

thursday

april 6

11am

Youghal Library

Knitting Circle

See the wonderful knitting on the staircase. Learn new stitches and chat with members of the knitting group.

T 024 93459



6pm – 8pm

Youghal Library

Pottery Exhibition

A unique collection of Pottery showcasing the wonderful creativity of Theresa Watkins and her Pottery Workshop group. The Exhibition will also feature works by the Youghal Carers group. It promises to be

an exciting exhibition highlighting the wonderful artistic talent in Youghal and the surrounding areas.

T 024 93459

7.30pm – 9.30pm

Cumann na Daoine

Nutrition for

Physical &

Mental Health

Learn to prevent chronic health conditions and improve your health.

T 024 91900



friday

april 7

11am – 1pm

Cumann na Daoine

Easter Art Workshop

Creative art workshop combining collage techniques and painting. Each person will leave with a unique and colourful piece of artwork.

T 024 91900



1pm – 3.30pm

Cumann na Daoine

Indoor Bowls

Light physical exercise for the elderly. Social enjoyment and fun.

T 024 91900

Lifelong

LEARNING

FESTIVAL

Explore Create Celebrate



YOUGHAL 2017

Lifelong

LEARNING

FESTIVAL

Monday 3 – Friday 7 April 2017

Explore Create Celebrate

Programme Free

All Events Free

A Chairde

It is a pleasure to welcome you to **Youghal Lifelong Learning Festival**, a week-long event devoted to the exploration and celebration of learning.

The festival's motto of *Explore Create Celebrate* is very evident this week in Youghal and in the various learning festivals throughout Cork county.

With an emphasis on celebration, the festival highlights the fact that learning is no longer seen as something that happens only in classrooms – it is a process which happens in many settings and throughout life.

It is an opportunity for people of all age groups and cultures to showcase their work and to explore new avenues. It also highlights the power of community endeavour and good will.

The festival has something for everyone, so please join us and celebrate this diversity of learning, artistic expression and its potential for creating change.

My sincere thanks to all those involved in organising the festival.

Comhghairdeachas
Le gach dea-ghuif

Ted Owens
Chief Executive
Cork Education & Training Board

Explore Create Celebrate

monday

april 3

10am – 12pm

Cumann na Daoine

Craft Group Demonstration

Hands-on demonstration of needlework.

T 024 91900

10am – 1pm

East Cork Further Education Centre

Make Your Own Bird House

Booking Essential.

T 087 1771683



tuesday

april 4

9am – 10am

Cumann na Daoine

Zumba Gold

Great fun and perfect for active adults of all ages. Improves fitness levels, flexibility and balance.

T 024 91900

10am – 1pm

East Cork Further Education and Youthreach Centre

Mini Spa Day

Relax and unwind. Let our Beauty Therapy students give you a manicure or facial. Booking Essential.

T 087 6334704



10am – 1pm

East Cork Further Education and Youthreach Centre

Open Art Studio

Drop into the studio and talk to artist Patricia Burns and FE art students about art, painting and inspiration.

10.30am – 1pm

Cumann na Daoine

Paint along with Utta

Come along and join Utta for a cuppa and paint your own picture.

T 024 91900



11am

Youghal Library

Your Good Self: A Talk on Mindfulness

Speaker: Dr Rosarie Crowley, clinical psychologist.

T 024 93459



6.30pm – 8.30pm

Cumann na Daoine

Suaimhneas (Music Group)

Drop in and enjoy the sing along.

T 024 91900

wednesday

april 5

11am – 1pm

East Cork Further Education and Youthreach Centre

The Printer

This short film gives an insight in to the workings of Youghal's historical print house Fields Printers. Meet Michael Twomey, one of the filmmakers.

11am

Youghal Library

Lacemaking

T 024 93459



12.30pm – 3.30pm

Cumann na Daoine

Slimming World

Informative talk and demonstration on how you can really change your life with Slimming World's eating lifestyle plan.

T 024 91900

