

What's on in your area?

June, July and August 2019

*Arnside Storth Sandside Holme Beetham
Heversham Burton Milnthorpe Levens
and Natland*

Lunch clubs

Meet up with a group of friends and enjoy an excellent, freshly cooked meal. Bookings required – contact 01539 728118 for more information. Please support your local lunch club.

- The Albion, Arnside - 1st Friday of the Month
- The Ship Inn, Sandside - 3rd Wednesday of the month
- The Kingfisher, Sandside (Storth Lunch Club), 2nd Thursday of the month
- The Kings Arms Hotel, Burton in Kendal, 2nd Wednesday of the month
- The Smithy Inn, Holme, 2nd Friday of the month
- The Hare and Hounds, Levens (Levens & Heversham Lunch Club), 2nd Tuesday of the month
- The Station Inn, Oxenholme, Kendal, 3rd Tuesday of the month
- Crooklands Hotel, Crooklands, last Thursday of the month
- Men's Lunch Club, Smithy Inn, Holme, 4th Thursday of the month

Activities & groups

Meet friends, stay healthy and active and learn new skills while enjoying life.

- Gentle Exercises, Natland & Oxenholme Village Hall, 2.00-3.30pm Every Monday (not 3rd Mon)
- Gentle Exercises, Arnside Methodist Church Hall, 9.30am-10.30am* Every Tuesday (no class in August)
- Gentle Exercises, Arnside Methodist Church Hall, 10.30am-12noon* Every Friday (no class in August)
- Gentle Exercises, Christ the King Catholic Church, Milnthorpe Every Tuesday 10.30-11.30am*
- Gentle Exercises, Holme Parish Hall 11.00am-12noon * Every Wednesday
- Gentle Exercises, Levens Methodist Church 10.30am - 11.30am* Every Wednesday
- Walking Football, Dallam School 3G Pitch 6.50-7.50pm* Every Thursday
- Holme Crafters, Holme Parish Hall, 2.30pm* 18 June, 16 July, 20 Aug
- IT Drop-In Sessions, Arnside Educational Institute 2.00-4.30pm Every Tuesday *There will be a donation for the Arnside Educational Institute of £2 for members or £3 for non members.*
- Tinnitus Drop In, Age UK South Lakeland, Finkle Street, Every Wednesday Kendal 10.00am-12noon.
- **NEW - Tinnitus Support Group, Castle Street Centre, Kendal, 2.30pm - 3.30 pm 2nd Wednesday***
- **Fit for Life Event, Kendal Town Hall, 10.30 am - 12.30 pm 26 June only**

Our NEW Step Out and Dance sessions

- **NEW - Tap and Chat, Catholic Church Hall, Milnthorpe, 10.30 am - 12 noon 2nd July only.**
- **NEW - Dancing for Fun, Endmoor Village Hall, 10.30am - 12 noon 23 July only**

*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.