

11am

Meet at Daunt's Square



**CORK WALKS –
EXPLORE SHANDON**

Peter Foynes brings you on an historical journey through Shandon, using the City Council's red walking tour. Walk the streets of what was once the centre of international trading in this city of merchants. The political history of Cork is revealed through the naming & renaming of its streets. Info: Tina 086 603 5552

11.30am – 4.30pm

*The Pilates Studio
4 Penrose Wharf*



**DISCOVER PILATES &
OTHER BODY TECHNIQUES**

Learn about the benefits of investing in your body, mind & spirit today - choose from: 11.30am: Infinite Tai Chi & Chi Kung with Michelle Gupta; 12.30pm: The Alexander Method: Rosemary Moone teaches you how to sit & stand with ease. 1.30pm: Learn about Pilates - core strength & posture adjustment with Finn O'Gorman. 2.30pm: Bodytalk with Angela Hannon: use the body's innate wisdom to locate & correct imbalances. 3.30pm: Walking for Fitness: Rosemary Moone teaches you how to improve your walking technique using the Alexander Method. Booking welcome, not essential. Each session lasts 45 minutes & can accommodate 25. Info: Finn O'Gorman 087 253 3244 email info@thepilatesstudio.ie www.thepilatesstudio.ie

2pm – 3pm

Lewis Glucksman Gallery, UCC

GRANDPARENTS' SUNDAY

Especially organised for the Lifelong Learning Festival, this workshop at the Lewis Glucksman Gallery invites grandparents to bring along their little ones for a free art workshop. Led by practising artists, this fun event invites young & old to learn all about making art. There's no need to book ahead, and the event is free of charge. Just come along at 2pm, armed with your imagination and ready to make your own artworks. Free, all materials supplied. Info 490 1844 email: info@glucksman.org www.glucksman.org Enter UCC through the Ceremonial Gates at the corner of Western Rd & O'Donovan's Rd. Walking up the main avenue, the gallery is on the right.

2pm – 3pm

*Carrig Sound
C3 Units A&B Donnybrook
Commercial Centre
Douglas*



**FIND OUT ABOUT SOUND
RECORDING & MUSIC
TECHNOLOGY COURSES**

Visit a commercial recording studio. Full details Monday 2pm

2pm – 4.30pm

*Civic Trust House
50 Pope's Quay*



**ARTS WORKSHOPS
FOR WOMEN & CHILDREN**

For details see Saturday.

2pm – 5pm

*Cork Foyer
Complex
Assumption Rd,
Blackpool*



**FAMILY FUN AT
BLACKPOOL
CITY FARM**

See separate entry.

2.30pm & 3.30pm

*Cork Butter Museum
Shandon*

TOUR CORK'S BUTTER MUSEUM

For details see Saturday.

2.30pm – 4pm

*Meet outside Ford's Pub,
South Gate Bridge*



**CORK WALKS –
EXPLORE SOUTH PARISH**

Local historian Ronnie Herlihy guides you through South Parish, one of the oldest & historically significant parts of Cork. The walk shows the development of the city from watery beginnings to industry, including mills & breweries. Info: Tina 086 603 5552

7pm – 8pm for class
 & 8pm – 11pm for dancing
 Montenotte Hotel,
 St. Luke's

TASTER TANGO CLASS

Come & try an Argentine Tango class for absolute beginners, followed by an evening of dancing. Experience Tango as it's danced in the 'milongas' of Buenos Aires. Milongas are all-night Tango dance parties that start with a lesson. The Cork Argentine Tango Society runs regular classes on Wednesdays & there's dancing here every Sunday. Info Aileen or Hazel 087 262 7887 email tangocork@yahoo.ie www.corktango.com



2pm – 5pm
 Cork Foyer Complex
 Assumption Rd, Blackpool

FAMILY FUN AT BLACKPOOL CITY FARM

This afternoon bring the family to experience a rural farmyard in an urban setting.



See and pet a wide variety of farm animals with a visit from the AgriAware Mobile Farm & the Foyer Pet Farm. Stroll through the allotments and pick up tips from a horticulturist. Sample the delights on offer from the Farmers' Market. Relax for a coffee at the seasonal greenhouse café. View the hand-crafted garden furniture on sale. Enjoy music performed by the Mayfield Brass Band. Free Facepainting and balloon modeller; safe toddler play park. Downtch Puppet Show, Free - 3-6 year olds.

For the more intrigued – tour the converted convent and learn about its present use.

The Foyer is on Assumption Road close to the new Tax Office. There's limited on road parking, but there should be spaces in Blackpool & there's a Car Park on Watercourse Rd. Organisations involved: Cork City Council Foyer Project & Churchfield Trust Ltd.

Info: Barry Waddingham, Foyer Manager 428 8524;
email: barry_waddingham@corkcity.ie
www.corkfoyer.ie

