

## **What's On in..... Kirkby Lonsdale, Crooklands, Sedbergh & Dent**



### **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.***

**Gentle Exercises, Endmoor Village  
Hall, 10.30 - 11.30am\***

**Every Tuesday**

**Gentle Exercise, Bective Room,  
Lunesdale Hall, Kirkby Lonsdale,  
11.00am - 12noon\***

**Every Tuesday**

**Walking Netball, The Lunesdale  
Sports Centre, Queen Elizabeth  
School, 5.00 - 6.00pm\***

**Every Thursday**  
 (Term time only)

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

**Every  
Wednesday**  
 (Except 2nd  
Wednesday)

**Tinnitus Support Group, Age UK  
South Lakeland, Finkle Street,  
Kendal, 2.30 - 3.30 pm\***

**2nd Wednesday  
of the month**



Hearing Impairment,  
Information and Advice Service,  
Age UK South Lakeland, Finkle  
Street, Kendal,  
9.30am – 12.30pm

Every Tuesday &  
Thursday

NHS batteries available at Age  
UK South Lakeland, Finkle Street,  
Kendal, 9.30am – 4.30pm

Monday to  
Friday

### **New Activities and Groups**

An Afternoon of Music, Dance  
and Song with Rawthey Rhythm,  
People's Hall, Sedbergh,  
2.00 - 4.00pm

27 March  
(Booking is  
Essential)

Strictly Seated Dance, Lunesdale  
Hall, Kirkby Lonsdale,  
10.30 - 11.30am

Every  
Wednesday  
(Starts 29 April)

\*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.



## Lunch Clubs

*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.*

The Orange Tree,  
Kirkby Lonsdale

3rd Tuesday of the  
month

The Dalesman, Sedbergh

2nd Thursday of the  
month

The Crooklands Hotel,  
Crooklands

Last Thursday of the  
month

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



## Volunteering

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

### Strictly Seated Dancing Volunteer Opportunity !

Dance is an excellent way to exercise, socialise and have fun whilst moving to some well-known tunes even sitting down. With funding from the Peoples Postcode Lottery we are setting up a Seated Dance group from April to December in Kirkby Lonsdale and are able to engage a Professional Dance teacher who will lead the Dance. We are looking for volunteers who would be able to help with the running of the group. This would involve setting up in preparation for the class, helping with registrations and refreshments and also helping people who attend the class where needed. If you like Dancing this is a bonus and please don't worry you don't have to come dressed in sequins!

### Retail Volunteers.

We're looking for friendly people who enjoy working as part of a team and will be happy to help our customers in Kendal. A shop volunteer role is varied, from sorting and replenishing stock to working on the tills to creating visual displays on the shop floor. If you like all things retro help us pick out donated items, or if you are a bookworm we'd welcome you too.

For more information on any of the volunteer opportunities, please call us on **01539 728118** or email **[volunteering@ageuksouthlakeland.org.uk](mailto:volunteering@ageuksouthlakeland.org.uk)**. Please note that events and activities will not be running on Bank Holidays. Check out your local Age UK South Lakeland Shop or distribution point for the latest ***What's on...***