

All of these sessions run between January – March 2019

Mondays 1pm – 2pm

Spilsby Lunch Club
Franklin Hall, Spilsby

Wednesdays 1pm – 2pm

Food Bank Walks
Trinity Centre, Louth

Wednesdays 1:45pm – 2:45pm

Energise – Movement & Dance exercise class
Great Carlton Village Hall

Thursdays 11am – 12noon

North Thoresby Lunch Club
North Thoresby Village Hall

Fridays 11am – 12noon

New Life Walks
New Life Centre, Spilsby

Fridays 1:45pm – 2:45pm

Energise – Movement & Dance exercise class
Grainthorpe Village Hall

For more information on the activities please contact David Willoughby 01507 613447 or email david.willoughby@mvtlc.org