

**What's On in.....
Grange, Allithwaite,
Crosthwaite, Lyth Valley,
Holker & Cartmel**



**01539
728118**

**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.

Walking Football, Cartmel Priory School,
7.00 - 8.00pm*

Gentle Exercises, United Reformed Church,
Grange, 2.00 - 3.00pm*

Gentle Exercises, Flookburgh Village Hall,
Flookburgh, 10.30 - 11.30am*

IT Drop In, Grange Library, Grange,
2.00 - 4.00pm

Falls Awareness Drop In, Grange Library,
Grange, 10.00am - 12noon

Every Monday
(Not bank Holidays)

Every Tuesday
(Except 1st Tues)

1, 15 Aug, 5, 19
Sept, 3, 17 Oct

Last Thursday of
the month

11 Sept, 9 Oct,
13 Nov

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Step out and Dance Project, Ceilidh,
Victoria Hall, Grange, 2.00 - 4.00pm

Beginners Mindful Meditation, Castle Street
Centre, Kendal, 2.00 - 3.30pm*

Beginners Men U Can Cook,
The Athenaeum, Heversham,
1.30 - 3.30pm*

Fit for Life Event with Musical
Entertainment by UVHS Jazz Combo group,
Coronation Hall, Ulverson, 2.00 - 4.00pm

*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.

New Activities and Groups

27 Sept
(Booking Essential)

23, 30 Sept,
7, 14, 28 Oct,
4, 11, 18 Nov

1, 8, 15, 22 Nov
(Booking Essential)

16 October
(Booking Essential)

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.

Thornleigh Hotel, Grange

The Pheasant Inn, Allithwaite

The Damson Dene, Crosthwaite

The Pheasant Inn, Allithwaite

A warm and friendly welcome awaits you. To book your place, phone **01539 728118**.



Lunch Clubs

1st Wednesday
of the month

2nd Tuesday of
the month

2nd Thursday of
the month

4th Friday of the
month

Aug, Sept, Oct 2019

Digital Champions

A Digital Champion is someone who will help an older person become familiar with the digital world. Having access to the internet and learning some basic skills can help older people get online and even help research their family history or send photos digitally. Introducing older people to the joys and opportunities of the digital world can be life changing for them. It could be for you too.

Retail Volunteers

Our retail team are looking to welcome new volunteers in Grange Superstore. The shops are treasure troves full of furniture, books, bric a brac and clothes. As a volunteer you would be involved in chatting to customers, sorting and pricing donations, working on the till and restocking. It's great fun volunteering as part of a team, it can help to get you back into a routine and the funds raised go a long way to supporting older people in the area.

For more information, or if you would like to share some ideas, contact us on **01539 728118** or

Volunteering@ageuksouthlakeland.org.uk

Please note that our events and activities will not be running on Bank Holidays.

Volunteering

All volunteer roles require you to attend a half day induction and training specific to the role.

Aug, Sept, Oct 2019