

Events in September



Town Hall

Every Tuesday

Blue Moose Dance 9.45am-10.45am Mature Movers and 11am-12pm Ballet BR (not 1st) Craft Club 10am-12noon WR

Every Wednesday

Stepping Stones 10-11.30am BR (not 2/9) Pilates with Sally Horn 9.30-10.30am LH (not 16th)

Every Thursday

Men's Pilates 7-8pm BR

Town Hall - Meetings and Events

Thursday 3rd 7.30pm LH High Bentham WI Friday 4th 3pm BR afternoon tea Breast Cancer

Monday 7th 7.30pm LH Full town council meeting

Thursday 10th 7.30pm LH Prostate Cancer Support Group (Tim Stannard) Email - bayprostategroup@pm.me

Panto dress rehearsal Sat (2pm?) 6th/Sun 7th

Performance times Fri 11th 7pm Sat 12th 4pm

Town Hall - Coffee Mornings

Saturdays 10am - 12 noon BR

5th September - Church of the Good Shepherd 26th September - Tatham Fell School

WI Meetings (see pages 40/41)

High Bentham - Thurs 3rd, 7.30pm LH Low Bentham - Thurs 17th, 7pm, Victoria Institute, Low Bentham

Tatham Fells - Tuesday 8th, 7.30pm, Old School Room

Footpath (see page 19)

For September 3rd and 18th walks meet first at Lairgill for 9.30am, for the walk on the 8th it's for 9.00am and for the 26th it's 2.15pm.

Thursday 3rd, Muriel Clarke, 07340-821022, Backbarrow, 7 miles.

Tuesday 8th, Rick Clapham, 07792-935564, Blencathra, 7.5 miles.

Friday 18th, Mary and Kate Taylor, 61672, Burnley, 6.5 miles.

Saturday 26th, Alison Kinder, 07854-789311, Sunderland Point, 4.5 miles.

Victoria Institute

Every Monday

9.00 - 12.30 Office Open 11.30 - 2.00 Community Link Cafe Light lunch & Activities

6.15 - 7.45 Tai-chi Qigong

Every Tuesday

4.00 - 9.30 Helen Howard School of Dance Term time

6.15 - 7.45 Kundalini Yoga & Breath

Upstairs Meeting Room

Every Wednesday

9.00 - 12.30 Office open

10.00 - 12.00 Post Office Services

11.30 - 2.00 Community Link Cafe Lunch & Activities

4.00 - 6.45 Helen Howard School of Dance Term time

Every Friday

10.00 - 12.00 Post Office Services

Every Sunday

11.00 - 12.30 Cornerstone Church

Bookings can be made on our website

www.lowbenthamvi.co.uk

Bentham & District Dementia Friendly Community Breakfast

10th & 24th August

Thursdays at 10am at Bentham Golf Club

Bentham Golf Club

Age Concern Bentham Thursday Lunch Club

Every Thursday 11am - 2pm

Bentham Methodist Church

Wednesday 2nd and 16th Brunch and Shop 10.30am to 12.30pm

Monday 14th, 21st and 28th Toddle-In 10am

to 11.30am Parents/carers and pre-school children and babies welcome.

Pickleball

Mondays and Wednesdays 6-7.30pm and 7.30-9pm at Bentham Community Primary School

Bentham Medical Practice

Closed on Wednesday 16th September from 1pm for staff training

Pioneer Projects - Looking Well Studios (unless otherwise stated)

Every Monday Meet Lairgill carpark 9.20am

Health Walks for Women

Every Tuesday 9.30am to 11am, Little Notes Music session in the library.

Every Tuesday 10.30am to 12.30pm, **Creative Community Hub**

Every Tuesday 11.30am to 1pm, Creative Writing Group in the Library

Tuesday 8th September 2pm to 3.30 pm, Book Group in the library

Every Wednesday 10am to 12noon, Sing Along to Every Song

Every Wednesday 2pm to 4pm, Art for All

Every Wednesday 10am to 1pm NYC Living Well Smokefree (by appointment, Tel 01609 797 272 for details)

Every Thursday 12.30pm to 3pm, Community Art Shed (please note the new finishing time)

Every Friday 10am to 12.30pm, Mental Health & Wellbeing Hub

For more info and to join any of the above groups please contact 015242 62672 or office@pioneerprojects.org.uk

Bentham Community Library

Library Telephone: 01609 534533

Email: library@pioneerprojects.org.uk

Monday - 2:30pm - 5:00pm

Wednesday - 10:00am - 2:00pm

Friday - 2:30pm - 4.30pm

Saturday - 10:00am -12:noon.

152nd Bentham Show

Saturday 5th September, Bentham Auction Mart

Lunesdale Arts

Lunesdale Arts Open Studio Trail: 4th-6th and 11th-13th September 11am-5pm

Ewecross Historical Society

28th September at 7.30pm in High Bentham Methodist Church: Rob David: *Muncaster Castle's Wartime Secret: Protecting the Tate Gallery collection during the Second World War.* Visitors welcome: £3.

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Tai chi Qigong

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Mondays 6.15-7.45pm Low Bentham VI and Settle Limestone View 9.30 - 11.00am
Thursdays 9-10.30am Clapham Village Hall

One-to-one tuition
NO PREVIOUS EXPERIENCE REQUIRED
ALL WELCOME TO JOIN AT ANY TIME
taichiqigongteacher@gmail.com