

What's on in your area?

March April and May 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, Every Monday (not 3rd Mon) 2.00-3.30pm
- Gentle Exercises, Arnside Methodist Church Hall, 9.30am-10.30am*
Every Tuesday
- Gentle Exercises, Arnside Methodist Church Hall, 10.30am-12noon*
Every Friday
- 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 2 weeks on Thursday
- Holme Crafters, Holme Parish Hall, 2.30pm* 19 March, 16 April, 21 May
- 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.*

NEW - Tinnitus Drop In, Age UK South Lakeland, Finkle Street, Every Wednesday Kendal 10.00am-12noon

NEW - Active Club Better Balance, Kendal Leisure Centre, on Wednesdays from 2.15-3.15pm every week

* Some activities and groups have a suggested donation, please call us for more details

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