

What's on in September 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 3rd** **CHAIR YOGA EXERCISES** 11.15am-12.15pm with Parkinson's UK. Gentle pace. Carers welcome. Please check beforehand. Email pamelasmithsfo@hotmail.com 07582 348614.
- TABLET/IPAD DROP-IN** with Age UK South Lakeland 1.30-3.45pm. Bring your own laptop, tablet or mobile phone.
- Wednesday 5th** **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 6th** **EXERCISES** with Age UK South Lakeland. Sessions lasting about an hour 10.30am. Stay fit with friends (£2.00 per session).
- Friday 7th** **KENDAL CHAT & CRAFT** with Age UK South Lakeland 10.30am-12noon. Chat, craft & creativity in a sociable and supportive environment. Bring along your own knitting, sewing, art or craft projects. Find out more on 01539 728118 (Suggested donation £2.50).
- Monday 10th** **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 11th** **WINDOWS ON ART WORKSHOP** for visually impaired **DROP-IN** 10.00am-12.30pm.

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

- Wednesday 12th** **DROP-IN** with South Lakeland Carers 10.45am-12.45pm. Companionship & support.
- Thursday 13th** **EXERCISES** with Age UK South Lakeland. Sessions lasting about an hour 10.30am. Stay fit with friends (£2.00 per session).
- Monday 17th** **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 19th** **DROP-IN** with South Lakeland Carers 10.45am-12.45pm. Companionship & support.
- Thursday 20th** **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 24th** **CHAIR YOGA EXERCISES** 11.15am-12.15pm with Parkinson's UK. Gentle pace. Carers welcome. Please check beforehand. Email pamelasmithsfo@hotmail.com 07582 348614.
CUPPA WITH A COPPER Drop-in 10.00am -12.00noon. Speak in confidence to the local Police Community Support Officer about any concerns or issues.
- Tuesday 25th** **WINDOWS ON ART WORKSHOP** for visually impaired **DROP-IN** 10.00am-12.30pm.
- Wednesday 26th** **DROP-IN** with South Lakeland Carers 10.45am-12.45pm. Companionship & support.
- Thursday 27th** **EXERCISES** with Age UK South Lakeland. Sessions lasting about an hour 10.30am. Stay fit with friends (£2.00 per session).