

**All day***St Patrick's St & Grand Parade***POP-UP EXHIBITION IN SHOP WINDOWS**

The Interior Architecture & Design Department at St John's Central College celebrates 25 years of student work with a Pop-Up Exhibition in the windows of businesses along St Patrick's Street, Grand Parade & the heart of the city. This trail is linked to an exhibition of work at the Central Library, Grand Parade.

'Elevated – A Reimagining of Cork Architecture & Beyond' showcases the imaginative transformation of key buildings where 'outside the box' creativity has produced world-class examples of architecture & interior design.

Follow the trail along the streets to the Central Library & immerse yourself in a future vision of Cork's architecture & beyond.

Info: 425 5500

Email info@stjohnscollege.iewww.stjohnscollege.ie

Continues until Friday.

**Central Library, Grand Parade**

All day

CITY CENTRE/CITYWIDE COMMUNITY EDUCATION NETWORK

Information stand & exhibition.

See separate entry.

SIMON

Information stand.

ELEVATED – A REIMAGINING OF CORK ARCHITECTURE

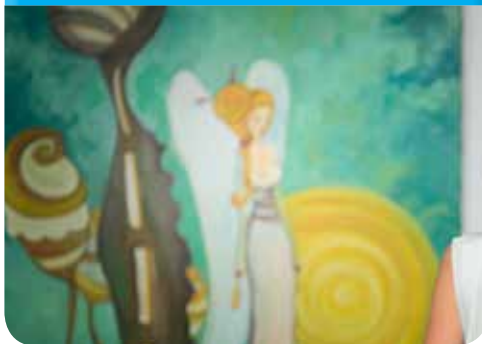
Students of Interior Architecture & Design, St John's Central College imaginatively transform key Cork buildings into new spaces - an exhibition of Cork's architectural future.

COMMUNITY ARTS EXHIBITION

Cork City Partnership Community arts exhibition, including photography, textiles and art.

See separate entries for details.

T 492 4900



9am – 9pm

Blackpool Community Centre

CARTS & CARS, TRAINS & TRAMS

Enjoy an exhibition on Transport in Blackpool through the ages.

All welcome. Talk on the same topic by local historian on Thursday at 7.30pm.

Info: 450 1787 See Blackpool Historical Society on Facebook & Blackpool Community Centre's website. Continues until Friday.



9am – 5pm

*St John's Central College
Sawmill Street*

EXHIBITIONS AT ST JOHN'S CENTRAL COLLEGE – UNTIL FRIDAY

9am – 5pm

PAINTING & SCULPTURE

Group exhibition showcasing art by the college's Painting & Sculpture students. These emerging artists were asked to be inspired by their everyday lives & to transform this into Art. Although the students' ages, backgrounds & life experiences vary, they share a love of creativity. Visitors can view landscapes, still life, figurative pieces, portraits, and creative work in paint, mixed media & sculpture.

Info: email arts@stjohnscollege.ie

9.30am – 5pm

EXHIBITION OF PHOTOGRAPHS

See work by Level 6 Photographic Studies student Zoltan Demeter. Images record a range of activities in the various departments & courses throughout the college year. These stand-alone visual images are an excellent example of the visual skills gained by students on the Photographic Studies course here.

Contact: Gillian Treacy/Padraig Murphy
425 5500
email gtreacy@stjohnscollege.ie
or pmurphy@stjohnscollege.ie

10am – 5pm

LIFE DRAWING

See work by students on the Thursday night Life Drawing Class, tutor Lorraine Cooke, Adult Education Department.

All three exhibitions continue until Friday. All welcome.

For information on all courses at St John's Central College, call 425 5500
www.stjohnscollege.ie

9am – 5pm*Coláiste Stiofáin Naofa, Tramore Rd***SENSE/ABILITY: EXHIBITION**

Visit the college to see a showcase of work by Level 6 graduates, including innovative & exciting ceramics, prints, mixed media, paintings & more. For information about Art courses at the college, contact Debbie Godsell email d.godsell@csn.ie

Continues until September.

CIT**10am & noon****CIT SOCIAL MEDIA CAMPAIGN**

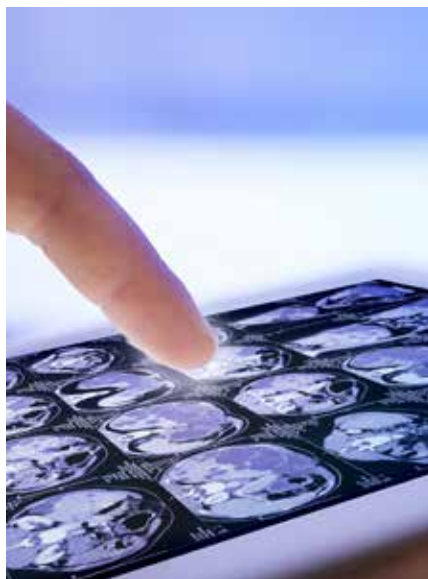
CIT Access Service students take part in #MyCollegeExperience & #MyCollegeTips campaigns. Repeated same times until Friday. See opening pages for details.

**ACCESS SERVICE****10am – 11am**

Cork City Partnership Knocknaheeny Outreach Office, Knocknaheeny Community Building

**max 12****DIGITAL PHOTOGRAPHY WORKSHOP**

Learn how to take, crop & improve digital photographs; this is a regular class. Booking necessary. Info & Bookings: Noreen 087 196 2026 or Norma 439 9503

**10am – 11.30am***Boston Scientific, Model Farm Road***max 20****LEARNING FACTORY: INSIGHT INTO MEDICAL DEVICES**

Production at this Cork facility began in 1998 & it now manufactures more than 5.6 million life-saving devices a year, shipped to all corners of the globe. The plant has over 1100 employees & the company is strongly committed to the continued personal development of its workforce. On this tour visitors are introduced to the wide range of medical devices designed & produced by Boston Scientific, the manufacturing processes involved & the positive impact they have on patient lives.

Numbers limited, booking essential by email Eilish.Walsh@bsci.com

First of a series of Learning Factory events, organised by Matthew Cotterell, Head of School of Mechanical, Electrical & Process Engineering, CIT, specially for the festival.

10am – noon

*The Mahon Family Resource Centre,
Mahon Drive*



LEARN ABOUT AROMATHERAPY

Join the regular class here, and hear about the use of aromatic plant extracts & essential oils & their use in healing & for cosmetic purposes. Find out about all the classes & activities here. Wheelchair accessible. Parking. Free refreshments

Booking essential, contact Jenny 435 8866
e-mail: info@frcentre.ie

See Facebook: Mahon Family Resource Centre



10am – 12.30pm

*The Glen & District Neighbourhood Youth Project, Community Services Building
Carnloch Court, The Glen*

OPEN MORNING AT YOUTH PROJECT

All welcome to an informal drop-in & tea/coffee to introduce the community to The Glen & District Neighbourhood Youth Project, services & to see artwork. Afterwards, there is a Patchwork Quilt-making Workshop for anyone interested in participating. No previous experience necessary! Regular class here on Mondays. Parking available. Booking preferred, but not necessary.

Contact T 242 8678

Aoife 085 759 2486

email aoifenilabhradha81@gmail.com

or Regina 0857450165

Community Services Building is next to
Youthreach & beside church.

10am – noon

*The Lantern Community Project,
14 Georges Quay (red door)*



WORKSHOP ON HOLISTIC HEALTH

Join Mary Lane to learn about Holistic Health. Rather than focusing on illness or specific parts of the body, this ancient approach to health considers the whole person & how he or she interacts with his or her environment. It emphasises the connection of mind, body & spirit. Numbers limited, booking essential by March 31.

Info & bookings:

Norma Roche 086 023 6442

or Karina Healy 086 174 6374

email info@lanternproject.ie

www.lanternproject.ie



10am – 1pm*Mayfield Citizens Information Centre,
Roseville House, Old Youghal Rd***OPEN DAY & BENEFITS CHECK**

An opportunity for you to confidentially discuss your entitlement to various Social Protection payments & other public services. All welcome.

Info: 0761 07 6880

Email Mayfield@citinfo.iewww.citizensinformation.ie

Continues 2pm – 4pm today

**10am – 5.30pm***Central Library, Grand Parade***ELEVATED –
A REIMAGINING OF CORK
ARCHITECTURE & BEYOND**

The Interior Architecture & Design Department at St John's Central College, celebrates 25 years of student work. This display is linked to the 'Pop-Up Exhibition' where businesses in the heart of the city have opened up their windows to display student work. Info: 425 5500 email info@stjohnscollege.ie www.stjohnscollege.ie
Continues until Friday.

**10am – 5.30pm***Central Library, Grand Parade***EXHIBITION OF
COMMUNITY ART**

Display of work from Cork City Partnership supported Community Arts initiatives in Gurrabraher/ Churchfield, Ballyvolane, Knocknaheeny & Fairhill. View the broad range of work, including photographs, paintings, textiles & youth crafts.

There are opportunities for people to get involved in these & similar community arts projects. Presented by Cork City Partnership & Cork City Libraries.

Info: Margo Hayes 087 196 2023

Continues until Saturday.



10.30am

*School of the Divine Child,
Lavanagh Centre, Ballintemple*



ENJOY ACOUSTIC, BLUES, COUNTRY & FOLK MUSIC

Catch the school's Wonderband as they perform using a variety of instruments & sing some of your favourite standards. Instruments include: guitar, saxophone, percussion, iPads & Soundbeam technologies. Press passes available on request!

Senior students in School of the Divine Child proudly present their favourite songs & musical pieces, with their Teacher Oran O'Reilly.

Info: email schoolofdivinechild@gmail.com
www.lavanagh.ie

Please book your place, call Pauline
429 1804

Limited parking in Ballintemple village,
on No 2 bus route.



10.30 – 12.30

LINC Resource Centre, White St

MAKING RESEARCH WORK FOR COMMUNITIES

CESCA, Cork Equal & Sustainable Communities Alliance, invites you to a discussion about making research & research processes work for change in communities. According to Zora Neale Hurston 'Research is formalized curiosity. It is poking and prying with a purpose.'

Included will be: A Visual Guide for Communities to Participatory Research,

Breaking Point – The Challenge of Securing Sustainable Early Years Services, Young Knocknaheeny ABC & Experience of Research.

As spaces limited, please book by contacting Tehmina Kazi, CESCA 087 052 3390
email tehmina.cesca@gmail.com



10.30am

*Farranree Family Resource Centre,
Close's Green*

LEARN ABOUT HAPPY TALK

Parents & guardians of pre-school & Junior Infant children will find this event particularly interesting. All welcome. Happy Talk is a programme for under 5s to improve their speech & language skills. Aoife O' Shea explains how this interactive programme works in a short & interesting presentation. Happy Talk is running very successfully in the Glen & Mayfield & parents & guardians will learn about Happy Talk coming to Farranree. Info: Avril Donoghue Home School Community Liaison Co-ordinator 421 0677

Organised by Farranree Community Education Network.



CIT**11am – noon**

Room 417 (4th Floor),
CIT Cork School of Music, Union Quay

**CIT****EXTENDED
CAMPUS****WHERE YOU CAN GO WITH
WHAT YOU KNOW**

This workshop aims to empower people to recognise their experience & abilities & help to make learning visible. We learn in all sorts of ways at home, in work & in the community – it's part of who we are, individual to ourselves, yet often we take what we know for granted.

This is an opportunity to appreciate the value of learning & introduces the idea of creating a personal skills inventory, which can be used in your personal & professional life or for access to education. Booking not necessary.

Info: Phil O'Leary 433 5132
Email phil.oleary@cit.ie
Presented by CIT Extended Campus.
Workshop repeated on Wednesday in CIT at 1pm.

11am – noon

Cork City Partnership
Knocknaheeny Outreach Office,
Knocknaheeny Community Building

**max
10****LEARN HOW TO USE A TABLET**

In this workshop learn the basic features of a tablet & how to use it. Booking necessary, call Noreen 087 196 2026 or Norma 439 9503

**CIT****11am & 2pm****CIT ON TWITTER & FACEBOOK**

Videos of CIT students sharing their personal experiences released via CIT Access Twitter & Facebook.
Repeated 2pm today & same times until Friday. See opening pages for details.

**ACCESS SERVICE**



11am – 12.30pm

LifeFM Studios, Deanrock Business Estate, Togher

TOUR A RADIO STUDIO

LifeFM Cork has been broadcasting on 93.1 FM & online at www.lifefm.ie 24 hours a day, 7 days a week for over 9 years. Take a tour of the studios. Experience a live radio show, record your voice in studio, and more! Free refreshments. All welcome.

Studio is behind FastFit Tyres, free parking.

Info: Terri Kruschke 496 1111

Email terri@lifefm.ie www.lifefm.ie

Another tour on Tuesday & Workshop on Wednesday.



11am – 12.30pm

Foyer, Ground Floor, St John's Central College, Sawmill Street

HOLIDAY HELPDESK

2nd year Tourism & e-Travel students at the college available to guide & advise clients on using Social Media & search engines on the Internet to find holiday information & do comparative pricing. They will help you to create your own package holidays & show you how to find the best deals available. No need to book, all welcome. Contact Derval Glavin email dglavin@stjohnscollege.ie Info on all courses 425 5500 www.stjohnscollege.ie

Repeated Tuesday 2pm & Wednesday 12.30pm



11am – 1pm*The Girls Club, 26 St. Paul's Avenue,
off Lavitt's Quay***max
20****CREATIVE CERAMICS
WORKSHOP**

The Girls' Club addresses the social side to cancer. Come & join in for some creative fun time, bring family or friends or make new friends. Participants create a collection of Gingerbread People in clay to form a sculptural tower which will be presented to the centre as a Tower of Hope, a permanent installation. Refreshments available afterwards. Workshop offered by Martha Cashman 087 260 6999 www.corkpotters.com

To book your place this morning call Linda or Ann 494 9090 www.thegirlsclubcork.com

**11am – 1pm***Lobby, Central Library, Grand Parade***FIND OUT ABOUT CORK'S
COMMUNITY EDUCATION
NETWORK**

Meet members of the Cork City Centre/ Citywide Community Education Network at their information stand. View the type of work undertaken by the groups in the network, get practical information on courses & activities available & talk with fellow learners about their experiences. Members include: The Lantern Community Project, Good Shepherd Cork, Cork Simon Community, The Migrant Centre, The Social and Health Education Project (SHEP), Welcome English, Nasc, The Basement Resource Centre SHINE, Traveller Visibility Group, City Links, Altrusa.

Info: Liam McCarthy, SHEP 466 6180

Members here 11am – 1pm until Friday; information stand here during library opening hours until Saturday.

**11am – 1pm***Cork Craft & Design, 27a St Patrick's
Woollen Mills, Douglas***LEARN PATCHWORK & QUILTING**

Award winning textile artist Mary Palmer demonstrates patchwork & quilting techniques. She'll answer any of your questions. All welcome. Pop in & say hello. First of three events here during festival – see Tues & Thurs. Info: T 436 8365 M 087 960 8249 email corkcraftdesign@gmail.com

Cork Craft & Design is a voluntary group of over 100 craftspeople from all over Cork City & County. www.corkcraftanddesign.com

Next door to 'On the Pig's Back'



**11.30am – noon
& 12.15pm – 12.45pm**

Cork Public Museum, Fitzgerald's Park

PLEASE DO NOT TOUCH – OBJECT HANDLING SESSIONS

Get up close with the museum's collection in an exciting new way during the festival for a chance to touch & explore a variety of fascinating artefacts. These family-friendly sessions take place four times a day today, Tuesday, Thursday & Friday. Themes covered include prehistoric & medieval Cork, the 1913-1923 Revolutionary period, as well as other unusual objects that make up the large & diverse collections. Suitable for all but very young children & needs to be supervised by parents/guardians. Info: 427 0679 email museum@corkcity.ie

Repeated at 2.30pm & 3.15pm today & on Tuesday, Thursday & Friday.



Noon – 1pm

*The Granary, Bessborough,
Blackrock*



HARD SCIENCE MEETS PERSONAL EXPERIENCE

Come to an interactive session to consider how developments in neuroscience & interpersonal neurobiology affirm the value of personal development group-work.

Info: Social & Health Education Project
Email socialandhealth@eircom.net
www.socialandhealth.com

Places limited, booking essential, call
Geraldine Flanagan 466 6180

The Granary is in the grounds of
Bessborough, off Skehard Rd. Ask for
directions when booking. Bus 202 stops
a short walk away.



**Noon – 2pm**

*The Mahon Family Resource Centre,
Mahon Drive,*

TRY PHOTOGRAPHY

Book your place for an introductory class with Heilo. Enjoy it & you can sign up for regular Photography classes. Wheelchair accessible. Parking. Free refreshments Booking essential, contact Jenny 435 8866

Email: info@frcentre.ie

See Facebook: Mahon Family Resource Centre.

**1pm – 2pm**

*The Spanish Studies Centre Cork,
19, St Patrick's Hill*

A GUIDE TO THE CAMINO

Event promises essential information about the Camino de Santiago, focusing on its history & interesting facts connected with the route. Practical tips if you are planning a trip. Info: email spanishstudiescork@gmail.com www.spanishstudiescentrecork.com

Booking preferred, call Lucia Tarí 086 311 1193 Repeated 5pm Wed & 4pm Friday

**1pm**

Foyer, Civic Offices, City Hall

OFFICIAL OPENING**IDENTITY**

In life we should never discriminate, because

Difference is important even if it is hard to articulate.

Each and every person deserves to be respected and we should

Never allow others to influence our opinion or negatively affect it!

Try instead to value and cherish, each and every race, because

Individuality is special and the world is a very big place.

Therefore we need to come together so

You and I can work towards and aim for something better!

IDENTITY: PORTRAITS BY SECONDARY STUDENTS

See artwork by pupils from a number of secondary schools in Cork. Building on last year's 'Selfie' exhibition of self-portraiture, this year's theme is typography portraits – the addition of text. Artist Leanne McDonagh was the teacher overseeing the workshops in: Nagle Community School, North Presentation Secondary, St Aidan's Community College, Terence MacSwiney Community College & the Ursuline Secondary School. This art programme, organised by the Interagency Traveller Education Group, aims to raise the educational hopes & ambitions of young travellers.

Info: Leanne McDonagh 086 052 0772

Email: leannemcdonaghart@gmail.com

Continues daily until Friday.



1.10pm – 2pm

Foyer, CIT Cork School of Music, Union Quay

LUNCHTIME CONCERT: TRAD MUSIC

First of a series of lunchtime concerts, specially arranged for the festival. Today it's soloist & ensemble performances from CIT Cork School of Music Irish Traditional musicians, lecturer Johnny McCarthy. Hear both tradition & innovation! Some seating, wheelchair accessible, on-street parking, Bistro on-site.

Info: Edel Sullivan 087 234 4669

Email edel.sullivan@cit.ie <http://csm.cit.ie>



1.30pm

Scoil Aiseirí Chríost Halla, Farranree

HAPPY TALK & ONE BOOK ONE COMMUNITY

One Book One Community is a Family Reading Initiative which has been running in a number of areas around Cork for the last few years. Pupils are given a free copy of the chosen book to take home & share with their families, to encourage reading. Events & activities are organised to celebrate the initiative during festival week.

Today it's the turn of Farranree, with a celebration of the book chosen for local Infant Classes. Aoife O' Shea makes a short presentation on Happy Talk. That's followed by a showcase of work & activities based on the Infant Book 'The Day the Crayons Quit.' This initiative involves the boys & girls from Infants in Scoil Iosagáin and Scoil Aiséirí Chríost.

Info: Jim O'Connell Home School Community Liaison Coordinator 085 811 6048

Members of the Farranree Community Education Network.

1.15pm – 2pm

*St Finbarr's Hospital Campus,
Douglas Road*



TOUR A HEALTHY CAMPUS

Judy Cronin, Department of Public Health, HSE South & member of the Healthy Campus Committee, takes you on a guided walk of the new healthy campus facilities in St. Finbarr's Hospital. They include a new walkway for patients & staff, an outdoor exercise area & a staff bike scheme. This is a once off opportunity for the public to come & walk the 1Km mapped campus "Walkways to Health", which staff & patients use regularly. Meet at entrance to campus at the "Walkways to Health" sign. Info: 492 7622 email Judy.Cronin@hse.ie

1.30pm – 2.15pm

Alliance Française de Cork,
2nd Floor, Enterprise House,
36 Mary St, off George's Quay


BORDEAUX – A VIRTUAL VISIT

Join Matthieu Nivard for the first in a series of talks from staff at Alliance Française de Cork during festival week. Matthieu takes you on a virtual walk through the southern city, exploring Bordeaux's famous landmarks, tense history, speciality food, rich culture & famous faces. Une vrai experience française not to be missed!

Limited on-street parking. As places limited, booking preferred.

Contact Emily Noble 431 0677
email info@alliancefrancaisecork.com
www.alliancefrancaisecork.com

**2pm – 4pm**

Mayfield Citizens Information Centre,
Roseville House, Old Youghal Rd

OPEN DAY & BENEFITS CHECK

See 10am today for details.

2pm – 4pm

LINC, 11A White Street

LEARN ABOUT THE LGBT COMMUNITY

LINC staff give a talk on the LGBT community in Cork past & present. Tea & coffee, tour of the LINC community centre. All welcome.

Info: 480 8600
email info@linc.ie

**2pm – 4pm**

Cork City Partnership –
Churchfield/Gurranabraher Office
46 A Spriggs Road, Gurranabraher


TIPS ON CONTAINER PLANTING

You don't need a big garden to have a colourful display. This workshop offers tips, advice & "hands on" practice in planting garden boxes. A local Men's Group meets at this time every week; new members welcome. Free parking.

Booking necessary – to book a place call Patricia 430 1700



THE FREE UNIVERSITY: ACE AT UCC PUBLIC LECTURE PROGRAMME

**Room 102
Brookfield Health Sciences Complex, UCC**

2pm – 3pm

FREE SOURCES TO DRAW YOUR FAMILY TREE

Lorna Moloney, Adult Continuing Education (ACE), highlights the many free sources available online to draw your family tree. Sources to reference, collate & store your tree are explored in this lecture.

3pm – 4pm

BEING A FAMILY HISTORIAN

Tony McCarthy, ACE, shows how to be a successful family historian without really trying. His main point is that doing research is less important than producing an engaging document from what you already know, and distributing it to the wider family.

4pm – 5pm

WORKING WITH SHADOWS

Stephen Bean, ACE & Audio Visual Media Services, UCC, explores the history & use of shadows in Photography & Art. Chiaroscuro emphasises shadows, using strong, direct lighting to create depth & volume. Artists working throughout history have sought to use this technique to overcome the inherent flatness of the image plane.

This series of illustrated lectures during festival week is organised by ACE, Adult Continuing Education at UCC, in association with the Learning Neighbourhoods initiative of GLLiC – Growing Lifelong Learning in Cork, which is building on Cork receiving a UNESCO Learning City Award in 2015.

Learning Neighbourhoods are also supported by Cork Institute of Technology.

There are two established Learning Neighbourhoods, in Ballyphehane & Knocknaheeny, with two others starting this year, in Togher & Mayfield.

Please check the programme carefully, as lectures in this series take place in different venues, on & off the UCC main campus.

Info: 490 4700

2pm – 4pm

*The Lantern Project,
14 Georges Quay*

LEARN ABOUT THE SEXUAL HEALTH CENTRE

Information Session about the Sexual Health Centre (SHC), its services & information regarding all aspects of sexual health. SHC is at 16 Peters St.

Info: Susan Walsh

T 427 6676

M 085 126 0153

email susanwalsh@sexualhealthcentre.com

**2.30pm – 3pm**

Cork Public Museum, Fitzgerald's Park

PLEASE DO NOT TOUCH – OBJECT HANDLING SESSION

For details see 11.30am today.

2.30pm – 4pm

*The Lantern Project,
14 Georges Quay*

FLOWER ARRANGING DEMONSTRATION

Join Kathleen for a demonstration on how to create a simple but beautiful flower arrangement.

Booking essential by March 31, contact Norma Roche

086 023 6442

or Karina Healy 086 174 6374

email info@lanternproject.ie

www.lanternproject.ie

**2.30pm – 4.30pm**

*The Glen & District Neighbourhood Youth Project, Community Services Building
Carnloch Court, The Glen*

TRY ACUPUNCTURE & MEDITATION

The Auricular Acupuncture & Meditation group invites you to a taster session. Benefits include relaxation, stress reduction, improved sleep, anxiety management, detox, decreased depression & overall wellbeing. Sessions available here weekly.

Booking preferred but not necessary.

Info: Aoife 085 759 2486

email aoifenilabhradha81@gmail.com or

Regina 085 745 0165

Community Services Building is next to church & Youthreach.

Info: 480 8600

email info@linc.ie

**2.30pm – 5pm**

*Bishopstown Senior Social Centre,
Wilton Park House*

MUSIC & DANCE

Join Noel Carey at one of the regular events at this award-winning centre, an afternoon enjoying music & dance. Find out about all the activities this week & every week.

Free parking.

Info: Roger Coughlan, Co-ordinator

M: 086 386 6975 T: 434 8595

email: bishopstownseniors@gmail.com

Another Music & Dance session on Thursday.

3pm

Visitors' Centre, Main Quad, UCC

GUIDED TOUR OF UCC

The UCC Walking Tour is a historical & cultural tour that includes a visit to the Aula Maxima, the Ogam Stone Collection, Main Quadrangle, President's Garden and Crawford Observatory. It is a guide-led tour which tells the story of the growth of UCC from its establishment in 1845 to its place as a modern world class research led university. No need to book.

Info: 490 1876 email visitorscentre@ucc.ie

Regular tours run Mon to Sat, February – December, for a fee. Tours free during festival.

Repeated daily at 3pm until Friday, noon on Sat.



3pm – 4.30pm

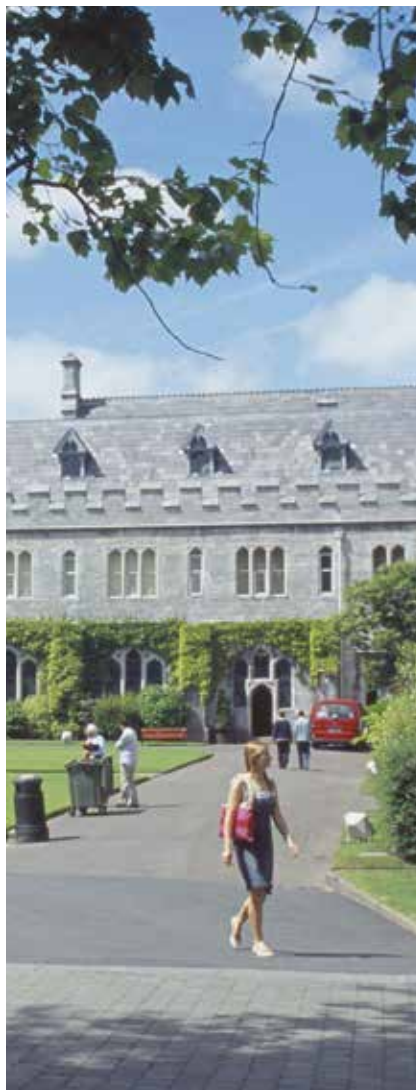
Cork City Partnership Glen Outreach Office, 6 Imaal Court, The Glen



HOW TO USE MODERN DEVICES

Learn how to use iPads, tablets and Android phones & discover useful apps to download. Courses here Spring & Autumn. On street parking.

Refreshments available. Booking essential, contact Ann or Ronnie T 455 0943 M 087 130 8913



3.15pm – 3.45pm

Cork Public Museum, Fitzgerald's Park

PLEASE DO NOT TOUCH – OBJECT HANDLING SESSION

For details see 11.30am today.





*Cork College of Commerce,
Morrison's Island*

5pm – 8pm

EXHIBITION OF PHOTOGRAPHS

Showcase of the work of students attending the Photography evening course. It's just one of the full range of courses offered at night in the college for those who want to pursue professional or hobby courses.

WHAT EDUCATION MEANS TO ADULT STUDENTS

Displayed on notice boards throughout the college are written contributions from students, highlighting what adult learning means for them. It illustrates the positive & powerful influence of lifelong learning.

DISPLAY OF PERSONAL WRITING

See a selection of personal writing pieces from Cork College of Commerce students on notice boards throughout the college. They reflect the richness & variety of interests & experiences among the student population.

Exhibitions continue until Wednesday.

5pm – 6pm

FRESHEN YOUR FINANCES

As the first quarter of the year has passed it's an ideal time to do some spring cleaning of your finances. College teacher Maria Hurley covers budgeting, how to use computers to get the best value out there whether you are looking for insurance, electricity, or something else.

6pm – 7pm

INFORMATION SESSION

All welcome to an information session on how you can attain qualifications at Level 7 Certificate or Degree, here in the college in Applied Early Childhood Studies, Addiction Studies and Psychology. Have all your questions answered.

6pm – 7pm

WHAT IS A TRADE UNION?

Come to a presentation from Donal McElligott, Work Experience Teacher at Cork College of Commerce, on behalf of the One Cork Project. Learn how a Trade Union can help you during your working life.

7pm – 8pm

INTRODUCTION TO THE STUDY OF LAW

Paul Cotter, who teaches at the college, presents an information seminar designed to equip the lifelong learner with an understanding of what is involved in the study of Law. This informal session includes a review of all the options from entry to more advanced levels. Paul is happy to answer any questions you may have.

7pm – 8pm

LEARN HOW WE LIVED

Teacher Brian Stokes takes participants through an exploration of how the Irish people have lived. He considers the types of homes they built, the food they ate & its cooking, how they cared for each other & how they had fun. Using some key items & events, participants get to: try ham cooked & beer brewed in a genuine fulacht fiadh; examine how housing was built & changed; discover through first-hand accounts how they dealt with illness & death. A combination of text, sounds, props & visuals bring the past to life.

7pm – 8pm

EVENTS MADE EASY

Get some tips on what it takes to run a successful event. This presentation will highlight the key issues that need to be addressed when organising any type of event. They include tips on how to plan, market, produce and evaluate a successful event.

Tel 422 2100

Email queries@ccoc.ie

www.corkcollegeofcommerce.ie



5pm – 6pm

*The Spanish Studies Centre Cork,
19 St Patrick's Hill*

**max
10**

TRY A SPANISH CLASS

Come to this class for beginners in Spanish, suitable for all. Find out about all the classes available here.

Places limited, booking preferred. Call Paula Beatriz Martinez Sainz 086 311 1193 or email spanishstudiescork@gmail.com www.spanishstudiescentrecork.com

Repeated 5.30pm Thursday.

6pm – 8pm

*Mahon Youth Centre (Portacabins),
Mahon Drive*

OPEN STUDIO

Mahon Community Development Project's Men's Art Group invites the public to their art studios to view their work.

All welcome. The Men's Art Group is involved with the festival's cross-border Mural Project – ask about it & see their work in the locality.

Repeated Tues, Wed & Thurs.



6.30pm – 8pm

Terence McSwiney Community College,
Harbour View Road, Knocknaheeny

NEW PLAY & LAUNCH OF ACTION PLAN ON ALCOHOL

Billy's Choice is a new play which tackles the damage caused by alcohol. It examines the choices adults make involving alcohol & how they influence young people in their decisions. That's followed by the Launch of the Local Action on Alcohol Plan for the Knocknaheeny/Hollyhill & Gurranaברה/Churchfield areas, with guest speaker Senator Frances Black. Everyone over 18 welcome.

It's an invitation to the community to hear about & view their Local Plan which reflects actions identified by the Community Action on Alcohol North-side (CAAN) initiative. Information on local supports & services, including further educational/training opportunities available. Q & A.

Light refreshments. Free parking in the car park next to Supervalu.

Info: Jacqueline Daly (CODAAP) Cork City Partnership T 430 2310 M 087 196 2030 email jdaly@partnershipcork.ie or Gemma O'Leary, CLDATF Development Worker 087 055 3255 email: gemma.oleary@hse.ie

Organised by Cork City Partnership Clg, Cork Local Drug & Alcohol Task Force & Community Action on Alcohol Northside

**7pm – 8pm**

Community Room,
Mahon Point Shopping Centre

max
12

PILATES & BUFF BONES®

Buff Bones® is a medically-endorsed full-body workout for bone strengthening & balance. Toning arms, hips, back & abs, the Buff Bones® system also improves posture, is adaptable to various levels, and is safe for those with osteoporosis. Join this regular class, bring a mat & some small weights. Info: info@pilatespeoplecork.com www.pilatespeoplecork.com

Booking essential, as places limited.
Call Jacoel Janssen 085 161 3505

Pilates People offer other free classes this week – see 11am Wed & Thurs, 10am Sunday.

**7pm – 8pm**

Scoil Iosagáin Boys Primary School,
Farranree

ONE BOOK, ONE COMMUNITY - A CELEBRATION

Students from Farranree schools are reading "Skul Duggery Pleasant," a story of horror, magic & wonder by Irish author Derek Landy. Celebrate the reading of the book with students from 5th classes in Scoil Aiséirí Chríost, Scoil Iosagáin and 1st year students in North Presentation Secondary School. The event includes artwork by students & parents as well as poetry and music.

No need to book – just come along.
Info: Jim O'Connell Home School Community Liaison Coordinator 085 811 6048

Member of the Farranree Community Education Network.

7pm

The Village Hall, 4 St Patrick's Quay

TRY ARGENTINIAN TANGO

Professional Tango dancer Hernan Catvin introduces you to one of the world's most soulful dances with a free class. Come & explore passion, beauty, magic & even fitness all rolled into one. He runs weekly classes here at 8pm Mondays.

Info: Tango in Cork with Hernan Catvin 085 142 5573 email hcatvin@yahoo.com.ar
www.tangofever.net



7pm – 9pm

*Creedons College of Canine Studies,
South Cork Industrial Estate,
Vicars Road*

**max
30**

WHAT MAKES DOGS TICK?

Learn about how dogs think, learn & communicate with leading dog behaviourist Nanci Creedon at this seminar, especially organised for the festival. She will walk you through the history of the dog (are they really pack animals?), share with you how to keep your dog happy, explain what to do when your dog shows inappropriate fear or aggression, and educate you on how to 'speak to the animals' through learning the language of dogs. Plenty of time for discussion. Find out about courses & services at Creedons.

Limited number of seats, book on
www.creedonscollege.ie
Or call 496 6700

7pm – 9pm

*Visions School of Art, Top Floor,
Granary House, Rutland Street
(off South Terrace)*

**max
22**

PAINTING FROM YOUR CORE

Learn about an approach to painting that develops both personal expression & imagery simultaneously, without need for sophisticated art-skills. Still, striking paintings & images are produced through an authentic approach to self-expression. Painting From Your Core

is therapeutic but not the same as Art Therapy, as it does not analyse either participants nor their paintings. Informal & interactive. Tea/coffee/biscuits. Find out about courses here. Info: Andrew Carroll 087 149 9615

email: and.carroll@gmail.com
www.artclass.ie

First of a series of events here this week.
When booking, ask for details of venue.

