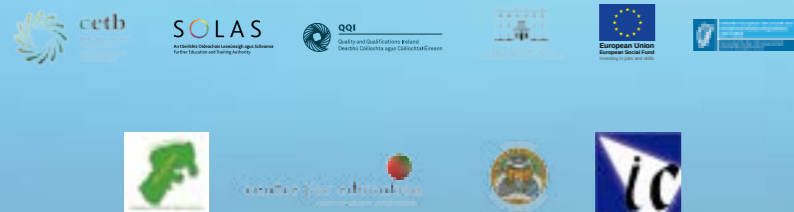




Explore Create Celebrate
Fiosraigh Cruthaigh Ceiliúir



thursday 6 april
déardaoin 6ú aibreán

10am – 3pm
E Business Park, Macroon
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.
T 086 6602219



10am – 12 noon
Macroon Adult Learning Centre, New Street, Macroon
Jewellery Making with Sarah Geary
Learn to make silver wire and beaded links to create a unique bracelet or earrings.
T 026 20248 / 086 8239097

11.30am – 12.30pm
Macroon Library, Railway View
The Macroon Purlies
Come and learn some new stitches and share patterns.
T 026 42483

4pm – 6pm
Cork County Library, Baile Mhúirne
Tá Amhráin Againn go Léir le Ger Wolfe
Everyone has a Song in Them with Ger Wolfe
Má tá taithí agat nó muna bhfuil is cuma. Beimid ag féachaint ar conas amhráin a chumadh as rudaí gnáthach agus neamh-ghnáthach, ár

gcuid scéalta, ár n-intinn, ár samhlaíocht, ár dteangacha agus ár gcuid ceoil. Más ea, bí linn, tá fáilte roimh cách, má tá úirlis agat, tabhair leat í agus tar le fuíollach páipéir, peann agus do chroí lán-oscailte don obair.

Whether you've written songs before or not doesn't matter. We will be looking at how to make songs out of ordinary and extraordinary things; our own stories, our imagination, the new spring season, our language, our memory and our music. If you play an instrument bring it if you can, come with pen and paper and an open heart.
T 026 45767



Photo: Miriam O'Connor

8pm
Cois Cille, Cill na Martra
Gentle Yoga and Wellbeing with Brenda Rathcliffe
Glac páirt i seasaimh ióga agus síneadh éasca, mar aon le hanáil ióga domhain agus scíth chun do chorp a scaoileadh agus d'intinn a chiúnu. Tá sé seo oiriúnach do gach aoisghrúpa agus gach leibhéal corpacmhainne, agus is féidir tabhairt faoi ag súi ar chathaoir.

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, as it can be done in a chair if required. Wear loose clothing.
Eolas/Info:
Comharchumann Forbartha Mhúsraí
T 083 191 5432

friday 7 april
dé hAoine 7ú aibreán

10am – 12 noon
Macroon Adult Learning Centre, New Street, Macroon
Dress to Suit your Colour and Shape
Dark colours or bright? Florals or stripes? Join colour stylist Jenni White for an informative and enjoyable workshop on making the most of colour and shape. Look your best every day! All Welcome.
T 026 20248 / 086 8239097

11.30am – 12:30pm
Macroon Library, Railway View
Music Circle
T 026 42483

7pm – 9pm
Macroon Community Hospital
Singing and Reminiscence
Sing along to a mixture of local, traditional and cultural songs.
T 086 7707301



saturday 8 april
dé sathairn 8ú aibreán

3pm – 5pm
Macroon Library, Railway View
Singing for Fun
Macroon Community Singers' motto is *Sing for Fun* and that's what they are doing in the Library on this Saturday afternoon. Forget the stress and strain of shopping and the grey skies. Join us for *ceol agus craic*.
T 026 42483



MACROOM & MÚSCRAÍ 2017



Féile Foghlama Fadsaoil
Monday 3 – Saturday 8 April 2017

Explore Create Celebrate
Fiosraigh Cruthaigh Ceiliúir

Free Programme

All Events Free

A Chairde

It is a pleasure to welcome you to **Macroom and Múscraí 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 Macroom and Múscraí 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-ghuí

Ted Owens
Chief Executive
Cork Education & Training Board

Explore Create Celebrate
Fiosraigh Cruthaigh Ceiliúir

monday 3 april
dé luain 3ú aibreán



10am – 12 Noon
Macroom Adult Learning Centre, New Street, Macroom
Mindfulness & Tai Chi
Tai Chi is a form of Meditation in movement. It's a low-impact, slow motion exercise, which helps to maintain physical strength, flexibility, and balance. In Mindfulness we focus attention on the breath, when the mind wanders and we notice that it has wandered, that's Mindfulness. All welcome.
T 026 20248 / 086 8239097

2pm – 4pm
Macroom Adult Learning Centre, New Street, Macroom
Make the most of your iPod
Find your way around the iPod with Mary Walsh. Use it for e-mail, Internet and connecting with friends and family. Download educational apps and music. All welcome.
T 026 20248 / 086 8239097



4pm – 7pm
Citizens Information Centre, South Square, Macroom
SUSI Information Clinic
Staff will be available 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

7pm – 8pm
Macroom Adult Learning Centre, New Street, Macroom
Fishing on The Sullane
A talk and a brief demonstration of some of the skills involved in fishing. All welcome.
T 026 20248 / 086 8239097

8pm
An Ionad Lae, Baile Mhúirne
Glac Suaimhneas le Brenda Rathcliffe Relax & Unwind with Brenda Rathcliffe
Éachtaint ar na buntáistí atá le ciúnú aigne agus cruthú síochána i do shaol. Foghlaim roinnt teicnící chun déileáil le dúshlán an tsaoil. Cabhraigh chun do chuid smaointeoireachta a athrú go léargas dearfach, feabhsaigh do chuid sláinte, sonais agus muiníne.

Experience the benefits of calming your mind and creating peace in your life. Learn techniques to deal with the everyday challenges we all face. Help to change your thinking to a positive outlook, improve your health, happiness and confidence.
Eolas/Info: Comharchumann Forbartha Múscraí
T 083 191 5432

tuesday 4 april
dé máirt 4ú aibreán

10am – 12pm
Youthreach Macroom Centre for Education

Food and Horticulture: A Multicultural Approach
Workshops on Healthy Eating and Horticulture. The workshops will be presented by centre staff and Youthreach students from Ireland, Poland and Italy. The morning consists of demonstrations and question and answer sessions.
Booking Essential.
T 026 43733

10am – 1pm
Macroom Adult Learning Centre, New Street, Macroom
The Magical Art of Basket Making
A morning with Yvonne O'Flynn learning one of our traditional crafts. Start with a bunch of willow; go home with a finely woven basket.
Booking Essential.
T 026 20248 / 086 8239097

2pm – 4pm
Ionad Cultúrtha an Dochtúir Ó Loingsigh, Baile Mhúirne
Tráthnóna san Ionad Cultúrtha An afternoon at the Ionad Cultúrtha
Taispeánfar an dhá scannán Mise Éire agus Saoirse le George Morrison, agus ceol le Seán Ó Riada.

Screening of *Mise Éire* and *Saoirse* by George Morrison, with music by Seán Ó Riada.
Eolas/Info 026 45733

2pm – 4pm
Macroom Adult Learning Centre, New Street, Macroom
Grow Your Own Food
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.
T 026 20248 / 086 8239097

7pm – 9pm
Ionad Cultúrtha an Dochtúir Ó Loingsigh, Baile Mhúirne
Acadamh Fódhla
Cur i láthair ó dhámha Acadamh Fódhla ar an obair thábhachtach atá idir lámh acu i gceantar Mhúscraí. Beidh cainteoirí éagsúla ag caint faoin Dáimh Staire, an Dáimh Talamhaíochta, an Dáimh Fuinnimh agus an Dáimh Amhránaíochta.

Presentations from the traditional hedge-school university Acadamh Fódhla on the important work they are currently undertaking in the Múscraí area. Various speakers will talk about the History Faculty, the Agriculture Faculty, the Energy Faculty and the Singing Faculty.
Eolas/Info 026 45733

7pm – 9pm
Macroom Adult Learning Centre, New Street, Macroom
Healthy Eating and Relaxation
Brenda Rathcliffe takes you through the importance of healthy eating and relaxation. Learn to boost your immune system, sleep better and reduce digestive complaints. Practice easy relaxation techniques to combat stress and enjoy a happier lifestyle.
Booking Essential.
T 026 20248 / 086 8239097

7.30pm – 9pm
Fr Ryan Hall, Macroom
Seisiún
Enjoy a night of song, music and dance with Craobh Lachtaín Naofa, CCÉ.
T 026 20248 / 086 8239097



wednesday 5 april
dé céadaoin 5ú aibreán

10am – 11am
Macroom Adult Learning Centre, New Street, Macroom
Talk on Dementia
T 026 20248 / 086 8239097

11.30am – 12.30pm
Macroom Library, Railway View, Macroom
Macroom Adult Book Club
T 026 42483

2pm – 4pm
Men's Shed, Masseytown
Drop in for a chat and a cup of tea. See our carpentry, furniture repair and new gardening project.
T 087 2593695

8pm
Lee Valley Academy of Music
An open evening at the academy featuring performances by students and teachers and an informal chat about the benefits of Music Education at all stages of life.
T 087 69523168



8pm
Cuan Barra, Béal Átha'n Ghaorthaidh
Sláinte agus Folláine le Gus McCarthy Health and Wellbeing with Gus McCarthy

Foghlaim roinnt slíte nua chun do mheabhairshláinte agus folláine coirp a fheabhsú le haghaidh stíl mhaireachtála níos sonasaí agus níos fusa. Áireofar síneadh bog, agus scíth intinne. Tar éis an tseisiúin beidh níos mó fuinnimh agat, suim mhéadaithe sa saol agus bainfidh tú leas as codhladh i bhfad níos doimhne.

Learn new ways to improve your mental and physical health for a happier and easier lifestyle. It will include gentle stretching and mental relaxation. After this session you will have more energy, increased zest for living and enjoy much deeper sleep.
Eolas/Info: Comharchumann Forbartha Múscraí
T 083 191 5432

