# BRARIES ARNING



#### Frank O'Connor Library, Mayfield

#### 11am

The Spirit of the Titanic - a celebration: closing event of the local One Book One Community Project. All welcome. See separate entry. T 492 4935

#### **Central Library, Grand Parade**

#### 11.30am- 12.30pm

Getting the most from your library: presentation on how to use the library, order and renew items, do research using resources, and much more. All your questions answered. This session concentrates on Reference & Local Studies.

#### 12.45pm- 2.15pm

Cork Non-Fiction Writers Special Open Day: the group meets on the 2nd and 4th Thursday every month here. New members always welcome. http://corknonfictionwritersgroup.blogspot.com/

#### 2.30pm - 3.30pm

Getting the most from your libray: this session looks at Books & Music - see 11.30am. T 492 4900

#### **Tory Top Rd Library**

#### Noon - 3pm

Do you or someone you know need help with reading, writing, or working with numbers? Cork City Libraries and Read Write Now Literacy Scheme Ballyphehane/Togher CDP present an information session. All welcome. T 492 4934

#### **Douglas Library Douglas Village Shopping Centre**

#### All day

Social Sketchers exhibition for details see Tuesday

#### 10.30am - 12.30pm

Demonstration of Tai Chi by Young At Heart, Douglas Senior Community Association. All welcome. Info Phil Goodman 436 3867 or 087 298 7161

Tea/coffee available, for more details see Tuesday. T 492 4932



#### **Blackpool Library**

#### 10am - 1pm

A celebration - display of work by the "In Stitches" craft group. All welcome to drop in & look at the work and learn from the group. T 492 4933

#### **Bishopstown Library**

#### 2pm - 4pm

Thoroughly modern money – learn about a new currency with the Cork Environmental Forum. See separate entry.

#### 3pm - 4.30pm

Bishopstown Gramophone Circle Sit back and relax with a feast of easy listening music for your pleasure. The Circle meets on the last Thursday of each month. T 492 4950

### **Hollyhill Library** Foyle Ave, Knocknaheeny

#### All day

Factfinder.ie is an online resource useful for finding newspaper articles for projects. Book a free session to explore it. Call 492 4928 to book your place.

#### 3pm

DoubleDog Readings and prize ceremony: readings from Dog Lost by Ingrid Lee, and by the winners in the library's DoubleDog Family Writing Competition. A One **Book One Community** event. T 492 4928

www.corkcitylibraries.ie

## **Mahon Point**

SHOP & LEARN

**Shopping Centre** 10am - all day



There's a course for you at CIT, whatever your talents. They include 60 degree courses from Business, Engineering, Science, Computing to Humanities. CIT also offers Adult Education courses, evening and part-time options. As well as courses on the Bishopstown campus, CIT's constituent colleges - the Crawford College of Art & Design, Cork School of Music & the National Maritime College – offer plenty of choices, whatever your age. Info: Deirdre Creedon, Access Officer 433 5140 email: deirdre.creedon@cit.ie www.cit.ie

#### Cork College of Commerce

Stand with information on the wide range of courses at the college, daytime & evening, with staff available to answer your questions. Info: Carol Neenan 422 2100 email: gueries@ccoc.ie www.corkcollegeofcommerce.ie

Your questions answered about the range of training programmes available in Cork. The NLN provides rehabilitative & vocational training for people with additional support needs who are at a disadvantage in the labour market. Info: Eoin Kelly 434 1028 email: eoin.kelly@nln.ie www.nln.ie

#### Irish Association for Counselling & Psychotherapy IACP

Meet members of the IACP and learn more about Counselling & what Psychotherapy might offer you. Information on The National Counselling Awareness Day in City Hall, Cork, on Saturday, May 26. IACP was founded in 1981 and is the largest professional association for qualified and accredited Counsellors and Psychotherapists in Ireland; its members abide by a strict Code of Ethics. For more information or to find a member in your area go to www. iacp.ie Info re this event Eliz 086 601 9078

#### FÁS – Ireland's Training Authority.

Information on courses & training available locally. Info: FÁS Cornmarket Street Centre 494 8900 Info re stand Brendan Murphy 485 6224 www.fas.ie

#### 9am - 5pm

Main Fover Coláiste Stiofáin Naofa, Tramore Rd

#### **INSIDE OUT: A GROUP EXHIBITION** BY STUDENTS, DEPICTING THE **LIGHT SIDE OF LIFE**

Until Friday, details see Monday.

#### 9am - 5pm

CIT Crawford College of Art & Design Sullivan's Quay Campus

#### **EXHIBITION OF WORK BY EVENING STUDENTS**

Details see Tuesday 6.30pm.

#### 9am - all day

James Barry Exhibition Centre CIT Bishopstown



#### **LOCATIONS CONTAINED -EXHIBITION BY LANA SHUKS**

Details see Monday.

#### All day

Mayfield Arts, Newbury House Old Youghal Rd



#### **IMAGINATION IN** A CHANGING WORLD

Are you an artist, activist, Youth Worker, Community Worker, a creative person hoping for change in our communities and the world? This week Mayfield Community Arts hosts a creative exploration and conversation crossing fields and themes of creativity, arts in social context, transformative learning and creative activism. Continues until April 4. Find out more by emailing Jess or Nora: mavfieldarts@amail.com T 453 0434 www.imaginationinachangingworld.com

#### School hours

Hall of Boys' School Christ the King Primary Turner's Cross

## **CHILDREN LEARN**

TO BE STREET SMART

#### 9.30am - 4.30pm

St Michael's Credit Union Skehard Rd Blackrock



#### **MAHON INTERGENERATIONAL DIGITAL PHOTOGRAPHY EXHIBITION**

Until Friday - details see Monday.

#### 10am - 5pm

Christian Brothers Secondary School Sydney Hill, Off Wellington Rd

#### MY WORLD, MY VISION -**EXHIBITION OF PHOTOGRAPHS & PAINTINGS**

Details see Tuesday. Continues until Friday.

#### 10am - 11am

Mahon CDP Avenue de Rennes



#### **DISCOVER THE GREAT OUTDOORS**

Join in with Mahon CDP's Walking Group. Enjoy a scenic stroll at your own pace with our

trained walking leaders. Refreshments available afterwards €3. The group meets here every Thursday at 11am. Info 435 9070

#### 10am -11.30am

Mahon Family Centre Mahon Drive



#### INTRODUCTION TO YOGA

A gentle introduction to the power of Yoga in everyday life, with class tutor Gus Mc Carthy. Free refreshments. Booking necessary, call Maeve 435 8866 email: info@frcentre.ie www.mahonfamilycentre.com

#### 10am - noon

Mardvke Arena

#### **EMBRACING DIVERSITY &** DISABILITY

Come to a once-off event celebrating a disability awarenesss resource called Embracing Diversity and Disability which has been designed by

Sports Studies and Physical Education at UCC in collaboration with Irish Wheelchair Association Sport, Health Action Zone, HSE, with active participation from individuals with disabilities. Each half hour session also includes demonstrations & participation in a variety of 'disability' sports, including wheelchair basketball, handcycles, boccia. Individuals and groups welcome - up to 20 can be accommodated each 30 minute session over 2 hours. To make enquiries or book: call Susan Crawford 087 210 2116 or email: s.crawford@ucc.ie

#### 10am - 1pm

The Lodge, Bessborough Off Skehard Rd Blackrock



#### A WORKSHOP ON PARENTING ALONE

SHEP tutors Kerri Fitzgerald & Jenny O'Regan, both with many years of experience as lone parents, lead this interactive workshop for others raising children on their own. SHEP - the Social & Health Education Project is a unique, not-for-profit, community-based training & development organisation. Booking essential as places limited. SHEP regrets that they are unable to provide childcare for participants. Call Geraldine Flanagan 466 6180 email: socialandhealth@eircom.net

10am - noon & 2pm - 4pm



Assistive Technology Service Student Centre, CIT

#### LEARNING TOOLS FOR STUDENTS WITH DYSLEXIA AND DYSPRAXIA



Staff of the CIT Assistive **Technology Service** demonstrate computer software like Read Write Gold, voice recognition & mind mapping, which

help students. Current students at CIT show how they have been assisted. Also find out about disability supports and other assistive equipment and software available in CIT. Booking essential as places limited. Call Mark Burleigh 433 5125 email: Mark.Burleigh@cit.ie or Laura O'Rourke 433 5107 or 087 138 9772 email: disability@cit.ie

#### 10am - noon

Crawford Art Gallery Emmet Place



#### **GUIDED TOUR & HANDS-ON WORKSHOP**



The Crawford Art Gallery is a learning resource for everyone and entry is free all year round. Take a tour of the Harry Clarke Room & see the illustrations for Edgar

Allan Poe's gothic tales, and stained glass designs for the famous John Keats poem The Eve of St Agnes. Afterwards a workshop with artist Julie Forrester will focus on Harry Clarke's influences such as the Art Nouveau movement and artist Aubrey Beardsley. A great opportunity to learn Clarke's techniques using inks and watercolours, and be inspired to create your own intricate designs. No experience required. Everyone welcome. Places limited, booking essential. Book Anne 490 7857 anneboddaert@ crawfordgallery.ie or Emma 490 7862 emmaklemencic@crawfordgallery.ie www.crawfordgallery.ie

#### 10am - 1pm

Glasheen Boys' & Girls' Primary Schools School Hall, School Ave

#### **LEARN ABOUT DIFFERENT CULTURES**

The parents of pupils attending both national schools invite you to their Culture Day. They unite with their children to display aspects of their different cultures, including food, with many nationalities represented. It's a morning of colour & celebration, great fun for all ages. Disc parking outside. Organised by the Bishopstown/ Glasheen Community Education Network. Info: Damian Rvan 086 399 8613 email: damian\_w\_ryan@hotmail.com



#### 10am - 3pm Millennium Hall City Hall

#### **MAKE A BOOK CORK**

Details see Wednesday

#### 10am - 4pm

Coláiste Stiofáin Naofa Tramore Rd

#### **REILIG - EXHIBITION & AUDIO-**VISUAL DISPLAY



Details see Monday, continues until Friday.

#### 10.30am - 1pm

CIT, Bishopstown

#### A DAY IN THE LIFE OF A CIT STUDENT



This event is for Secondary students from Cork City and County interested in finding out what life as a CIT is really like. Experience a lecture. tour the campus and quiz students about CIT. Pupils also

have the opportunity to speak with the Access Team about any concerns they have about admission and other aspects of CIT. Organised by CIT Access Service. Booking essential as places limited. Free refreshments. Call Louise Bermingham or Elaine Dennehy 433 5138 email: linkedschools@cit.ie www.cit.ie

#### 11am – noon

Frank O'Connor Library Mayfield

#### ONE BOOK ONE COMMUNITY **FAMILY READING INITIATIVE -A CELEBRATION**

Michael Moylan, well known historian, presents an interactive event inspired by the Titanic. Pupils from local schools, parents and the local community are all invited. It's organised by the Home School Liaison Co-ordinators at nine local schools. It marks the completion of the joint family/community reading initiative: the book read was The Spirit of The Titanic by Belfast author Nicola Pierce. Info: Catherine Horgan, HSCL. St. Patrick's College - Mob: 087 317 5599 Organisations involved: Mayfield Education Action Group (MEAG), Frank O'Connor Library, Home School Liaison Co-ordinators, pupils & parents in nine local schools, RAPID.

#### 11am

North Presentation Secondary, Farranree

#### **HOME FROM THE SEA**



Come to what promises to be an uplifting morning of ballads, shanties, stories and poems inspired by the sea. Contact Anne Twomey Adult Ed Coordinator 085 814

5328. Groups of more than 4 are asked to book due to access and size of room.

#### 11am - noon

LeisureWorld, Rossa Ave, Bishopstown & LeisureWorld, Knockfree Ave, Churchfield

#### LEARN ABOUT CIRCUIT TRAINING

Enjoy a free circuit training session & feel the difference with this fantastic workout. Contact details see Monday.

#### 11am

Lifetime Lab @ Old Cork Waterworks Lee Rd

#### WORKSHOP: LEARN COMPOSTING

Twice daily until Saturday - full details under 11am Monday.

#### 11am - 12.15pm

Community Building Foyle Ave, Knocknaheeny

#### **DISPLAY & A TALK ON WWI**



Exhibition of work by the Art Group; tips on container planting; and talk on Cork in the Great War 1914-18 by Jerry White. Names will be taken on the day for

classes & programmes – call in and find out what's offered. Maximum 18 people can attend the talk, make sure of your place by calling Noreen or Norma at 439 9503. Presented by We the People LCDP/Cork City Partnership. Knocknaheeny Hollyhill Community Education Network event.

#### 11am - 12.30pm

Eason's Hill Community Centre
Off Roman St. Shandon

#### **RELAXATION WITH TAI CHI**

The Friendship Club meets here regularly, for relaxation, stress relief with Tai Chi. Light refreshments. All welcome. Supported by the HSE Health Action Zone. Info: Martin Aherne 492 8379 - 086 787 2372 martin.aherne@hse.ie

#### 11am - 2.30pm

Family Centre, Harbour View Rd, Knocknaheeny

#### ARTS & CRAFTS, STORYTELLING & DANCE

Exhibition of arts & crafts, a display of watercolours, with storytelling & dance performances. Group meets here at the Family Centre every Wed, 10am - noon. T 439 2300 email thefamilycentre@eircom.net Knocknaheeny/Hollyhill Community Education Network event.

#### 11.15am - 12.15pm

The Yoga Centre, 1st Floor, 4 Washington St



#### **LEARN A LITTLE YOGA**

Details see Monday.

#### 11.30

Knocknaheeny Youth Centre Hollyhill Shopping Centre



#### SCHOOLCHILDREN SING & PLAY MUSIC

All welcome to performances by children. The programme includes: 4th class from St Mary's on the Hill National School performing a selection of songs: info: Siobhán Foy 087 230 3429; 6th class from Sunday's Well Boys' NS performing. Info: Ms Herlihy 430 8119; 4th & 5th classes from Sunday's Well Girls' NS singing & playing music. Info: Ms Daly 439 6632. A Knocknaheeny/ Hollyhill Community Education Network event

#### Noon

Camden Palace Hotel, Camden Quay



#### BE INTRODUCED TO ACTING

Open workshop with Maria O'Callaghan of Chapter Theatre Productions. See Wednesday.

## **Noon – 1.30pm** *Mahon Youth Centre Mahon Drive*



#### **GET COOKING**

Learn how to make homemade soup with the local Men's Group, which meets regularly. Find out about its other activities. Info: Mahon CDP 435 9070



Noon - 5.30pm

Bishopstown Senior Social Centre Wilton Park House

## COMPUTERS FOR THE PETRIFIED

Details see Tues.

#### 12.30pm - 1.30pm

Cork Movement Centre, The Yoga Centre 1st Floor, 4 Washington St

#### HAVE A HEALTHY BACK WITH YOGA



Details see Monday 10am.

#### 12.30pm - 2pm

The Welcome English Language Centre Mercy House, Convent Place Crosses Green off Proby's Quay

## LEARN A LITTLE CULTURAL DIVERSITY



Come and see the displays from four different countries, showcasing their culture, food, music and art. This is a regular festival event, enjoyed by many, and

includes food tasting from the four countries. Meet some of the centre's students & tutors. Welcome English is a voluntary community organisation, co-ordinated by the Sisters of Mercy. Its dedicated volunteer tutors provide classes to those seeking asylum, refugees and unemployed immigrants in Cork. T 431 6537; M 087 918 9841

email: welcomeenglish@hotmail.com www.welcomeenglish.ie

#### 1pm

Camden Palace Hotel, Camden Quay

#### **LEARN TO DRAW FROM LIFE**



Draw the human body from a posing model in this workshop with Pawel Wroblewski. Call Pawel 085 170 0354 email:frumfell@gmail.com

#### 1pm - 2pm

Lewis Glucksman Gallery University College Cork



#### LUNCHTIME SCREENING: JOSEF & ANNI ALBERS: ART IS EVERYWHERE

As a preview to the upcoming exhibition The Sacred Modernist: Josef Albers as a Catholic Artist (4 April – 8 July), there's a special screening of Sedat Pakay's documentary Josef and Annie Albers: Art is Everywhere. It's the first and only time that the work & lives of Josef and Annie have been viewed in tandem. It's a comprehensive and moving portrait, featuring interviews with their personal friends, including architect Philip Johnson, who aided their escape to the US from Nazi Germany in 1933. All welcome. T 490 1844 email: info@glucksman.org www.glucksman.org Repeated Saturday.

#### 1pm - 2.30pm

Upper Level of College Canteen St John's Central College, Sawmill Street

## CONSULT TOURISM STUDENTS ABOUT YOUR PLANS

Call to the Travel Desk, a free service provided by Tourism students. They'll source information for potential clients before they head to their travel agent. T 425 5500 or see a list of courses and apply online: www.stjohnscollege.ie

#### 1pm

Riverview Clinic, John Street



#### FREE LUNCHTIME PILATES CLASS

Experience what Pilates can do for you: feel taller, leaner, stronger, and... relaxed!
Join the regular Thursday lunch-time Pilates class here. Limited spaces, book yours call Jaconel Janssen 085 161 3505 email: info@pilatespeoplecork.com

#### 1.10pm - 2pm

Curtis Auditorium
CIT Cork School of Music

#### **LUNCHTIME CONCERT**

Today's concert features CIT Cork School of Music Masters students Fen Long (piano) and Elaine Kelly (conducting), with an orchestra of CITCSM students. They perform a lively programme: Music of Training and Rest by Japanese composer Takemitsu, written for a documentary about a Puerto Rican boxer & Mozart's Piano Concerto No 25, one of his most extravagant displays of virtuosity.

Note: the audience must be seated in the auditorium by 1.05pm; with mobile phones switched off. Info: Edel Sullivan 087 234 4669

#### 1.30pm - 3.30pm

Glen Resource & Sports Centre The Glen



### WORKSHOP ON USING THE INTERNET



Come to an introduction on how to access and use the internet. It's organised by the Glen LCDP, member of the Glen Community Education Network. Free refreshments and parking. Booking essential, as places limited. Contact Margo or Ronnie at Glen LCDP 455 0519 email: glencdpcork@eircom.net

#### 2pm - 3pm

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

## LEARN ABOUT SOUND RECORDING & MUSIC TECHNOLOGY

Visit a commercial recording studio & find out about courses offered. Demonstrations daily this week – see Monday 2pm for full details.

#### 2pm - 3pm

Triskel Christchurch Tobin St, between South Main St & Grand Parade



#### TAKE A TOUR OF TRISKEL CHRISTCHURCH

Details see Tuesday.

#### 2pm - 4pm

Assistive Technology Service Student Centre, CIT

## LEARNING TOOLS FOR STUDENTS WITH DYSLEXIA AND DYSPRAXIA

Details under 10am.

#### 2pm - 4pm

Bishopstown Library

#### THOROUGHLY MODERN MONEY

An interactive introduction to a new currency. Details see Tuesday 2pm.

#### 2pm-4pm

Camden Palace Hotel Camden Quay



# 1

#### **LEARN ABOUT WRITING**

Writing workshop with Kathy D'Arcy, Tigh Fili Artist in Residence. See Wed 3pm for details.

#### 2.30pm

Lifetime Lab @ Old Cork Waterworks Lee Rd

#### WORKSHOP: LEARN COMPOSTING



Twice daily until Saturday - full details under 11am Monday.

#### 2.30pm - 4.30pm

Eason's Hill Community Centre Off Roman St, Shandon

#### LEARN ABOUT COLORAMA



All ages welcome this afternoon to join the Eason's Hill Men's Group for its weekly meeting. Learn about the therapeutic art activity Colorama.

Light refreshments. No need to book, just drop in. The Men's Group is supported by HSE Health Action Zone. Info Martin Aherne 492 8379 – 086 787 2372 email: martin.aherne@hse.ie

#### 2.30pm - 5pm

Bishopstown Senior Social Centre Wilton Park House

#### HAVE FUN -OLDER PEOPLE & DANCE

All welcome to a regular session with tutor Margo Lyons. Free refreshments. Parking. Learn about all the regular activities at this award-winning centre. Info: 434 8595 – 086 386 6975 email:bishopstownseniors@gmail.com

#### 2.30pm - 4pm

Cork City Childcare Dundanion House Blackrock

#### **OPEN AFTERNOON**

Come along to Cork City
Childcare's new offices and
discover the information, support and
training available for childminders as part of
the Childminding Initiative. Learn about
childcare provision and the different
government funded Childcare Schemes
available in Cork City. Take this opportunity to
discuss a rewarding career in Childcare and
the professional development options for those
working in the Early Years and After School
sector. Info: Elizabeth or Ruth 450 7942 email:
ruth@corkcitychildcare.ie

#### 3pm

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

#### **GUIDED HISTORICAL TOUR OF UCC**

For details see Monday.

#### 3pm - 4pm

Alliance Française de Cork 36 Mary Street



#### BORDEAUX: A VIRTUAL VISIT

Resident Bordelais tutor Matthieu Nivard takes you on a virtual guided tour through the highlights, the essential sites, and the curiosities off the beaten track of one of France's most beautiful cities. T 431 0677 email: info@ alliancefrancaisecork.com

#### 3pm-4pm

Cork Public Museum Fitzgerald's Park

## DISCOVER TRAVELLER CRAFT & CULTURE



Details see Wednesday. Repeated tomorrow.

#### 3pm- 4.30pm

Camden Palace Hotel Camden Quay



#### **TURN PLASTIC INTO FLOWERS**

Fun for all the family at a flowermaking workshop with Niamh Leonard. She'll teach you how to recycle your plastic bottles into beautiful flowers. Children must be accompanied. Bookings 087 756 8530 email: niamhnotnuala@hotmail.com

#### 3.45pm - 5.45pm

The Teaching Rooms 6 Sidney Place, Wellington Rd



#### **CHI 4 LIFE 4 KIDS**

Have you ever asked yourself what the colour brown would taste like? What would it feel like to be a tree? How do I find a chi ball? This fun, two-hour workshop, based on Shiatsu principles, is geared to help 8—12 year olds start to safely explore the world of Chi (Ki — energy). Also covered are some useful acupoints for First Aid relief. Children must be accompanied by a parent/guardian and be in reasonably good health. All attendees get to work. Disc parking 2 hours on street. Booking essential as places limited. Call Diana 487 2324 or 087 207 0132, email: shiatsuireland@yahoo.com. Visit www.learnshiatsu.ie

#### 4pm

Camden Palace Hotel Camden Quay

#### PHOTOGRAPHY WORKSHOPS

Details see Wed.



#### 4.30pm - 5.30pm

Crawford Art Gallery Emmet Place



### TAKE A GUIDED TOUR

The Crawford Art Gallery is a learning resource for everyone and entry is free all year round.

Join Cork Artist Julie Kelleher on a short and lively tour tracing its history. This is a great opportunity to find out about Cork's cultural heritage in conversation with an artist. Info Anne 490 7857 email anneboddaert@crawfordgallery.ie or Emma 490 7862 email emmaklemencic@crawfordgallery.ie

#### 5pm - 7pm

Cork Institute of French 18 St Patricks Place Wellington Rd





## FREE ASSESSMENT TESTS IN GERMAN AND FRENCH

Have your level of French or German assessed by native teachers and find out more about learning and cultural programmes here. See Wednesday. T 455 2746

#### 5pm-7pm

The Rubicon Centre CIT Campus, Bishopstown

## ADVICE FOR START-UPS & ENTREPRENEURS



The Rubicon Centre hosts an open evening highlighting the various entrepreneurial programmes on offer. Representatives available to meet with anyone who wishes to discuss their business idea & advice on how best to move it forward. Light

refreshments served & on-site car parking available. No need to book. Info Imelda O'Leary 492 8900 email: ioleary@rubiconcentre.ie
The Rubicon Centre is on the grounds of the Cork Institute of Technology. It's the glass building visible on the right as you drive along the main access road into CIT.
www.rubiconcentre.ie

#### 5pm - 6.30pm & 7pm - 9pm adults

Camden Palace Hotel Camden Quay

## WORKSHOP IN WEST AFRICAN DRUMMING





Join John Sutton for a fun taster workshop with exciting rhythms from West Africa. Beginners very welcome, as well as people with some experience. Drums provided. This workshop welcomes accompanied children (aged 7+) – later

there's one for adults. Info: 085 231 5515 email: insutton@ntlworld.com

### 5.30pm – 7pm

Camden Palace Hotel Camden Quay



## LEARN SACRED HARP SINGING

Sacred harp singing is among the oldest folk music of the United States. Cork's Sacred Harp Singers take newcomers through the basics of how to sight sing this music. Absolutely no musical background needed. Beginners warmly encouraged to take part. The usual community sing will follow the workshop. Info: Sadhbh O'Flynn 085 704 3400 email: sadhbhrua@live.ie

### 6.30pm – 7.30pm

St Anthony's Sports Hall, Ballinlough Rd



#### **KARATE FOR KIDS**

The Rising Sun School of Karate runs classes here every week. Children aged 5+ are invited to come along for a fun-filled hour and learn a little Karate. Free parking. To book a place, call Barry 429 1313 or 086 722 2779; email: barry@risingsun.ie www.risingsun.ie



#### 6.30pm

Lecture Theatre CIT Crawford College of Art & Design Sharman Crawford St

## IRELAND IN 1912: DESIGN & NATIONAL IDENTITY

## Crawford 100

As part of the Crawford 100 celebrations, Sarah Foster, Department of Art History at CIT Crawford College of Art & Design, reflects on design a century ago. Info: 433 5246 Check out www.cit.ie for further Crawford 100 events this week & throughout the year.

#### 7pm - 10pm

G36, The Language Centre The O'Rahilly Building UCC





#### TRY AN ENGLISH LANGUAGE LESSON

Free demonstration English language lessons followed

by a reception with snacks and music this evening at the Language Centre UCC. Join 90-minute English lessons at different levels with fun activities based on language games, songs, internet resources, video clips etc. Talk to experienced staff about how to improve your English, which exams to take and which courses could help you. See the self-study library & computerised labs.

Then join other teachers and students of different nationalities and enjoy snacks from countries including Saudi Arabia, China, Japan, Spain, Italy, Germany, with music from around the world. Chat, relax and practice your English. All visitors to this event entered in a draw; first prize a voucher for €100 off any English course here; second prize is 3 months membership to the self-study library and computerised language laboratories (value €45).

The O'Rahilly Building is a big modern building close to the Honan Chapel, follow the balloons on the ground floor to the Language Centre. Park in the visitors' car park on College Road €2. Book by emailing Carolyn O'Brien: carolyn. obrien@ucc.ie or calling her at 490 2898 see www.ucc.ie/esol

#### 7pm - 8.30pm

Assistive Technology Lab Nexus Student Centre CIT



## LEARN ABOUT FREE SOFTWARE FOR STUDENTS WITH DYSLEXIA/DISABILITIES



Oliver of the CIT Access Learning Support Service gives a workshop on free software that can help improve reading, spelling & writing skills at all levels. Event

presented by CIT Disability Support Service & Access Learning Support Service. Oliver can be contacted by email: accesslearningsupport@cit.ie Parking is no problem at CIT in the evening. Note that the Staff Car Park is closest to the venue. To book call Christine Nolan 433 5138 email: christine.nolan@cit.ie

#### 7pm

Meet outside the Hawthorn Bar The Lough

## A BATTY WALK AROUND THE LOUGH



Cork City Council with the Cork County Bat Group offers you a fascinating hour or so. The Lough is home to five of Ireland's species of bats. Join Conor Kelleher, one of Ireland's experts on these shy, mysterious creatures, for an evening walk to learn about them. Wear warm clothing & bring a torch. Under 18s must be accompanied by an adult. Collect tickets from Reception, City Hall. Event is weather dependent. Event info: Mary Barrett 492 4104. For information on the Cork County Bat Group call Conor Kelleher 733 9247 – 087 298 0297



## **7pm - 9pm**Men's Art Studio Mahon Youth Centre Mahon Drive

#### OPEN STUDIO -DISPLAY OF MEN'S ART

Details see Monday.

**7pm – 9pm**Camden Palace Hotel
Camden Quay

## WORKSHOP IN WEST AFRICAN DRUMMING



Full details see 5pm today.



## **7.30pm - 8.30pm**Teaching Rooms 6 Sydney Place Wellington Road

## HEAR ABOUT THE MAHAYANA METHOD



The Mahayana Method is a three-step process that enables you to become more aware, understand how you create, move beyond self-limitations and fear, and acquire tools that you can use to solve everyday problems. Introductory talk by Mahayana I Dugast, author and Ph.D, of the Academy of Luminaries. Class also available as teacher training, taking place three or four times this year. Booking recommended 087 326 2549 email: mahayanaidugast@hotmail.com www.iagentofchange.com Repeated here Friday at 7pm.

### **7.30pm – 9pm** *Mahon Family Centre*

Mahon Drive

max 12



#### **DISCOVER CREATIVE WRITING**

Come to a creative writing workshop, with Kevin Doyle, aimed at introducing would-be writers to the gift of words. Classes funded by the VEC. Free refreshments. Booking necessary, call Maeve 435 8866 email: info@frcentre.ie

### 7.30pm – 9pm

School Hall Scoil Aiséirí Chríost Farranree

# FARRANREE COMMUNITY EDUCATION NETWORK CELEBRATES ONE BOOK, ONE COMMUNITY

Everyone is welcome to this celebration of this year's One Book, One Community Initiative, which encourages children to read with their parents. Displays of artwork, performances, inspired by the books. Refreshments. More info: Rachel Browne 421 0677

Members of Farranree Community Education Network: Home School Community Liaison, North Presentation Secondary, Scoil Íosagáin, Scoil Aiséirí Chríost, North Presentation Adult Education Centre, Farranree Alcohol & Drugs Awareness Project (FADA), Farranree Family Centre, HSE Springboard Project, Ógra Chorcaí (Lodge Project), Fayre Project, RAPID, Garda Síochána, Community Warden, Community Health Worker, Cork City Partnership, Community Development Worker.

#### 8pm

Gym, Douglas Community School

#### **TUITION IN SHORT MAT BOWLS**

Learn a new sport with the Douglas Community School Indoor Bowls Club. Details see Monday.

