

# What's on in your area?

March, April, May 2019

*Barrow, Dalton & 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 Bay Horse, Hawcoat Lane, Barrow in Furness, 12.30pm.  
2nd Wednesday of every month.
- Hartley's Restaurant, Market Street, Dalton in Furness, 12 noon  
4th Wednesday of every month.
- Crofters, Holbeck Park Ave, Roose, Barrow in Furness, 12 noon.  
3rd Wednesday of every month.
- The Ferry Hotel, 1 Promenade, Walney, Barrow in Furness,  
12 noon. 1st Monday of every month.
- General Burgoyne, Church Road, Great Urswick, Ulverston,  
12.30pm. 3rd Wednesday of every month.
- The Ship Inn, Kirkby in Furness, 12 noon. 3rd Wednesday of  
every month.
- The Trackside Café, Millom, lunch served 11.45 am.  
4th Thursday of every month.

A warm and friendly welcome awaits you.

Telephone 01229 444465 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, Park Leisure Centre, Barrow in Furness, 11.45am – 12noon.\* Every Friday
- #Walking Football, The Tennis Centre, Ulverston Leisure Centre, 11.30am - 12.15pm.\* Every Friday
- #Walking Netball, The Tennis Centre, Ulverston Leisure Centre, 2.00pm - 3.00pm.\* Every Tuesday (term time only)
- Gentle Exercises, Victory Hall, Broughton - in - Furness, 10.30am - 11.30am.\* Every Friday
- Gentle Exercises, The Pensioners Hall (The Tin Chapel), Millom, 2.00pm - 3.00pm.\* Every Tuesday.
- Men's Social, The Gateway Centre, 15-17 The Mall, Barrow, 10.00am - 12 noon.\* Every Wednesday
- Grub & Games, Dalton Community Association Centre, (The Drill Hall) 11.00am - 12.30pm. 4th Wednesday of every month.
- Meditation for Health & Well Being, St Mary's RC Church, Ulverston, 2.00pm - 3.00pm.\* Every Thursday.

\*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 01229 444465 and we will be happy to help.