

# CHAT & CHANGE

**A**re you feeling lonely or isolated, looking for friendship or simply wishing to fit another “activity” into your action-packed diary?



Why not join the friendly gathering of residents who meet up weekly for coffee, conversation and book exchange at one of Almancil’s best-loved restaurants, *The Lemon Tree* (Map Ref E7).

The “Chat & Change” meetings are held at the restaurant each Thursday morning from 10.30am-11.30am with a charge of just €2 for the coffee and a home-baked cookie. And, of course, there is always the option to stay for lunch...

Why not pop along and make Thursday’s Coffee Morning the best part of your week... It is more than a meeting of minds - it is a feast of ideas and a cacophony of good humoured banter.

**ALL ARE WELCOME!**

Please note there is a large car park to the rear of the restaurant. Tel. 289 395 399.