

# Men's Activities

## Who is this for?

Men over 50.

## What is available?

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



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      **Thursdays (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](mailto:info@WestmorlandFA.com) - £2 per session

### **Over 50's Walking Football**

Cartmel      Priory School      **Every Monday**      7.00pm - 8.00pm  
Kendal      Leisure Centre      **Every Tuesday**      3.30pm - 4.30pm  
Ulverston      Tennis Centre      **Every Friday (term time only)**      11.30am - 12.15pm

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