

What's on in your area?

March April and May 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 Thursdays every 2 weeks
- IT Drop-In Point—Sedbergh Library, 2.00—4.00pm every 3rd Wednesday

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

NEW - Active Club Better Balance, Kendal Leisure Centre, on Wednesdays from 2.15-3.15pm every week

* Some activities and groups have a suggested donation, please call us for more details

March April May 2019