

# What's on in your area?

June July and August 2019

*Kirkby Lonsdale Crooklands*

*Sedbergh and Dent*

## Lunch clubs

Meet up with a group of friends and enjoy an excellent, freshly cooked meal. Bookings required – contact 01539 728118 for more information. Please support your local lunch club.

- The Orange Tree, Kirkby Lonsdale - every 3rd Tuesday of the month
- The Dalesman, Sedbergh - every 2nd Thursday of the month
- The Crooklands Hotel, Crooklands - the last Thursday of the month

## Activities & groups

Meet friends, stay healthy and active and learn new skills while enjoying life.

- Gentle Exercises, Endmoor Village Hall 10.30 - 11.30 every Tuesday
- Gentle Exercise, Bective Room, Lunesdale Hall, Kirkby Lonsdale - 11.00am - 12 noon every Tuesday
- Walking Netball, The Lunesdale Sports Centre, Queen Elizabeth School, 5.00 - 6.00pm every Thursday (**Term time only**)
- IT Drop-In Point, Sedbergh Library, 2.00 - 4.00pm every 3rd Wednesday
- Tinnitus Drop In, Age UK South Lakeland, Finkle Street, Every Wednesday Kendal 10.00am - 12noon
- Active Club Better Balance, Kendal Leisure Centre, on Wednesdays from 2.15-3.15pm every week
- **NEW - Tinnitus Support Group, Castle Street Centre, Kendal. 2.30 pm - 3.30 pm\* 2nd Wednesday of the month**
- **Fit for Life Event, Kendal Town Hall, 10.30 am - 12.30 pm 26 June**

Our NEW Step out and Dance Sessions.

- **NEW - Dancing for Fun, Endmoor Village Hall, 10.30 am - 12 noon 23 July**

\*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.