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- This also allows the Physiotherapist to tailor the Pilates exercises according to your abilities.
- Attending the classes under the supervision of a Chartered Physiotherapist means that you will gain the benefit of their clinical expertise and explanation why some exercises are better for you than others.

Classes last for one hour, every Wednesday for 6 weeks. Cost for block of 6 classes: €90

Initial assessment required for beginners Pilates classes.

This is €55 for 1 hour, however the full hour may not be required depending on your medical condition/functional limitation.









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Voting ends Tues 21st Feb

A HUGE THANK YOU from Archie & Juliette and all at Gaelscoil Chionn tSáile



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We also ask you to raise as much sponsorship as possible. ALL of which goes directly to support breast cancer support services.

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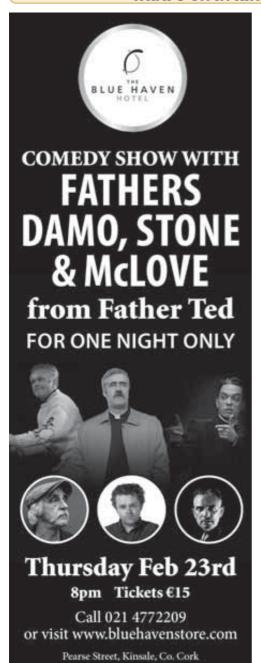
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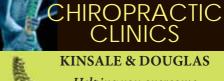


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Cork South West

Constituency Office: Granig, Minane Bridge, Co Cork.

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www.timlombard.ie



KINSALE ACTIVE RETIRED ASSOCIATION

Secretary Ann Corcoran Mob: 086 1248160 Email: anncorcoran2008@vahoo.co.uk

Exercise with Maureen followed by

Teams of 4

TUESDAY 21st FEB, 2.30pm TEMPERANCE HALL



Summercove N.S.

Summercove National School would like to thank all the community and retailers in Kinsale for their support and sponsorship of prizes for our recent Christmas draw.

Whilst every care and attention is given to all advertisements published, we cannot take responsibility for the content or validity of these advertisements. If an advert has been proofed & cleared for publication by the advertiser, we cannot take responsibility for any errors.

Acorn Accounting Services

Kinsale, Co. Cork

CHARTERED ACCOUNTANTS

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Tax Returns, Accounts, Business Plans, etc. Have your 2016 accounts prepared now and

establish your liability before the October deadline.

Margaret McGrane FCA Personal attention and confidentiality assured.

Telephone: 087 9188541 / 021 4779428 Email: acornaccounting@eircom.net



Kinsale Community First Responders

MFFTING

Venue: Actons Hotel

Time: 19:30

Date: Thursday 23rd February 2017

Kinsale Community First Responders are inviting all members of the community to attend a Public Meeting on the set up of a volunteer Community First Responders group. The group's aim is to provide emergency first response to people living in their communities who suffer Cardiac Arrest, Choking, Cardiac Chest Pain and Stroke.



For more info please email: kinsalecfr@gmail.com



Are you concerned about the well-being of any young person? **FOR FREE & CONFIDENTIAL ADVICE & SUPPORT CONTACT TOM ON** 085 872 5789

KINSALE BAPTIST CHURCH

Sundays, 11am Temperance Hall All welcome

www.kinsaleabc.ie



WHAT'S ON & DISTRICT

Friday 17th February to February 2017

FRI 17th **FEBRUARY**

BLUF HAVEN: Eoghan Murphy, 10pm.

CASEYS, KINSALE: 80s/90s Night with

DJ Bobble Head, 9pm.

FOLKHOUSE: The Tomcats.

10.30pm MUNICIPAL DISTRICT

COMMUNITY FUND 2017

Closing date for applications, 4pm. www.corkcoco.je

SAM'S BAR:

TGIF! Cocktail Night. Live music with Forget Me Nots.

SILENT BANJO: Jimmy White,

9.30pm.

VISTA:

Billy Crosbie's Piano Bar @ The Marina Lounge from 8pm.

SAT 18th **FEBRUARY**

BACCHUS NIGHTCLUB:

D.J. Sean. 11.30pm.

BANDON CO-OP:

Spring Essentials Sale, until 4th March.

BLUF HAVEN: Arklight,

10pm.

CASEYS, KINSALE:

Phoenix, 9pm. Followed by DJ Fitz. **COFFEE MORNING** IN AID OF KINSALE

SCOUT GROUP: Temperance Hall. 10am - 2pm. Donations of baking

greatly appreciated. **ELITE PILATES:**

New Ante-Natal Course. Starts today, 11am.

Call Trudy 087 6106 285.

FOLKHOUSE:

Kina K. 10pm. HAMLETS: D.J Niall.

10.30pm.

POET'S CORNER: 5 Years Celebration! Any sandwich €5 Any Cake &

Coffee/Tea €5 SAM'S BAR:

Grainne Ryan. SILENT BANJO: Barefoot Gypsies,

10pm. WHITE HOUSE:

Blue Steel. 10.30pm.

SUN 19th **FEBRUARY**

ACTONS HOTEL: Wedding Fair. 2pm - 5.30pm.

Free entry. **BLUE HAVEN:**

Trad Sessions. 8.30pm.

CASEYS, KINSALE:

Live music, 9pm.

FOLKHOUSE:

King K, 9pm.

KINSALE BAPTIST CHURCH:

11am. Temperance Hall. SAM'S BAR:

The Americhanics.

MON 20th FEBRUARY

BLUE HAVEN: Mike O'Riordan.

9.30pm. CASEY'S, KINSALE:

Chase the Ace, 9pm.

DALTON'S BAR:

Traditional music session.

TUES 21st **FEBRUARY BABY AND**

TODDLER GROUP:

Temperance Hall, 10am - 12 noon.

BLUE HAVEN:

Sonny & Friends, 9.30pm.

CASEY'S, KINSALE:

Roll the Dice. 6pm. Salsa Beginner's Class, 8pm-9pm. (Upstairs)

DOODLE 4 GOOGLE:

Deadline for voting online. Last chance to vote for Juliette & Archie

KINSALE **ACTIVE RETIRED** ASSOCIATION:

Exercise with Maureen. followed by Eileen's Quiz. teams of 4. Temperance Hall, 2.30pm.

WED 22nd **FEBRUARY**

BLUE HAVEN:

Niall McCabe, 9.30pm.

CASEY'S. KINSALE:

Bingo Night. 8.30pm.

THUR 23rd **FFRRIIARY**

BLUE HAVEN:

Comedy show with Fathers Damo, Stone and McLove from Father Ted. 8pm.

Tickets €15. Music with Mike O'Riordan & guest, 9.30pm.

KINSALE **COMMUNITY FIRST**

RESPONDERS: Public meeting at Actons Hotel.

7.30pm.







2 WEEKS ONLY - FEB 18th - MARCH 4th

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