

**What's On in....
Ulverston, Broughton
in Furness, Crake
Valley, Swarthmoor &
Low Furness**



**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.***

#Circuits 55+, Ulverston Leisure Centre,
10.00 - 11.00am* & 11.15am - 12.15pm*.

Every Monday

#Circuits 55+, Ulverston Leisure Centre,
11.15am - 12.15pm*.

Every Thursday

#50+Swimming, Ulverston Leisure Centre,
3.00 - 3.45pm*.

Every Mon, Tues,
Thurs, Fri

#Gentle Exercises, Grizebeck Village Hall,
1.30 - 2.30pm*.

Every Tuesday

#Healthy Hearts, Ulverston Leisure Centre,
10.00 - 11.00am*.

Every Thursday

#Seated Games & Boccia, Ulverston Leisure
Centre, 11.30am - 12.30pm*.

Every Friday

#55+ Casual Table Tennis, Ulverston Leisure
Centre, 1.00 - 1.45pm & 2.00 - 2.45pm*.

Every Friday

#Walking Netball, Tennis Centre, Ulverston
Leisure Centre, 2.00 - 3.00pm* (Term time Only).

Every Tuesday



#Walking Football, Tennis Centre, Ulverston

Leisure Centre, 11.30am - 12.15pm*

Coffee Morning, Ulverston Parish Church,
10.30am - 12noon.

IT Drop In, Ulverston Library, 10.30am -
12noon.

Gentle Exercises, Victory Hall, Broughton, in
Furness, 10.30 - 11.30am*.

Mindful Meditation, St Mary's RC Church,
Ulverston, 2.00 - 3.00pm*.

Falls Awareness Drop In, Ulverston Library,
10.00am - 12noon.

Every Friday

(Term time only)

Every Friday

1st & 2nd

Thursday

Every Friday

Every Thursday

22 Jan, 26 Feb,

24 March

*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. # these classes are run by Ulverston Leisure Centre and must be booked through them on **01229 584110**.



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 Blacksmiths Arms, Broughton Mills	3rd Wednesday of the month
The Prince of Wales, Foxfield	4th Thursday of the month
The Ship Inn, Kirkby in Furness	3rd Wednesday of the month
Lakeside and Haverthwaite Railway Café, Haverthwaite (Torver)	2nd Friday of the month (3rd Friday in Jan)
The Newfield Inn, Seathwaite	2nd Friday of the month
The Old Farmhouse, Ulverston	3rd Monday of the month
The Black Cock Inn, Broughton in Furness	1st 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.

Ulverston Retail and Van Volunteers

Our retail team are a fabulous group who are looking to welcome new volunteers in the Ulverston Superstore. 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. 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. Also required for 2020 is a volunteer to help us on the vans with deliveries and collections on Mondays. Scenic views and journeys across South Lakeland.

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 Ulverston, 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.

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...**