

What's on in your area?

May, June, July 2019

Grange, Allithwaite, Crosthwaite, Lyth Valley, Holker & Cartmel.

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.

- Thornleigh Hotel, Grange over Sands - 1st Wednesday of every month
- The Pheasant Inn, Allithwaite - 2nd Tuesday of every month
- The Damson Dene, Crosthwaite - 2nd Thursday of every month
- The Pheasant Inn, Allithwaite - 4th Friday 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.

- Walking Football, Cartmel Priory School 7.00pm - 8.00pm* Every Monday
- Gentle Exercises, United Reformed Church, Grange over Sands, 2.00pm - 3.00pm* Every Tuesday (*except the 1st Tuesday of the month*)
- Gentle Exercises, Flookburgh Village Hall, 10.30am - 11.30am* Every other Thursday
- IT Drop in, Grange Library, Grange - over - Sands, 2.00pm - 4.00pm. Last Thursday of the month
- Falls Awareness Drop In, Grange Library 10.00 am - 12 noon 13 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.