

What's on in March 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.

- Thursday 1st** **EXERCISES** with Age UK South Lakeland. Sessions lasting about an hour 10.30am. Stay fit with friends (£2.00 per session).
- Friday 2nd** **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 5th** **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 6th** **WINDOWS ON ART WORKSHOP** for visually impaired **DROP-IN** 10.00am-12.30pm.
- Wednesday 7th** **DROP-IN** with South Lakeland Carers 10.45am-12.45pm. Companionship & support.
- Thursday 8th** **EXERCISES** with Age UK South Lakeland. Sessions lasting about an hour 10.30am. Stay fit with friends (£2.00 per session).
- Monday 12th** **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 14th** **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 15th** **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 19th** **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 20th** **WINDOWS ON ART WORKSHOP** for visually impaired **DROP-IN** 10.00am-12.30pm.
- Wednesday 21st** **DROP-IN** with South Lakeland Carers 10.45am-12.45pm. Companionship & support.
- Thursday 22nd** **EXERCISES** with Age UK South Lakeland. Sessions lasting about an hour 10.30am. Stay fit with friends (£2.00 per session).
- Monday 26th** **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 28th** **DROP-IN** with South Lakeland Carers 10.45am-12.45pm. Companionship & support.
- Thursday 29th** **EXERCISES** with Age UK South Lakeland. Sessions lasting about an hour 10.30am. Stay fit with friends (£2.00 per session).
MENTAL HEALTH DROP-IN 1.30-3.30pm with People First Independent Advocacy. Cuppa and a chat in an informal setting for anyone who may have experienced mental health issues themselves or in someone they know.

Closed Friday 30th March and Monday 2nd April