

What's On in..... Kirkby Lonsdale, Crooklands, Sedbergh & Dent



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, Endmoor Village
Hall, 10.30 - 11.30am*

Every Tuesday
(Last Session 17 Dec,
Restarts 7 Jan)

Gentle Exercise, Bective Room,
Lunesdale Hall, Kirkby Lonsdale,
11.00am - 12noon*

Every Tuesday
(Last Session 10 Dec,
Restarts 7 Jan)

Walking Netball, The Lunesdale
Sports Centre, Queen Elizabeth
School, 5.00 - 6.00pm*

Every Thursday
(Term time only)

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

Every
Wednesday



Tinnitus Support Group,
Castle Street Centre, Kendal,
2.30 - 3.30 pm*

(From Jan 2020 the venue will be Age
UK SL, Finkle Street, Kendal)

2nd Wednesday
of the month

**New
Activities
and
Groups**

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

6, 13, 20, 27 Jan,
3, 10, 24, Feb, 2
March

(Booking Essential)

Fit for Life and Coffee Morning, Staveley
Village Hall, Staveley, 10.00am -
12noon

25 Jan

Ceilidh with Rathey Rhythm, People's
Hall, Sedbergh, 2.00 - 4.00pm

27 March

(Booking Essential)

*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.

The Orange Tree,
Kirkby Lonsdale

3rd Tuesday of the
month

The Dalesman, Sedbergh

2nd Thursday of the
month

The 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 you to attend a half day induction and training specific to the role.

Retail Volunteers

Our retail team are a fabulous group who are looking to welcome new volunteers in the Kendal shop. As a volunteer you would be involved in chatting to customers, sorting and pricing donations, selling and receiving goods. Volunteering is a very flexible activity and can fit around peoples busy lives. It's a great way to get to know people and make new friends. It helps build your CV, whatever your age.

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 Ins held locally in Sedbergh, digital events, home visits and much more.

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...**