

# WEEKLY

## Fit Mondays

**FRONTRUNNERS**  
Every Monday @ 7.30pm  
Meet outside the Hawthorn Bar, the Lough



**YOGA FOR MEN**  
1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Monday of the month, @ 7.30pm

Gay Project  
4 South Terrace

**PRIDE COMMITTEE MEETING**  
Second Monday of each month  
(Closed Meeting)

Gay Project  
4 South Terrace

## Youthful Tuesdays

**UP CORK LGBT+ YOUTH GROUP**  
Every Tuesday from 6pm

Gay Project  
4 South Terrace



**QUEER VIBES - COFFEE SOCIAL GROUP**  
Every Tuesday @ 7pm

Top floor Quay Coop,  
Sullivan's Quay

**GAY INFORMATION LINE**  
Every Tuesday  
6:30pm - 10pm

021-427 1087

**EURO GAMES INFO NIGHT**  
Tuesday March 5 @ 8.15pm

Gay Project  
4 South Terrace

## Mindful Wednesdays

**OPEN FOR INFORMATION & RESOURCES**  
Condoms, magazines, books & badges  
Every Wednesday 12pm - 3pm

Gay Project 4 South Terrace

**ART THERAPY**  
Every Wednesday in February @ 7.30pm

Gay Project 4 South Terrace



**QUEER VIBES COFFEE MORNING CIT**  
Wednesday April 10 @ 10am

CIT



**GROOMING FOR MEN WITH JENNY AND JOANNE**  
Waxing Talk and Demo  
Wednesday Apr 17 @ 7.30pm

Skin Care  
Wednesday Apr 24 @ 7.30pm

Gay Project 4 South Terrace

## Sexy Thursdays

**DRAMA WORKSHOPS**  
First Thursday of the month @ 6pm

Gay Project 4 South Terrace

**GAY PROJECT BOARD MEETING**  
Second Thursday of the month  
(Closed Meeting)

Gay Project 4 South Terrace

**FREE RAPID HIV TESTING**  
Feb 21 6pm - 8pm  
March 21 6pm - 8pm  
April 26 6pm - 8pm

Gay Project 4 South Terrace



**ACT UP CORK - HIV ACTIVISM & AWARENESS**  
Monthly meetings and events

Email: [actupcork@gmail.com](mailto:actupcork@gmail.com)  
for more information

## Fun Fridays

**OVER 55s GAY COFFEE MORNING**  
Every Friday 12pm - 1pm

Gay Project 4 South Terrace

**OPEN FOR INFORMATION & RESOURCES**  
Condoms, magazines, books & badges  
Every Friday, 12pm - 3pm

Gay Project 4 South Terrace

**OUT FOR DINNER OR DRINKS**  
First Friday of every month @ 7pm

Locations vary  
Email or call  
[cgrccommunitydevelopment@gmail.com](mailto:cgrccommunitydevelopment@gmail.com)  
(021) 4500 430  
for more information

**PARENTS OF LGB**  
Second Friday of every month @ 7pm

LINC, 11A White Street

**REEL SCENE MOVIE CLUB / OUT FOR CINEMA**  
Third Friday of every month @ 8pm

Gay Project 4 South Terrace

**HEALTHY COOKING DEMO**  
Fourth Friday of every month 7.30pm - 9pm

Gay Project 4 South Terrace

**OUTING THE PAST - LGBT HISTORY FESTIVAL**  
Launch with Senator David Norris  
Friday March 1, 6.30pm

Gay Project 4 South Terrace

## Social Saturdays

**OVER THE RAINBOW LGBT ADDICTION SUPPORT GROUP**  
Every Saturday @ 6pm

Gay Project 4 South Terrace

**CORK REBELS LGBT FOOTBALL CLUB**  
Every Saturday @ 1pm

Greenmount Community Centre

**FRONTRUNNERS**  
Most Saturdays @ 11pm,  
meet outside the Hawthorn Bar, the Lough

Contact in advance for confirmation

**LGBT+ BOOK CLUB**  
Feb 23, 3.30pm  
Book: *A Little Life*  
Mar 30, 3.30pm  
Book: *The City and the Pillars*  
Apr 27, 3.30pm  
Book: *TBC*

Cork City Library

**THE BIG SPRING SOCIAL**  
Saturday March 30 @ 8pm

Gay Project BYOB

**WORKSHOP ON EMOTIONAL SELF - CARE**  
Using the Work of Byron Katie  
Third Saturday of the month @ 12.30pm

Gay Project 4 South Terrace

**POP UP CAFE**  
Saturday Feb 23 @ 1pm - 3pm  
Donations in aid of the Campaign for Civil Marriage Equality in Northern Ireland

Saturday March 23 @ 4pm - 5pm  
Donations in aid of the Gay Project

Saturday April 12 @ 4pm - 5pm  
Donations in aid of the Russian LGBT Network / Chechnya Appeal

**OUTING THE PAST - LGBT HISTORY FESTIVAL**  
March 2 @ 10.30am - 4pm

Millennium Hall, Cork City Hall

## Soothing Sundays



**GAY RAMBLING HILLWALKING GROUP**  
Second Sunday of the month @ 9am

Email  
[cgrccommunitydevelopment@gmail.com](mailto:cgrccommunitydevelopment@gmail.com)  
to book

# Monthly / Once Off