

What's on in July 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.

- Monday 2nd** **CHAIR YOGA EXERCISES** 11.15am-12.15pm with Parkinson's UK. Gentle pace. Carers welcome. Please check beforehand. Email pamelasmithsfo@hotmail.com 07582 348614
- Tuesday 3rd** **WINDOWS ON ART WORKSHOP** for visually impaired **DROP-IN** 10.00am-12.30pm
- Wednesday 4th** **DROP-IN** with South Lakeland Carers 10.45am-12.45pm. Companionship & support
GET ON BOARD with Age UK South Lakeland 1.00–3.45pm. A sociable afternoon playing board games of many varieties. Register your interest on 01539 728118
- Thursday 5th** **EXERCISES** with Age UK South Lakeland. Sessions lasting about an hour 10.30am. Stay fit with friends (£2.00 per session)
- Friday 6th** **KENDAL CHAT & CRAFT** 10.30am-12noon. Chat, craft & creativity in a sociable and supportive environment. Bring along your own knitting, sewing, art or craft projects. (Suggested donation £2.50)
- Monday 9th** **CHAIR YOGA EXERCISES** 11.15am-12.15pm with Parkinson's UK. Gentle pace. Carers welcome. Please check beforehand. Email pamelasmithsfo@hotmail.com 07582 348614
- Wednesday 11th** **DROP-IN** with South Lakeland Carers 10.45am-12.45pm. Companionship & support

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

- Thursday 12th** **EXERCISES** with Age UK South Lakeland. Sessions lasting about an hour 10.30am. Stay fit with friends (£2.00 per session)
- Monday 16th** **CHAIR YOGA EXERCISES** 11.15am-12.15pm with Parkinson's UK. Gentle pace. Carers welcome. Please check beforehand. Email pamelasmithsfo@hotmail.com 07582 348614
- Tuesday 17th** **WINDOWS ON ART WORKSHOP** for visually impaired **DROP-IN** 10.00am-12.30pm
- Wednesday 18th** **DROP-IN** with South Lakeland Carers 10.45am-12.45pm. Companionship & support
- Thursday 19th** **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 23rd** **CHAIR YOGA EXERCISES** 11.15am-12.15pm with Parkinson's UK. Gentle pace. Carers welcome. Please check beforehand. Email pamelasmithsfo@hotmail.com 07582 348614
- Wednesday 25th** **DROP-IN** with South Lakeland Carers 10.45am-12.45pm. Companionship & support
- Thursday 26th** **EXERCISES** with Age UK South Lakeland. Sessions lasting about an hour 10.30am. Stay fit with friends (£2.00 per session)
- Monday 30th** **CHAIR YOGA EXERCISES** 11.15am-12.15pm with Parkinson's UK. Gentle pace. Carers welcome. Please check beforehand. Email pamelasmithsfo@hotmail.com 07582 348614