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|  **Name of activity** | **Venue** | **Venue Address** | **Frequency of Meetings** | **Leader/Organiser** | **FOR FURTHER INFORMATION PLEASE CONTACT RELEVANT NUMBER BELOW** | **Cost for participant** |
|  |
| Strong & Steady | Langcliffe Village Institute | Institute House, Main Street, Langcliffe, Settle BD24 9NF | Mondays 12.00-1.15pm£7.00 per session usually paid in block sessionsIncludes refreshments | Jo Wulf | 07966981985 jowulf@wolftracks.co.uk | £6.00 per class |  |
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| Pilates Class | Long Preston Methodist Church | Church St, Long Preston, Skipton BD23 4NJ | Tuesdays 2.45-3.30pm£5.00 per class | Kirsten Civil | 07415332556 | £5.00 per class |  |
| Strong & Steady | Long Preston Methodist Church | Church St, Long Preston, Skipton BD23 4NJ | Tuesdays 1.30-2.30pm£4.00 per class including refreshments | Kirsten Civil | 07415332556 kckd@btinternet.com | £4 per class |  |
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| Strong & Steady | Hellifield Methodist Church | 18 Haw Grove, Hellifield, Skipton BD23 4JA | 2nd & 4th Monday of the month 3.30pm | Jo Wulf | 07966981985 jowulf@wolftracks.co.uk | £3.00 per session |  |
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| Strong & Steady | Horton in Ribblesdale | Village Hall. Chapel Lane. Horton in Ribblesdale BD24 0HA | Commencing 12th January 23. Thursdays 10.15 – 11.15am. £5 per session to include refreshments | Jo Wulf | 07966981985 jowulf@wolftracks.co.uk | £5.00 per session |  |
| Chair Based Exercise | Limestone View Lounge | Limestone View. 30 Lower Greenfoot. Settle BD24 9FH | Wednesdays 11.00 – 11.45am £5.00 per session | Jo Wulf    | 07966981985 jowulf@wolftracks.co.uk   |  |  |
| OTAGO Exercise Programme | Settle Swimming Pool Fitspace | Settle Swimming Pool | Thursdays 14.00 – 15. £36 per 6 -week block | Jo Wulf | 07966981985 jowulf@wolftracks.co.uk |  |  |
| Movement to Music | The Place | Unit 10D, Commercial Courtyard, Duke St, Settle BD24 9RH | 2nd & 4th Wednesday of the month 2-3pm £3.00 includes refreshments. | Caroline Wilson | 01729 823066 | £3.00 per session |  |
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| Coffee & Chat | The Place | Unit 10D, Commercial Courtyard, Duke St, Settle BD24 9RH | Wednesdays 10.30-12pm£2.00 includes refreshments | Caroline Wilson | 01729 823066 | £2.00 per session |  |
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| Cake & Coffee | Long Preston Village Hall | 38 Main Street, Long Preston, Skipton BD23 4PH | 4th Thursday of each month 1.30-3.30pm | Annette Metcalf | 01729 840096 |   |  |
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| Community Pantry | Hellifield, Wesley Cetre Methodist Church | 18 Haw Grove, Hellifield, Skipton BD23 4JA | Every Friday 2-3pm | Pauline Wright | 07931511652 | N/A |  |
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| Welcome Mat | Hellifield, Wesley Centre Methodist Church | 18 Haw Grove, Hellifield, Skipton BD23 4JA | 1st & 3rd Monday of the month 2.30 -4.00pm | Pauline Wright | 07931511652 |  |  |
| Nordic Walking | Meet at Settle Market Place |  | Mondays 9.00am £5.00 | Jo Wulf | 07966981985 jowulf@wolftracks.co.uk | £5.00 per session |  |
| Nordic Walking | Austwick/Clapham/Ingleton |  | Tuesday’s 10.00am £5.00Please contact Jo Wulf for up-to-date details. | Jo Wulf | 07966981985 jowulf@wolftracks.co.uk | £5.00 per session |  |
|  Nordic Walking | Long Preston Methodist Church Car Park | Church St Long Preston BD23 4NJ | Wednesday’s 1.30pm £5.00Please contact Jo Wulf for up- to- date details | Jo Wulf | 07966981985 jowulf@wolftracks.co.uk | £5.00 per session |  |
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| Nordic Walking | Settle, Swimming pool car park meet up | Kendal Road, Giggleswick BD24 0BU | Friday’s 10.30am £5.00Please contact Jo Wulf for up- to- date details | Jo Wulf | 07966981985 jowulf@wolftracks.co.uk | £5.00 per session |  |
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| Sing Up Ingleton | Ingleton Methodist Church | 37 Main St, Ingleton, Carnforth LA6 3EH | Every 2nd Monday of the month 1.30-2.15pm £1.00 | Joyce Park/Val Sedgwick | 07500800041 | £1.00 per session |  |
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| Walking Rugby - Age UK North Craven in association with North Ribblesdale RUFC | North Ribblesdale RUFC | Grove Park, Lower Greenfoot, Settle BD24 9RB | Every Friday 3.30-4.30pm Summer Hours.Winter Hours 2.00 – 3.00pm | Caroline Wilson | 01729 823066 | £3.00 per session |  |
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| Walking Football -Age UK North Craven in association with Settle United FC | Giggleswick School All Weather Pitch | Eshtons. Giggleswick School  | Every Thursday 7.00 - 8.00pm | Bryan Atkinson/Caroline Wilson | Bryan 07837608614 or 01729 823066 | £3.00 per session |  |
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| Walking Football - Ingleton FC | Ingleton Community Centre All weather pitch | Main Street. Ingleton Via Carnforth. LA6 3HG | Every Wednesday 7.30 - 8.45pm | Sam Perkins/Caroline Wilson | Sam Perkins 07791 386869 Caroline Wilson 01729 823066 | £1.00 per session |  |
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| Horton In Ribblesdale - Thursday Lunch Club | Horton In Ribblesdale Village Hall | Chapel Lane Horton in Ribblesdale Nr Settle BD230HA | Every third Thursday 12.30 - 3.00pm | Bunty Smalley  | 01729 860474 | £4.00 per lunch |  |
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| Horton In Ribblesdale - Bowling Club | Horton In Ribblesdale Village Hall | Chapel Lane Horton in Ribblesdale Nr Settle BD230HA | Games currently played ad-hoc | Bunty Smalley  | 01729 860474 |   |  |
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| Clapham - Lunch Group | Supper Room Clapham Village Hall. | Cross Haw Lane. Clapham. Lancaster. LA2 8DZ | First Wednesday of the month 10.30am - 2.00pm | Brenda Pearce | 015242 51816 |   |  |
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| CAMEO Group - Malham | Various venues |   | Second Monday of the month | Gill O’Neill | 07840962937 | £5.00 per meeting |  |
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| Long Preston Lunch Club - Age UK North Craven | Village Hall Long Preston | The Green. Long Preston. BD23 4NU | 2nd Thursday of the month 11.30am - 2.00pm | Ruth O'Brien Janet Benzie Use Mobile No first | 01729 823066 Office 07760370847/01729 840770 | £7.00 per lunch |  |
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| Friday Lunch Club - Age Concern in association with Bentham Older People together | Bentham Golf Club | Robin Lane. Bentham. Lancs. LA2 7AG | 10.30am -2.00pm | Deb Hawkins  | 07980427653 | £10.00 per lunch |  |
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| Community Link Café - Bentham Older People Together | Community Link Café.  | Victoria Institute. Main Street. Low Bentham. LA2 7BX | Mondays & Wednesdays 11.30am - 2.30pm | Andrea Tuohy | 015242 63162 Can Leave message. benthamolderpeopletogether@gmail.com | £5.00 Lunch Monday Local Transport £2.00 Wednesday £7.00 Local Transport £2.00 |  |
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| Bingo at Limestone ViewSunrise Bereavement Café | The Lounge Limestone ViewThe Place | 30 Lower Greenfoot. SETTLE. BD24 9FHUnit 10d, Commercial Courtyard, Duke St, Settle BD24 9RH | Tuesdays. Doors open 1.30pm Eyes Down 2.00pmThe 1st Wednesday of the Month 1.30 – 3.00pm | Caroline WilsonJulie Davies or Caroline Wilson | 01729 82306601729 823066 |
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