

What's on in January 2018

There is always someone to talk to and information on a wide range of issues. Services or activities listed here are in a separate part of the centre, and you can just drop in unless noted otherwise.

- Wednesday 3rd** **DROP-IN** with South Lakeland Carers 10.45am-12.45pm. Companionship & support
- Thursday 4th** **EXERCISES** with Age UK South Lakeland. Sessions lasting about an hour 10.30am. Stay fit with friends (£2.00 per session)
- Friday 5th** **KENDAL CRAFTERS** with community artist Nicki Smith 10.15am-12.15pm. Try new craft skills in a friendly and supportive environment. All craft resources provided.
- Monday 8th** **CHAIR YOGA EXERCISES** 11.15am-12.15pm with Parkinson's UK. Gentle pace. Carers welcome. Email pamelasmithsfo@hotmail.com 07582 348614.
- Tuesday 9th** **WINDOWS ON ART WORKSHOP** for visually impaired **DROP-IN** 10.00am-12.30pm
- Wednesday 10th** **DROP-IN** with South Lakeland Carers 10.45am-12.45pm. Companionship & support
- Thursday 11th** **EXERCISES** with Age UK South Lakeland. Sessions lasting about an hour 10.30am. Stay fit with friends (£2.00 per session)
- Monday 15th** **CHAIR YOGA EXERCISES** 11.15am-12.15pm with Parkinson's UK. Gentle pace. Carers welcome. Email pamelasmithsfo@hotmail.com 07582 348614.

Gateway Centre (located together with Captain French Surgery), Gillinggate, Kendal LA9 4JE
Open Monday to Friday 10am-4pm Reception 01539 792019

- Wednesday 17th** **DROP-IN** with South Lakeland Carers 10.45am-12.45pm. Companionship & support
- Thursday 18th** **EXERCISES** with Age UK South Lakeland. Sessions lasting about an hour 10.30am. Stay fit with friends (£2.00 per session)
TABLET/IPAD DROP-IN with Age UK South Lakeland 1.30-3.45pm. Bring your own laptop, tablet or mobile phone
- Monday 22nd** **CHAIR YOGA EXERCISES** 11.15am-12.15pm with Parkinson's UK. Gentle pace. Carers welcome. Email pamelasmithsfo@hotmail.com 07582 348614.
- Tuesday 23rd** **WINDOWS ON ART WORKSHOP** for visually impaired **DROP-IN** 10.00am-12.30pm
- Wednesday 24th** **DROP-IN** with South Lakeland Carers 10.45am-12.45pm. Companionship & support
- Thursday 25th** **EXERCISES** with Age UK South Lakeland. Sessions lasting about an hour 10.30am. Stay fit with friends (£2.00 per session)
- Monday 29th** **CHAIR YOGA EXERCISES** 11.15am-12.15pm with Parkinson's UK. Gentle pace. Carers welcome. Email pamelasmithsfo@hotmail.com 07582 348614.
- Wednesday 31st** **DROP-IN** with South Lakeland Carers 10.45am-12.45pm. Companionship & support