

Cork LiFE LOng Learning Festival

2023

All
Events
FREE

MACROOM

Monday 27th March - Friday 31st March

• **Explore** **Create** **Celebrate** •



Cork College of FET
Cork's Further Education & Training Service

www.corketb.ie | 021 485 6347



A chairde,

Fearaim fórchaoín fáilte romhaibh.

It is a pleasure to welcome you to **The Lifelong Learning Festival**, an event devoted to the exploration and celebration of learning in its many forms.

The festival's motto of **Explore, Create, Celebrate**, is very evident this week in the various learning festivals throughout Cork county.

With its 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. As a society and economy changing at an ever increasing pace, building our capacity to learn and adapt is critical to all of us achieving our full potential. It is an opportunity for people of all age groups and cultures from new communities to showcase their work and to explore new opportunities. It also highlights the power of community endeavour and good will. I am delighted to see the renewed interest in the Irish language and in traditional crafts such as woodcraft and welding.

As an education and training organisation, Cork ETB recognises the importance of our role in supporting and continuing our linguistic and cultural heritage.

I would like to welcome to this year's programme, Ionad Áise in Reidh na nDoirí in the Muskerry Gaeltacht (Gaeltacht Mhúscraí) who are hosting events such as bingo and a knitting workshop all through Irish. Events such as speed gaeilge, playing cards as gaeilge, experiencing Ukrainian culture and conversational spanish are also a welcome addition to this years festival programme.

The festival has something for everyone, so please join us and celebrate this diversity of learning, its artistic expression and its potential for creating change.

My sincere thanks to all those involved in organising the festival.

Comhghairdeas ó chroí libh go léir. Bainigí sásamh as na himeachtaí.

Le gach dea-ghuí

Denis Leamy

Chief Executive Cork Education and Training Board

MONDAY

27th March 2023

10.00am - 12.00pm

Venue: Cork College of FET, Sullane Centre, 69 New Street, Macroom.

Relaxation and Mindfulness



Take the opportunity to 'pause in the moment' and unwind from the stresses of the day. Join us as we practise meditation and mindfulness followed by a relaxing cup of tea. All welcome, no experience required.

Booking Essential: 086-8239097

10.30r.n - 12.30i.n

Ionad Áise i Réidh na nDoirí
P12 F447.

Knitting, Lace Making & Crochet

Rang Ceirde lása, cniotáil, róise Urraithe ag Mullach na Reidh Teo
Join the crafters for a morning of knitting, lace making and crochet.

2.30pm - 4.00pm

Venue: Cork College of FET, Sullane Centre, 69 New Street, Macroom.

Mindful Movement

Enjoy the experience and variety of mindful movement such as, Thai Chi, Yoga and Pilates.

Booking Essential: 086-8239097

TUESDAY

28th March 2023

10.00am - 12.00pm

Venue: Cork College of FET, Sullane Centre, 69 New Street Macroom.

Painting on Glass

Create gorgeous pieces of hand-painted glassware in this ever-popular two hour workshop. You will learn to play with light and form and to explore the versatility of the delicately translucent paint.



All the materials are provided, including paints, design ideas, a glass panel. Feel free to bring your own glassware if you wish for example large drinking or wine glasses, pane of glass from a frame, large glass jars!

Booking Essential: 086-8239097

10.30am - 12.30pm

Venue: Castle Hotel Macroom.

Speed Gaeilge!

Gaeilge for all levels ...
3 min conversations 'as Gaeilge'.
Everybody welcome!



Dé Máirt 28ú Marta @ Óstán an Chaisleán Maigh Chromtha.

Am. 10.30r.n - 12.30i.n Beidh comhrá is craic againn, taé agus caife le Gaeilge. Fáilte roimh cách.

Booking Essential: 086-8239097

11.00i.n

Leabharlann Baile Bhúirne

Knitting/Craft Group

Every Tuesday

Cníotáil / céirde gach Máirt

Info/Eolas: 026-45767

2.00pm - 3.30pm

Venue: Cork College of FET, Sullane Centre, 69 New Street, Macroom.

Organic Vegetable Growing Workshop *with Selvi*



Get some tips on sowing seeds and compost making!

Booking Essential: 086-8239097

2.00pm - 4.00pm

Venue: Men's Shed, Masseytown, Macroom.

Woodcraft and Chat

Learn a new skill, while getting to meet new people. The men's shed project welcomes new members every Tuesday, Wednesday and Friday afternoons. Why not drop by and see what is going on for yourself? All welcome.

Call 087-7703899 and 087-2638822 for more information.



7.00pm - 9.00pm

Venue: Cork College of FET, Sullane Centre, 69 New Street, Macroom.

Add a little colour to your wardrobe!



Enjoy an evening of discovering your best clothing styles, from the colours that best suit you, and your wardrobe in an evening of style and image consultancy. A great evening assured.

Booking Essential: 086-8239097

WEDNESDAY

29th March 2023

10.00am - 12.00pm

Gteic, Béal Átha an Ghaorthaidh

Tacaíocht dhigiteach Digital support

Leideanna fé do ghléas cliste a úsáid - fón póca, ríomhaire glúine nó gléas eile.

Tips in how to use your smart device – phone, tablet, laptop.

Teil: Caroline 083-1915432



11.30am - 12.30pm

Venue: Macroom Library, Main Street, Macroom.

Adult Book club

Explore a new title every month.

New members always welcome.

Free of charge. You are welcome to stay for a cuppa and a chat afterwards.

Call: 026-42483 for more information.



2.00pm - 4.00pm

Venue: Cork College of FET, Sullane Centre, 69 New Street, Macroom.

Computers for everyone



Come along to a taster of our ever-popular Information Community Technology class. From absolute Beginner to Advanced we will have something for everyone. Great fun assured!

Booking Essential: 086-8239097

2.00pm - 4.00pm

Venue: Men's Shed, Masseytown, Macroom.

Woodcraft and Chat



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7.00i.n - 9.00i.n

Venue: Ionad an t-Suláin, Coláiste Breisoidéachas agus Oiliúna Chorcaí, 69 Sráid Nua, Maigh Chromtha. Cork College of FET, Sullane Centre Macroom, 69 New Street Macroom.

Gaeilge le Chéile



Ar mhaith leat,

- triail a bhaint as cluiche cártaí ('45') a imirt as Gaeilge?
 - An stair agus an bhrí áta le hAmhrán na bhFiann a bheith agat?
 - Feidhm a bhaint as An Nuacht agus réamhaisnéis na haimsire chun do chuid Gaeilge a chleachtadh sa bhaile. Bígí linn ar an gCéadaoin 29ú Márta idir 7in agus a 9in in
- Ba mhór againn do chuideachta.

Would you like to,

- Try your hand at playing cards ('45') as Gaeilge?
- Learn the history and the meaning of the National Anthem?
- Use An Nuacht and the weather forecast (as Gaeilge) to practice your Irish at home?

Join us on Wednesday March 29th between 7pm and 9pm

Booking Essential: 086-8239097

7.30 i.n

Ionad Áise i Réidh na nDoirí
P12 F447

Oíche Bingó



Fáilte. Le saor céad isteach

Urraithe ag an Plean Teanga Mhuscraí

An evening of Bingo arranged by Pleana Teanga Mhuscraí.

A big welcome to everyone. Entry free.

THURSDAY

30th March 2023

10.00am - 12.00pm

Venue: Cork College of FET, Sullane Centre, 69 New Street, Macroom.

Herbs for Health



Discover the use and benefits of Spring Herbs.

Booking Essential: 086-8239097

5.00pm - 8.00pm

Venue: Cork College of FET, Sullane Centre, 69 New Street, Macroom.

Macramé



Join us for a workshop on Macramé - the art of decorative knot making which is used to make wall hangings or hanging baskets.

Booking Essential: 086-8239097

FRIDAY

31st March 2023

10.00am - 1.00pm

CDYS Macroom Good Lives

will host a Life Long Learning Creative Workshop in Easter wreaths.



Open Day for all - Call in for a coffee and a chat and get creative.

For further information please contact Karen 083-1699095

11.30am - 12.30am

Venue: Macroom Library, Main Street, Macroom.

Creative writing workshop

Call: 026-42483
for more information.



2.00pm - 4.00pm

Venue: Men's Shed, Masseytown, Macroom.

Woodcraft and Chat

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All welcome.

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Booking Essential: 086-8239097

4.00pm - 6.00pm

Venue: Cork College of FET, Sullane Centre, 69 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: 086-8239097

7.00pm - 9.00pm

Venue: Cork College of FET, Sullane Centre, 69 New Street, Macroom.

Community Singing

Experience the fun of community singing with a mixture of traditional, folk and contemporary singing.

Booking Essential: 086-8239097

EXPLORE

CREATE

CELEBRATE



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Explore Create Celebrate



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