

**10am – 12 noon & 1.30pm – 2.30pm**

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

**View a mural about Spring** - see Monday.

**9am – 5pm**

*CIT Crawford College of Art & Design  
Sharman Crawford St*

## Exhibition of student work

Exhibition of work by students on Continuing Visual Education evening courses at the college, including life drawing, photography, stained glass, textiles, ceramics. Continues daily until April 1. Info: Ed Kuczaj 433 5246

**9am – 5pm**

*Coláiste Stiofáin Naofa, Tramore Rd*



**Imprints of Shandon & Stone Circle** - exhibitions. Details see Monday

**9.30am – 5.30pm**

*Alliance Française de Cork, 36 Mary St*



**Exhibition of photographs** see Thursday.

**9.45am – 5.15pm**

*Triskel Arts Centre, ESB Substation, Caroline St*



**Exhibition: Plan B** details see Tuesday.

## SHOP & LEARN

*Blackpool Shopping Centre*



**10am – 5pm**

### Information stand

FÁS – Ireland's Training & Employment Authority  
Information on courses & training options available locally.  
[www.fas.ie](http://www.fas.ie)

### College of Commerce

Stand with information on the wide range of courses available, daytime & evenings, with staff available to answer your questions.

**10am – 1pm**

*Meeting Room 1, Student Centre, CIT*

### You get what you give

drama workshop for Transition  
Year students - details see Thursday.



**10am - 1pm**

*Mayfield Community Arts Centre  
Newbury House, Old Youghal Rd*

### Art exhibitions & studios open

see Monday for details.

**10am – 5pm**

*Lewis Glucksman Gallery, UCC*

### Exhibition Challenge for 6-12 year olds

details see Tuesday.

**10.30am - 12noon**

*Curraheen Family Centre, Meeting Room,  
Church of The Real Presence, Curraheen Rd*



### Learn about painting on silk

Ever wondered how to make a silk scarf, a silk picture or screen? Renowned artist and dress designer Anne Kearns and her inventive students demonstrate the art of painting

on silk. Free tea, coffee and biscuits. Curraheen Family Centre is a member of the Bishopstown Education Network. Enquiries: Irene Higgins 454 1583

**11am – noon**

*Leisureworld Churchfield*



### Introduction to gym training

Learn about training in the gym with this free session. Staff will answer all your questions. Info: 439 7868

**11am**

*Women's Fitness Plus, Kinsale Rd*

MAX  
10



## Try Pilates for free

Come along to this free class and experience how, in just one Pilates session, you can feel stronger, taller, calmer. Places limited, to book call Jaconel Janssen 085 161 3505

**11am – 2.30pm**

*Coláiste Stiofáin Naofa, Tramore Rd*



## Stone Circle

exhibition of student photographs.  
Details see Monday.



**11am – 3pm**

*City of Cork VEC Centre for Education  
Dean Street*

## Beneath St Finbarr's Spires

Open day – see Monday.

**11.30am – 2.30pm**

*National Learning Network  
Seward House, Cork Business & Technology Park  
Model Farm Rd*

## Open Day at Training Centre

The public is very welcome to visit the centre, to see exhibits from rehabilitative and employment training programmes. Staff and trainees, both past & current, give information & personal testimonies of their experiences with the National Learning Network. Parking onsite; light snacks provided. Info: Alice or Maria 434 1028 [www.nlncork.ie](http://www.nlncork.ie)

**Noon – 4pm**

*Family Resource Centre, Mahon Drive*

## Exhibition of artwork

details see Monday.

**Noon - 5pm**

*The Teaching Rooms,  
6 Sidney Place,  
Wellington Rd*

MAX  
12



## Workshop on Shiatsu

The Cork School of Shiatsu offers adults a full introductory workshop, where you'll learn the basic skills for use with family & friends; some acupoints for First Aid purposes as well as simple exercises for your own health. Bring packed lunch, tea supplied, and wear loose, comfortable clothing. Must book as spaces limited. Call Diana Cassidy 487 2324

**1.10pm**

*CIT Cork School of Music*

## Free lunchtime concert

Deaf-blind pianist Orla O'Sullivan gives a recital in the Concourse. Info: Cork Deaf Association 450 5944 or email: [mail@corkdeaf.ie](mailto:mail@corkdeaf.ie)

**1.15pm**

*Civic Trust House, 50 Popes Quay*

## Lunchtime singalong

Join a choir – just for one lunchtime! Led by musical director Liz Powell of the Association of Irish Choirs, this fun session gives you a taste of what happens during choir rehearsals, and you'll learn some basic techniques. No experience necessary! Great fun! Presented by Cork International Choral Festival & the Association of Irish Choirs. Info: Nicki french Davis 421 5101



**1.30pm – 2pm**

*Alliance Française de Cork, 36 Mary St*

## Learn a little French

Refresh your knowledge of the language at a short lunchtime beginners' class with tutor Caroline Vasseur. Info: 431 0677



**1.30pm – 4pm**

*CIT Crawford College of Art & Design, Sharman Crawford St*

## Learn about courses & careers

The Department of Art Therapy & Continuing Visual Education invites you to an open afternoon at the college, to find out about courses available, with presentations on working as an Art Therapist & Arts Facilitator. Courses: Arts in Group Facilitation, Arts in Participation, Principles & Theory of Art Therapy (Foundation), MA in Art Therapy.  
Info: Ed Kuczaj 433 5246 – 087 996 7718

**2pm – 3pm**

*Lecture Theatre, St John's Central College, Sawmill St*

## Students learn about China

Chinese students attending UCC talk about growing up in China with secondary pupils from Cork. They introduce them to a few words in Mandarin & give a demonstration of Martial Arts. Presented by the Confucius Institute/Irish Institute of Chinese Studies, UCC. All welcome.  
Info: Dr Huan Xiong 490 2410/490 2825

**2pm – 3pm** *Blackrock Castle Observatory*

## Learn about a new planet

workshop for adults. Details see Monday.

MAX  
30



**3pm – 4pm** *University College Cork*

## Guided historical tour of UCC

 see Monday.

**7.30pm – 10pm** *Conference Room, 8 North Mall*

## Learn about fun, improvisation

An evening workshop on the role of playacting in personal development organised by The Social & Health Education Project (SHEP) – see Monday. Info: Mary Mangan 466 6180

**8pm – 9pm**

*University College Cork*

## Twilight Tour of UCC

Take a guided historical tour in the twilight – a memorable experience. No need to book. Details – see 3pm Monday.



## LIBRARIES FOR LEARNING



*Douglas Library*

**Until noon**

Lifelong Works – photography exhibition continues.

**11am** - An Ciorcal Comhrá

All welcome to join this Irish conversation group.

T 492 4932

*Bishopstown Library, Wilton*

**From 10.30am** - presented by LeisureWorld Bishopstown

Swiss Balls Toning for parents & toddlers

Baby Yoga – a taster session

T 492 4950



*Frank O'Connor Library, Mayfield*

**All day** - Flights of History

Exhibition of designs, drawings and paintings concerned with aviation themes by local artist Keith Wright

T 492 4935

**11am** Introduction to song writing with singer/songwriter

David Burke, for ages 12 – 14.

Booking essential.

*Rory Gallagher Music Library, Grand Parade*

**11am** – Gramophone Recital

Relax and enjoy a programme of vocal, classical and orchestral music.

T 492 4919

*Central Library, Grand Parade*

**1pm** - Fairytale and Fantasy: Harry Clarke and the Irish Arts

& Crafts Movement – an

illustrated lecture by James GR Cronin, UCC

T 492 4900

*Rory Gallagher Music Library, Grand Parade*

**2pm – 3pm** Bodhran for Beginners (Adult) Join Colm

Murphy for a class.

Details see Monday 22 March

T 492 4919