

ARNSIDE BROADSHEET

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AGE UK SEATED EXERCISE CLASS Eileen Walters (761720) Tues 9.30am - 10.30am and Fri 10.00 – 11.30am at Arnside Methodist Church.

AGE UK SEATED EXERCISE CLASS (01539 728118) Wednesdays 10.30- noon at Storth Village Hall

SEATED YOGA - Mon **20th** 11am to 12 noon Mon **18th** Dec 11am to 12 noon Arnside Methodist Hall £4 session. Sheila May 761395

ARNSIDE KNOTT RACE [D. Shinn 734035] Sun, **19th** from Hollins Farm, Far Arnside. Senior Race route: 6miles/ at 12.15. Junior Races for ages 6 – 15. Pre-enter to guarantee place. web: gorunningwithdallam.blogspot.com

ARNSIDE WI Hall/ room to hire, kitchen available. (Phone to book: Lindy Brough 761752)

ARNSIDE & ARNSIDE KNOTT W.I. (Sec. Daphne Jarvis 761606) AGM Mon **13th** 7.30 **Future Events – HOUGHTON WEAVERS 11th** Arnside Village Hall 7.30 Tickets £12.50 Nibbles, Raffle BYOB. Details: D. Jarvis 761606 Proceeds to Hall Funds

ARNSIDE COUNTRY MARKET(sec. Ann McCabe 015395 63326) Friday's 9.30 –11.30am W.I.Hall Local home baking, seasonal preserves fresh eggs, fish.Hand made chocolates. Home grown fruit/vege Plants. Local hand made crafts, gifts. Watercolours. Free entry. Refreshments available. All welcome

ARNSIDE ROYAL BRITISH LEGION – AGM Tues 21st 14.00 **WI Hall (Note earlier start)** Non members wishing to help with door to door collection or at Burton Service Station M6 or Requests for British Legion Wreaths **Elaine Willacy on 735409**. Service of Remembrance at playing fields Memorial garden **10.00am**, followed by all denominational service at St. James's Church at **10.30 am**

ARNSIDE PLAYGROUPO- Andrea 07493 079159 The Studio E.I. Wed - Fri 9:30 - 11:30 am (term time). Children 2 - 5 yrs. Mon 9:30 - 11:30 am. Mother & Toddler session. Toddlers £2; Babies 50p. Please drop in to a session.

ARNSIDE EI BADMINTON CLUB (Cath Grayson: 01524 761347 Jon Race: 01539 564119) Mondays 8pm – 9pm (Except Bank Holidays) Played throughout the year at the EI. For details ring above.

ARNSIDE TABLE TENNIS CLUB (Mike Whitmarsh 761195.) EI Tue 7.30pm. Fri 2pm. 3 tables. Bats provided. Members £2. Guests £3 (includes refreshments)

UKULELE CLUB- Thursdays 6.30.p.m. E.I. hall.
SCRABBLE FOR FUN (Fiona Stevens 762371) EI Wednesdays 7pm. All standards.

ARNSIDE SNOOKER CLUB (Walter Burrow 761356) EI Wed 7pm – Open Club Night; Mon & Tue 10am – 12.00 Seniors. Competitions. £1 and 20p meter.

ARNSIDE TENNIS CLUB – social tennis weekday mornings 9.30 am and club sessions on Wed evenings from 6.00 pm and Sun aft from 3.00pm. Junior coaching also available. Information from Jean Mitchell, 761583

ARNSIDE BRIDGE CLUB (Alan Farmer 735366) EI Mon 1-140pm Bridge for Beginners; Mon 1.40 – 4.00 pm Chicago Bridge (no partner necessary). Tue & Fri 6.45 for 7.00pm Duplicate Bridge (partners required)

STITCH IN TIME GROUP/ Days for Girls (Violet 745219/Sheila 761317) **Tues 7th & 21st 11am-4pm.** Knit, Natter & Sew Group Methodist Church Hall. We sew hygiene kits & baby knits for refugees and girls in developing countries. Pop in for a cuppa!

FITNESS DYNAMICS CLASSES (Sam Horton 07886457563) Pilates, SamBarre (Zumba/Barre Fusion) & Blast FX

PILATES (Catherine Nixdorf 761811, 07899907424) W.I. hall - Mondays 10.30 to 11.30 a.m.,

YOGA FOR ALL (Cathy Lubelska 015395 34377)

LAMATA DANCE CLASSES (Yvonne Kelly 781980) E.I. Tues/Wed 4.30 -7.00pm Thurs 4.30 – 8.00pm Classes for children & adults tap, ballet, modern, & Acro. £4 per lesson

THERAPUTIC DANCE/MOVEMENT IN YOUR HOME (Mel Brierley 760014/07745849714) Registered dance/ movement educator for older people or those with long term health conditions.

AGE UK LUNCH CLUBS (Christine 761566). Please phone to book. Meet 12 for 12.30pm Fri 3rd The Albion. Wed 15th The Ship

ARNSIDE ARCHIVE GROUP- Norma Platts 761238 Wed morning (10am – noon) and Thurs aft (2-4pm) in Margaret Matheson Room at EI.

ARNSIDE LADIES CHOIR -In Concert at Stricklandgate Methodist Church, Kendal, **Sat 11th** at 7.30 p.m. Tickets £5. Spaces are available on coach from Arnside. Transport enquiries call Terry on 01539 731719."

BOOK AT BAYTIME – everyone welcome Weekly on Wed 1 – 2.30pm Arnside EI £3 per week (including refreshments)

ARNSIDE RNLI - 50s & 60s Night WI Hall Sat 25th 7.30pm. Music 'NOSTALGIA'. Tickets £12.50 incl Hot Pot Supper tea/coffee. BYOB. Dressing up' optional. Prizes best 50s & 60s costume Tickets 761105/ 762183

Arnside Broadsheet is run, edited, typed & distributed by many volunteers for the benefit of the local Arnside community. It is a non-profit organisation, printing costs are met entirely by donations from local organisations, groups, individual residents and the Arnside Directory.

ARNSIDE LECTURE GROUP (Dorothy Mitchell 761836.)
6 Lectures: Fake History –Recent research NW History..Dr Mike Winstanley, Guest Lecturer Dr Rob David. **Thur Nov 2 – Nov 9, 16, 23, 30 – Dec 7.** W.I. Hall 2.15pm.

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Arnside Ramblers (Sec: Marilyn Wright 760066)
RAMBLERS (J.Bennetts 701265) 1st Rusand, 9th Swirl How, 14th Place Fell, 22 TBA, 30th Hutton Roof/Farleton Knott
SCRAMBLERS (B.Leslie 762055) 2nd TBA, 15th Hartsop above Dove Crag, 28th Catbells & High Spy
AMBLERS (R.Mashiter 761686) Leave WI at 10.00
7th Skelsmergh.14th Potter Tarn. 21st Beetham.
28th Farleton Fell.
B AMBLERS – 2nd Margaret (762209) 21st Anne (761174)

SIGHT ADVICE- scott@sightadvice.org.uk. Arnside Sight Advice South Lakes Support Group meeting Millom Court Mon 20th 10 until 11.45 am. More details, contact Scott Hemsley 01539 769055 Mon to Thurs.

ARNSIDE ART GROUP every Wednesday aft at W.I. throughout Autumn, Winter & Spring. Interested in joining? Contact Paul Barnes at psbarnes@live.co.uk or phone 07801 713428 for details.

ARNSIDE HELPWAYS (07534 660 667) Requests for transport should be made between 9.00. and 10.00.a.m. if poss, giving at least 24 hours' notice. Nominal charge is made to cover car expenses

AGE UK SOUTH LAKELAND - new Tablet Loan scheme for people who are isolated with no IT equipment. (Helen Prince hprince@ageuksouthlakeland.org.uk)

ROTARY CLUB – (Helen 761432) Unwanted mobility/ surgical aids can now be taken to Carnforth Tip (A6) The Rotary Club will then collect. Thanks for donations.

STORTH COMMUNITY TRANSPORT Transport provided for Storth residents to Doctors, Dentists & Hospital – cost 45p per mile. Info or to book phone 07553213383

ARNSIDE MUSICIANS led by Robin May present 'Blues at the Vic', Sat. 4th, Victoria Hall, Grange. Doors open 6.30 - 10.00 pm. Bar. Tickets, cost £15, tel 015395 34026.

MEDITATION AT ARNSIDE YHA: Peace in our Time
Saturday 11th November 10.15am-1pm & optional lunch (1-2.15pm) **Dema** meditationinlancaster@gmail.com

FRIENDS OF ST JOHN'S SILVERDALE – David Talbot
Talk- wildlife scenery of New Zealand 7.30pm **Wed 29th**
Gaskell Hall Adm. incl glass of wine/soft drink & nibbles £8. Tickets committee members or 701423 from 1st Nov.

ANNUAL COFFEE MORNING - in aid of St John's Hospice/ Outreach team. Storth Village Hall Sat 18th 9.45-11.45. Adm. £1 incl coffee & biscuits, usual attractions.'

Dallam School PTA Christmas Fair - Sat 25th 10am – 3pm in School Hall. Fabulous stalls. To book stall email pta@dallam.eu or phone on 015395 65165 and a member PTA will return your call.

CHRISTMAS COFFEE MORNING Sat. 25th 10 -12 noon
Arnside Methodist Church Hall Raffle,Cake & Gift Stalls aid upgrade to disabled access into church. £2 Inc offee & mp

ARNSIDE CRICKET CLUB - Annual Quiz
Thurs 23rd at the Albion. 8.00 start, teams of 4, entry £6 per team. Interested teams please contact Lynn Jackson on 761147 or dave_lynnjacks@yahoo.co.uk

HERON THEATRE, BEETHAM www.theherontheatre.com
3rd – 7.30pm **THEIR FINEST (2016) [12A]** **5th** – 7.30pm
Trio Volant – wind trio **10th/11th**– 7.30pm “Nosferatu LIVE” – piano acc film **18th**– 7.30pm ‘Hiroshima Twinkie’ – four piece band **21st**– 7.30pm **EMBRACE OF THE SERPENT [12A]** **24th**– 7.30pm “Fern Hill & Other Dylan Thomas”

ARNSIDE METHODIST CHURCH (Rev D Stratton 761397) Church open daily 10.00am 4.00pm Sun
Services: Mornings:10.30am; No service 12th at St James; Evening: 6.30pm, Reflective Service on 19th. Praise and Prayer: Fri 3rd, 7.00pm - all welcome.

MMMP Ladies Group (Pam 761928) – all ladies welcome. 10.00am coffee 10.30am start. Mon 13th, “Turning out the Rubbish” members’ morn. Mon 27th, ‘Christmas Flowers’ Open meeting – all welcome.
Busy Bees Toddler Group Wed 1.30 – 3.00pm in term times (Sue 761542)

PARISH CHURCH ST JAMES (Rev D. Cooper 761319)
Every Wed (term time) 9.15am School-Church. School + adults, in church. Each Sun 8am Holy Communion (BCP), 10.30am Holy Communion (except 12th)
Sun 12th, 10.00am Act of Remembrance at War Memorial followed by 10.30am Arnside Remembrance Service at St James' **Sun 5th** 4.30pm Evening Prayer & Commemoration **Sun 12th** 4.30pm Celtic Communion.

OUR LADY OF LOURDES R.C. CHURCH – Fr Phillip Smith 015395 32731.

THANKS - The **RNLI** thanks all those who contributed to the “Fish Week” collection raised £225.47
Coffee morning at Millom Court on 27th Sept. Tenants raised £374 for Macmillan.

FORTHCOMING

ARNSIDE CHORAL SOCIETY Christmas Concert on Sat 16 Dec. Tickets available at Posh Sardine mid November.

Items for December Broadsheet by 15th November
Details may be left at the Spar, Silverdale Rd. Phil Fallows, Hairdresser, Or E-mail arnsidebroadsheet@hotmail.co.uk
PLEASE be concise, write clearly include contact details & telephone number. Broadsheet can also be viewed on the APC website. www.arnsidepc.org.uk