

YOGA, HEALTH & WELLBEING

Pilates, Ayurveda & Yoga

Rebecca Edwards

07855 390680

pilates-yoga-lakedistrict.co.uk

pilates-yoga-lakedistrict@hotmail.com



REBECCA EDWARDS



Sway With Me

Led by

Emily Davies

07933144007

emily.d1307@gmail.com

Facebook: emilymoves

Instagram/Twitter: @_emilymoves

Seated Dance class aimed at ages 65+

Wednesdays 10:45-11:45am

St Oswald's Church Meeting Room

£5 per session (Pay As You Go)

Benefits include...

• Mobilising the joints

• Activating the muscles

• Stimulating the mind

• Socialising with others

...in a positive and encouraging environment.



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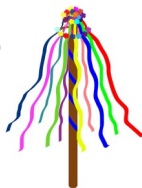
Call **01539 725107** for more information.



May Day 1st May

May Day is an ancient spring festival, traditionally celebrated with maypole dancing.

May Day Bank Holiday 2nd May



Eid-al-Fitr

Eid al-Fitr 2nd May to 3rd May

A religious holiday celebrated by Muslims worldwide that marks the end of the month-long dawn-to-sunset fasting of Ramadan.

World Laughter Day 3rd May

Laughter Day is a positive manifestation for World Peace and it builds up a global consciousness of brotherhood and friendship through laughter.



Star Wars Day 4th May

May The Fourth Be With You!

World Asthma Day 4th May

An annual event organized by the Global Initiative for Asthma with a goal to improve asthma awareness

National Doughnut Week 7th May to 15th May

Fundraising event in aid of The Children's Trust organised by the baking industry.

World Fair Trade Day 7th May

A worldwide festival of events celebrating Fair Trade's contribution to sustainable development, and the economic empowerment of small producers, gender equality and responsible production.



International Nurses Day 12th May

Held on the birthday of Florence Nightingale to mark the contributions that nurses make to society.

National Children's Day UK 15th May

National Children's Day UK is all about the importance of a healthy childhood and protecting the rights and freedoms of children so that they can grow into happy, healthy adults.

World Bee Day 20th May



The purpose of World Bee Day is to raise awareness of the importance of pollinators, the threats they face and their contribution to sustainable development.

World Turtle Day 23rd May

The aim of World Turtle Day is to bring attention to, and increase knowledge of and respect for, turtles and tortoises, & to help them survive and thrive.

National Biscuit Day 29th May

A celebration of this tasty treat, whether you regard it as a sweet snack to go with a cup of tea, or a savoury addition to a meal.

Oakapple Day 29th May

Also known as Restoration Day, it is a traditional English celebration of the restoration of the monarchy in 1660, following the death of Oliver Cromwell.

St.Oswald's Church, Burneside & District

ADVERTISING PAGES 2022

BREWERIES

Handsome Brewery

Bowston Bridge

Bowston

LA8 9HD

03448480888

Facebook: Handsome at Bowston Bridge



Manufacturers of award winning beers and craft lagers to the trade or available in bottles direct from the brewery.

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OPENING TIMES

| | Lunch | Tea/Supper |
|-------|------------|-------------|
| Wed | 11.30-1.15 | 4.30-7.00pm |
| Thurs | 11.30-1.15 | 4.30-7.30pm |
| Fri | 11.30-1.15 | 4.30-8.00pm |
| Sat | 11.30-1.15 | 4.30-7.00pm |

For advertising enquiries please contact

Liz Bingham 726550

e-mail lizbingham@talktalk.net

GARAGES

David Greenbank Tyres & Towing Ltd.

Vineyard Garage

Appleby Road

Kendal

LA9 6ES

01539 721585

sales@davidgreenbank.co.uk

www.davidgreenbank.co.uk



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Found in the church side corridor

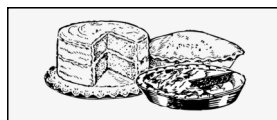
Mondays, Wednesdays & Fridays 9am-1.45pm
(except Bank Holidays)



- Mail
- Bill payments
- Banking
- Motor Taxation

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OPENING TIMES

Monday-Saturday 7am-8pm
Sunday 7.30am- 7.30pm

General Groceries
Off licence
Papers
Lottery
Hermes Parcelshop

SOCIAL CLUBS

Burneside Cricket Club
Hollins Lane
Burneside
LA9 6QL



01539 729910

Private Hire

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SOLICITORS

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