

Drop in on any weekday for a warm welcome and flying start in finding what you need

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 **DROP-IN** with South Lakeland Carers 10.45am-12.45pm. Companionship & 4th 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 **DROP-IN** with South Lakeland Carers 10.45am-12.45pm. Companionship & 11th support

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















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



07582 348614

Do you work or volunteer in the local third sector? Compass in Cumbria ehub www. Compassehub.com is a compass. in Cumbrid in Cumbrid in Cumbrid in Cumbrid organisations. If you would like to use CRIS for receiving referrals and managing cases in your organisation, please call Penny Pullinger or Pam Lewis on 01539 728118.