



Activities for Older Adults in Eden

Activity Provider	What's On Offer	More Information / Contact
Age UK - North Cumbria	A wide range of activities, information and advice	To get involved and book your place on any groups, activities or events please call: 01228 536673
U3A - Penrith and North Lakes	Activities for the body and mind	https://penrith-n-lakes.u3asite.uk/
BETTER - Penrith Leisure Centre	Classes, swimming pool, gym	https://www.better.org.uk/leisure-centre/westmorland-and-furness/penrithlc/senior-activities Call: 01768 863450
BETTER - Appleby Leisure Centre	Swimming pool, gym, group cycling	Call: 01768 351212
Ramblers Wellbeing Walks	Guided short walks suitable for all abilities	https://www.ramblers.org.uk/go-walking/wellbeing-walks
Active at home	Ideas for keeping active at home	https://www.activecumbria.org/activities/active-home/home-exercise-older-adults/
Active Cumbria Activity Finder	An easy to use search tool to find activities taking place near you	www.activecumbria.org
The Hiking Household	A walk around Pategill, Penrith to help people Live Longer Better	Download the leaflet at: https://www.activecumbria.org/behealthybeactive/activities/walking/

www.activecumbria.org/livelongerbetter Call: 01228 226885