



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



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*

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

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

IT Drop-In Point, Sedbergh Library, 2.00 - 4.00pm

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

Every Tuesday

Every Thursday (Term time only)

Every 3rd Wednesday

Every Wednesday



Tinnitus Support Group, Castle Street Centre, Kendal, 2.30 - 3.30 pm* 2nd Wednesday of the month

New Activities and Groups

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

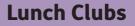
Beginners Men U Can Cook, Athenaeum, Heversham, 1.30 - 3.30pm*

Step Out Tea Dance, Burton Memorial Hall, Burton-in-Kendal, 2.00 - 4.00pm 23, 30 Sept, 7, 14, 28 Oct, 4, 11, 18 Nov (Booking Essential)

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

8 November (Booking Essential)

*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.



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

Retail Volunteers

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

Our retail team are a fabulous group who are looking to welcome new volunteers in the Kendal shop. As a volunteer you would be involved in chatting to customers, sorting and pricing donations, selling and receiving goods. Volunteering is a very flexible activity and can fit around peoples busy lives. It's a great way to get to know people and make new friends. It helps build your CV, whatever your age.

Digital Champions

A Digital Champion is someone who will help an older person become familiar with the digital world. Having access to the internet can help us stay connected with family and friends and reduce social isolation and loneliness. Volunteers can be involved in IT Drop Ins held locally in Sedbergh, digital events, home visits and much more.

For more information on any of the volunteer opportunities, please call us on **01539 728118** or email **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...**