

**What's On in.....
Kendal, Oxenholme,
Natland, Staveley,
Burneside, Whinfell,
Endmoor &
Crooklands**



**Activities
and Groups**

Our groups offer a wide range of activities. Come along to stay healthy, make new friends or even learn a new skill.

Gentle Exercises, Sandylands Methodist Church, 10.30 - 11.30am*	Every Friday
Gentle Exercises, Kendal Parish Church Hall, Kirkland, 10.30 - 11.30am*	Every Thursday
Gentle Exercises, Staveley Institute, 2.00 - 3.00pm*	7, 21 Jan, 4, 18 Feb, 3, 17, 31 March
Gentle Exercises, Ings Parish Hall, 2.00 - 3.00pm*	14, 28 Jan, 11, 25 Feb, 10, 24 March
Gentle Exercises, Endmoor Village Hall, 10.30 - 11.30am*	Every Tuesday
Gentle Exercises, Natland & Oxenholme Village Hall, 2.00 - 3.30pm*	Every Monday (Not 3rd Monday)
Coffee Morning, Kendal Town Hall, 10.00am - 12noon	1st Friday
Over 50's Walking Rugby, Kendal Rugby Club, 2.00 - 3.00pm*	Every Wednesday
Walking Netball, Kendal Leisure Centre, 3.30 - 4.30pm *	Every Tuesday (Not on 21 Jan)
Walking Football, Kendal Leisure Centre, 3.30 - 4.30pm*	Every Tuesday (Not on 21 Jan)



Men in Sheds & Ladies in the Shed call 01539 728118 for more information

Snooker, Pool, Dominoes & Darts Group, The Albion Social Club, Sandes Ave, Kendal 1.30 - 3.30pm

Every Thursday

Kendal Chat, Craft & Coffee group, Town Hall, Kendal, 10.30am - 12noon

1st Friday

IT Drop In, South Lakes Foyer, 1.30 - 3.30pm

1st Monday

IT Drop In, Age UK, Finkle Street, 1.30 - 3.30pm

3rd Thursday

Allotment, Sedbergh Road, Kendal 10.00am - 12noon

Every Thursday

(Last Session 31 Oct, Restarts April 2020)

Falls Awareness Drop In, Kendal Library, 10.00am - 12noon

23 Jan, 25 Feb, 25 March

Tinnitus Drop In, Age UK, Finkle Street, Kendal, 10.00am - 12noon

Every Wednesday

Tinnitus Support Group, Age UK Finkle Street, Kendal 2.30 - 3.30pm*

2nd Wednesday

Mindful Meditation - Going Deeper, Castle Street Centre, Kendal, 2.00 - 3.30pm*

6, 13, 20, 27 Jan, 3, 10, 24, Feb, 2 March (Booking is Essential)

Age UK South Lakeland Coffee Morning and Information Event, Staveley Village Hall, Staveley, 10.00am - 12noon*

25 Jan 2020

Seated Dance Class, Burton Memorial Hall, 10.30 - 11.30am

9 March, 20 April, 11 May

*Some of our groups & activities have a suggested donation, for more information or to book a place on one of our activities please call us on **01539 728118** and we will be happy to help.



Lunch Clubs

Our local lunch clubs offer a wide range of freshly cooked meals, it is the perfect opportunity to meet up with friends or make new ones. Bookings are required, so please contact our reception for help and more information.

Stonecross Manor Hotel, Kendal	1st Tuesday of the month
Alexanders, Castle Green Hotel, Kendal	2nd Tuesday of the month (21 Jan only)
The Station Inn, Oxenholme	3rd Tuesday of the month
Carus Green, Burneside	3rd Monday of the month
The Hare & Hounds, Levens	2nd Tuesday of the month
Maggs Howe, Kentmere	4th Wednesday of the month
The Damson Dene, Crosthwaite	2nd Thursday of the month
Men's Pie & Pint Club, Kendal Rugby Club	1st Thursday of the month
Crooklands Hotel, Crooklands	Last Thursday of the month

A warm and friendly welcome awaits you. To book your place, phone
01539 728118.



Volunteering

All volunteer roles require attendance at a half day induction and training specific to the role.

Kendal Retail Volunteers

Our retail team are looking to welcome new people in the Kendal shop. As a volunteer you may be asked to sort donations, price goods and work on the till. Special skills are not often required as training is given. Being a volunteer need not interfere with your other commitments. Volunteering is a very flexible activity and you can volunteer for a morning or afternoon session. It's a great way to get to know people and make new friends. It helps build your CV, whatever your age. It's also great fun and the funds raised go a long way to supporting older people in the area.

Digital Champions

A Digital Champion is someone who will help an older person become familiar with the digital world. Having access to the internet can help us stay connected with family and friends and reduce social isolation and loneliness. Volunteers can be involved in IT Drop in's held locally in Kendal, home visits, helping people get on line and much more. If you are IT literate and have an interest and empathy with older people we would love to hear from you. Introducing older people to the joys and opportunities of the digital world can be life changing for them. It could be for you too.

For more information on any of the volunteer opportunities, please call us on **01539 728118** or email **volunteering@ageuksouthlakeland.org.uk**. Please note that events and activities will not be running on Bank Holidays. Check out your local Age UK South Lakeland Shop or distribution point for the latest *What's on...*