

CAMBRIDGESHIRE

# CELEBRATES AGE



2010

A Programme of Events and Activities in October  
To Celebrate International Day of Older People

# CAMBRIDGESHIRE CELEBRATES AGE 2010

Welcome to this year's programme. The CCA project is in its 6th Year & continues to expand each year. This year there are nearly 200 events including cultural events, exercise classes, social events & much more.

This year we have also highlighted the activities that are ongoing throughout the year – they have an ® alongside them for reference. We hope you find the calendar format for this year's programme useful and a handier size to carry around!

## WHO TO CONTACT FOR MORE INFORMATION

If you would like further copies of the programme or more information about the programme please contact either:

**Cambridge City / general enquiries:** Sally Roden Tel. 01223 517523

Email: [sally.roden@cambridge.gov.uk](mailto:sally.roden@cambridge.gov.uk)

**Fenland:** Claire Smith Tel. 01487 849912 Email: [Claire.smith@livingsport.co.uk](mailto:Claire.smith@livingsport.co.uk)

**East Cambs:** Thora Blondal, Tel. 01353 772169 Email: [thora.b@care-network.org.uk](mailto:thora.b@care-network.org.uk)

**Huntingdonshire:** Beth Goldsborough Tel. 01480 418664

Email: [Bethany.goldsborough@hinchingsbrooke.nhs.uk](mailto:Bethany.goldsborough@hinchingsbrooke.nhs.uk)

**South Cambs:** Suan Rowland Tel. 01223 290788 Email: [suanrowland@btinternet.com](mailto:suanrowland@btinternet.com)

or access the web site [www.cambsca.org.uk](http://www.cambsca.org.uk)

## HIGHLIGHTS OF THIS YEAR'S PROGRAMME INCLUDE

- Information Fayre at the Central Library, Cambridge (page 4)
- Tea and tours of the Botanic garden in Cambridge (page 4)
- Range of 'Engage' events for over 50's at libraries across the county (various)
- Launch of Autumn and Winter 'Mature and Active' programme in East Cambs. (page 18)
- Fashion Show in March (page 21)

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CCA events are listed by area and in date order. The details of each event were correct at the time of going to print. Please check with the organiser of each event to confirm.

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## EVENTS IN CAMBRIDGE CITY

All events are free unless otherwise stated & open to all. Some events you will need to book onto and the details are given. Those marked with an ® are regular activities taking place throughout the year.

Date & time	Event	Venue	Contact details
14 September 10.30am	<b>Mansel Court Open Day</b> – Information displays & advice	Mansel Court Sheltered Scheme Mansel Way Cambridge	Clara Gomez- Serrano 07766247966 <b>clara.Gomez-serrano@cambridge.gov.uk</b>
28 September 10.30 – 3.30pm	<b>Celebrates Age Information Fayre at the Central Library</b> – stalls, taster sessions, tours	The Central Library Grand Arcade Cambridge	Sally Roden 01223 517523 <b>sally.roden@cambridge.gov.uk</b>
30 September 1 – 4pm	<b>Cambridge Hearing Services Fair</b> – Better Hearing event	Buchan Street Neighbourhood Centre, Buchan St CB4 2XF	Mrs A. Dring Tel 01223 312107 <b>avrildring@tiscali.co.uk</b>
1 October 2 – 4.30pm	<b>Tea &amp; Tours of the Botanic Garden for over 60's</b>	Cambridge University Botanic Garden 1 Brookside Cambridge CB2 1JE	Sally Marsh Tel 01223 748453 <b>education@botanic.cam.ac.uk</b> <b>Booking essential</b>

1 & 8 October 6.30pm	<b>® Meadows Bingo</b> (charge per game)	Meadows Community Centre 1 St Catharine's Rd	Eve Dziura 01223 508140 <b>eve.dziura@cambridge.gov.uk</b>
2 – 4 October 11 – 3pm	<b>Harvest of Creativity</b> – The Village Show	The Salvation Army Hall, Tenison Rd Cambridge	Christine Pearce 01223 367633 <b>harvest@camsa.org.uk</b>
3 October 1pm	<b>® St Augustine's Community lunch Club</b> (£4 for meal )	St Augustine's Church Hall Richmond Rd Cambridge CB4 3PS	Richard Footitt 01223 364929 <b>jr.footitt@googlemail.com</b>
4 October 2 – 4pm	<b>® Golden Years Monthly Meeting</b> – Talk about quilting & pictures	Barnwell Baptist Church Howard Rd Cambridge CB2 3AR	Rev. Stuart Wood 01223 292454 <b>stuart@barnwellbaptistchurch.org. uk</b>
4 October 2 – 4pm	<b>Contact</b> – Student Visiting Service – <b>Tea &amp; Biscuits with the Students</b>	The Gibson Hall St Columba's Church Downing St Cambridge CB2 3EL	Sarah Ingram 01223 761699 <b>contact@cusu.cam.ac.uk</b>
5 October 2 – 4pm	<b>Ballroom Dancing For All</b> – beginners upwards	The Salvation Army Centre 104 Mill Rd Cambridge	Christine Pearce 01223 367633 <b>Christine.pearce@salvationarmy. org.uk</b>

## EVENTS IN CAMBRIDGE CITY

Date & time	Event	Venue	Contact details
5 October 6 – 7.30pm	<b>Autumn Tree &amp; Wildlife Walk</b> – plus refreshments & quiz	Ross Street Community Centre Ross St, Cambridge	Caroline Biggs 01223 471674 <b>caroline.biggs@cambridge.gov.uk</b>
5 October 11 – 1pm	<b>Plants for Autumn &amp; Food to Keep You Warm</b>	Cherry Trees St Matthew's Street Cambridge CB1 2LT	Age UK Pam Nicholas 01223 568306
5 October 2 – 6pm	<b>Chocolate Event</b> – Fun & informative Intergenerational event all about chocolate!	Alex Wood Hall Off Norfolk Street Cambridge	Philly Owles ( PACT ) 01223 312689 <b>philippa.owles@ntlworld.com</b>
6 October 2 – 3.30pm	<b>Harvest Thanksgiving</b> – All welcome, includes refreshments	Cherry Trees St Matthews Street Cambridge CB1 2LT	Sheila Wall Tel 01223 562498 <b>Sheila.wall@ntlworld.com</b>
7 & 14 October 2 – 4pm	<b>® Meadows Bowlers</b> – Carpet Bowls group	Meadows Community Centre 1 St Catharine's Rd Cambridge CB4 3XJ	Eve Dziura 01223 508140 <b>eve.dziura@cambridge.gov.uk</b>

<p>7 October 2 – 4.30pm</p>	<p><b>Cultural Experiences of Cambridge Residents</b> – An afternoon of shared stories, poetry, dance &amp; food.</p>	<p>Buchan Street Neighbourhood Centre Cambridge CB4 2XF</p>	<p>Binnie Pickard Tel 01223 508149 <b>binnie.pickard@cambridge.gov.uk</b></p>
<p>8 October 10.30am</p>	<p><b>Rawlyn Court Open Day</b> – Information &amp; advice</p>	<p>Rawlyn Court Sheltered Scheme</p>	<p>Clara Gomez- Serrano 07766247966 <b>clara.Gomez-serrano@cambridge.gov.uk</b></p>
<p>10 October 2 – 5pm</p>	<p><b>Bring an Object, Tell a Story</b> event plus Guest speakers &amp; refreshments.</p>	<p>Cambridge Museum of Technology Cheddars Lane</p>	<p>Keith Jordan 01223 517259 <b>abbeyaction1@tiscali.co.uk</b></p>
<p>11 October 2.30 – 4pm</p>	<p><b>® Cambridge Pensioners Voice Monthly meeting</b> – speaker C. Elliot on the Cambridge Evening News</p>	<p>Unitarian Church Hall, Victoria Street Cambridge CB1 1JP</p>	<p>Miss G. M Owst 01223 314516</p>

## EVENTS IN CAMBRIDGE CITY

Date & time	Event	Venue	Contact details
12 October 7 – 10pm	<b>Ideas in the Community</b> – series of talks – History of Transport, Medieval Gardens	Ross Street Community Centre Ross St Cambridge CB1 3UZ	Caroline Biggs 01223 471674 <b>caroline.biggs@cambridge.gov.uk</b>
15 October 2.30 – 5pm	<b>® Tea Dance</b> – with live music & refreshments (£3.50)	Meadows Community Centre 1 St Catharine's Rd Cambridge CB4 3XJ	Eve Dziura 01223 508140 <b>eve.dziura@cambridge.gov.uk</b>
15 October 10.30am	<b>Celebrating Togetherness</b> – at Cherry Trees over 50's Club	Cherry Trees Over 50's Club St Matthews St Cambridge CB1 2LT	June Hammersley 01223 861065
15 October 2pm	<b>Reminiscence Tea party at the Folk Museum</b> (£2.50 includes refreshments)	Cambridge and County Folk Museum 2/3 Castle Street Cambridge CB3 0AQ	Susan 01223 355159 <b>info@folkmuseum.org.uk</b>

18 October 1 – 3pm	<b>Reminiscing &amp; Storytelling workshop</b> – for grandparents (Booking essential)	Microsoft Research Cambridge Roger Needham Bld. 7JJ Thomson Avenue CB3 0FB	Sian Lindley 01223479881 <b>sian@microsoft.com</b>
19 October 1.30 – 4.30pm	<b>Celebrating Age – Living with Dementia</b>	The Concourse at Addenbrookes Hospital Cambridge	Dee Wall 01223 218941 <b>dee.wall@cpft.nhs.uk</b>
21 October 10 – 11am	<b>Free Taster Class</b> – Chair Based Exercise Session	Ross Street Community Centre Ross St	Helen Johnston 01223 457000 <b>Helen.johnston@cambridge.gov.uk</b>
21 October 10.30 – 12.30 & 2pm – 4pm	<b>Indoor Bowling</b> – open to all	The Salvation Army Centre 104 Mill Rd Cambridge	Christine Pearce 01223 367633 <b>Christine.pearce@salvationarmy.org.uk</b>
21 October 2 – 4pm	<b>® It's all coming back to me now! Reminisce</b> – Bring stories & photos to share (30p)	50+ friends 82 Akeman St Cambridge CB4 3HG	Lexzecia Cayneeo 01223 508302 <b>lexzecia.cayneeo@cambridge.gov.uk</b>

## EVENTS IN CAMBRIDGE CITY

Date & time	Event	Venue	Contact details
21 October 10 – 12noon	<b>Cherry Hinton Library Celebrates Age</b> – internet taster sessions, reminiscence session, refreshments	Cherry Hinton Library High Street Cherry Hinton CB1 9HZ	Cherry Hinton Library staff 0345 045 5225
23 October from 6.30pm	<b>Party to “Celebrate Age”</b> (for residents & guests only)	Denis Wilson Court Social group	<b>Jeanspet@msn.com</b>
25 October 10 – 12.30pm & 1.30 – 4pm	<b>Nature as Design</b> – screen printing workshop (Booking essential)	Cambridge University Botanic Garden 1 Brookside Cambridge CB2 1JE	Sally Marsh 01223 748453 <b>education@botanic.cam.ac.uk</b>
28 October 10 – 12noon	<b>Coffee Morning &amp; Artwork Exhibition</b>	Rowan 40 Humberstone Rd Cambridge CB4 1JG	Judith Jones 01223 566027 <b>Judith@rowanhumberstone.co.uk</b>

October	<b>The Spinney Older / Younger Lunch Club</b>	The Spinney School	Rachel Snape / Sarah Jelliman 01223 568836 <b>Office@spinney.cambs.sch.uk</b> Please ring the school for details
Dates & times throughout October	<b>Computer Basics</b> – 5 short modules to enjoy computing & internet	Cambridge Online Hester Adrian Centre Hawthorn Way CB4 1AX	Sue or Andrew 01223 300407 <b>help@cambridgeonline.org.uk</b>
Various dates / times	<b>Tai Chi classes</b> – for all ages	Meadows Community Centre 1 St Catharine's Rd	Eve Dziura 01223 508140 <b>eve.dziura@cambridge.gov.uk</b>
Mondays 3.30 – 5.30pm	<b>® Engage Basic IT Taster Course</b> (for beginners) on the Internet	Rock Rd Library Rock Rd Cambridge CB1 7UG	Rock Rd Library staff 0345 045 5225
3rd Monday of the Month 2 – 3.30pm	<b>® Engage in the Afternoon</b> – social event with guest speaker	Central Library Grand Arcade St Andrew's Street Cambridge	Central Library staff 0345 045 5225

## EVENTS IN CAMBRIDGE CITY

Date & time	Event	Venue	Contact details
1st Monday of the month 2 – 3.30pm	<b>® Engage Creative Writing Group</b>	Central Library Grand Arcade St Andrew's Street Cambridge	Central Library staff 0345 045 5225
4th Monday of the month 2 – 3.30pm	<b>® Engage Reading group</b>	Central Library Grand Arcade St Andrew's Street Cambridge	Central Library staff 0345 045 5225
2nd & 4th Monday of the month 2 – 3.30pm	<b>® Engage knitting Group</b> – Knit / Lit. with option to read book as well	Central Library Grand Arcade St Andrew's Street Cambridge	Central Library staff 0345 045 5225
Tuesdays 2 – 4pm	<b>® Engage Basic IT Taster Course</b> (for beginners)	Arbury Court Library Cambridge CB4 2JQ	Arbury Court Library staff 0345 045 5225
Tuesdays 2 – 4pm	<b>® Engage Basic IT Taster Course</b> (for beginners)	Barnwell Library Barnwell Rd Cambridge CB5 8RQ	Barnwell Library staff 0345 045 5225

Tuesdays 11 – 2pm	<b>® Talbot House Coffee Morning</b> (£4)	Talbot House Fishers Lane Cambridge CB1 9JQ	Denise Daniels 07920501875 <b>denise.daniels@cambridge.gov.uk</b>
Wednesdays 11 – 2pm	<b>® Prime of Life 60+ Lunch Club</b> (£4)	Mansel Court Mansel Way Cambridge CB4 2EU	Susan Palmer 01223 315128 <b>susan.palmer@cambridge.gov.uk</b>
Wednesdays (school term) 11 – 12noon	<b>Exercise Plus –</b> Strength & Balance Exercise Class (£2)	Christ Church, Christchurch Street CB1 1HT	Jane Holland 01223 565074
Wednesdays (school term) 12.15 – 1.30pm	<b>Lunch Plus Community Café</b> – soup & light refreshments. (Suggested donation £1)	Christ Church Christchurch Street CB1 1HT	Jane Holland 01223 565074
Fridays 10 – 12noon	<b>® Engage Basic IT Taster Course</b> (for beginners) on the Internet	Central Library Grand Arcade St Andrew's Street Cambridge	Central Library staff 0345 045 5225
Fridays 12.30pm	<b>® Friday Lunch Club</b>	Centre at St Paul's Hills Rd, Cambridge CB2 1JP	John Quysner Tel 01223 576899 <b>johnq@centrestpauls.org.uk</b>



**The Forever Active scheme runs 50+ exercise sessions within Cambridge City for all abilities.**

**Call 01223 457000 for a brochure and a FREE class voucher** and try one of the mobility classes (predominantly seated classes with optional standing) or one of the active 50+ sessions, such as dancercise, Pilates, Aqua or Tai Chi.

***Its time to get active and enjoy the health and social benefits of a more active lifestyle.***

**Free voucher can be used in the month of October or November at various different sport and community centres within the City.**

## COUNTY WIDE EVENTS

**All events are free unless otherwise stated & open to all. Some events you will need to book onto & the details are given. Those marked with an ® are regular activities taking place throughout the year.**

Date & time	Event	Venue	Contact details
1 October 2 – 4.30pm	<b>Tea &amp; Tours of the Botanic Garden for over 60's</b>	Cambridge University Botanic Garden 1 Brookside Cambridge CB2 1JE	Sally Marsh Tel 01223 748453 <b>education@botanic.cam.ac.uk</b> <b>(Booking essential)</b>
1 October 2 – 5pm	<b>Autumn Jazz Party</b>	Willingham Social Club	COPE 01223 364303 <b>Cambridgecope@hotmail.co.uk</b>
2 October 5pm	<b>Cambridge United Seniors Day</b> (Bath City match) £5 for over 60's - main stand	Cambridge United Football Club, Cambridge	01223 566500 Advanced bookings only upto 29 Sept.
4 October 10.30 – 1pm	<b>Age UK Cambridgeshire AGM</b> (please book a place)	The Meadows Community Centre 1 St Catharine's Rd Cambridge CB4 3XJ	Alexandra Lockatt 01354 696650 <b>Alexandra.lockatt@ageukcambrudgeshire.org.uk</b>

<p>8 October 12noon – 2pm</p>	<p><b>Care Network AGM &amp; Volunteer Party</b> – to celebrate work of volunteers &amp; community schemes</p>	<p>Doddington Fenland (please contact Care Network for details)</p>	<p>Helen Randall Care Network 01954 212157 <b>chiefofficer@care-network.org.uk</b></p>
<p>20 – 30 October various times</p>	<p><b>Cambridge Festival of Ideas</b> – explore all aspects of the arts, humanities &amp; social sciences</p>	<p>Various</p>	<p>University of Cambridge Sophie Smith 01223 766766 <b>cfi@admin.cam.ac.uk</b></p>



# Over 60?

**If you have a need or want advice  
no matter how big or small**

Contact Cambridge City Council  
Independent Living Service on:

**01223-458004**

**One call is all it takes**





## Dancing for Fun and Better Health Dance and Movement Classes for the 50+

From Chair Based Exercise, Tai Chi, Dancing for Fun and Fitness to Tea Dancing.

Contact Claire to find out where your local class is on: 01487 849912  
or visit [www.livingsport.co.uk](http://www.livingsport.co.uk) & go to 'get active' for a class timetable.

Fit as a fiddle is a programme run by Age UK & funded by the Big Lottery  
as part of the Well-being programme

[www.ageuk.org.uk](http://www.ageuk.org.uk)   [www.fitasafiddle.org.uk](http://www.fitasafiddle.org.uk)

## EVENTS IN EAST CAMBRIDGESHIRE

**All events are free unless otherwise stated & open to all. Some events you will need to book onto & the details are given. Those marked with an ® are regular activities taking place throughout the year.**

Date & time	Event	Venue	Contact details
21 September 2 – 4.30pm	<b>Tea Dances with Leigh Murfet</b> (£5.50 includes tea & scones)	The Brook 49 Brook St Soham CB7 5AD	Dan Schumann Tel 01353 721748 <a href="mailto:dan@brookentertainment.co.uk">dan@brookentertainment.co.uk</a>

## EVENTS IN EAST CAMBRIDGESHIRE

Date & time	Event	Venue	Contact details
30 September 9 – 12noon	<b>@ Mature &amp; Active Celebrates Age</b> – launch of new autumn & winter programme	Paradise Centre Newnham Street Ely CB7 4PQ	Lewis Bage 01353 665555 <b>lewis.bage@eastcambs.gov.uk</b>
1 October 10.30 – 2pm	<b>Burwell Village Help Scheme Celebrates Age</b> – coffee morning	Burwell Day Centre Ash Grove Burwell, Cambridge CB25 0DR	Thora Blondal 01353 772169 <b>thora.b@care-network.org.uk</b>
7 October 2pm	<b>@ Engage in the Afternoon</b> – social event with guest speaker	Littleport Library Town Hall Littleport CB6 1LU	Littleport Library staff 0345 045 5225
13 October 10 – 11.30am	<b>Engage in the Morning</b> – social event with guest speaker	Burwell Library Village college Burwell, Cambridge CB25 0DU	Burwell Library Staff 0345 045 5225
19 October 2 – 4.30pm	<b>Tea Dance with Leigh Murfet</b> (£5.50 includes tea & scones)	The Brook, 49 Brook St Soham CB7 5AD	Dan Schumann Tel 01353 721748 <b>dan@brookentertainment.co.uk</b>

6 November 7.30pm	<b>An Evening with Kenny Ball &amp; His Jazzmen</b> (Please call for ticket info)	The Brook, 49 Brook St Soham CB7 5AD	Dan Schumann Tel 01353 721748 <b>dan@brookentertainment.co.uk</b>
9 November 2 – 4.30pm	<b>Tea Dance with Leigh Murfet</b> (£5.50 includes tea & scones)	The Brook, 49 Brook St Soham CB7 5AD	Dan Schumann Tel 01353 721748 <b>dan@brookentertainment.co.uk</b>
12 November 7.30pm	<b>The Joe Loss Orchestra</b> – an evening of dance (£30 including meal)	The Brook, 49 Brook St Soham CB7 5AD	Dan Schumann Tel 01353 721748 <b>dan@brookentertainment.co.uk</b>
Wednesdays 3 – 5pm	<b>® Engage Basic IT Taster Course</b> on the internet for beginners	Littleport Library Town Hall Littleport CB6 1LU	Littleport Library staff 0345 045 5225
Mondays 5 – 7pm & Tuesdays 10 – 12noon	<b>® Engage Basic IT Taster course</b> on the Internet for beginners	Soham Library Clay Street Soham CB7 5MJ	Soham Library staff 0345 045 5225
Saturdays 2 – 4pm & Sundays 2 – 4pm	<b>® Engage Basic IT Taster Course</b> on the Internet for beginners	Ely Library 6 The Cloisters Ely CB7 4ZH	Ely Library staff 0345 045 5225

## EVENTS IN FENLAND

**All events are free unless otherwise stated & open to all. Some events you will need to book onto & the details are given. Those marked with an ® are regular activities taking place throughout the year.**

Date & time	Event	Venue	Contact details
1 October 1 – 3pm	<b>Fenland Arts Association</b> – Film Show for over 50's in Fenland area	Murrow Village Hall 19 Murrow Bank Murrow, Wisbech PE13 4HB	Katherine Nightingale 01354 652769 <b>info@fenlandarts.org.uk</b>
4 October 2.15 – 3.45pm	<b>Engage in the Afternoon</b> – Old Town of Chatteris by Terry Schooling	Chatteris Library 2 Furrowfields Rd Chatteris PE16 6DY	Chatteris library staff 0345 045 5225
4 October 1 – 3pm	<b>Fenland Arts Association</b> – Film Show for over 50's in Fenland area	Doddington Village Hall, Benwick Rd Doddington PE15 0TG	Katherine Nightingale 01354 652769 <b>info@fenlandarts.org.uk</b>
5 October 1 – 3pm	<b>Fenland Arts Association</b> – Film Show for over 50's in Fenland area	Elm Village Hall Elm Wisbech PE14 OAG	Katherine Nightingale 01354 652769 <b>info@fenlandarts.org.uk</b>

7 October 2 – 4pm	<b>Fashion Show</b> – Clothes by M&Co, modelled by Wimblington Ladies exercise group	Town Hall Market Place March PE15 9HF	Dee Potter 0845 521 3481
7 October 1 – 3pm	<b>Fenland Arts Association</b> – Film Show for over 50's in Fenland area	Parson Drove Village Hall, Main Rd Parson Drove Wisbech PE13 4LA	Katherine Nightingale 01354 652769 <b>info@fenlandarts.org.uk</b>
12 October 1 – 3pm	<b>Fenland Arts Association</b> – Film Show for over 50's in Fenland area	Wimblington Parish Hall, Addison Rd Wimblington March PE15 0QT	Katherine Nightingale 01354 652769 <b>info@fenlandarts.org.uk</b>
13 October 1 – 3pm	<b>Fenland Arts Association</b> – Film Show for over 50's in Fenland area	Friday Bridge Tower Hall, Maltmas Drove Friday Bridge Wisbech	Katherine Nightingale 01354 652769 <b>info@fenlandarts.org.uk</b>
15 October 1 – 3pm	<b>Fenland Arts Association</b> – Film Show for over 50's in Fenland area	Guyhirn Village Hall High Rd Guyhirn, Wisbech PE13 4EE	Katherine Nightingale 01354 652769 <b>info@fenlandarts.org.uk</b>

## EVENTS IN FENLAND

Date & time	Event	Venue	Contact details
19 October 1 – 3pm	<b>Fenland Arts Association</b> – Film Show for over 50's in Fenland area	Manea Village Hall School Lane March PE15 0HU	Katherine Nightingale 01354 652769 <b>info@fenlandarts.org.uk</b>
19 October 2 – 4pm	<b>Social Afternoon</b> with speaker & raffle (£2)	The Parish Hall Addison Rd Wimblington	Pat Holt 01354 740654 <b>patandterry.hart@tiscali.co.uk</b>
21 October 1 – 3pm	<b>Fenland Arts Association</b> – Film Show for over 50's in Fenland area	Wisbech St Mary Village Hall High Rd Wisbech St Mary	Katherine Nightingale 01354 652769 <b>info@fenlandarts.org.uk</b>
25 October 2.30pm	<b>Chatteris Good Companions</b> – Harvest Festival	Chatteris Working Men's Club Station Street Chatteris PE16 6NA	Jean Hodson 01354 692781 <b>jeanhodson2@btinternet.com</b>
26 October 1.30 – 3.30pm	<b>@ Elm Friendship Club Get together</b> – Summer Sale & Auction	Elm Centre Main Rd Elm	Patricia Spriggs 01954 461298 <b>patricias005@myguide.net</b>

26 October 1 – 3pm	<b>Fenland Arts Association</b> – Film Show for over 50's in Fenland area	Benwick Village Hall High Street Benwick PE15 0XA	Katherine Nightingale 01354 652769 <b>info@fenlandarts.org.uk</b>
27 October 2 – 4.30pm	<b>Tea Dance</b> – sing along with refreshments & raffle	Benwick Village Hall High Street Benwick PE15 0XA	Janet Fountain 01354 677228 <b>janet.fountain@tiscali.co.uk</b>
27 October 2pm	<b>Engage in the Afternoon</b> – social event with guest speaker	March Library City Rd March PE15 9LT	March Library staff 0345 045 5225
27 October 2 – 3.30pm	<b>Engage in the Afternoon</b> – A talk by Hardeep Kariq from Fenland Council	Whittlesey Library Market Street Whittlesey PE7 1BA	Whittlesey Library staff 0345 045 5225
28 October 2pm	<b>Engage in the Afternoon</b> – Trading standards	Wisbech Library 5 Ely Place Wisbech	Wisbech Library staff 0345 045 5225
28 October 1 – 3pm	<b>Fenland Arts Association</b> – Film Show for over 50's in Fenland area	Christchurch Memorial Hall Church Rd Christchurch	Katherine Nightingale 01354 652769 <b>info@fenlandarts.org.uk</b>

## EVENTS IN FENLAND

Date & time	Event	Venue	Contact details
Mondays 10 – 8pm *(subject to change)	<b>® Mobile Gym Lorry</b> – offering accessible leisure services (£3.75 for first 5 visits)	George Inn Doddington	Louise Smith 01354 654321 <b>mobilegym@fenland.gov.uk</b>
Mondays & Wednesdays 10 – 12noon Fridays 2 – 4pm	<b>® Golden Age</b> – Older People's Activities – enjoy a game of badminton, shortmat bowls, short tennis	Hudson Leisure Centre Harcroft Rd Wisbech	Phil O'neil 01945 584230 <b>hudson@fenland.gov.uk</b> Please ring re. admission charges
Mondays 11 – 12noon Thursdays 2.30 – 4pm Fridays 3 – 4pm	<b>® Golden Age</b> – Older People's Activities – Swimming sessions	Hudson Leisure Centre Harcroft Rd Wisbech	Phil O'Neil 01945 584230 <b>hudson@fenland.gov.uk</b> Please ring re. admission charges
Mondays 10.30 – 12noon Wednesdays 2.30 – 3.30pm Fridays 9 – 10.45am	<b>® Golden Age</b> – Older People's Activities – Swimming sessions	George Campbell Leisure Centre City Rd March	Gillian Twell 01354 622399 <b>gcampbell@fenland.gov.uk</b> Please ring re. admission charges

<p>Tuesdays 10 – 12noon</p>	<p><b>® Golden Age</b> – Older People’s Activities – enjoy a game of short mat bowls, table tennis darts or board games</p>	<p>George Campbell Leisure Centre City Rd March</p>	<p>Gillian Twell 01354 622399 <b>gcampbell@fenland.gov.uk</b> Please ring re. admission charges</p>
<p>Mondays 2 – 4pm Wednesdays 12 – 1.30pm Fridays 9 – 11am</p>	<p><b>® Golden Age</b> – Older People’s Activities – Swimming sessions</p>	<p>Manor Leisure Centre, Station Rd Whittlesey</p>	<p>Barry Hancock 01733 202298 <b>manor@fenland.gov.uk</b> Please ring re. admission charges</p>
<p>Tuesdays 2 – 4pm Wednesdays 10 – 12noon</p>	<p><b>® Golden Age</b> – Older People’s Activities – enjoy a game of short mat bowls</p>	<p>Manor Leisure Centre, Station Rd Whittlesey</p>	<p>Barry Hancock 01733 202298 <b>manor@fenland.gov.uk</b> Please ring re. admission charges</p>
<p>Tuesdays 12noon</p>	<p><b>® Wisbech Salvation Army Lunch Club</b> (charge for meal – please book by Monday before)</p>	<p>The Salvation Army Citadel John Thompson Rd West Street, Wisbech</p>	<p>Major Robert Smart 01945 461416 <b>Robert.smart@salvationarmy.org.uk</b></p>

## EVENTS IN FENLAND

Date & time	Event	Venue	Contact details
Tuesdays 2.30pm	<b>® Wisbech Salvation Army</b> ‘Come & Meet Each Other’ (CAMEO)	The Salvation Army Citadel John Thompson Rd West Street, Wisbech	Major Robert Smart 01945 461416 <b>Robert.smart@salvationarmy.org.uk</b>
Thursdays from 10am	<b>® Wisbech Salvation Army Coffee Morning</b>	The Salvation Army Citadel John Thompson Rd West Street, Wisbech	Major Robert Smart 01945 461416 <b>Robert.smart@salvationarmy.org.uk</b>
Tuesdays 10 – 8pm *(subject to change)	<b>® Mobile Gym Lorry</b> – offering accessible leisure services (£3.75 for first 5 visits)	Wimblington Parish Hall	Louise Smith 01354 654321 <b>mobilegym@fenland.gov.uk</b>
Wednesdays 10 – 8pm *(subject to change)	<b>® Mobile Gym Lorry</b> – offering accessible leisure services (£3.75 for first 5 visits)	Royal British Legion Manea	Louise Smith 01354 654321 <b>mobilegym@fenland.gov.uk</b>

Thursdays 10 – 8pm *(subject to change)	<b>® Mobile Gym Lorry</b> – offering accessible leisure services (£3.75 for first 5 visits)	Oasis Community Centre Waterlees Wisbech	Louise Smith 01354 654321 <b>mobilegym@fenland.gov.uk</b>
Tuesdays 2.30pm fortnightly	<b>® Walk 4 Life</b> – Want to meet new friends? Fancy a walk and a chat	Chapel Rd Car Park, Wisbech	Charlotte Butt 01354 622517 <b>cbutt@fenland.gov.uk</b>
Wednesdays 11am	<b>® Walk 4 Life</b> – Want to meet new friends? Fancy a walk and a chat	Oasis Centre Wisbech	Charlotte Butt 01354 622517 <b>cbutt@fenland.gov.uk</b>
Thursdays 10am	<b>® Walk 4 Life</b> – Want to meet new friends? Fancy a walk and a chat	Manor Leisure centre , Station Rd Whittlesey	Charlotte Butt 01354 622517 <b>cbutt@fenland.gov.uk</b>
Thursdays 12.30pm	<b>® Walk 4 Life</b> – Want to meet new friends? Fancy a walk and a chat	George Campbell Leisure centre City Rd March	Charlotte Butt 01354 622517 <b>cbutt@fenland.gov.uk</b>

## EVENTS IN FENLAND

Date & time	Event	Venue	Contact details
Fridays 10.30am	<b>@ Walk 4 Life</b> – Want to meet new friends? Fancy a walk and a chat	King Edward Centre Railway Lane Chatteris	Charlotte Butt 01354 622517 <b>cbutt@fenland.gov.uk</b>
Thursdays 1.30 – 3.30pm	<b>Rosmini Thursday Club</b> – activities, speakers, games & chat	Rosmini Centre Queens Road Wisbech	Rosmini Centre 01945 474422
Fridays 10 – 8pm *(subject to change)	<b>@ Mobile Gym Lorry</b> – offering accessible leisure services (£3.75 for first 5 visits)	Wimblington Parish Hall	Louise Smith 01354 654321 <b>mobilegym@fenland.gov.uk</b>
3rd Friday in every month 12.15pm for 12.30pm	<b>Whittlesey Lunch Club</b> – (£8 for 2 course lunch)	The Falcon Hotel London Street Whittlesey	The Falcon at Whittlesey 01733 351001
Saturdays 10 – 3pm *(subject to change)	<b>@ Mobile Gym Lorry</b> – offering accessible leisure services (£3.75 for first 5 visits)	Oasis Community Centre Waterlees Wisbech	Louise Smith 01354 654321 <b>mobilegym@fenland.gov.uk</b>

Sundays 10 – 3pm *(subject to change)	<b>® Mobile Gym Lorry</b> – offering accessible leisure services (£3.75 for first 5 visits)	Furrow Field Car Park Chatteris	Louise Smith 01354 654321 <b>mobilegym@fenland.gov.uk</b>
Twice a month	<b>® Eastrea Lunch Club</b> – 2 course lunch £6	The Nags Head Eastrea	Peter & Gill Sennett 01733 208241
Fridays 4.30 – 6.30pm	<b>® Engage Basic IT taster Course</b> on the internet (for beginners)	Chatteris Library 2 Furrowfields Rd Chatteris PE16 6DY	Chatteris Library staff 0345 045 5225
Wednesdays 10 – 12noon Thursdays 2 – 4pm Fridays 2 – 4pm	<b>® Engage Basic IT taster Course</b> on the internet (for beginners)	March Library City Rd March PE15 9LT	March Library staff 0345 045 5225
Tuesdays 5 – 7pm	<b>Engage Basic IT taster Course</b> on the internet (for beginners)	Wisbech Library 5 Ely Place Wisbech PE13 1EV	Wisbech Library staff 0345 045 5225
Tbc	<b>Golden Age Fair</b> Information stands	Tbc	Stephen Drew 01354 622394 <b>sdrew@fenland.gov.uk</b>

## EVENTS IN HUNTINGDONSHIRE

All events are free unless otherwise stated & open to all. Some events you will need to book onto & the details are given. Those marked with an ® are regular activities taking place throughout the year.

Date & time	Event	Venue	Contact details
14 September 6 – 7.45pm	® <b>Camtad In Hunts</b> – ‘Hearing Help Session’	Cedar House Surgery 14 Huntingdon St St Neots PE19 1BQ	Gillian Phillpot 01223 416141 <b>admin@camtadcamb.org.uk</b>
17 September 2 – 4pm	® <b>Camtad In Hunts</b> – ‘Hearing Help Session’	The Surgery Chequers Lane Papworth Everard	Gillian Phillpot 01223 416141 <b>admin@camtadcamb.org.uk</b>
1 October 2pm	<b>Cambridgeshire Celebrates Age Walk in Buckden</b> – If you don’t want to walk alone, then ‘Walk with Me’	Buckden Millennium Community Centre Buckden	Rachel Tucker 01480 387047 <b>Rachel.tucker@huntsdc.gov.uk</b>
1 October 2 – 4pm	® <b>Camtad In Hunts</b> – ‘Hearing Help Session’	Dumbleton Medical Centre Chapman Way St Neots PE19 2HD	Gillian Phillpot 01223 416141 <b>admin@camtadcamb.org.uk</b>

1 October 10 – 12noon	<b>@ Camtad In Hunts</b> – ‘Hearing Help Session	Acorn Surgery 1 Oak Drive Huntingdon PE29 7HN	Gillian Phillpot 01223 416141 <b>admin@camtadcamb.org.uk</b>
5 October 2pm	<b>General Knowledge Quiz</b> (50p)	The Close Cambridge Street St Neots PE19 1JR	Ann Walsh 01480 473157 <b>ann.walsh@luminus.org.uk</b>
7 October 2 – 3.30pm	<b>Engage in the Afternoon</b> – ‘Operation Christmas Child’ – working for the Samaritans Shoebox appeal	Huntingdon library Princes Street Huntingdon PE29 3PA	Huntingdon library staff 0345 045 5225
7 October 10.30am	<b>Mobile Phone Usage</b> – how to use your mobile phone, send messages (50p)	Medway Court Medway Rd Huntingdon PE29 1SF	Bob Dockerell 01480 458395 <b>bob.dockrell@luminus.org.uk</b>
8 October 10.30am	<b>Healthy Breakfast Talk</b> (£1)	Mellors Court High St Sawtry PE28 5SP	June Chapman 01487 830809 <b>june.chapman@luminus.org.uk</b>

## EVENTS IN HUNTINGDONSHIRE

Date & time	Event	Venue	Contact details
8 October 3pm	<b>The Joys Of Collecting</b> – Antiques talk (50p)	Mill House Silver Street Ramsey PE26 1EP	Diane Banfield 01487 814223 <b>diane.banfield@luminus.org.uk</b>
11 October 2pm	<b>Get Moving Walk</b> (2-3 mile)	Meet at Ramsey Information Centre Great White, Ramsey	Jenny Swain, Hunts Mind 01480 470480 <b>jenny.swain@huntsmind.org.uk</b>
12 October 2.15pm	<b>Get Moving Walk</b> to celebrate National Get Moving Event	Crystal Lake St Ives (meet at Chapel on the Bridge)	Jenny Swain, Hunts Mind 01480 470480 <b>jenny.swain@huntsmind.org.uk</b>
12 October 6 – 7.45pm	<b>@ Camtad In Hunts</b> – ‘Hearing Help Session’	Cedar House Surgery 14 Huntingdon St St Neots PE19 1BQ	Gillian Phillpot 01223 416141 <b>admin@camtadcams.org.uk</b>
12 October 2.30pm	<b>Musical Afternoon</b> – Old & New songs sing along ( 50p)	Langley Close Ramsey Rd St Ives PE27 5SE	June Smith 01480 465020 <b>june.smith@luminus.org.uk</b>
13 October 10 – 12noon	<b>@ Camtad In Hunts</b> – ‘Hearing Help Session’	Northcote Surgery 8 Broad Leas St Ives PE29 5PT	Gillian Phillpot 01223 416141 <b>admin@camtadcams.org.uk</b>

13 October 10.30am	<b>Healthy Breakfast Talk</b> (£1 for Breakfast)	Windsor Court Feoffees Rd Somersham PE28 3JF	Janet Nunley 01487 840726 <b>janet.nunley@luminus.org.uk</b>
13 October 2pm	<b>Floral arranging Demonstration</b> (50p)	Rectory Gardens Godmanchester PE29 2BH	Pat Heenan 07775 702389 <b>pat.heenan@luminus.org.uk</b>
13 October 2pm	<b>Get Moving Walk</b> (woodland ramble 3-4 miles)	Hinchingbrooke Country park. (meet at Visitors Centre)	Jenny Swain, Hunts Mind 01480 470480 <b>jenny.swain@huntsmind.org.uk</b>
13 October 2 – 4pm	<b>@ Camtad In Hunts</b> – ‘Hearing Help Session’	Priory Fields Surgery Nursery Rd Huntingdon PE19 3RL	Gillian Phillpot 01223 416141 <b>admin@camtadcamb.org.uk</b>
15 October 10.30am	<b>Craft Morning</b> – making cards & gift tags (50p)	Hilary Lodge Horseshoes Way Brampton PE28 4TL	Cherri Dawson 01480 456436 <b>cherri.dawson@luminus.org.uk</b>
19 October 11 – 2pm	<b>Money Event</b> – Keeping warm & saving money in the winter	Medway Centre Medway Rd Huntingdon	Tracy Hyland 01480 420627 <b>tracy.hyland@cambridgeshire.gov.uk</b>
20 October 2pm	<b>Engage in the Afternoon</b> – Introduction to card making	Yaxley Library Lansdowne Rd Yaxley PE7 3JL	Yaxley Library staff 0345 045 5225

# EVENTS IN HUNTINGDONSHIRE

Date & time	Event	Venue	Contact details
22 October 10am	<b>Nostalgic Quiz</b> (50p)	Crown Gardens Alconbury PE28 4HP	June Chapman 01480 890144 <b>june.chapman@luminus.org.uk</b>
22 October 2 – 4pm	<b>Cambs. Age UK</b> – St Ives 900. Bob Murdoch of the Norris Museum on history of St Ives	St Ives Fire Station Ramsey Rd St Ives PE27 5RA	Free event for Hunts carers & the person they care for Megan Benevento 01480 218643 <b>megan@ageukcambridgeshire.org.uk</b>
22 October 2 – 4pm	<b>@ Camtad In Hunts</b> – ‘Hearing Help Session’	The Surgery Chequers Lane Papworth Everard	Gillian Phillpot 01223 416141 <b>admin@camtadcamb.org.uk</b>
22 October 2 – 4pm	<b>@ Camtad In Hunts</b> – ‘Hearing Help Session’	Eaton Socon Health Centre 274 Grt North Rd	Gillian Phillpot 01223 416141 <b>admin@camtadcamb.org.uk</b>
26 October 2 – 4pm	<b>@ Camtad In Hunts</b> – ‘Hearing Help Session’	The Surgery 57 The Highway Great Staughton	Gillian Phillpot 01223 416141 <b>admin@camtadcamb.org.uk</b>
29 October 2 – 4pm	<b>@ Camtad In Hunts</b> – ‘Hearing Help Session’	Surgery 69 Miller Way Brampton PE28 4RU	Gillian Phillpot 01223 416141 <b>admin@camtadcamb.org.uk</b>

29 October 10 – 12noon	<b>@ Camtad In Hunts</b> – ‘Hearing Help Session’	The Surgery 40 High St Little Paxton PE19 6EY	Gillian Phillpot 01223 416141 <b>admin@camtadcamb.org.uk</b>
Fridays 12.30 – 1.30pm	<b>@ Right Start 123</b> – Chair Based Exercise Class (£3)	Saxongate Community Centre Bradbury Place	Rachel Tucker Tel 01480 387047 <b>Rachel.tucker@huntsdc.gov.uk</b>
Wednesdays 10.30 – 11.30am	<b>@ Right Start 123</b> – Strength & Balance exercise Class (£3)	St Barnabus Learning Centre, Medway Rd Huntingdon PE29 1SF	Rachel Tucker Tel 01480 387047 <b>Rachel.tucker@huntsdc.gov.uk</b>
Thursdays 2.30 – 3.30pm	<b>@ Right Start 123</b> – Strength & Balance Exercise Class (£3)	British Legion Hall 210 Broadway Yaxley PE7 3NR	Rachel Tucker Tel 01480 387047 <b>Rachel.tucker@huntsdc.gov.uk</b>
Tuesdays 2 – 3pm	<b>@ Right Start 123</b> – Strength & Balance exercise Class (£3)	One Leisure St Neots Barford Rd Aylesbury PE19 2SA	Rachel Tucker Tel 01480 387047 <b>Rachel.tucker@huntsdc.gov.uk</b>
Tuesdays 3.30 – 4.30pm	<b>@ Right Start 123</b> Aerobic / Circuit Type exercise class (£3)	One Leisure St Neots Barford Rd Eynesbury PE19 2SA	Rachel Tucker Tel 01480 387047 <b>Rachel.tucker@huntsdc.gov.uk</b>

## EVENTS IN HUNTINGDONSHIRE

Date & time	Event	Venue	Contact details
Wednesdays 1.30 – 2.30pm	<b>® Right Start 123</b> Aerobic / Circuit Type exercise class (£3)	One Leisure Sawtry Green End Rd Sawtry PE28 5UY	Rachel Tucker Tel 01480 387047 <b>Rachel.tucker@huntsdc.gov.uk</b>
Wednesdays 2 – 3pm	<b>® Right Start 123</b> Aerobic / Circuit Type exercise class (£3)	One Leisure St Ives, Westwood Rd St Ives PE27 6WU	Rachel Tucker Tel 01480 387047 <b>Rachel.tucker@huntsdc.gov.uk</b>
Thursdays 1.30 – 2.30pm	<b>® Right Start 123</b> Aerobic / Circuit Type exercise class (£3)	One Leisure Huntingdon St Peters Rd, Huntingdon PE29 7DA	Rachel Tucker Tel 01480 387047 <b>Rachel.tucker@huntsdc.gov.uk</b>
Tuesdays or Thursdays 2 – 4pm	<b>® Engage Basic IT Taster Course</b> for beginners	Buckden Library Millennium Community Hall & Sports Centre Burberry Rd, Buckden PE19 5UY	Buckden Library staff 0345 045 5225
Tuesdays 10 – 12noon Thursdays 2 – 4pm	<b>® Engage Basic IT Taster Course</b> on the Internet for beginners	Huntingdon Library Princes Street Huntingdon PE29 3PA	Huntingdon Library staff 0345 045 5225

Thursdays 10 – 12noon	<b>® Engage Basic IT Taster Course</b> on the Internet for beginners	Ramsey Library School Lane Ramsey PE26 1AF	Ramsey library staff 0345 045 5225
Tuesdays 10 – 12noon & 2 – 4pm Wednesdays 10 – 12noon	<b>® Engage Basic IT Taster Course</b> on the Internet for beginners	St Ives Library 4 Library Row Station Rd St Ives PE27 5BW	St Ives library staff 0345 045 5225
Tuesdays 10 – 12noon Thursdays 2 – 4pm	<b>® Engage Basic IT Taster Course</b> on the Internet for beginners	St. Neots Library Priory Lane St Neots PE19 2BH	St. Neots Library staff 0345 045 5225
Fridays 2.30 – 4.30pm	<b>® Engage Basic IT Taster Course</b> on the Internet for beginners	Warboys Library High St Warboys	Warboys library staff 0345 045 5225
Fridays 2 – 4pm	<b>® Engage Basic IT Taster Course</b> on the Internet for beginners	Yaxley Library Lansdowne Rd Yaxley PE7 3JL	Yaxley Library staff 0345 045 5225

## EVENTS IN SOUTH CAMBRIDGESHIRE

**All events are free unless otherwise stated & open to all. Some events you will need to book onto & the details are given. Those marked with an ® are regular activities taking place throughout the year.**

Date & time	Event	Venue	Contact details
1 October 10.30am	<b>Engage in the Morning</b> – social event with guest speaker	Comberton Library Village College Comberton CB3 7DU	Comberton library staff 0345 045 5225
6 October 2pm	<b>Engage in the Afternoon</b> – social event with guest speaker	Cambourne Library Sackville House Great Cambourne CB23 6HD	Cambourne library staff 0345 045 5225
6 October 2pm	<b>Engage in the Afternoon</b> – Relaxation & Meditation	Histon Library, School Hill Histon CB24 9JE	Histon library staff 0345 045 5225
6 October 2pm	<b>Engage in the Afternoon</b> – social event with guest speaker	Willingham Library Church street Willingham CB24 5HS	Willingham Library staff 0345 045 5225

8 October Midday	<b>® West Wrattling Keep Fit</b> (£5)	West Wrattling Village Hall, High St West Wrattling	Vanessa Pesci Tel 01223 870011
11 October 2.30 – 3.15pm	<b>Tea &amp; chat</b> – come & have a cup of tea, visit the school & see what the children have been doing	Fen Ditton Community Primary School Horningsea Rd CB5 8SZ	Liz Bassett 01223 292342 <b>Head@fenditton.cambs.sch.uk</b>
12 & 26 October 7.30 – 9.30pm	<b>® Duxford History Group</b> – History group meeting (£2.50)	Lacey's Way Communal Room Duxford	Jim Longstaff 01223 832000
18 October 10am	<b>Coffee Morning</b> – with a range of information & advice	Stevens Close Sheltered Housing Cottenham	Jane Poole 01954 713470 <b>jane.poole@scambs.gov.uk</b>
19 October 10am	<b>Coffee Morning</b> – with a range of information & advice	Meadow Way Sheltered Housing Harston	Jane Poole 01954 713470 <b>jane.poole@scambs.gov.uk</b>
21 October 12.30pm	<b>West Wrattling Lunch Club</b> (£7 – 2 course lunch)	The Chestnuts High St West Wrattling	Suan Rowland Tel 01223 290788 <b>Suanrowland@btinternet.com</b>

## EVENTS IN SOUTH CAMBRIDGESHIRE

Date & time	Event	Venue	Contact details
22 October 10am	<b>Coffee Morning</b> – with a range of information & advice	The Limes Sheltered Housing Bassingbourn	Jane Poole 01954 713470 <b>jane.poole@scams.gov.uk</b>
27 October 2pm	<b>The Wendy Club</b> – Coffee Morning with a range of information & advice	Clifton Way Sheltered Housing Arrington	Linda Browne 01954 713 477 <b>Linda.browne@scams.gov.uk</b>
28 October 10am	<b>Coffee Morning</b> – with a range of information & advice (Charge for refreshments)	The Black Bull Balsham	Linda Browne 01954 713 477 <b>Linda.browne@scams.gov.uk</b>
29 October 12 noon	<b>Coffee Morning</b> – with a range of information & advice	The Pavilion Girton	Linda Browne 01954 713 477 <b>Linda.browne@scams.gov.uk</b>
Mondays & Thursdays 10.15am & 11.45am	<b>® Young at Heart Swims</b> (£3 non Member)	Melbourn Sports Centre Melbourn	Melbourn Sports Centre 01763 263313 <b>info@melbournsports.com</b>

Mondays, Tuesdays & Thursdays 9.15am & 10.15am Fridays 9.30am & 10.30am	<b>® Aqua Fit</b> (£4.50)	Melbourn Sports Centre Melbourn	Melbourn Sports Centre 01763 263313 <b>info@melbournsports.com</b>
Tuesdays 9.20am & 10.40am	<b>® Hatha Yoga</b> (£8 non member)	Melbourn Sports Centre Melbourn	Melbourn Sports Centre 01763 263313 <b>info@melbournsports.com</b>
Tuesdays 2 – 3pm	<b>® Walking for Health –</b> Walk in the Park (£2 to park)	Milton Country Park Visitors Centre CB4 6AZ	Milton Country Park 01223 420060 miltoncountrypark@sportlakes.org.uk
Thursdays 10am extended walk 10.30am shorter walk	<b>® Walking for Health</b> at Wandlebury (£2 to park)	Wandlebury Ring Gog Magog Hills Babraham CB22 3AE	Janet Cornish 01223 243830 enquiries@cambridgeppf.org

## EVENTS IN SOUTH CAMBRIDGESHIRE

Date & time	Event	Venue	Contact details
Tuesdays 2.15 – 4.15pm	<b>® Engage IT taster Course</b> on the Internet for beginners'	Great Shelford Library 10-12 Woodlands Lane Great Shelford	Great Shelford Library staff 0345 045 5225
Tuesdays 5 – 7pm	<b>® Engage IT taster Course</b> on the Internet for beginners'	Histon Library School Hill Histon CB4 9JE	Histon Library staff 0345 045 5225
Wednesdays 5.30 – 7.30pm	<b>® Engage Basic IT Taster Course</b> on the Internet for beginners	Papworth Library Pendrill Court Papworth Everard	Papworth Library staff 0345 045 5225
Wednesdays 10 – 12noon	<b>® Engage Basic IT Course</b> for beginners	Cambourne Library Sackville House Great Cambourne	Cambourne Library staff 0345 045 5225

## AIM OF CCA

**‘Cambridgeshire Celebrates Age’ aims to:  
Promote the well being & improve the quality of life of older people.**

### **Specifically we want to**

- Promote active living to keep fit and healthy
- Reduce social isolation by trying to reach those most vulnerable
- Promote intergenerational work between young and older people
- Challenge age discrimination
- Show and value what older people do and achieve

## MOBILITY & ACCESS

If you have any mobility issues and are unable to travel unassisted to any of the CCA events please ring the contact person for each district.  
For particular access details for different venues please ring the contact person for the event you are interested in attending.



# THANKS TO:

**Cambridge City Council & South Cambridgeshire District Council**



For funding the programme

**The following organisations that have supported the steering group over the past year**



COPRG • Age UK • Petersfield Area Community Trust (PACT)