

What's on in your area?

July, August, September 2019

*Kendal, Oxenholme, Natland, Staveley, Burneside,
Whinfell, Endmoor & Crooklands*

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.

- NEW VENUE Stonecross Manor Hotel Kendal - 1st Tuesday of the month
- Alexanders, Castle Green Hotel, Kendal - 2nd Tuesday of the month
- The Station Inn, Oxenholme, Kendal - 3rd Tuesday of the month
- Carus Green Golf Club, Burneside - 3rd Monday of the month
- The Hare & Hounds, Levens - 2nd Tuesday of the month
- Maggs Howe, Kentmere - 4th Wednesday of the month
- The Damson Dene, Crosthwaite - 2nd Thursday of the month
- Men's Pie & Pint Club, Kendal Rugby Club - 1st Thursday of the month
- Crooklands Hotel, Crooklands - Last Thursday of the month

A warm and friendly welcome awaits you.

Telephone 01539 728118 to book your place.

Activities & 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, Sandylands Methodist Church, 10.30am - 11.30am* Every Friday
- Gentle Exercises, Kendal Parish Church Hall, Kirkland. 10.30am - 11.30am* Every Thursday (except 8 Aug)
- Gentle Exercises, Staveley Institute, 2.00pm - 3.00pm* 9, 23 July, 6, 20 Aug, 3, 17 Sept
- Gentle Exercises, Ings Parish Hall, 2.00pm - 3.00pm* 2, 16, 30 July, 13, 27 Aug, 10, 24 Sept
- Gentle Exercises, Endmoor Village Hall, 10.30am - 11.30am Every Tuesday
- Coffee Morning, Kendal Town Hall, 10.00 am - 12noon 1st Friday
- Over 50's Walking Rugby, Kendal Rugby Club, 2.00pm - 3.00pm* Every Wednesday
- Walking Netball, Kendal Leisure Centre, 3.30pm - 4.30pm * Every Tuesday (except 10 Sept)
- Walking Football, Kendal Leisure Centre, 3.30pm - 4.30pm* Every Tuesday (except 10 Sept)
- Men in Sheds, call 01539 728118
- Snooker, Pool, Dominoes & Darts Group, The Albion Social Club, Sandes Ave, Kendal 1.30pm - 3.30pm Every Thursday
- Kendal Chat, Craft & Coffee group, Town Hall, Kendal, 10.30 - 12.00 noon 1st Friday
- IT Drop In, South Lakes Foyer, 1.30pm - 3.30pm, 1st Monday
- IT Drop In, Age UK, Finkle Street, 1.30pm - 3.30pm, 3rd Thursday
- Allotment, Sedbergh Road, Kendal 10.00 am - 12 noon Every Thursday
- Falls Awareness Drop In, Kendal Library, 10.00 am - 12 noon 25 July, 21 Aug, 25 Sept.
- Tinnitus Drop In, Age UK, Finkle Street, Kendal, 10.00 am - 12 noon Every Wednesday
- **NEW - Tinnitus Support Group, Castle Street Centre, 2.30 pm - 3.30 pm* 2nd Wednesday**

Our NEW Step Out and Dance sessions

- **NEW - Tap and Chat, Catholic Church Hall, Milnthorpe, 10.30 am - 12 noon 2nd July**
- **NEW - Dancing for Fun, Kendal Parish Church Hall, 10.30 am - 12 noon 4 July**
- **NEW - Salsa Session, Sandylands Methodist Church Hall, Kendal, 10.30 am - 12 noon 5 July**
- **NEW - Dancing for Fun, Endmoor Village Hall, 10.30 am - 12 noon 23 July**

ADVANCE WARNING

- **Step Out Tea Dance, Burton Memorial Hall, Burton-in-Kendal, 2.00 pm - 4.00 pm 8 November**
- **Beginners Mindful Meditation, Castle Street Centre, Kendal. 2.00 pm - 3.30 pm* 23, 30 Sept, 7, 14, 28 Oct, 4, 11, 18 Nov (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.