAND

Enjoy some rousing music with a performance by the Band of 1 Southern Brigade (Collins Barracks, Cork), conductor Captain Brian Prendergast. T 439 7740

Noon - 5pm

Bishopstown Senior Social Centre Wilton Park House

COMPUTERS FOR THE PETRIFIED

Details see Tuesday.

1.10pm - 2pm

Foyer, CIT Cork School of Music

LUNCHTIME CONCERT - GUITARS PLUS

Guitars Plus is a 12 member orchestra of classical guitarists, senior students at the CIT Cork School of Music. Their director is Jerry Creedon & their programme will be a real feast of great music. Some seating, wheeelchair accessible, on-street parking. Bistro on-site. Info: Edel Sullivan 087 234

Concert at lunchtime until Friday.

1.30pm - 2pm

Alliance Française de Cork, 36 Mary Street



FRENCH CLASS FOR BEGINNERS

Bonjour! Ça va? Brush up or learn the basics in French with native tutor Marie-José O'Sullivan.

Info: 431 0677 email: info@alliancefrancaisecork.com

1.30-3.00pm

Bruac Eile Training Centre Redemption Rd



VISIT A TRAINING CENTRE

All welcome to an Open Afternoon at this centre, which offers a range of courses for female early school leavers. Samples of work by learners on display, and staff available to answer questions about activities here.

Info: Geraldine Grant 439 7314 or email: bruac@asscork.ie

Good Shepherd Services is a member of the Citywide Community Education Network.

2pm - 3pm

Carrig Sound Recording Studios C3 Units A&B Donnybrook Commercial Centre, Douglas

TOUR A RECORDING STUDIO & LEARN ABOUT CLASSES

Tour a commercial recording studio where Liam Davin, Sound Engineer and Tutor, also gives a fun demonstration. Carrig Sound runs day, evening & weekend courses which start at various times throughout the year. Each class has a maximum of 12 students to give plenty of hands-on experience. All courses use legal and affordable software. Certificates awarded on completion. Please note, venue is on the first floor, and there is no lift. See www.carrigsound.com/courses for full details & map & directions. Booking preferred but not essential. Info: 086 166 0338 or email: val@carrigsound.com

Repeated daily until Sunday.



2pm - 4pm

Knocknaheeny/Hollyhill Community Garden, Hollyville Estate, Harbour View Road, Hollyhill

VISIT A COMMUNITY GARDEN & LEARN TO GROW STRAWBERRIES

Tour this vibrant community garden project from 2pm – 3pm. See how you can become involved with growing your own food in your local area.

From 3pm-4pm learn how to grow your own strawberries at home.

Presented by Knocknaheeny/Hollyhill Community Garden and NICHE Community Health Project. Refreshments provided. The Community Garden is open to the public from Monday-Thursday, 11am-4pm. All welcome. Info: call 430 0135 ask for Conor or Aisling.

2pm - 4pm

30

Coláiste Stiofáin Naofa, Tramore Rd

ART APPRECIATION

Watch a film in Room 101 on Art in the 21st Century & join in a discussion afterwards. Facilitated by Deirdra Nolan. Info: Lara Norris 496 1020 or email: csnartsevents@gmail.com

2.30pm - 3pm

JCSP Library,
Terence MacSwiney Community College

TRY ZUMBA

Zumba combines Latin and International music with a fun & effective workout.

This is a regular class here. Come along & give it a go. Places limited, book by calling Anne Masterson, JCSP Librarian T 439 7740

2.30pm - 4.30pm

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

HISTORY & ARCHIVES WEEK: SOURCES



Hear genealogist & historian Dr Paul MacCotter speak on **Archives and Source Materials for Irish Genealogy**, part of History & Archives Week here. Preceded by a short introduction to Cork City & County Archives. To ensure your place, book. 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. See Tuesday for more details. Lectures on Thurs & Friday.

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2.30pm - 4pm

Dundanion House, Blackrock Road

OPEN AFTERNOON AT CORK CITY CHILDCARE

Cork City Childcare invites parents, childminders & childcare workers to visit to hear about the information, support & training available at its resource centre. Find out about childcare provision in Cork City & the different government funded childcare

schemes. Explore the option of a rewarding career in Childcare & the professional development pathways for those working in the Early Years & After-school sectors.

Coming from the city, Dundanion House is second left after the Topaz Garage, opposite the junction with Church Road. Info: Ruth or Elizabeth 435 7500

email: ruth@corkcitychildcare.ie www.corkcitychildcare.ie

Room 9, West Wing Main Quadrangle, UCC





THE FREE UNIVERSITY: ACE AT UCC PUBLIC LECTURE PROGRAMME

3pm - 4pm

SUSTAINABILITY & PROGRESSDr Edmond Byrne, School of Engineering,

& Dr Ger Mullally, Department of Sociology,

UCC, explain contested views of Sustainability & Progress in a presentation entitled Building Adaptability, Resilience & Creativity into Complex Social Systems. Today the values of efficiency, control & growth have been central to a particular conception of progress, stemming from a reductionist & monist view. It sees the optimisation of social & technical systems as a result of a linear march towards perfection. An alternative view of system sustainability is as an evolutionary process amid ever changing flux. Using the example of controversies around energy infrastructure development in electricity in Ireland, their lecture considers how we might rethink sustainability & progress

to address the increasing complexity &

emergent challenges of the 21st century.

4pm - 5pm

INDIA'S ECONOMIC MIRACLE – WHO DOES IT SERVE?



Michael Murphy, Department of Management & Marketing, UCC, looks at the recent rapid economic rise of India, which has led to the world's largest democracy being grouped among the world's fastest-growing 'BRIC' nations. He asks who is being served by such growth: India has more billionaires than the UK & Japan combined; but is criticised by the UN for having some of the highest child malnourishment rates in the world.

5pm - 6pm

FROM SLAVERY TO PRESIDENCY: AMERICA'S BATTLE WITH RACISM

Anthony Angelini of ACE explores issues of race through the prism of the anti-slavery movement in America in the 19th century. The Civil Rights movement of the 1960s & the election & re-election of Barack Obama will also be discussed. His illustrated lecture also looks at the social situation & the impact of literature, art & film in breaking down barriers between black & white.

Lecture Series continues until Friday.
Unless bringing a group, no need to book.
Info: 490 4700 email: ace@ucc.ie
www.ucc.ie/en/study/ace

3pm - 4pm

Colaiste Stiofain Naofa, Tramore Rd

WORKSHOP IN DIGITAL MEDIA

Spend an hour with the Digital Media Course in Room 221 at CSN & create a 3D model of your own head! Bring a digital camera or camera phone. Facilitated by Andrea and John Halpin. Booking necessary. Call Lara Norris 496 1020 or email: csnartsevents@gmail.ie



3pm - 4pm

Visitors' Centre, North Wing, Main Quad, UCC

GUIDED HISTORICAL TOUR OF UCC

See Monday for details. Repeated daily until Friday.

3pm - 6pm

Lecture Theatre Crawford Gallery

max 60

15

MUSIC GENERATION CORK CITY OPEN FORUM



Music Generation Cork City invites the public to learn about the developments taking place in the lives of children & young people involved in its diverse music education programme. The Forum will feature presentations & discussions with community musicians, teachers, young people &

organisers of the programme of activities. Refreshments provided.

Music Generation Cork City works in partnership with Cork Academy of Music, SoundOUT, Barrack Street Band, Club Ceoil, GMC, The Hut, artLIFEculture, Voices of Cork, and many others.

Music Generation Cork City is part of Music Generation, Ireland's national music education programme, initiated by Music Network, funded by U2 & The Ireland Funds, with matching funding from Cork City Council, Cork ETB, the HSE, UCC, CIT and Cork City Partnership.

Info: 490 7186 email: Aida.whooley@corketb. ie www.musicgenerationcorkcity.com

4.30pm - 6.30pm

Spanish Studies Centre Cork 19. St Patrick's Hill

TAKE A VIRTUAL TOUR OF ANDALUCIA

Resident Sevillian tutors Rocio & Carmen present a lively & interesting tour of Andalucia, covering everything from Architecture to Music & Dance. All welcome – no need to book. For more information about classes in a number of languages see Monday.

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



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Cork College of Commerce,



5pm - 7pm **EXHIBITION OF PHOTOGRAPHS**

See Monday for details.

5pm - 5.45pm

LEARN ABOUT LANGUAGE LAB TECHNOLOGY

Language teacher Ann-Marie Murphy gives a brief, informal demonstration of how the latest technology aids language learning. There are 22 places in the Language Lab (Room 107) & participants will have a chance to try out some simple exercises on an open-access basis.

5pm - 6pm **IPAD KNOW HOW**

Joseph Henchin, one of the college's computer teachers, gives an introductory class on how to get the most from your iPad. This informal session is for those not familiar with iPads or planning to purchase one. Joe will be delighted to answer any questions regarding purchasing an iPad, apps and iPad accessories.

6pm MAKE SENSE OF YOUR PAYSLIP

Roisin Kavanagh talks through the layout of a payslip & explains the deductions & other items that appear on it. She'll help you understand if you are claiming all of the tax reliefs you are due & answer any questions you have. Room 222.

6pm - 7pm PERSONAL SAFETY FOR WOMEN

Ben Coy, a retired Garda and teacher in the college, gives an informal talk on Personal Safety for women. Take this opportunity to ask questions & find out everything you need to know.

6pm - 8pm **BEAUTY - TOP TIPS**

Get some advice from the college's experts on how to do your make up. Tour the beauty salons, watch demonstrations by make up artists & nail technicians. Interested in beauty? This is the evening for you. Meet the teachers informally, find out about courses & everything you ever wanted to know about the beauty industry.

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

6pm - 9pm

Douglas Gael Scoil

LEARN TRADITIONAL MUSIC

Every week the Douglas branch of Comhaltas teaches over 100 adults traditional music here. Call in this evening, watch & listen – you'll want to learn too. Teachers give classes in a variety of traditional instruments and in singing. Info: Aislinn 087 969 9488

max

10

6pm

Firkin Crane, Shandon

TAP DANCING FOR BEGINNERS

Stephen's School of Performing Arts runs weekly classes here, promoting the understanding & development of tap dance as an art form whilst having great fun. Stephen has worked on many West End productions, including We Will Rock You, Chitty Chitty Bang Bang, Me and My Girl, and has performed with many professional dance companies & in pantomimes all over the world. He played Eugene in Grease at Cork Opera House last summer.

For more information & to book, call Stephen 087 165 2958

7pm

Firkin Crane, Shandon

JAZZ/MODERN DANCE FOR **TEENAGERS**

Join the weekly intermediate class in Jazz/ Modern Dance here, offered by Stephen's School of Performing Arts. Classes are energetic, exciting & fun-filled.

For more on Stephen see 6pm today. Places limited, so book. Call Stephen 087 165 2958



7pm - 8pm

8pm - 9pm

Ballroom, Gresham Metropole Hotel, McCurtain Street

ARGENTINE TANGO - TASTER DANCE CLASS

Come along to a fun class for beginners, where professional Argentinian teachers will guide you through your first Tango Steps & you'll watch a short demonstration. Partner not required. No need to book.

Cork Argentine Tango Society offers weekly Dance Classes for complete beginners to advanced level at the Gresham Metropole Hotel. On Sundays from 8pm they dance at The Montenotte Hotel.

The Society also organises an annual festival, which this year coincides with the Lifelong Learning Festival - from April 10 - 13 at the Montenotte Hotel. Classes for complete beginners also available during the festival. See www.corktangofestival.com

Info: 087 262 7887 email: tangocork@yahoo. ie www.corktango.com



7pm

10

School Hall, Scoil Aiséirí Chríost, Farranree

ONE BOOK, ONE COMMUNITY **CELEBRATION**

All welcome to a celebration inspired by the book chosen for the One Book, One Community Family Reading Project this year-The Ghost of Grania O' Malley by Michael Morpurgo. It includes an exhibition of work by pupils attending Scoil Aiséirí Chríóst, Scoil Íosagáin & North Presentation Secondary School. Organised by Farranree Community Education Network. Info: Avril Donoghue 421 0677

7pm – 9pm

Boole 1 Lecture Theatre. University College.

UCC SCIENCE FOR ALL FINAL

This is the 10th year of the UCC Science for All Postgraduate Student Public Presentation Competition in which five postgraduates will tell the general public about their research without using scientific jargon. All welcome.

Presented by Alimentary Pharmabiotic Centre & University College Cork

Info: Catherine Buckley 490 3362 email: c.buckley@ucc.ie Website http://apc.ucc.ie

7pm - 9.30pm

The Granary, Bessboro, Blackrock

GENDER & DEVELOPMENT

SHEP quest lecturer Dr Margaret O'Keeffe of CIT explores the issue of gender from a Development Education perspective in this workshop. There is increasing recognition of the need to engage with gender issues in our own multi-cultural communities & to understand how it applies in developing countries too.

Margaret is Course Co-ordinator & Lecturer in CIT on the BA course in Community Development & an acknowledged expert in her field. Workshop organised by The Social & Health Education Project (SHEP) in association with Irish Aid. Ask for directions when booking, which is essential.

Call Geraldine Flanagan 466 6180 or email: socialandhealth@eircom.net www.socialandhealth.com

6.30pm - 8.30pm

South Parish Community Centre Sawmill Street

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AN INTRODUCTION TO ART THERAPY

Take a creative journey with Andrea & Claire of Art Therapy Cork. Enjoy a short presentation on the theory & practice of Art Therapy followed by an opportunity to create an artwork & to reflect on one's own experiences. No previous art experience necessary, as Art Therapy is based on the belief that creativity is natural to all when provided with the right support, materials, and environment. Andrea and Claire run weekly Art Therapy groups. There is a car park beside the building. Booking necessary, as places limited.

Call Andrea 087 704 5359 or Claire 086 053 7939 email: arttherapistscork@gmail.com Website: http://arttherapycork.weebly.com/

7pm - 9pm

Mahon Family Resource Centre

POTTERY - GIVE IT A GO

Join the regular Pottery class, which meets here every Wednesday evening. Tea & coffee provided. Places very limited, so book by calling Maeve or Elsa 435 8866 or e-mail: info@frcentre.ie



7.30pm - 9pm

Mahon Family Resource Centre Mahon Drive

YOGA EVENING

Among the benefits of Yoga is stress relief, creating inner peace & calm, increasing strength, physical conditioning & good posture. It also helps with weight loss & weight management, increases overall energy, improves sleep, and much more. This Yoga class is held here on Wednesday evenings — enjoy this introduction & you'll want to join. Places very limited, so book by calling Maeve or Elsa 435 8866 or e-mail: info@frcentre.ie

7.30pm - 9pm

Mahon Youth Centre The Portacabins, Mahon Drive

OPEN ART STUDIO

See Tuesday for details - repeated Thurs.



8pm - 9pm

Ballroom, Gresham Metropole Hotel, Mc Curtain Street



ARGENTINE TANGO - TASTER DANCE CLASS

See 7pm for details.

8pm - 10pm

Firkin Crane, Shandon

SCREEN ACTING FOR CAMERA

Class for adults. See Monday for details. Repeated Thursday.

8.30pm - 9.30pm

Telecom Eireann Social Club, 8a McCurtain St, near Gresham Metropole Hotel

VISIT ANDALUCIA

max

6

Take a brief journey to Andalucia – to Malaga, Granada, Sevilla, Cordoba & surrounding areas, exploring their history, culture & traditions in a fully illustrated lecture. All welcome. No need to book. Cork Spanish Circle runs classes for adults here for Beginners to Advanced on Wednesday evenings from September to May. There is a cultural event like this each term. Info: Enda Casey 496 3828.

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.