

Men's Activities

Who is this for?

Men over 50.

What is available?

- Walking Football
- Walking Rugby
- Men's Lunch Clubs
- Men in Sheds
- Allotment



You'll be able to get together with likeminded people regularly and work side by side on a variety of projects or just enjoy a nice meal and a chat with friends.



If you would like more information, please contact us on [01539 728118](tel:01539728118). We will be happy to help.

Town

Venue

When in month

Over 40's Walking Football

Milnthorpe **Dallam School 3G Pitch** **Tuesdays (Fortnightly Sessions)** **6.50pm - 7.50pm**

Contact Westmorland County FA to confirm your attendance by telephone on **01539 730946** or via email info@WestmorlandFA.com - £2 per session

Over 50's Walking Football

Cartmel **Priory School** **Every Monday** **7.00pm - 8.00pm**
Kendal **Leisure Centre** **Fortnightly on Tuesdays** **3.30pm - 4.30pm**

Contact Ruth Taylor to confirm your attendance or to get more information. Call **01539 728118** or email rtaylor@ageuksouthlakeland.org.uk

Over 50's Walking Rugby

Kendal **Rugby Club** **Every Wednesday** **2.00pm - 3.00pm**

Contact Ruth Taylor to confirm your attendance or to get more information. Call **01539 728118** or email rtaylor@ageuksouthlakeland.org.uk

Men's Lunch Club

- Men Together

Holme **The Smithy Inn** **Every fourth Thursday** **12.00noon**

Enjoy a two course lunch and good company with time to sit and chat.

- Pie & Pint

Kendal **Kendal Rugby Club** **Every first Thursday** **12.00noon**

Enjoy a pie and a pint, with the chance to sit and chat with a group of guys and put the world to rights.

Men in Sheds

Kendal **Age UK South Lakeland Warehouse** **Mondays, Tuesdays, Wednesdays and Fridays**

A workshop space and companionship. You could be renovating furniture to be sold in our shops.

Working with other organizations on new items for use in the community. Or making something for yourself, friends or family.

Allotment

Kendal **Sedbergh Road** **Thursday Mornings** **10.00am-12noon**

We are looking for "Allotmenters" to help us to grow healthy fruit & vegetables and share in the produce and the experience. If you are interested please give us a ring.



For more information, please call us on **01539 728118**