

## 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)

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

Every 3rd  
Wednesday

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

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\*

23, 30 Sept, 7,  
14, 28 Oct, 4,  
11, 18 Nov  
(Booking Essential)

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

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

Step Out Tea Dance, Burton Memorial  
Hall, Burton-in-Kendal, 2.00 - 4.00pm

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.



## 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.*

### Retail Volunteers

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...**