

**10am – noon**

*Camden Palace Hotel, Camden Quay*

**Learn about ceramics – workshop & Acting for absolute beginners**

See Monday for details.

**10.30am – 5.30pm**

**Workshop:  
First steps in  
stone sculpting**

See Saturday for details or look at [www.camdenpalacehotel.org](http://www.camdenpalacehotel.org) and on the notice board in the lobby.



max  
5

**11am – 6pm**

*Camden Palace Hotel, Camden Quay*

**Learn about creativity**

Camden Palace Hotel is open – call in see Monday for details.

**11am – 12.30pm**

*Meet at Daunt Square*



**Cork Walks – Explore Shandon**

Peter Foynes brings you on an historical journey through Shandon. Walk the streets of what was once the centre of international trading in this city of merchants. The political history of Cork is demonstrated through the naming & renaming of its streets. Info: Tina 086 603 5552

**11am – 4.30pm**

*Cork School of Shiatsu, Teaching Rooms,  
6 Sidney Place, Wellington Rd*

max  
20

**Introduction to Shiatsu for adults**

Learn some basic techniques, including stretching, breathing exercises, acupoints for First Aid and home help. Free class offered only to those who have never done any Shiatsu training. Wear loose, comfortable clothing. Feel free to bring a packed lunch. Booking essential, places limited to 20. Be punctual! Call Diana Cassidy 487 2324 or 087 207 0132 email: [shiatsuireland@yahoo.com](mailto:shiatsuireland@yahoo.com) [www.learnshiatsu.ie](http://www.learnshiatsu.ie)

**Noon – 4pm**

*Triskel Arts Centre, Tobin Street  
off Grand Parade/South Main St*



**Triskel re-opens**

Celebrate the re-opening of the renovated Triskel Arts Centre, now incorporating historic Christchurch. Take a tour, enjoy activities. See [www.triskelartscentre.ie](http://www.triskelartscentre.ie) or call 427 2022 or 427 7300 for details.

**2.30pm & 3.30pm**

*Cork Butter Museum, Shandon*



**Tour Cork's Butter Museum**

Free admission & guided tour of this unique museum, which tells the story of Ireland's most important food export & the world's largest butter market. Come early. Info: 430 0600

**3pm**

*Carrig Sound Recording Studio  
3B Unit C, Donnybrook Commercial Centre, Douglas*

**Learn a little about sound recording**

For details see Tuesday.