



Explore Create Celebrate



<https://cork.etb.ie> Enquiries (021) 4856347

Thursday

Déardaoin 22ú Márta / 22 March

7:30 - 9:30pm

Ionad: Cuan Barra, Béal Átha'n Ghaorthaidh.
Itheachán Sláintiúil agus Scíth le Brenda Rathcliffe / Healthy Eating and Relaxation with Brenda Rathcliffe

Éachtaint ar an tábhacht atá le hitheachán sláintiúil agus scíth. Le roinnt athruithe simplí i nósanna itheacháin feicfead feabhsuithe i leibhéil fuinnimh. Foghlaim conas borradh a thabhairt dod' chóras imdhíonachta, codhladh níos fearr, agus tinnis díleácha a laghdú. Foghlaim roinnt teicnící scíthe éasca chomh maith chun dul i ngleic le strus an tsaoil le taitneamh a bhaint as stíl **haireachtála** níos sona.

Gain an insight into the importance of healthy eating and relaxation. Make simple changes in eating habits to see improvements in energy levels. Learn to boost your immune system, sleep better, and reduce digestive complaints. You will also learn easy relaxation techniques to combat stress and enjoy a happier lifestyle.

Eolas/Info: Comharchumann Forbartha Mhúscraí - (026) 40877 / (083) 191 5432.

7-9:30pm

Ionad: Cois Cille, Cill na Martra.
Ióga agus Folláine le Gus McCarthy / Gentle Yoga and Wellbeing with Gus McCarthy

Glac páirt i seasaimh ióga agus síneadh éasca, mar aon le hanálú ióga domhain agus scíth chun do chorp a scaoileadh agus d'intinn a chiú. Tá sé seo oiriúnach do gach aoisghrúpa agus ach leibhéal corpacmhainne, agus is féidir tabhairt faoi ag suí ar chathaoir. Caith éadaí compórdach agus bíodh mata ióga nó tuáille agat.

Partake in easy stretches and yoga postures, along with deep yoga breathing and relaxation to loosen your body and calm your mind.

This is suitable for all ages and fitness levels, as it can be done in a chair if required. Wear loose clothing and bring a yoga mat or towel with you.

Eolas/Info: Comharchumann Forbartha Tel. (026) 40877 / (083) 191 5432

Friday

23 March

2 - 4pm

Men's Shed, Masseytown, Macroom.

New and Re-vamped

Drop in for a chat and a cup of tea. See our carpentry, furniture repair, and new gardening project. All welcome.

Tel. (087) 2593695 for more information.



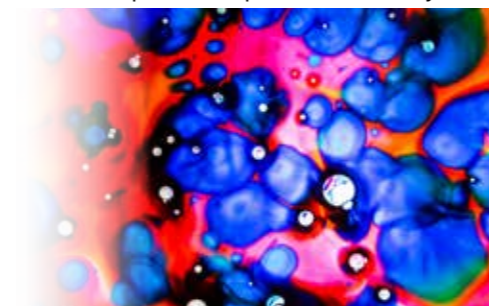
Fri 23rd March

2:30 - 4:30pm

Further Education and Training Centre Macroom, New Street, Macroom.

Painting on Glass

Want to know how to add colour to your life? Everything from a pane of glass to an old jam jar can be turned into a beautiful colourful object to brighten up your home, surprise a friend, or used as a family activity to share with your children. No previous experience necessary.



Booking Essential: (026) 20248 / (086) 8239097

Dé hAoine 23ú Márta / Fri 23rd March

7:30pm

Ionad: Ionad Cultúrtha an Dochtúir Ó Loingsigh, Baile Mhúirne.

Séamus Creagh - Taispeántas Grianghrafadóireachta / Séamus Creagh - Photographic Exhibition

Oscloídh ceoltóir agus déantóir flúite, Hammy Hamilton taispeántas grianghrafadóireachta bunaithe ar shaol an cheoltóra Séamus Creagh. Beidh ceolchoirm Séamus Creagh Retrospective ar siúl san amharclann tar éis oscailt an taispeántais (Beidh táille iontrála le híoc don cheolchoirm).

Musician and flute-maker, Hammy Hamilton will officially open a photographic exhibition based on the life and times of renowned musician Séamus Creagh. The Séamus Creagh Retrospective concert will take place in the auditorium after the opening of the exhibition. (Entry fee for the concert. The concert is not part of the Lifelong Festival.)



Eolas/Info: Ionad Cultúrtha an Dochtúir Ó Loingsigh. Tel. (026) 45733

Fri 23rd March

7.30 - 9.30pm

Castle Hotel, Macroom.

What I May Be - with Dr Tony Humphreys

The Further Education and Training Centre Macroom, is delighted to host Dr Tony Humphreys as part of our Lifelong Learning Festival. Dr Humphreys is a Consultant Clinical Psychologist and is both a renowned national and international author and speaker. He has written 11 self-help books on topics such as Positive Thinking, Parenting, Personal Development and Relationships.

His talk this evening will focus on our innate creativity and potential for development and growth. All welcome.

Tel. (026) 20248 / (086) 8239097 for more information.

Fri 23 March

7-9pm

Macrooom Community Hospital.

Singing and Reminiscence

Sing along to a mixture of local, traditional and cultural songs.



Tel. (086) 7707301 for more information.

Saturday

8 April

3-5pm

Macrooom Library, Valley View, Macroom.

Singing for Fun

Macrooom Community Singers' motto is Sing for Fun and that's what they are doing in the Library on this Saturday afternoon. Forget the stress, strain of shopping and the grey skies. Join us for **cool** agus craic.



Tel: (026) 42483 for more information.

MACROOM & MÚSCRAÍ 2018



All Events Free

Monday 19th March - Saturday 24th March

Explore Create Celebrate

Monday

Dé Luan/ Monday 19 March

7.30 - 9.30pm

Rince agus Sean nós / Sean nós Workshop

Ceardlann rince le Shane Creed/ Dancing Workshop with Shane Creed

Venue: Ionad: Ionad Aise, Réidh na nDoiri.

Glaic páirt **igceardlann** rince fuinniúil agus **foghlaimbunchéimeanna** an rince sean-nós.

Take part in an energetic dance workshop and learn the basics of traditional sean-nós dancing.



Eolas/Info: Comharchumann Forbartha Mhúscraí
T. (026) 40877 / (083) 191 5432.

Tuesday

20 March

10am -12noon

Further Education and Training Centre Macroom, New Street, Macroom.

Flowers for Easter

Always wanted to make your own table arrangement, brighten up the hall table or make that special gift for a friend?

Come along to our flower arranging workshop and learn to do just that.

Booking Essential: (026) 20248 / (086) 8239097.



Tue 20 March /

10am - 3pm

Venue: E Business Park, Macroom.

Blow-Dry Day

McEgan College Hairdressing students invite you to their Blow-Dry Day. Enjoy a free Blow-Dry or a full consultation on what products to use in hair management. Also learn about the QQI Level 5 Hairdressing qualification. All welcome.

T. (086) 6002219 for more information.

Tue 20 March /

10am -7pm

Citizens Information Centre, South Square, Macroom.

SUSI Information Clinic

Staff will be available all day to meet people on a one-to-one basis to deal with queries in relation to the completion of the SUSI application form, the eligibility criteria, the financial assessment and the supporting documentation that is required.
T. (076) 1078430 for further information.

Tue 20 March /

2 - 4pm

Further Education and Training Centre Macroom, New Street, Macroom.

All Things Green – Horticulture demonstration

Visit us in the polytunnel behind the main building.

We will be sowing vegetable and flower seeds for planting outside at a later stage.

At 3pm a short compost-making demonstration will take place.

All welcome.

Tel. (026) 20248 / (086) 8239097 for more information.



Dé Máirt 20ú Márta / Tue 20 March /

2 - 3:30pm

Ionad: An Ionad Lae, Baile Mhúirne.

Ceardlann Fhíliochta le Gabriel Fitzmaurice / Poetry Workshop with Gabriel Fitzmaurice

Ceardlann fhíliochta trí mheán na Gaeilge le file aitheanta Chiarraí, Gabriel Fitzmaurice. Éachtaint phraiticiúil ar conas féith na cruthaitheachta agus bua na scríbhneoireachta ionainn a spreagadh agus a mhúscailt chun píosaí filíochta a chumadh bunaithe ar an gnáthaimh laethúil an tsaoil. Irish language poetry workshop with well-known Kerry poet, Gabriel Fitzmaurice. Enjoy an afternoon of writing, creativity, imagination, storytelling and fun.

Eolas/Info: Comharchumann Forbartha Mhúscraí (026) 40877 / (083) 191 5432.

Dé Máirt 20ú Márta / Tue 20 March /

6:30 - 7:30pm

Ionad: Leabharlann Bhaile Mhúirne (Ballyvourney Library).

Léamh Filíochta le Gabriel Fitzmaurice / Poetry Reading with Gabriel Fitzmaurice



Éist le file aitheanta Chiarraí, Gabriel Fitzmaurice, ag léamh blúirí filíochta Gaeilge agus Béarla dá chuid i dtimpeallacht suaimhneach na leabharlainne.

Listen to well-known Kerry poet Gabriel Fitzmaurice read his poetry in the relaxing surroundings of the library. This is a unique opportunity to hear some of his translations of Seán O' Riordáin's poetry.

Eolas/Info: An Leabharlann (026) 45767.

Wednesday

21 March

10 - 11am

Youthreach Centre, Millstreet Road, Macroom.

The Beat of the Drum

Join us in a fun action-packed percussion workshop followed by tea/coffee & pastries baked by the students in Youthreach.

All welcome.
Booking Essential: (026) 43733.



Wed 21 March /

11am - 1pm

Further Education and Training Centre Macroom, New Street, Macroom.

Jewellery Making with Sarah Geary

Learn to make silver wire and beaded links to create a unique bracelet or earrings.



Booking Essential: (026) 20248 / (086) 8239097.

Wed 21 March /

2 - 4pm

Further Education and Training Centre Macroom, New Street, Macroom.

Make the most of your iPad

Find your way around the iPad. Use it for e-mail, Internet and connecting with friends and family. Download educational apps and music.



Booking Essential: (026) 20248 / (086) 8239097.

Wed 21 March /

2 - 4pm

Men's Shed, Masseytown, Macroom

New Beginnings

Drop in for a chat and a cup of tea. See our carpentry, furniture repair, and new gardening project.

All welcome.
T. (087) 2593695 for more information.



Wed 21 March /

8pm

Lee Valley Academy of Music, (over Fitzgerald's Bookshop), Macroom.

An Evening of Music.

An open evening at the academy featuring performances by adult students and the adult choir of the Lee Valley Academy of Music followed by an informal chat about the benefits of Music Education at all stages of life.

All welcome.

Tel. (087) 69523168 for more information.



Thursday

22 March

10am -12.30 noon

Further Education and Training Centre Macroom, New Street, Macroom.

The Magical Art of Basket Making

Enjoy a morning learning one of our traditional crafts. Start with a bunch of willow; go home with a finely woven basket.

Booking Essential: (026) 20248 / (086) 8239097.



Thurs 22 March /

10am - 7pm

Citizens Information Centre, South Square, Macroom.

SUSI Information Clinic

Staff will be available all day to meet people on a one-to-one basis to deal with queries in relation to the completion of the SUSI application form, the eligibility criteria, the financial assessment and the supporting documentation that is required.

T. (076) 1078430 for further information.



Thurs 22 March /

11am - 3pm

Good Lives Project Centre, Old Bell. Main Street, Macroom.

A Celebration of Easter Workshops

The general theme will be on Easter decorations including traditional wreath making, Easter flower and herb planters, art workshops for adults and children, paper making workshop. There will also be light refreshments during the day.

T. (083)1609007



Thurs 22 March /

2.15 - 5.15pm

Further Education and Training Centre Macroom, New Street, Macroom.

Patchwork

Join us for an afternoon of needlework magic! Learn to transform your old scraps of material into works of patchwork art.

Booking Essential: (026) 20248 / (086) 8239097



Thu 22 March /

7 - 9pm

Further Education and Training Centre Macroom, New Street, Macroom.

Dance your way to health – Rosen Movement

This workshop deals with the way negative emotions and dis-ease are stored in our bodies and explores how movement can release this stress and help us to heal ourselves.

Booking Essential: (026) 20248 / (086) 8239097.

