



Hollyhill Library, Harbour View Road, Knocknaheeny

10am – 11.30am LIBRARY ONLINE EXPLAINED

Bring your Tablet or Smartphone to learn about Library on line services. Booking essential call 492 4928.

11am – 3pm FRIENDLY CALL INFORMATION STAND

Friendly Call Cork is a free service providing a phone call 5 days a week to older people or individuals who may feel lonely, isolated or vulnerable in Cork City & surrounding areas. See 11am Tuesday for full details.

All day PAINTINGS

Works by artist Noel O'Brien.

T 492 4928

Central Library, Grand Parade

All day ELEVATED – A REIMAGINING OF CORK ARCHITECTURE & BEYOND

See Monday for details, continues until Friday.

CITYWIDE COMMUNITY EDUCATION NETWORK

Information stand – see separate entry at 11am.

EXHIBITION OF COMMUNITY ART

See Monday for details, continues until Saturday.

11am – 1pm SELF-PUBLISHING & E-BOOKS – AN ADVENTURE

All welcome to a seminar with Tina Pisco, organised by the Non-Fiction Writers Group, which meets here regularly. Tina is an established writer & teacher of creative writing & she a staff member of the West Cork Literary Festival, where she holds workshops & readings.

2pm MANIFOLD PATHS TO WRITING

Dr Mary Noonan, French Dept, UCC, launches Manifold Paths to Writing, written by the members of the Non-Fiction Writers Group. Readings. Light refreshments. All welcome.

T 492 4900

Bishopstown Library, Wilton Shopping Centre

11.30am – 12.30pm FLORIS & HER DOG

Watch a short play performed by participants from COPE, QDS, and HUB.

6pm – 7.45pm CAINT IS COMHRÁ

Irish conversational group: everyone welcome to come along & practice their cúpla focal. Is cuma cén leibhéal Gaeilge atá agat – bíonn fáilte roimh chách.

6pm – 7.45pm LAUNCH OF ART EXHIBITION

Lifelong Learning through Watercolour & Pastel Art Mediums by Eileen O'Sullivan & Barry Dawkes. All welcome to the launch.

T 492 4950

Tory Top Library, Tory Top Road, Ballyphehane

10.30am LEARN QUILTING

Drop in to watch & learn the art of quilting with The Tory Top Quilting Group.

T 492 4946

All day

St Patrick's St & Grand Parade

POP-UP EXHIBITION IN SHOP WINDOWS

Elevated – A Reimagining of Cork Architecture & Beyond' by students of the Interior Architecture & Design Department at St John's Central College, with linked exhibition in the Central Library.

Continues until Friday.

9am – 9pm

Blackpool Community Centre

CARTS & CARS, TRAINS & TRAMS

Enjoy an exhibition on Transport in Blackpool through the ages.

See Monday & 7.30pm tonight, continues until Friday.

9am – 5pm

Foyer, Civic Offices, City Hall

IDENTITY: PORTRAITS BY SECONDARY STUDENTS

For details see Monday at 1pm

Continues daily until Friday.

9am – 5pm

St John's Central College, Sawmill Street

EXHIBITIONS AT ST JOHN'S CENTRAL COLLEGE – UNTIL FRIDAY

All welcome to exhibitions: Painting & Sculpture, Photographs, Life Drawing.

For details see Monday 9am

9am – 5pm

Coláiste Stiofáin Naofa, Tramore Rd

SENSE/ABILITY: EXHIBITION

See a showcase of work by Level 6 graduates.

For details see Monday.

Continues Mon – Fri until September.

9am – 6pm

*James Barry Exhibition Centre,
Cork Institute of Technology*

MY EDUCATION, MY FUTURE - EXHIBITION

For details see Tuesday at 10.30am

Continues until Friday.

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

The Mahon Family Resource Centre, Mahon Drive

YOGA FOR BEGINNERS

Learn to relax & loosen your body, clear your mind, increase energy, reduce stress & anxiety – those are among the benefits of Yoga. Join in this class for beginners, and sign up to attend regularly. Wheelchair accessible, parking, refreshments. Places limited, booking essential. Contact Jenny 435 8866 or e-mail: info@frcentre.ie

See Mahon Family Resource Centre on Facebook.

10am – noon

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

WINDOW BOX PLANTING WITH MEN'S SHED

Learn from The Glen/Ballyvolane/Dublin Hill Men's Shed group how to plant window boxes. The Men's Shed always welcomes new members to grow its numbers. The window boxes will be raffled at the end of the workshop. It's an opportunity for men from the area to meet with the Men's Shed group.

On street parking, refreshments. Info: 087 130 8913 Booking essential, as places limited, call Ann or Ronnie 455 0943



**10am – 1pm****CityNorth College Hollyhill**

CityNorth welcomes all ages to a series of events this morning.

Find out about all the courses available. Parking. Refreshments.

10am – 11.30am**REEL IT IN CNC**

Take a step back in time whilst watching one of the old favourites – a musical.

10am – 11.30am**FUN FITNESS FOR ALL**

Fitness for all the family - get active together. 30 minute sessions.

10am – 1pm**TEMPTING TRESSES**

Invest in your hair, it's the only crown you will never take off. Feel great with a wash & blow-dry for only €5 in CityNorth College's Hair Salon this morning. All money will be donated to a local charity. Make an appointment, call 439 1782 or email info@citynorthcollege.ie

10am – 1pm

*Mayfield Community Training Centre,
Unit 1a, Mayfield Business Park*

OPEN DAY AT COMMUNITY TRAINING CENTRE

Tour the Community Training Centre (CTC), learn about the six courses available to young people aged 16- 21. Talk to the staff & students & see what it is truly like from the perspective of a learner. Courses include: Hospitality & Tourism, Health & Recreation, Business Skills, Culinary Skills, Multiskills, Construction. Training allowance available.

This is a special event for the festival, but the centre is open for queries Mon – Fri 9am - 4.30pm. Info: 450 4822
email admin@mayfieldctc.ie
<http://www.mayfieldctc.ie>

CTC is on Old Youghal Rd between Mayfield (Tinkers Cross) & Glanmire. Go past Amber Petrol Station heading towards Glanmire & turn right, pass Aldi & you come to a T junction. The CTC is in front of you on your left.

11am – 1pm**FIRST AID FOR ALL THE FAMILY**

All welcome to a demonstration of First Aid in the home. Learn simple, practical skills from qualified Occupational First Aiders.

11am – 1pm**KIDDIES KORNER**

Let your child explore their creative side with Arts & Crafts & Face-painting, whilst listening to their favourite Disney songs. All children must be accompanied by an adult.

11.30am – 1pm**TABLE QUIZ**

Test your knowledge with your friends for 8 rounds of fun.

Teams of four – if you don't have enough members, don't worry, they will help put a team together for you.

Info: Elaine Allen FE Co-ordinator 439 1782 email info@citynorthcollege.ie
Facebook: Citynorthcollege of Further Education

10am – noon

Wilton Park House, Bishopstown

LEARN ABOUT MEN'S SHEDS

See Wed same time for details.

**10am – 1pm & 2pm – 5pm**

Blackpool Library

EXHIBITION OF COMMUNITY ART & CRAFTS

Continues until Saturday, for details see Tuesday.



10am – noon

*The Lantern Community Project,
14 George's Quay*



DEALING WITH STRESS IN OUR DAILY LIVES

Interactive workshop with Noreen Leahy & Noreen Kelly, SHEP Community tutors exploring stress, the leading cause of ill health both for those in work & those without paid employment. An opportunity to learn how to minimise the effects of stress.

Booking essential as places limited. Info by email socialandhealth@eircom.net or norma@lanternproject.ie or 086 023 6442 Book by calling Geraldine Flanagan at SHEP – the Social & Health Education Project – 466 6180

Continues until Friday.



10am – 3pm

*Cork City Learning Support Service,
16 Fr Matthew St*

BETWEEN CLASSES: PHOTOGRAPHS

This is a collaboration where Aja Daly followed students, giving space to the theatrical, while exploring the idea of portraiture in an academic environment. Call in during the day, all welcome. Info: 427 3526

Cork ETB Learning Support Service is through the car park at the rear of Holy Trinity Church.

10am – 4pm

*Cork City Partnership Knocknaheeny
Outreach Office, Knocknaheeny
Community Building*

ART & CRAFTS FROM THE COMMUNITY

Exhibition continues until Friday, for details see Tuesday.



10am – 5pm

St Peter's Cork, North Main St

OUT & ABOUT IN CORK – PHOTOGRAPHY EXHIBITION

For more information see Tuesday.

Continues daily Tues to Sat until April 14

10.30am – 11.30am

The Glen Resource Centre, Glen Avenue

FUN QUIZ ON SOAPS & CELEBRITIES

All welcome to a quiz which will test your knowledge of what's happening on TV soaps & who is hot in the land of celebrity. Prizes awarded to participants. Organised by the Dillons Cross Project, for more information call Eileen Davitt 455 0511



10.30am – 12.30pm

*Cork City Partnership Fairhill
Outreach Office, The Community House
26 Bridevalley Park, Fairhill*

HAND MASSAGE WORKSHOP

Come along for a hand massage & feel its benefits. Learn about hand massage & the techniques involved. Book your place, call Mary Sheehy T 490 9710 M 087 196 2015



11am

*Blackrock Community
Association*



CHAIR-BASED PILATES FOR OLDER ADULTS

For details see Wednesday 11am.

Booking essential, call Jacoel Janssen
085 161 3505

11am – 12.30pm

*Mahon Youth Centre
(portacabins), Mahon Drive*



LEARN RELAXATION TECHNIQUES

Learn some mindful movement & relaxation techniques. Workshop offered by Mahon Community Development Project. Places limited, so booking necessary.

Call Lynda Wakefield 085 856 5455

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 & talk with fellow learners about their experiences. For details see Monday. Members here 11am – 1pm until Friday; information stand here until Saturday.

11am – 1pm*Parish Family Centre, Church of the Resurrection, Farranree***STETSONS & COWBOY BOOTS –
NORTH PRES GOES COUNTRY**

Every year North Pres & the Family Centre get together to present a very enjoyable event for the festival – this time it's Country. They'll be remembering the greats with recordings & live music & stories about the singers. There's even a bit of line dancing.

Guest musician Liam Hutchinson is accompanied by Adult Ed students from English Literature classes. Sing & dance along to past & present Country Music greats including Patsy Cline, Johnny Cash, Glen Campbell, Kris Kristofferson. Bring your Stetsons & cowboy boots – and join in. Light refreshments at 11am. Limited parking on main road.

Booking essential, contact Joanne Twomey 086 343 9701 or Margaret Cahill 430 1030 (mornings only).

Presented by members of the Farranree Community Education Network: North Presentation Adult Ed, North Presentation Home Schools Community Liaison, North Presentation Secondary School & Farranree Family Centre, behind Church of the Resurrection. Bus 203 stops opposite church.

**11am – 1pm***Cork Craft & Design, 27a**St Patrick's Woollen Mills, Douglas***LEARN ABOUT FRAGRANCES,
OILS & CANDLES**

Candlemaker & aromatherapist Kathryn Moffat from the Cork company 'Hoozits and Wotzits' is in the store to talk informally about fragrance combining, essential oils & her candle-making techniques. Call in this morning. Next door to 'On the Pig's Back.'

Info: T 436 8365 M 087 960 8249 email corkcraftdesign@gmail.com
www.corkcraftanddesign.com

11am – 1pm*Cork City Partnership**Churchfield/ Gurrabraher Outreach
Office, 46A Spriggs Road, Gurrabraher***EASTER CRAFTS WORKSHOP**

Working with an arts & cookery tutor, make your own mini chocolate Easter eggs. You'll also learn how to make Easter baskets & centrepieces. Places limited, to book your place call Patricia Cotter 430 1700

**11am – 1pm***Traveller Visibility Group, 25 Lower John St***WORKSHOP ON TRAVELLER
ETHNICITY**

Adults welcome to come & find out more about the status of Travellers in Ireland today. The workshop also explores what recognition as an ethnic minority group, by the state, will mean for the community. Further information, call the Traveller Visibility Group 450 3786.

**11am – 3pm***Hollyhill Library***FRIENDLY CALL INFORMATION
STAND**

For more information see Tuesday or Wednesday.

Stand in Central Library tomorrow.



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

11.30am – noon & 12.15pm - 12.45pm

*Cork Public Museum, Fitzgerald's Park***PLEASE DO NOT TOUCH – OBJECT HANDLING SESSIONS**

For details see 11.30am Monday. Repeated today & Friday.

11.30am – 1pm

*Griffith College Cork, Wellington Road***AN INTRODUCTION TO PHOTOGRAPHY**

Join Eoin O'Conaill, lecturer in photography at the college, for a workshop on basic photography & the use of Photoshop. Also see an exhibition of work by students.

Eoin O'Conaill's work has appeared in publications including The New York Times, The Financial Times, The Irish Times, His personal projects have appeared in solo & group exhibitions nationally & internationally & have been nominated for awards. He holds an MFA in Photography from the University of Ulster.

Booking essential, as numbers limited. Contact Sinead O'Dea 450 7027 email Sinead.odea@griffith.ie

max
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11.30am – 1pm

*Ecocel, Unit K8, Marina Commercial Park, Centre Park Road*max
25**GUIDED TOUR OF A UNIQUE BUSINESS**

Ecocel produces an eco-friendly home insulation product from recycled paper, which compares favourably with all imported alternatives. The used cellulose is suitable for the insulation of timber-framed homes, attics & lofts. Suitable not just for new houses, but also for retrofitting old homes, apartments & commercial buildings. A unique opportunity to see the manufacturing process & learn more about this locally based low carbon product & business. Organised by Ecocel & Cork Environmental Forum. Places limited, booking essential. Contact Bernie Connolly, 083 146 8064 email info@cef.ie

Noon - 5pm

*Bishopstown Senior Social Centre, Wilton Park House***COMPUTERS FOR THE PETRIFIED**

See Tuesday 2.30pm for details.

12.30pm – 1.45pm

*Welcome English Language Centre, Convent Place, off Proby's Quay, Crosses Green***LEARN ABOUT OTHER CULTURES**

Celebrate other cultures with students who hail from many different countries around the globe. This exhibition & food tasting is organised annually for the festival & is very popular. Learn something about other traditions & faraway places.

Welcome English Language Centre is a voluntary organisation, run with the support of the Mercy Sisters. It was set up to provide English Language classes for those seeking asylum & for refugees & immigrants from around the world.

Info: Angela Murphy, Centre Manager 431 6537 or Ann Bracken 087 238 5527

www.welcomeenglish.ie

Turn right just before La Dolce Vita Restaurant on Proby's Quay, then left on to Convent Place.



1pm – 2pm*St Peter's Cork, North Main St***A DATE WITH DATA**

Meet surprising figures, date data with character & digits to delight in this interactive talk & workshop, with the Central Statistics Office. See Wednesday same time for details. Booking preferred, call Eileen 427 8187 email info@stpeterscork.ie

**max
50****1pm – 2pm***Griffith College Cork,
Wellington Road***MEMOIR WRITING WORKSHOP**

Learn how to uncover the story within & without at this workshop with Rachel Andrews. It's aimed at finding inspiration for creative writing both in the landscape that surrounds us, as well as the landscape of memory & imagination. Through exercises, writers – those at a beginning or more developed stage – are encouraged to look at ways to find ideas for beginning to write story, poetry, memoir & how to find your own voice. Rachel Andrews is a writer & journalist. She holds an MA in Creative Writing from Bath Spa University. She has taught creative writing workshops in Triskel Arts Centre & received an essay writing award from Duke University, USA. She is Head of the Faculty of Journalism here at Griffith College Cork. Booking essential, contact Sinead O'Dea 450 7027 email Sinead.odea@griffith.ie

**max
60****1pm – 2pm***The Spanish Studies Centre Cork,
19, St Patrick's Hill***THE IRISH IN THE SPANISH CIVIL WAR**

For details see 1pm Tuesday.

**max
12****1pm – 2pm***Lecture Theatre, Crawford Art Gallery,
Emmet Place***PUBLIC LECTURE**

All welcome to *All Through the Years: Images of the Social and Political in The Crawford at the Castle* exhibition, a lecture by Dr Éimear O'Connor, HRHA.

Info: Anne 490 7857

email anneboddaert@crawfordartgallery.ie

1pm – 2pm*Access English Language Academy,
19, St Patrick's Hill***TRY AN ENGLISH CLASS**

Classes in English available throughout the year from Beginners to Advanced, morning, afternoon & evening timetables, for people whose first language isn't English. Try a class for free today.

Places limited, booking preferred. Call Padraig O'Connor 086 810 2048

email accessenglishacademy@gmail.com

www.accessenglishacademy.com

**max
12****CIT****1.10pm – 2pm***Foyer, CIT Cork School of Music, Union Quay***LUNCHTIME PARTICIPATORY PERFORMANCE**

All welcome to an entertaining mix of music, movement & songs with a participatory element! It's a Collaborative Performance featuring: The Sunny Oaks Dance Group & vocalist Lucia O' Neill (Cope Foundation, Hollyhill), Director Mary Keating and

Community Music Students (CIT Cork School of Music), Lecturer Edel Sullivan

No need to book, but seating limited. Wheelchair accessible, on-street parking,

Bistro on-site. Info: Edel Sullivan 087 234 4669

email edel.sullivan@cit.ie

**2pm – 2.30pm***Alliance Française de Cork,
2nd Floor, Enterprise House,
36 Mary St, off George's Quay***LATE LUNCH TALK: EXPLORE PADUA**

Join Marina Oracolo, Padua native, to explore that venerable Italian city as she recounts its deep & illustrious history. Padua is home to one of Europe's most prestigious universities & is rich in culture. Learn why it is known as the City of the Cafe without Doors, the City of the Saint without a Name, and the City of Meadows without Grass. Places limited, booking preferred. Contact Emily Noble

431 0677 email info@alliancefrancaisecork.com

www.alliancefrancaisecork.com

**max
20**

2pm – 3.30pm

Griffith College, Wellington Road

AN INTRODUCTION TO GROUP SINGING

Join a guided introduction with Morgan D'Arcy into choral or group singing for people without any experience. The class covers vocal range, harmony and warm-up techniques.

Morgan d'Arcy has been involved in choirs since 2010 as a member of UCC Choral Society & on the committee of UCC Choir. He was also responsible for co-founding & directing the Kenmare Youth Vocal Ensemble. Morgan graduated with a degree in English & Music from UCC & now splits his time between English teaching & performing in the Cork area.

Booking essential, as places limited.
Contact Sinead O'Dea 450 7027
email Sinead.odea@griffith.ie



2pm – 4pm

The Green Ribbon Garden, Kyle Street

OPEN GARDEN & POT PLANTING

The Green Ribbon Garden is the proud work of members & staff of the Basement Resource Centre Shine. All welcome. For details see Tuesday 2pm.

2pm – 5pm

The Granary, Bessborough, Blackrock



ADVOCACY – WHAT IS IT?

Advocacy can be defined in different ways, from speaking up for ourselves to lobbying for marginalised groups or communities.

Deirdre Lillis, Advocacy Development

Worker with SHEP, leads an interactive workshop where participants explore different models &



SHEP
CAPACITY FOR CHANGE

learn how it can make a difference. Info: email socialandhealth@eircom.net

Limited places, booking essential. Call Geraldine Flanagan at SHEP – the Social & Health Education Project – 466 6180
www.socialandhealth.com



2pm – 4pm

*Cork City Childcare, Suite 1,
John Dunlop Building, Marina
Commercial Park Centre Park Road*

OPEN AFTERNOON AT CORK CITY CHILD CARE

Early Years Practitioners, childminders & parents are invited to visit the offices of Cork City Childcare. Get information about childcare provision in Cork City & government funded Early Years Programmes. Information available for anyone interested in pursuing a career as an Early Years Practitioner.

Info: Ruth or Elizabeth 431 0500 email: ruth@corkcitychildcare.ie



THE FREE UNIVERSITY: ACE AT UCC PUBLIC LECTURE PROGRAMME

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

2pm – 3 pm

ASPECTS OF WOMEN'S STUDIES

Kathy D'Arcy of ACE talks about her journey as an Irish woman writer researching the absence of literary 'foremothers' & the damaging representations of women in Irish literature. She gives a brief introduction to that history, starting with the aising poetry of the 16th & 17th centuries, continuing to the protests about the wording of the 1937 draft constitution, and then looks at some interesting Irish woman writers from Jane Wilde to Claire Keegan.

3pm – 4pm**THE SONGS OF BOB DYLAN**

MW Booth of ACE offers an introduction to the music & poetic lyrics of the celebrated songwriter, including some of his less well-known works, and some that have been recorded by others. Listen to a series of recordings, with commentary on recurring themes & influences. Event suitable both for fans & those who wonder what all the fuss is about.

4pm – 5pm**TRUMP'S ELECTION: WHAT DOES IT MEAN?**

2016 was a year of extraordinary political upheaval; first Brexit, then Trump. Now there's the real potential for even more radical upheaval in France in the 2017 presidential election. Will Marine Le Pen become the next far right head of state? Her party, the Front National, currently has almost 40% of the intended national vote. What once seemed improbable now seems more than possible. Join Mark Kernan of ACE as he asks why is this happening now. Are we experiencing, as some have suggested, the West's 'Berlin Wall' moment, as electorate after electorate in western countries vote down both neoliberal capitalism at home & economic globalisation abroad?

Info: 490 4700

2.30pm – 3pm*Cork Public Museum, Fitzgerald's Park***PLEASE DO NOT TOUCH – OBJECT HANDLING SESSIONS**

For details see 11.30am Monday. Repeated today & on Friday.

2.30pm – 4pm*Mahon Youth Centre (portacabins), Mahon Drive***COOKERY DEMONSTRATION**

Mahon Community Development Project's Men's Cookery Group invites you to a demonstration. You'll not only watch food being prepared & cooked, you'll get to sample some of the delights.

Booking necessary, as places limited. Call Viv Sadd or Lynda Wakefield at Mahon CDP 435 9070.

**2.30pm – 4pm***Eason's Hill Community Centre, next to Shandon***MEN MAKE MUSIC**

Join a group of local men, who meet here weekly, as they perform a mixture of music on various instruments & sing. All welcome.

Info: Martin Aherne, Community Health Worker, HSE Health Action Zone 086 787 2372

**2.30pm – 5pm***Bishopstown Senior Social Centre, Wilton Park House***MUSIC & DANCE**

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

Free parking. Info: Roger Coughlan, Co-ordinator M: 086 386 6975 T: 434 8595

Email: bishopstownseniors@gmail.com

3pm*Visitors' Centre, Main Quad, UCC***GUIDED TOUR OF UCC**

For details see Monday. Tour repeated daily at 3pm until Friday, noon on Sat.

3.15pm – 3.45pm*Cork Public Museum, Fitzgerald's Park***PLEASE DO NOT TOUCH – OBJECT HANDLING SESSIONS**

For details see 11.30am Monday.

Repeated tomorrow Friday at 11.30am, 12.15pm, 2.30pm & 3.15pm

4pm – 5pm

St Peter's Cork, North Main Street

LEARN ABOUT CORK'S CHURCH MONUMENTS

Genealogist & Cork Decorative & Fine Arts Society (Cork DFAS) committee member David Ryan delivers a lecture entitled "Church Monuments of Cork City: Patronage and Memorial." He focuses on the prominent Cork families who were patrons of & memorialised in these monuments. He also discusses the memorials in St Anne's Shandon in the context of a Church Recording project being undertaken by members of CorkDFAS.

Info: Brendan Doyle, Chairman 087 794 2578
email chairman@corkdfas.ie www.corkdfas.ie

4pm – 6pm

CIT Blackrock Castle Observatory, Blackrock

TALK & EXHIBITION

Enjoy exploring one of the largest ever private collections of mission badges. Search for your favourite missions or astronauts! Join the patron of the collection, John O'Sullivan, as he talks about Space in general & details of the collection itself.

Please note that this free event for the festival does not include the usual daily activities: tours & Planetarium shows. Presented by CIT Blackrock Castle Observatory/International Space University's *Space Studies Program*

Info: 432 6120 email info@bco.ie
www.bco.ie

4.30pm – 5.30pm

*The Lantern Community Project,
14 George's Quay*

max
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THE GAP GREENER LIVING PROGRAMME

Come to an interactive overview of the topics covered by a GAP greener living programme - waste, water, energy, transport & consumerism, presented by Cork Environmental Forum (CEF) with the collaboration of the Lantern Community Project. It offers an opportunity to examine some of the simple appliances and products needed to make simple changes to conserve resources in your home. CEF regularly runs Global Action Plan Greener Living Programmes

Places are limited, please book by March 31. Contact Bernie Connolly, CEF T 023 883 9700 M 083 146 8064
email Bernadette@cef.ie www.cef.ie

5.30pm – 6.30pm

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

max
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TRY A SPANISH CLASS

Come to this class for beginners, for details see 5pm Monday



5.30pm – 6.30pm

Crawford Art Gallery, Emmet Place

FREE GUIDED TOUR

Never been to the Crawford Art Gallery or it has been a while? Come to (re)discover national treasures in the heart of our city. Meet in the Sculpture Gallery.

Info: Emma 490 7862
email emmaklemencic@crawfordartgallery.ie

Tour repeated at 1pm Friday.



6pm – 7.45pm*Foyer, CIT Cork School of Music,
Union Quay***THE CLADDAGH ROGUES:
CONCERT AND Q&A**

All welcome to an informal performance by The Claddagh Rogues of their latest album, *For the Record*, followed by a Q&A session. Special guests: CAFÉ - Cork Adult Flute Ensemble. All welcome, no need to book.

James O'Flynn & his band The Claddagh Rogues have battled their fair share of demons to consistently produce passionate music rooted in their troubled lives. The band was born out of Cork's Simon Community in 2007 & has produced two EPs.

In 2017 & 2018 The Claddagh Rogues tour Ireland & the UK.

For the Record is the first release on MusicAlive Records. MusicAlive was established in 2008 by Kevin O'Shanahan & fellow musician Caoimhe Conlon to develop the inclusion of music & creative activities in mental health & community settings. Contact: email thecladdaghrogues@gmail.com

www.thecladdaghrogues.bandcamp.com

Info: Caoimhe Conlon 086 320 9442

email caimhe.conlon@cit.ie

**6pm – 8pm***Mahon Youth Centre (portacabins),
Mahon Drive***OPEN STUDIO**

Mahon CDP's Men's Art Group invites the public to view their work. Last visit this week, for details see Monday.

6.30pm – 9pm*Unitarian Church, Prince's Ste***SHAPE NOTE SINGING WORKSHOP**

Sacred Harp is an American four part harmony folk singing tradition. The Sacred Harp Singers of Cork welcome all voices, regardless of experience. They use a shape note system, designed to make it easy for anyone to learn to sing. Bryan Seale leads an introductory workshop from 6:30pm to 7pm, followed by their regular weekly singing here - all welcome to participate.

Info: email corksacredharp@gmail.com

www.corksacredharp.com

**6.45pm – 7.45pm***St Anthony's Sports Hall, Ballinlough***TRY A KARATE CLASS**

Adults & children aged 5+ can join the regular class here & try Karate/Self Defence.

For details see 7pm Tuesday. Other opportunities in Carrigaline on Friday, see Fringe pages. www.risingsun.ie



7pm

*CIT Tourism & Hospitality Dept.,
CIT Campus, Rossa Avenue*



VEGETARIAN COOKERY DEMONSTRATION

Vegetarianism is no new age fad, we were vegetarians long before we became carnivores. When you consider that it takes on average ten times as much energy to produce animal meat as an equivalent amount of plant food, it is worth considering, both for our health's sake & in defence of our climate, to cut back on the amount of meat we eat. To encourage this, the Faith in Action Group of Ballineaspig Parish organised this demonstration in conjunction with CIT Tourism & Hospitality Dept.

You must book to attend, call Clare McCutcheon 087 649 2554

7pm – 9pm

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



LIFE DRAWING WORKSHOP

Book your place on a workshop teaching participants, using wooden mannequins, how to get proportion correct when life drawing. Informal, relaxed atmosphere. Tea/coffee/biscuits provided. Free parking after 6:30pm. Visions School of Art runs beginners courses & practice sessions in Life Drawing, ask about them. Info & Bookings: Andrew Carroll 087 149 9615 email: and.carroll@gmail.com

7pm – 9pm

Bishopstown Community School

DEVELOPING POSITIVE WELLBEING IN YOUNG PEOPLE

This two hour seminar with Alan White, teacher, author, Choice Theory Psychology Certified, is designed for parents & anyone who engages with young people. It outlines how young people can develop the skills they need to take care of their own mental well-being. This approach focuses on positive psychology & how it can be used to improve relationships & build resilience for young people & their families.

Based on Alan White's book, Changes – 30 Day Mental Well-being Challenge. Participants will be guided through this mental fitness programme & the skills it outlines. It has been successfully introduced in many schools.

Event suitable for teachers, parents, youth workers & anyone interested in enhancing their personal well-being. Complimentary copies of the book available to all participants. Tea & coffee provided.

Info: Kevin Mc Auliffe, Home School Community Liaison 454 4311 email kevinmcauliffe009@gmail.com

Organised by Bishopstown Glasheen Community Education Network



ACE AT THE HONAN CHAPEL

7pm – 8pm THE HONAN CHAPEL IN IRELAND'S REVOLUTIONARY DECADE

James Cronin, School of History, ACE, and the Centre for the Integration of Research, Teaching & Learning, UCC, discusses the role of Irish art in the context of the Irish Revolutionary decade (1912-1922) currently being commemorated. In particular, how art & politics interconnected during this period with reference to a study of the Honan Chapel on the grounds of University College Cork.

8pm – 9pm CÓR CÚIL AODHA

This all men's choir, founded by Séan Ó Riada, sings in the Honan Chapel, UCC, the Honan Chapel on the grounds of University College Cork.

7pm – 10pm*The Guest House,
10 Chapel Street, Shandon***max
14****THE SIGNIFICANT VOICE -
A WORKSHOP**

Soundtrap, artists Julie Griffith & Catherine Murray, are looking for 12-14 female participants aged 40 + for this workshop. They will use sound production to explore the creation of personal call & response laments (individual/group) to be staged as a performance. The final piece should be staged by participants on the summit/rooftops of approved & relevant structures in urban or rural environments. Julie & Catherine Murray are nomadic artists whose performative work is characterised by enactment on and from the summits of various architectural & environmental structures.

Booking essential. Info & bookings 086 863 4304 email soundtrapis@gmail.com

**7.30pm – 8.30pm***Olympic Karate Club, 81-83
Shandon St***max
20****ADULTS - TRY KUNG FU**

Learn the benefits of Chinese Kung Fu for a healthy lifestyle in a fun, welcoming environment. It can enhance your mood & general feeling of wellbeing, reduce stress, improve strength & movement, encourage restful sleep. Anyone aged 17+ welcome to this introductory class, which includes warm ups, stretches, stances, conditioning. Bring tracksuit & runners. New members always welcome – ask about classes.

Park on Old Market Place; studio is across from Credit Union, Shandon St.

Booking preferred as places limited. Call Chris Gaughan 086 601 8517 or email fulungchuan@gmail.com
see Facebook - shandonstkungfu

7.30pm – 9pm*Turners Cross Community Centre,
Church View, Curragh Rd***TAKE A TRIP DOWN MEMORY
LANE**

Liam O Huigin, well-known local historian gives an illustrated talk, using photographs, on the history of the parish & surrounding areas. Liam has a unique style, great knowledge & humour, so you are guaranteed an engaging & fun night.

No need to book, but come early as always very popular. Presented by Turners Cross Community Association. Info: Joe Curtin 086 259 1362

8pm – 11.30pm*The Long Valley (upstairs), Winthrop Street***THE ELECTRONIC FOLK**

Buckely & MacHale present an evening of haunting electronic songs, an intimate performance. Afterwards there's an opportunity to ask questions & to try out the musical instruments. Electronic Folk takes place here on the first Thursday of the month.

Info: 085 130 0814 email info@simonmachale.com

See Facebook.com/theelectronicfolk

7.30pm*Blackpool Community Centre***TALK: CARTS & CARS, TRAINS &
TRAMS**

Enjoy a Powerpoint presentation by local historian Mark Cronin on Transport in Blackpool through the ages. See the exhibition which continues until Friday.

All welcome. Info: 450 1787