

What's on in your area?

July, August, September 2019

*Ulverston, Broughton - in - Furness, Crake Valley,
Swarthmoor & Low Furness*

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 Blacksmiths Arms, Broughton Mills - 3rd Wednesday of the month
- The Prince of Wales, Foxfield - 4th Thursday of the month
- The Ship Inn, Kirkby in Furness - 3rd Wednesday of the month
- The Church House Inn, Torver - 2nd Friday of the month
- The Newfield Inn, Seathwaite - 2nd Friday of the month
- The Old Farmhouse, Ulverston - 3rd Monday of the month
- The Black Cock Inn, Broughton in Furness - 1st Thursday of the 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.

- #Circuits 55+, Ulverston Leisure Centre, 10.00am - 11.00am* & 11.15am - 12.15pm*. Every Monday & every Thursday (11.15am - 12.15 only)
- #50+ Swimming, Ulverston Leisure Centre, 3.00pm - 3.45pm*. Every Monday, Tuesday, Thursday & Friday.
- #Gentle Exercises, Grizebeck Village Hall, 1.30pm - 2.30pm*. Every Tuesday
- #Healthy Hearts, Ulverston Leisure Centre, 10.00am - 11.00am*. Every Thursday
- #Seated Games & Boccia, Ulverston Leisure Centre, 11.30am - 12.30pm*. Every Friday
- #55+ Casual Table Tennis, Ulverston Leisure Centre, 1.00pm - 1.45pm & 2.00pm - 2.45pm*. Every Friday
- #Walking Netball, Tennis Centre, Ulverston Leisure Centre, 2.00pm - 3.00pm*. Every Tuesday (Term Time only)
- #Walking Football, Tennis Centre, Ulverston Leisure Centre, 11.30am - 12.15pm* Every Friday
- Coffee Morning, Ulverston Parish Church, 10.30am - 12noon Every Friday
- IT Drop In, Ulverston Library, 10.30am - 12noon* 1st & 2nd Thursday
- Gentle Exercises, Victory Hall, Broughton in Furness, 10.30am - 11.30am* Every Friday
- Meditation for Health & Well Being, St Mary's RC Church, Ulverston, 2.00pm - 3.00pm*. Every Thursday
- Falls Awareness Drop In, Ulverston Library, 10.00am - 12 noon 22 Aug, 19 Sept

Advanced warning

- **Fit for Life and Step Out and Dance Event, Coronation Hall, Ulverston, 2.00 pm - 4.00pm 16 October.**

*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.

these classes are run by Ulverston Leisure Centre and must be booked through them on 01229 584110