

WHAT'S ON IN GOSFORTH – FEBRUARY 2018

WEST LAKES U3A

(University of the Third Age)

Invites you to join us on

Friday 16th March from 2pm in GOSFORTH Public Hall

To Celebrate our 20th Anniversary

Learn about the wide range of our activities

& enjoy a Complimentary CREAM TEA

- 1st Thursday **GADS Youth Theatre Group** starts at 7 p.m. prompt in the Public Hall. New faces welcome.
- 3rd Saturday Gosforth Library Link - **Gosforth Brownies coffee morning** 10.00 - 12.00
- 4th Sunday St Mary's **Holy Communion**, 8 a.m.
St Mary's **Family Service**, 10 a.m.
All Stars Ecumenical children's club, for all upto 11 years, in the Methodist Room, 10 to 11.30
3 p.m. **Celebration and Licensing Service** for the new Benefices, St Peter's, Drigg
Methodist Church **Evening Service** at 6.30 p.m. led by Rev Dr Wendy Kilworth-Mason.
- 5th Monday **Mat based Pilates** - in Gosforth Public Hall at 6.30 p.m.
Intermediate Pilates - in Gosforth Public Hall at 7.35 p.m.
Gosforth Art Society meet in the School Hall from 6.30 p.m. to 8.30 p.m.
- 6th Tuesday **W I** meet at 2 p.m. in the Public Hall . "My Life as a Model" with Joan Wilson. Competition -
Myself as a teenager.
Freestyle Fitness Yoga with Penelope Pendleton at Gosforth PUBLIC HALL, 6 p.m. £4 each.
- 7th Wednesday **Armchair Pilates** in the Methodist Church at 10.30 a.m.
French Conversation Classes in The Kellbank, 10 a.m. to 12 noon. Cost is £3 including coffee.
INDOOR BOWLS meets every Wednesday afternoon in the Public Hall at 2 p.m.
Gosforth Library Link - **Lego Club** from 4 p.m. to 5 p.m.
Karate Classes at Gosforth Public Hall at 4:45pm for Level 01 and 5.45 for Levels 02/03
Pilates based Circuits - in Gosforth Public Hall at 7.30 p.m.
- 8th Thursday **Tea and Chat** in the Methodist Room at 2.15 p.m. John Maddison "New Churches".
GADS Youth Theatre Group starts at 7 p.m. prompt in the Public Hall. New faces welcome.
- 10th Saturday **Craft Fair** in the Public Hall from 10 a.m. to 4 p.m. Refreshments.
- 11th Sunday St Mary's **Holy Communion** at 10 a.m.
All Stars Ecumenical children's club, for all upto 11 years, in the Methodist Room, 10 to 11.30
Bradbury House **Holy Communion** at 11.30 a.m.
Gosforth Library Link **Winter Heritage Talk** - "Romans in West Cumbria" with finds handling.
Refreshments. £2.50 (children free)
Methodist Church **Evening Service** at 6.30 p.m. led by Rev Ian Parker.
- 12th Monday **Restart The Heart First Aid Course** - Learn how to save a life at 1200hrs in Gosforth Public
Hall. To reserve your place please call in at the library or message via Facebook or email
(gosforthlibrarylink@gmail.com). The course is free of charge.
Mat based Pilates - in Gosforth Public Hall at 6.30 p.m.
Intermediate Pilates - in Gosforth Public Hall at 7.35 p.m.
Gosforth Art Society meet in the School Hall from 6.30 p.m. to 8.30 p.m.
- 13th Tuesday Shrove Tuesday **Pancake Lunch** in the Methodist Schoolroom at 12 noon to 1.30 p.m.
Freestyle Fitness Yoga with Penelope Pendleton at Gosforth PUBLIC HALL, 6 p.m. £4 each.
PIES and PEAS and PUDDINGS - Cost £7 per person. St Marys Room at 7.00 for 7.30 pm
Gosforth Bakery will provide the Pies and Peas, Church folk the puddings. A glass of wine/fruit
juice. is also included. To book 'phone Norma Hughes (25366). ALL WELCOME
- 14th Wednesday **Age UK Community Get-Together** in The Kellbank from 10.30 a.m. to 12 noon.
Armchair Pilates in the Methodist Church at 10.30 a.m.
French Conversation Classes in The Kellbank, 10 a.m. to 12 noon. Cost is £3 including coffee.

- INDOOR BOWLS** meets every Wednesday afternoon in the Public Hall at 2 p.m.
Karate Classes at Gosforth Public Hall at 4:45pm for Level 01 and 5.45 for Levels 02/03
Pilates based Circuits - in Gosforth Public Hall at 7.30 p.m.
Parish Council Meeting at 7.30 p.m. in the Supper Room. Public are welcome.
- 15th Thursday **West Lakes U3A** meet in Gosforth Public Hall at 10.15, for 10.45 a.m. start. "The Murderous Butler". Speaker is Paul Heslop.
LDNPA Planning Surgery in the Public Hall, 12 noon to 1.30 p.m.
- 16th Friday **Restart The Heart First Aid Course** - Learn how to save a life at 6 p.m. in Gosforth Public Hall. To reserve your place see entry for 13th. The course is free of charge.
- 18th Sunday St Michael's, Nether Wasdale, **Holy Communion** at 9 a.m.
St Mary's **Holy Communion** at 10 a.m.
Methodist Church **Evening Service** at 6.30 p.m. led by Mr Alec Bounds
- 19th Monday **Mat based Pilates** - in Gosforth Public Hall at 6.30 p.m.
Intermediate Pilates - in Gosforth Public Hall at 7.35 p.m.
Gosforth Art Society meet in the School Hall from 6.30 p.m. to 8.30 p.m.
- 20th Tuesday **Freestyle Fitness Yoga** with Penelope Pendleton at Gosforth PUBLIC HALL, 6 p.m. £4 each.
- 21st Wednesday**LAST DAY FOR ITEMS FOR MARCH "WHAT'S ON"**.....
French Conversation Classes in The Kellbank, 10 a.m. to 12 noon. Cost is £3 including coffee.
INDOOR BOWLS meets every Wednesday afternoon in the Public Hall at 2 p.m.
Karate Classes at Gosforth Public Hall at 4:45pm for Level 01 and 5.45 for Levels 02/03
Pilates based Circuits - in Gosforth Public Hall at 7.30 p.m.
- 22nd Thursday **Tea and Chat** in the Methodist Room at 2.15 p.m. Music with Rev Jonathan and Mrs Sheila Falkner.
GADS Youth Theatre Group starts at 7 p.m. prompt in the Public Hall. New faces welcome.
GADS Auditions for the Spring Play, 7.30 p.m. in the Supper Room. Come and have a go!
- 24th Saturday Gosforth Library Link - **Coffee Morning** from 10 a.m. to 12 noon.
- 25th Sunday St Mary's **Holy Communion** at 10 a.m.
Methodist Church **Evening Service** at 6.30 p.m. led by Mrs Jackie Davies
- 26th Monday **Mat based Pilates** - in Gosforth Public Hall at 6.30 p.m.
Intermediate Pilates - in Gosforth Public Hall at 7.35 p.m.
Gosforth Art Society meet in the School Hall from 6.30 p.m. to 8.30 p.m.
- 27th Tuesday **Freestyle Fitness Yoga** with Penelope Pendleton at Gosforth PUBLIC HALL, 6 p.m. £4 each.
GADS Auditions for the Spring Play, 7.30 p.m. in the Supper Room. Come and have a go!
- 28th Wednesday **Age UK Community Get-Together** in The Kellbank from 10.30 a.m. to 12 noon.
U3A Discovery Group in St Mary's Room at 10.15 a.m. for coffee for a 10.45 a.m. start,
The **DEVELOPMENT of The RAILWAYS between Barrow & Whitehaven**
With a Display of related Artefacts Speaker: Peter Rooke,
Library volunteers meeting (new volunteers and members of public welcome) - 17:30
GADS "Plays for Pleasure" - informal play readings - at 7.30 pm in the Supper Room

NOTICES

- A special thankyou to those of you who take bin bags with you on your walks, and collect the rubbish that - mainly - motorists - deposit on the grass verges of our cycleway and roads.
- **Moving Mountains 8th to 11th March** – look out for posters on events in these days when, as an initiative from the Archbishop of York, two members of his team will be in this area to meet and greet as many people as possible. In particular do plan to come to the **Community Walks in Nether Wasdale on the afternoon of Saturday 10th March**. There will be 2 walks followed by a meal and talk/slide show at the **Screes Hotel**.
- The "Singing for Fun" group that used to meet in St Mary's Room has moved to the Methodist Church Hall in Seascale, still meeting on the first Thursday of each month at 2.15 p.m. All are welcome.
- **Accessible Pilates Classes** - using Pilates exercises from a seated and standing position (so avoids getting down to the floor and back up again) - please contact Amy at amyflsher@hotmail.com to be added to the waiting list.
- **Scouts** meet between 7 and 9pm at the Scout hut on a Tuesday - Ages 10 to 14. Contact Dave Marsden 24632.
- **Brownies** meet in the Scout Hut every Monday from 5.30 p.m. to 7 p.m. For girls aged 7 to 10. Contact Samantha Milliner 25910.

- **Gosforth Rainbows** meet on Monday in term time 5pm to 6pm in Gosforth public hall for girls aged 5up to 7yrs contact Sarah Millard 01946725365.
- **Gosforth Beavers** (6 to 8 years) meet Wednesdays 5 till 6pm and **Cubs** (8 to 10 years) meet 6.15 till 7.30pm, in the Scout hut. Contact Jackie Harper 27211 for more details.
- **MokyFit & MokyCORE with Shameem** - Mondays 10am Seascale Sports Hall - MokyHIIT/CORE : 11 to 11.45 Moky Zest - fitness for older adults and those less mobile; Wednesdays 7.30pm Seascale School- MokyHIIT/CORE; Fridays 10am Seascale Sports Hall - MokyHIIT - Mums with babies and children in tow very welcome. For more details see “MokyFit with Shameem” on facebook.
- **Phone Mel Gould on 019467 27486, or e-mail me, melbgould2@gmail.com, if you want to be added to the email circulation list, or if you want details of your event included in both versions.**