

10am – 11am*Douglas Yogarooms,
East Village, Douglas***max
10****PILATES & BUFF BONES®**

For details see Monday 7pm. Booking essential, call Jaconel Janssen 085 161 3505

11am & Noon*Cork Butter Museum, Shandon***TOUR CORK'S BUTTER MUSEUM**

For details see Saturday.

11am – 4pm*The Teaching Rooms, 6 Sidney
Place, off Wellington Rd***max
20****INTRODUCTION TO SHIATSU**

Cork School of Shiatsu invites you to a workshop introducing the basic techniques of this unique bodywork form. Learn to give a simple, relaxing treatment to family & friends; some acupoints for First Aid; stretching & relaxation techniques to develop your energy. This stand-alone class could be the start of further training.

Parking free on Sunday. Tea/coffee available. Please bring loose, comfortable clothing to change into. Places limited, book yours by contacting Diana 087 207 0132 or 487 2324 email shiatsuireland@yahoo.com Facebook 'Shiatsu in Cork'

**Noon***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



Self-guided Cork

Walks were introduced in recent years by Cork City Council – you can enjoy the Shandon (red) route at 2.30pm.

**Noon***Meet outside St Peter's,
North Main St***max
16****WILDLIFE IN THE WALLS**

Darragh Murphy leads a tour of Cork's ancient streets & lanes, revealing the many habitats & species that thrive among us. For details see 3pm Friday. Event organised by Cork Environmental Forum. Info: email info@cef.ie www.cef.ie Booking essential as numbers limited, call Bernie Connolly 083 146 8064 Repeated at 2pm.

Noon – 4pm

*Cork Foyer Complex,
Assumption Road, Blackpool*

BLACKPOOL CITY FARM & OFFAL OLD & NEW

Blackpool has a long history of offal production & consumption. Visit the Blackpool City Farm today & discover new dishes & some forgotten recipes. Denis Murphy, Culinary Tutor, prepares some old dishes using offal & then gives them a modern twist representing the cultural life of Blackpool today. Later in the afternoon get some tips on Planting in Containers from our Horticulturist. Children can help feed the chickens & enjoy the Toddler Play Park.

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

Relax for a coffee at the seasonal green house café.

Info: Barry Waddingham 428 8524
email barry_waddingham@corkcity.ie

The Foyer is on Assumption Road near the new Revenue Commissioners Office. Parking is limited there, but you'll find plenty in & around Blackpool – free on Sunday. Organised by Cork City Council's Foyer Project & Churchfield Community Trust Ltd.



1.30pm – 2.30pm

*Cork County Cricket Club
The Mardyke*

**max
30**

SWING DANCE TASTER CLASS

All welcome for a free swing dance taster class with Tom & Rachel of Swing Dance Cork. Join in a dance from the classic 1930s swing jazz era that is still alive and kicking today! No partner required, but great if you bring one!

Lots of parking by Fitzgerald's Park.
Regular classes here Tuesdays & Thursdays. Book your place by email swingdancecork@gmail.com or 086 324 1264 www.swingdancecork.com



2pm

*Meet outside St Peter's,
North Main St*

**max
16**

WILDLIFE IN THE WALLS

See noon today.

2pm – 5pm*Fitzgerald's Park***FAMILY FUN IN FITZGERALD'S PARK**

Bring the family to Fitzgerald's Park for an afternoon of fun. A great way to bring the festival to its close. Enjoy all the park has to offer after its magnificent makeover, with lots of entertainment. Why not bring a picnic? In the beautiful natural surroundings listen to music all afternoon. Performing on the Bandstand are the Barrack Street Junior Band from 2pm; followed by the Youth Band at 2.25 pm, Senior Band from 3pm – 4pm; & music groups from the Cork Academy of Music from 4pm – 5pm.

2.30 pm

OutSideTheBox presents "Spettaculo" - Join Hugo & Divinity in a mad cap circus show, where reality is reversed & up is down. Can you figure out who is who?

3.30 pm

Circus Workshops: meet the two idiots Hugo & Divinity as real people & try out some of the circus skills you saw in their show.

Info: OutSideTheBox Cormac 086 405 2615 or Francesca 086 260 2493

3pm – 4.30pm**FREE RIVER BOAT RIDES**

(weather & tide permitting) at Daly's Bridge.

Enjoy being rowed in a currach made by Meitheal Mara, the traditional boatbuilders based in Crosses Green, Cork City Centre. www.meithealmara.ie

3pm – 4pm**BUG HUNT & NATURE WALK**

Join Niamh O'Flynn, Animal Scientist & Wildlife Educator, on a bug hunt & short nature walk. She'll show you what a bug is, where they live, how to catch them & safely release them back into the park. She'll show you the native flora & fauna in the park.

Niamh is appearing in association with Cork Nature Network. She will take about 20 people – so book by emailing her oflynn.n@gmail.com

Bring magnifying glasses, binoculars, notebook & pencil & a plastic container.

Niamh is on The National Heritage Council's Heritage in Schools Scheme for primary schools. She's also available to give talks & lead walks for community groups. You can contact her by mobile 086 311 6094 email oflynn.n@gmail.com

Afternoon organised by Billy O'Callaghan, Barrack St Band 086 837 8367
email barrackstreetbandcork@gmail.com

Supported by Cork City Council

**max
20**

2pm – 6pm

*Atrium, Cork City Clayton Hotel
(former Clarion)*

LISTEN TO MUSICIANS IN THE MAKING

Call into the Clayton this afternoon for a Family Friendly Music Performance by Cork Suzuki Method students. Musicians in the Making (supporting Suzuki Music in Cork) presents a family-friendly afternoon of Classical & Irish music featuring children aged 5-15 who are learning violin and 'cello through the Suzuki Method. This event is part of their Spring Playathon. Previous Suzuki students very welcome to participate.

If interested, please contact: Edel Sullivan
087 234 4669 or suzukicork@gmail.com
www.facebook.com/suzukimusicincork

Some seating, wheelchair Accessible,
Underground Pay Parking in hotel, Restaurant
on-site (Kudos). Event organised by Musicians
in the Making & CIT Cork School of Music.

2.30pm

Meet Daunt's Square, St Patrick's St

CORK WALKS – EXPLORE SHANDON

Peter Foynes, Curator of the Cork Butter Museum, 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



2.30pm

Meet at Audley Place, top of St Patrick's Hill

GUIDED WALK OF VICTORIAN QUARTER

Learn about Cork's Victorian Quarter with an historical walking tour with Cllr Kieran McCarthy. It covers the area around St Patrick's Hill, Wellington Road & McCurtain Street. All welcome, no need to book.

Presented by Victorian Quarter Traders Group & Cork City Council. Info: Paul McGuirk, City Centre Co-ordinator, Cork City Council 492 4773

