

# What's on in your area?

May, June, July 2019

*Ambleside, Grasmere, Hawkshead, Bowness,  
Windermere & Coniston.*

Lunch Clubs - our local lunch clubs offer a wide range of freshly cooked meals, it is the perfect opportunity to meet up with friends or make new ones. Bookings are required, so please contact our reception for help and more information.

- The Unicorn Inn, Ambleside - 1st Monday of every month.
- The Rothay Garden Hotel, Grasmere - 2nd Monday of every month.
- The Britannia Inn, Langdale - 3rd Tuesday of every month.
- The Crown Inn, Coniston - 1st Friday of every month.
- The Church House Inn, Torver - 2nd Friday of every month.
- Village Inn, Bowness (Troutbeck Lunch Club) - 4th Monday of every month.
- **NEW VENUE** The Kings Arms Hotel, Hawkshead - 2nd Thursday of every month.

A warm and friendly welcome awaits you.

Telephone 01539 728118 to book your place.

Activities & Groups Our groups offer a wide range of activities. Come along to stay healthy, make new friends or even learn a new skill.

- Wednesday Club, Market Hall Hawkshead, 10.30am - 12noon\* 2nd Wednesday of the month.
- Gentle Exercise Class, Ambleside Parish Centre, 11.00am - 12noon\* Every Friday
- Gentle Exercise Class, Langdale Village Hall, 2.00pm - 3.00pm\* Every Monday
- Gentle Exercise Class, Ladyholme Community Centre, Windermere, 2.00pm - 3.00pm\* Every Thursday
- Coniston Cream Tea Group, Meadowdore Café, 3.00pm\* 2nd Tuesday of the month (Feb - Nov)
- IT Drop In Point, Windermere Library, 10.00am - 12noon 2nd Friday of the month.
- Falls Awareness Drop In, Windermere Library, 10.00 am - 12 noon 23 May

\*some of our groups & activities have a suggested donation, for more information or to book a place on one of our activities please call us on 01539 728118 and we will be happy to help.