



Central Library, Grand Parade

7pm

LAUNCH OF CD

Singer songwriter Dave Burke launches his CD "Fulfil the Wish." All welcome.
Tel: 492 4900

The Library, Douglas Village Shopping Centre

11.30am - 12.30pm

STARTING YOUR FAMILY TREE

Hear from James Quain of the Cork Genealogical Society how to start researching your family. All welcome.
Tel: 492 4932

Bishopstown Library, Wilton Shopping Centre

11.30am

THE BATTLE OF KINSALE

Local historian Pat Gunn gives a talk about Spanish intervention in Ireland in 1601-2. All welcome.

All day

CURRAHEEN FAMILY CENTRE EXHIBITION

See Monday for details. Continues until end of March.

RITA LYNCH EXHIBITION

The life & times of the Macroom-born soprano. Tel: 492 4950

LEARN ABOUT THE VIKINGS

Exhibition of research by service users at the Brook Day Centre. Until Friday, for details see Tuesday.

Tory Top Road Library, Ballyphehane

10am

ART DEMONSTRATION

Join the Wednesday Library Painters & you could be tempted to join them - all welcome.

2.15pm

LEARN SOME BEAD WORK

All are welcome to an Introduction to Bead Work presented by Bead Wizards. Tel: 492 4934

Blackpool Library, Redforge Rd

10am

CELEBRATION OF ONE BOOK ONE COMMUNITY

See separate entry.

2.30pm - 3.30pm

STARTING YOUR FAMILY TREE

Hear from Ann Marie Coghlan of the Cork Genealogical Society how to start researching your family. All welcome. See www.corkgenealogicalsociety.com

10am - 1pm & 2pm - 5.30pm

EXHIBITION OF COMMUNITY ART

A display of art from communities across the northside of the city. See separate entry. Tel: 492 4933

Frank O'Connor Library, Mayfield

10am - 1pm

A CELEBRATION OF LOCAL LEARNING

See separate entry. All welcome. Tel: 492 4935

9am – 5pm

Coláiste Stiofáin Naofa, Tramore Rd

STUDENT EXHIBITIONS: PERCEPTIONS & INTO THE WOODS

Continue until Friday - see Monday for details.

9am – 5pm

Foyer, Civic Offices, City Hall

ART BY YOUNG TRAVELLERS

Continues until Friday – see Monday for details.



9.30am – 11am

St John's Central College, Sawmill St

HOLIDAY HELPDESK

Students on the Tourism & e-Travel courses at St John's provide a free service to people with queries about holidays. They source information, so you are well prepared before heading to a travel agent to book. Info email: dglavin@stjohnscollege.ie or visit www.stjohnscollege.ie for details of courses or call 425 5500 .Repeated Thursday at 2pm.

9.30am – 12.30pm

Social Protection Office, Hanover St

HELP FOR THE UNEMPLOYED

The Citywide Community Education Network has a stand in the dole office this morning & tomorrow morning, where you can talk to them about courses & other services available across the city. The Network is supported by the Cork Education & Training Board. Info: Eamonn Kirwan 492 4922 For more details see Tuesday.

10am

Lifetime Lab, Lee Rd

LEARN ABOUT FOOD WASTE & COMPOSTING

See Tuesday for details.

10am – 1pm

*Frank O'Connor Library,
Old Youghal Rd, Mayfield*

EXPERIENCE LEARNING IN THE MAYFIELD COMMUNITY – INVESTIGATE, PARTICIPATE CELEBRATE!

The Mayfield Community Education Network hosts a morning of free participative workshops & displays from local community groups & schools.

It's a vibrant morning of dance performances such as Salsa, Irish, Ballroom etc, with the option of just watching - or maybe joining in! Displays of art, crafts, demonstrations of beauty & make-up, cross stitch & flower arranging also for you to enjoy, together with music, local choirs & schools performing. Refreshments provided free. All are welcome.

The Mayfield Community Education Network (CEN) is a group of adult/ community education providers in the Mayfield area. The network brings together Mayfield Community Adult Learning Project, Mayfield Arts, Lotamore Family Resource Centre, Home School Community Liaison teachers from Mayfield Community School, St. Patrick's Schools, Scoil Mhuire Banrion & St. John the Apostle B.N.S., Health Action Zone & Mayfield Write-On Adult Basic Education Service.

Further information about the event or the network, call 450 8562

10am – 1pm & 2pm – 4pm

Knocknaheeny Community Building

EXHIBITION OF ART, PHOTOS, CRAFTS BY LOCALS

See Monday for details.



10am – 1pm

Blackpool Library

ONE BOOK, ONE COMMUNITY - A CELEBRATION

Join students from Blarney Street CBS, North Presentation Primary, St Vincent's Primary, Scoil Muire Fatima & North Monastery Secondary schools, as they celebrate their involvement in the One Book, One Community project, which encourages reading at both school & at home.

This year's chosen book *20,000 Leagues Under the Sea* by Jules Verne, the science fiction classic, inspired the artwork on display. Pupils are also performing

Event organised by the Shandon/Cathedral/Blackpool Community Education Network

Info Liam Buckley, Blarney St CBS
Tel: 086 263 0078



10am – 4.30pm

1st Floor, CCAD Sullivan's Quay Campus (old tax office)

TRAIN IN CREATIVITY & CHANGE

Creativity & Change training is for those involved in youth work, adult education & community development. Today's training will help to develop creative skills & tools to engage participants/ learners with ideas around participation, global citizenship & change. A day of creativity & reflection that will stimulate & motivate.

Training delivered by CIT Crawford College of Art & Design in conjunction with the Lantern Project with support from EcCoWell. Booking essential, please book your place by Thurs March 19 to avoid disappointment.

Contact Norma Roche
Tel: 086 023 6442
Email norma@lanternproject.ie
Web: www.lanternproject.ie

10am – 5pm

Blackpool Library

EXHIBITION OF COMMUNITY ART

Until Friday, see Tuesday for details.

10.30am – 12.30pm

Knocknaheeny Community Building

COOKERY DEMONSTRATION

Learn some quick & easy nutritional dishes to make in your own kitchen. Regular classes here on Tuesday mornings. Organised by Cork City Partnership Knocknaheeny Outreach Office. Places limited, to book call Norma Kenny, Tel: 439 9503



10am – 5pm

NLN Training Centre, Hollymount Industrial Estate, Hollyhill (across the road from Apple)

10am – 3pm

OPEN DAY WITH ACTIVITIES

Find out about the full time certified training programmes on offer at the National Learning Network (NLN) training centres here at Hollyhill & at Model Farm Road. The employment & developmental programmes cater for adults who need additional supports & different approaches because of a health condition, injury, illness, mild or specific learning difficulty, mental health problem etc. NLN aims to provide students with the skills & aptitudes to progress on to employment, further training or education or other outcomes appropriate to each individual.

Short briefings at 10am, 11am, Noon, 1pm & 2pm - or come at any time today to meet instructors & students & learn about the programmes at FETAC levels 3 to 5.

10.30am – Noon & 1.30pm – 3pm

INTRODUCTION TO CAPACITAR WELLNESS PRACTICES

NLN instructor Bernadette Nolan delivers two sessions on Capacitar Wellness Practices. Capacitar means to empower & to encourage. Training teaches simple healing practices that restore balance in the energy system, developing skills to manage stress, anxiety & trauma. Places limited, book yours.

Noon – 1pm

AN INTRODUCTION TO IRISH SIGN LANGUAGE

Learn basic phrases in Irish Sign Language (ISL), to spell your name etc.

CRAFT WORKSHOPS

11am – 12.30pm

BASIC MONOPRINTING

Using photocopying or hand drawn images, create an original & surprisingly effective print.

1.30pm – 3pm

BASIC HAND BUILDING POTTERY

Have fun using a variety of possible techniques like coil building, pinch pots & slab building to make pieces in clay that you can take home later.

11.30am – 1pm

CAKE DECORATING WORKSHOP

Watch a demonstration on cake decorating & then decorate your own cupcakes using a variety of tools & techniques. Places limited at workshops, book yours in advance.



10am – 2pm

TAKE A WALK ON THE WILDSIDE

The Exotic Animal Roadshow showcases learning about environmental issues. Today the focus is on wildlife, both domestic & foreign. There's a static display/ mini zoo, paint on animal tattoos plus wild art & crafts. Booking only required for groups.

11am – 12.30pm

INTRODUCTION TO WRAP

The Wellness Recovery Action Plan, or WRAP, is an evidence based practice used world-wide by people who are dealing with mental health challenges as well as medical conditions. Diabetes, weight gain, pain management, addictions, smoking, redundancy, significant transitions & trauma are some of the many challenges that can benefit. This introduction shows how WRAP works & how simple it is. Places limited, book yours.

2.30pm – 5pm

LIFE AFTER LEAVING CERT FOR STUDENTS WITH ASD

Psychologist Seamus Feehan, Kieran Kennedy of Shine, a representative from Aspect, and others, outline what's there now, what the deficits are & what might be coming on stream in the next 2-4 years for students leaving school. Representatives from organisations providing services to school leavers on the Autistic Spectrum also on hand to chat to individuals.

A valuable session for parents, teachers, guidance councillors & others interested in students with ASD who will soon be leaving second level education. Booking not required but preferred.

Organisations involved today: National Learning Network, The Animal Roadshow, Aspect, Shine.

Parking available on site, tea/coffee/scones provided, 202 bus stops outside centre, top of Harbour View Road, across from Apple. Booking only required for groups, except where places are limited. Maximum number for group visit is 20. To book: phone Alice or Maria 434 1028 or Kay 430 0144 or email hollyhill@nlm.ie or modelfarmroad@nlm.ie.

10.30am

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

CORK HARBOUR THROUGH TIME - ILLUSTRATED TALK

Local historian Councillor Kieran McCarthy will take you on a fascinating journey, through the medium of postcards from 100 years ago, to give a now and then look at Cork Harbour, the second largest natural harbour in the world. All welcome. Free refreshments served. Queries: Irene Higgins Tel 454 1583

The Curraheen Family Centre is a social & education centre, founded 26 years ago & run by a voluntary committee. It's a place where people can meet in a friendly atmosphere & provides classes & activities. It enjoys the support of the Cork Education & Training Board through some tutor hours, plus one Community Employment placement. New members always welcome. The Curraheen Family Centre is a member of the Bishopstown Glasheen Community Education Network. It's on bus routes 205 & 208.



10.30am – noon

James Barry Exhibition Centre, CIT

MY EDUCATION, MY FUTURE - EXHIBITION LAUNCH

The CIT Access Service together with the CIT Arts Office invited students from Access Linked Schools to take part in this year's competition where aspiring young artists submit an art piece on the theme of My Education, My Future. All art work submitted from participating schools is on display in the James Barry Exhibition Centre in Cork Institute of Technology during the festival. This morning the student artists are invited with their families, friends, teachers and principals to a formal Exhibition Launch. For Information contact the CIT Access Service: Tel: 433 5138 or Email: linkschools@cit.ie Exhibition continues 9am - 6pm until Friday.

11am

Douglas Community School

INTERGENERATIONAL QUIZ

Members of Young at Heart & students from Douglas Community School join forces to pitch their skills & knowledge against each other. Each team is made up of two seniors & two students, and they compete to win the Douglas Credit Union Perpetual Trophy.

All welcome. For information about Young at Heart's activities & the quiz call Phil Goodman 087 298 7161.



11am – noon

ICA Hall, Douglas



PILATES FOR OLDER ADULTS

Come along to the regular Wednesday morning class in chair-based Pilates for older adults with Pilates People Cork. Experience all the benefits of a regular Pilates class: postural alignment, strength, flexibility, balance, relaxation.

The ICA Hall is opposite the community park in Douglas, near St Columba's Church. Booking essential, as places limited. Call Jaconel Janssen, Tel: 085 161 3505
Email: info@pilatespeoplecork.com
Web: www.pilatespeoplecork.com





11am

Cork Opera House

MUSIC GENERATION CORK CITY CONCERT PARTY

Join the music & fun at the annual Music Generation Cork City Concert. It features performances by some of the children & young people who are learning & creating music throughout the city, and celebrates Music Generation Cork City's partnerships with musicians & music organisations year round.

Music Generation Cork City is part of Ireland's national music education programme, initiated by Music Network, co-funded by U2, The Ireland Funds & The Department of Education, in partnership with Cork City Council, Cork ETB, the HSE, CIT, UCC and Cork City Partnership. For information on Music Generation Cork City, Tel: 4907186 or Email: aida.whooley@corketb.ie

Organisations participating: Music Generation Cork City, SoundOUT, Cork Academy of Music, Barrack Street Band, ARTlifeCULTURE, Creative Tradition, MIC / Music in Community, Ballyphehane Youth Project, Club Ceoil, Cork Community Project / Voices of Cork, GMC Beats Workshops, Youth Work Ireland Cork (The Hut)

Limited number of free seats (50) for the concert available for the public. To book call Cork Opera House Box Office 427 0022 or email Box Office Manager: Heather Murphy hmurphy@corkoperahouse.ie or Irene Harte iharte@corkoperahouse.ie

**max
50**



11am – 3pm

Meelagh CDP for Travellers, Next to St Michael's FC, Mahon

LAUNCH OF TRAVELLER ART PROJECT

Join the Meelagh Young Traveller Girls Group as they launch their art project exploring issues around body image, entitled "Beauty is in the Eye of the Beholder." It's the result of a collaboration between them, artist Leanne McDonagh & Rebecca Loveridge, support worker. Meelagh Young Traveller Girls meet her every Wednesday from 6pm-8pm, and it's open to all young female Travellers.

Event organised by Cork Traveller Women's Network. For more information call the Meelagh Centre 451 5187 or Mary Hogan 087 953 8507 email: maryhcorktravellerwomen@gmail.com

The project is supported by the Healthy Minds Mental Health Project of the HSE, The Traveller Health Unit at the HSE & Cork City Council.

11.15am – 12.30pm

PE Hall, Cope Foundation, Hollyhill

MY OWN TWO HANDS

All welcome to an exhibition of artwork on theme of citizenship. Lamh signing. Talk by Sile Divane & Sian Walsh. Signing & posters by the literacy group. Dance "My own two hands" performed by the Sunny Oak Dance Ensemble, director Mary Keating.

Info 085 210 1646

Email: keatingm@cope-foundation.ie

11.30am – 12.30pm

Frank O Connor Library, Mayfield

COMMUNITY READING PROJECT CLOSING CEREMONY

Irish Authors, One Community is the theme of this year's community reading project. Schools in the Mayfield community read the following books at school and in the home: Wilderness by Roddy Doyle, The Ark of Dun Ruah by Maire Burke, City of Fate by Nicola Pierce and Alice & Megan Forever by Judi Curtin.

The closing ceremony celebrates by launching a booklet which outlines how the students & their families engaged with the reading project. Also Gary from GMC Beats will be present to give students the opportunity to use the stories from the books to develop song writing skills to create songs & raps based on what they have read.

The Community Reading Project is organised by Home School Community Liaison Co-ordinators involving: Mayfield Community School; St. Patrick's G.N.S./B.N.S./Infants; St Patrick's College; Scoil Mhuire Banrion; St John the Apostle B.N.S; St. Brendan's G.N.S; St. Mark's B.N.S. Members of the Mayfield Community Education Network.

All welcome – especially parents & family members of the students involved. For more information, Email: admin@mayfieldcs.com

11.30am – 12.30pm

Greenmount National School

SQUASH & SQUEEZE - A PERFORMANCE

Celebration of the collaboration between Greenmount school & clients of John Bermingham Centre at Cope Foundation with a one off performance for pre-school & Junior Infants. It's inspired by Squash & Squeeze, the book chosen by the Greenmount Cope Book Project. To attend, book by calling Principal, Tel: 464 3503

Noon

Lifetime Lab, Lee Rd

LEARN ABOUT FOOD WASTE & COMPOSTING

See Tuesday for details.

Noon – 5pm

Bishopstown Senior Social Centre, Wilton Park House

COMPUTERS FOR THE PETRIFIED

See Tuesday for details.



1.10pm – 2pm

Foyer, CIT Cork School of Music

LUNCHTIME CONCERT - MUSIC TECHNOLOGY

Come hear the timbres & textures being created by the Music Technology students of CITCSM under the guidance of lecturer Hugh McCarthy. CITCSM offers a Masters Programme in Music Technology & a range of undergraduate modules on their B.Mus and BA in Popular Music courses. Some seating, wheelchair accessible, on-street parking, Bistro on-site. Info Edel Sullivan 087 234 4669

2pm – 2.45pm

Youth Development Project, Togher Opposite Togher Church

LEARN ABOUT COMPOSTING

Watch demonstrations by three trained Master Composters on site. Learn about various methods of composting, food waste prevention - and how to save water. See the garden, which is being developed by local Foroige Youth Projects in conjunction with Cork City Council's Community Warden.

A special event for the festival organised by TACT Project in conjunction with Geraldine Sutton, Cork City Council's Community Warden. Booking not essential but appreciated. Contact Pat Conway Foroige 087 941 6995 email: pat.conway@foroige.ie or Geraldine Sutton 086 796 8944 email: geraldine_sutton@corkcity.ie Repeated at 3.15pm today.



2pm – 3pm

Coláiste Stiofáin Naofa,
Tramore Rd

max
14

WORKSHOP IN DIGITAL MEDIA

Spend an hour with the Digital Media Course in Room 221 at CSN & create a 3D model of your own head! Bring a digital camera or camera phone. Workshop facilitated by Andrea and John Halpin. Email: a.halpin@csn.ie

Booking essential as places limited. Call Andrea to book 087 797 2586



2pm – 3pm

8 Knockree Drive, Ballinlough

max
8

LEARN ABOUT THE ALEXANDER TECHNIQUE

Rosemary Moone, Alexander teacher for over 21 years, talks about how the Alexander Technique is a most effective way of making the changes that enhance your life. She will share some tips that participants can put into practice immediately. This is a regular weekly class. See www.alexanderteacher.ie Park on street, on bus route 215.

Booking necessary, as places limited. Call Rosemary 431 1411

SHOP & LEARN



2pm – 4pm

Main Shopping Mall, Blackpool
Shopping Centre

'SIZE MATTERS' ALCOHOL AWARENESS

Come up to the stand & say hello, learn the myths & facts about alcohol, take part in a quiz. Organised by the Cork City Partnership Community Outreach Drug Awareness Project & the TVG Drug & Alcohol Support Project. If you'd like to book the stand for your group, call Mella Magee Tel: 087 196 2022 Email: mmagee@partnershipcork.ie Returns here Wednesday from 2pm.

2pm – 4.30pm

Merchants Quay Shopping Centre
ALCOHOL INFO POD

See Monday for details.

2pm – 4pm

The Darkroom, Camden Palace Hotel
Community Arts Centre, Camden Quay

EXPERIENCE THE CREATIVE DARKROOM

Drop in & spend half an hour making photograms, the perfect introduction to this traditional craft. No photographic experience required. Grab a hot drink at the Camden Café & browse the photobook library. The Darkroom has regular screenings, events & workshops - check www.darkroomcork.com

Please book your slot, call Naomi
Tel: 086 024 1947 or
Email naomi@darkroomcork.com
Repeated Thursday.



2pm – 4pm

*Education & Rights Resource Centre,
5 Churchfield Ave*

OPEN DAY AT EDUCATION CENTRE

Cork Anti Poverty Resource Network Ltd. hosts an Open Day showcasing the work of: Write Together Adult Literacy Scheme; Women Supporting Women Project; Cork City North Mature Women's Group; Páisti @ No. 3 Childcare Facility. Also Write Together presents a collection of stories from learners participating in adult learning groups. Parking available. Refreshments served. All welcome. Info Catherine O'Brien, Tel: 430 7969

2pm – 5pm

*The Granary,
Bessboro, Blackrock*



ADVOCACY - HOW DOES IT WORK?

Advocacy can be defined in many ways - from speaking up for ourselves to lobbying on behalf of marginalised groups or communities. Deirdre Lillis, Advocacy Development Worker with SHEP leads this interactive workshop. Participants explore different models of advocacy & learn how it can make a difference. Info from the Social & Health Education Project email: socialandhealth@eircom.net www. socialandhealth.com

Booking essential, call Geraldine Flanagan 466 6180



THE FREE UNIVERSITY: ACE AT UCC PUBLIC LECTURE PROGRAMME

*Room G04, Brookfield Health Sciences
Complex*

2pm – 3pm

MIND READING & CONTROL: DO WE THINK LIKE WE THINK WE DO?

In this dynamic & interactive presentation, UCC doctoral researcher & mind reader, Scotty Walsh, demonstrates the subtleties of perception & persuasion, explores the fragility & power of the human memory, and helps you unlock the vast potential of the human mind.



3pm – 4pm

WOMEN'S EXPERIENCE OF MIGRATION & INTEGRATION IN IRELAND

Ciara Burke focuses on women's migratory journeys & experiences of the asylum system in Ireland in this illustrated lecture. She discusses the issues that migrant women are faced within their home countries, their reasons for leaving & how life in direct provision affects their daily lives. Their integration into Irish society is also explored.

4pm – 5pm

ROAD BOWLING: A CORK TRADITION

max
25

Dr Séamus Ó Tuama looks at some of the recent history of road bowling in the Cork region, highlighting some of its main characters, events & developments. His illustrated presentation includes some references to the international aspects of road bowling today.

Brookfield Health Sciences Complex is on College Road, just beyond the Bons Secours Hospital & before the Brookfield Leisure Centre. Bus 205 and 208. Visitor parking at Perrott's Avenue & Perrott's Inch <http://www.ucc.ie/en/build/commuting/maps/>

As places limited, booking essential, call 490 4700

2.30pm

max
40

*Cork City & County Archives Service,
Seamus Murphy Building, 32 Great
William O'Brien Street, Blackpool*

LEARN ABOUT CORK'S HISTORY & HERITAGE

Third in series of talks during festival week is Dr David Butler of UCC on Freemasonry in Cork City & County: its Halls, Artefacts & Heritage.

Booking preferred as places limited. Email archivist@corkcity.ie or call 450 5876
Map on www.corkarchives.ie/visitus

3pm

University College Cork

GEORGE BOOLE WALKING TOUR OF UCC

For details see Monday.

3.15pm – 4pm

*Youth Development Project, Togher
Opposite Togher Church*

LEARN ABOUT COMPOSTING

For details see 2pm today.

3.45pm – 4.30pm

*Room 415, St John's Central College,
Sawmill St*

INFORMATION ON THE PHARMACY ASSISTANT COURSE



Hear about the course structure, modules, work placement, followed by a Q & A session.

Email: modriscoll@stjohnscollege.ie

Web: www.stjohnscollege.ie

5.30pm

*Alliance Française de Cork, Enterprise
House, 36 Mary Street, Off George's
Quay*

IMPROVE YOUR FRENCH PRONUNCIATION

Preparing for exams at second or third level? Or just want to work on your accent? Valérie David will take you through key techniques & give you tips to improve your pronunciation in French.

Tel: 431 0677

Email: info@alliancefrancaisecork.com



5.30pm – 6.30pm

*Cork City Childcare, Dundanion House,
Blackrock Road*

DISCOVER THE ASSOCIATION OF CHILDHOOD PROFESSIONALS

The Association of Childhood Professionals is the body representing workers in Early Years Care & Education and School Age Childcare. Find out more about the importance of early childhood care and education & the work of the childhood professional in supporting children & families at the foundation stage of development.

Parking available. Further info Marian Quinn 086 272 4013 email: info@acpireland.com www.acpireland.com

6pm – 7pm

GAA Club, Douglas

KARATE KIDS - TRY A FREE CLASS

Children aged 5+ can join the regular class here & try Karate.

See Monday for details. More free classes in different locations Thurs & Friday.

6pm – 8pm

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

TRY A SPANISH CLASS

Join the class for beginners in Spanish, which includes a lecture on Spanish culture. See 5pm Monday for more information about the Centre. Booking advised call Rosario Gomez Mendes 086 311 1193 or email spanishstudiescork@gmail.com www.spanishstudiescentrecork.com

6pm – 7pm

*The Dance Studio, Camden Palace Hotel
Community Arts Centre, Camden Quay*

AN INTRODUCTION TO CAPOEIRA

For details see Monday at 7pm

7pm – 8pm

*The Music Room, Camden Palace Hotel
Community Arts Centre*

TRY A BRAZILIAN PERCUSSION CLASS

For details see Monday at 6pm.



7pm – 8.30pm

*School Hall, Scoil Aiséirí Chríost,
Farranree*

CELEBRATION OF ONE BOOK, ONE COMMUNITY READING PROJECT

Parents & others from the local community are welcome to join pupils from Scoil Aiséirí Chríost, Scoil Iosagáin & North Presentation Secondary as they celebrate their participation in this year's One Book, One Community project. The book they've read is *Stay Where You Are & Then Leave* by John Boyne, an account of a boy & his father during World War I. It includes an exhibition of artworks by the pupils. Organised by Farranree Community Education Network. Info Avril Donoghue 421 0677

7pm – 9pm

Togher Community Centre

YOUTH CAFÉS – A DISPLAY & PERFORMANCE

All welcome to see a display of artwork produced by young people from Youth Cafés across the city, with Rapping performances from them to entertain you. Refreshments, tea, coffee nibbles served. Organised by the Youth Café Network Cork City. Info: Yvonne Quilligan, Cork City Partnership Ltd 430 2310

7pm – 9pm

Mahon Youth Centre, The Portacabins, Mahon Drive

OPEN ART STUDIO

Members of Mahon Men's Art Group invite you to see a display of their work. Details see Monday. Repeated Thurs.



7pm – 9.30pm

St Patrick's National School, Gardiner's Hill

JOIN A COMMUNITY CHOIR

All welcome to a rehearsal & performance by Voices of Cork, the community based choir celebrating its 10th anniversary this year. It meets here every Wednesday. Join in & learn some new songs. Over the last year the choir participated in key events in Cork, including: the Lord Mayor's Christmas & Heritage concerts, the Choral & Fringe festivals, and it supported the Harlem Gospel Choir at the Everyman Palace. Info Carol McAuliffe 087 687 0006

7.30pm

Gresham Metropole Hotel, McCurtain St

TRY TANGO

Experience the passion of Tango in an introductory class taught by Argentinian teachers, Hernan Tarilla Catvin & Enrique Lora Ringa. No need to book. The Cork Argentine Tango Society offers classes here every Wednesday: Beginners at 7.30pm; Intermediate & Advanced at 8.30pm & 9.30pm.

Tel: 087 262 7887

Email: tangocork@yahoo.ie

Web: www.corktango.com

See Sunday for another free class.

7.30pm – 8.30pm

Cork City College, The Arch, Drinan St, Off Sullivan's Quay

LEARN A LITTLE SPANISH

Join Cork Spanish Circle's regular class for beginners & hear how much students have progressed in a few months. No need to book, all welcome. To learn about classes & other activities of Cork Spanish Circle, Call: 496 3828
Email: corkspanishcirlclegmail.com

wednesday
march 25

CORK LIFE LONG LEARNING FESTIVAL

7.30pm

Turner's Cross Community Centre

MINDFULNESS & POSITIVE PSYCHOLOGY – AN INTRODUCTION

Enjoy an introductory workshop on Mindfulness & Positive Psychology, given by Judy Phelan. Mindfulness is a spiritual or psychological faculty that, according to the teaching of the Buddha, is considered to be of great importance in the path to enlightenment. All welcome. Parking may be available. Check Facebook/Twitter page (TurnersCrossCA) or call Joe on 086 259 1362. Event presented by Turner's Cross Community Association. The Centre is opposite the funeral home, beside the Credit Union, close to the church.



Cork College of Commerce

Morrison's Island

5pm – 5.45pm

USE FREE RESOURCES TO IMPROVE ENGLISH

College teacher Ann-Marie Murphy shows how to use free language resources on the internet to improve skills in English. Participants get the opportunity to try websites in one of the college's language laboratories. As places limited, please book by calling number below.

max
20



5pm – 5.45pm

A BEGINNER'S GUIDE TO DIGITAL MARKETING

Katie O'Driscoll, tutor in Digital Marketing, explores the following: Social Media for business (LinkedIn, Facebook, Pinterest); Cyber Celebrities – examining the online personalities who have reached cult status online (YouTube & Word Press); Online advertising & why not to be afraid; Etools: their strengths & weaknesses. The

FETAC Level 5 course in Digital Marketing is available at the college in September.

5pm – 6pm

WORKPLACE HEALTH & SAFETY

Ray Barrett & Denis Scully, Safety Reps at the college, give a brief talk on Health & Safety in the workplace.



6pm – 7pm

PERSONAL SAFETY FOR WOMEN

Ben Coy, a retired Garda & teacher in the college, leads an informal discussion on personal safety for women. Take this opportunity to ask questions.

7pm – 8.30pm

INTERNET SAFETY – AN ILLUSTRATED TALK

See Monday for details.

Tel: 422 2100

Email: queries@ccoc.ie

Web: www.corkcollegeofcommerce.ie