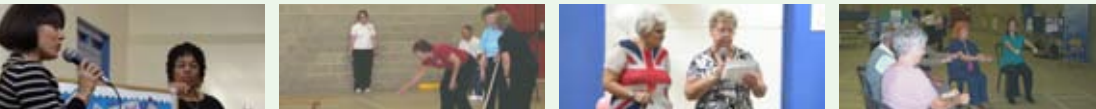


CAMBRIDGESHIRE

CELEBRATES AGE



Programme of regular events and activities for
over 50's in Cambridge City

Produced October 2011

Introduction

'Cambridgeshire Celebrates Age' produces a programme of one off activities in and around October each year to mark 'International Day of Older People' on October 1st. However, in recognition of the range of activities that happen all round for over 50's, provided and run by a range of different organisations, it is producing listings of regular activities for different areas. This booklet lists regular and ongoing activities in Cambridge City. So please keep this for reference all year round!

Copies are also available on the City Council website:

www.cambridge.gov.uk/communityliving/localcommunities/cca

The activities are listed by which ward in the city they come under:

Abbey ward	04
Arbury ward	10
Cherry Hinton ward	15
Coleridge ward	16
East Chesterton Ward	17
Kings Hedges	21
Market (City centre)	22
Petersfield ward	25
Queen Edith Ward	27
Romsey Ward	28
Trumpington ward(including Newtown area of Trumpington)	29
Other services for Over 50's	32

Camread have produced an audio programme of CCA events for people in Cambridgeshire who are blind or partially sighted: the programme can be accessed by logging on to the Camread website www.camread.org.uk or for members of the Postal Tape Service by calling 01223 712013. You can also call the Camread office on 01223 424220 for more information. Please stay tuned to Cambridge Talking News for details of how to access the programme.

We hope that you are able to enjoy the range of activities on offer. The details of the activities were correct at the time of going to press, but please check with the individual contact people before attending any activities. We do not claim that this list is comprehensive, so if you run an activity that is not listed for over 50's please let us know. For more information please contact Sally Roden, email: sally.roden@cambridge.gov.uk Tel 01223 420309 or phone Georgina Poulter on 01223 508150



EVENTS IN ABBEY WARD

Date / time	Event	Venue	Contact details
Monday 2pm	Bingo	Ditton Court	Denise Daniels Tel: 07920 501875
Monday 7:30pm	'Cambridge Harmony' Ladies A-Cappella Chorus Friendly barbershop style chorus - all vocal ranges.	Christ the Redeemer Church Newmarket Road	Jan White Tel: 01223 337227 jan@hep.phy.cam.ac.uk http://impact. orpheusweb.co.uk/ CambridgeHarmony/ index.html
Monday - term time 7:30-8:30pm	Keep Fit	Abbey Meadows Community Wing	Mrs Doris Cooper Tel: 01223 515189
1st & 3rd Monday of every month (starts 1st August) 2pm	Personal Health Trainers East Barnwell Health Walk 30-40min walk	Departs from outside East Barnwell Health Centre	Louise Stevens Tel: 07540 703821 louise.stevens@ mytimeactive.org.uk

1st Monday of month 2-4pm	Golden Years Club Over 60's club open to men and women	Barnwell Baptist Church Howard Road	Stuart Wood Tel: 01223 292454 office@ barnwellbaptistchurch. org.uk
3rd Monday of month 2-3pm	Golden Years Club – Tea Break Over 60's club open to men and women	Barnwell Baptist Church Howard Road	Stuart Wood Tel: 01223 292454 office@ barnwellbaptistchurch. org.uk
Tuesday and midweek conservation team on Wednesdays	Cambridge City Greenways Project Conservation Volunteer Team	Barnwell Road Nature Reserves Coldhams Common etc	Iain Webb Tel: 01954 713531 iain.webb@ wildlifebcnp.org www.wildlifebcnp.org/ citygreenways.htm
Tuesday 10-11am	Chair based exercises Part of Forever Active Scheme	Barnwell Baptist Church	Stuart Wood Tel: 01223 292454 office@ barnwellbaptistchurch. org.uk

EVENTS IN ABBEY WARD

Date / time	Event	Venue	Contact details
4th Tuesday of month 11:30am-1:30pm Please phone to check if places available	Lunch	Ditton Court	Susan Tel: 01223 242226 – after 4pm please
Wednesday 10am Cost: 30p Tea, 50p coffee	Coffee Morning	Ditton Court	Denise Daniels Tel: 07920 501875 or 01223 293018
Wednesday 8-10pm Cost: £3	Friends Dance Club Sequence dancing, some old time	Christ the Redeemer Church Newmarket Road	Tel: 01223 574383
Wednesday evening	Whist	Rawlyn Court	Christine Armon-Hall Tel: 07917 581935
Wednesday 7-10:30pm	Cambridge County Music Club. All welcome, disabled facilities	Cambridge United Supporters Club Abbey Stadium	Bob/Wendy Tel: 01223 366962

1st Wednesday of month 11:30am-1:30pm Please phone to book Cost: £3.50	Community Lunch	Christ the Redeemer Church	Susan Tel: 01223 242226 – after 4pm please
2nd Wednesday of month 7:30-9:30pm	Priory Townswomen's Guild	Abbey Meadows Community Wing	Beryl Frost Tel: 01223 292131
3rd Wednesday of month (Except August)	Barnwell and Fen Ditton Local History Society	Abbey Meadows Community Wing Galsrid Road Local History Society	David Cullum - Chairman Tel: 01223 243353 johnmoyle@yahoo.co.uk
Thursday 2-4pm	East Barnwell Friendship Group Many activities from cake and plant stalls, outings, and other social activities.	Abbey Meadows Community Wing Galfrid Road	Jean Pilsworth Tel: 01223 570215 Centre Administrator Tel: 01223 508153
Thursdays 7:30-9:45pm Cost: £4/£3 concession	Meditation drop in	Buddhist Centre Newmarket Road	www.cambridgebuddhistcentre.com Tel: 01223 577553 info@cambridgebuddhistcentre.com

EVENTS IN ABBEY WARD

Date / time	Event	Venue	Contact details
4th Thursday of Month 2-4pm	Priory Townswomen's Guild Arts and Craft Group	Abbey Meadows Community Wing	Mrs Cullum Tel: 01223 243353
Thursday 7-8pm	Weight Watchers	Abbey Meadows Community Wing	Wendy Anderson Tel: 01223 362835
Friday 1:30-3:30pm £3.50	East Barnwell Forget Met Not Over 60s social club - Bingo, refreshments, raffles, outings, entertainment	East Barnwell Community Centre	Debbie Hardingham Tel: 01223 211945
Friday 7:30-9pm	Barnwell Come and Sing Group Friendly informal group.	Christ the Redeemer Church Newmarket Road	Nicola Tel: 07905 240963
Saturday 2pm £1 a book 25p a ticket	Bingo	Rawlyn Court	Christine Armon-Hall Tel: 07917 581935

Various Costs range from £2.50 - £3 for members	Forever Active Exercise sessions for over 50 age group and those returning to a more active lifestyle	Abbey Sports Centre & Barnwell Baptist Church	City Council's Sports Development Service Tel: 01223 457532 www.forever-active.org.uk
Various	Health Walks Short walks in green spaces and areas of natural beauty around the Abbey ward.		Tel: 01223 457532 sportsdevelopment@cambridge.gov.uk
Wednesday and open days at the museum	Cambridge Museum of Technology Volunteering at the museum (whatever your skill or interest)	Cambridge Museum of Technology The Old Pumping Station Cheddar's Lane	Tel: 01223 368650 www.museumoftechnology.com
In own time/different places	Freedom Club Time bank Swap practical skills from computer help, babysitting, gardening, dog walking.		David Boffey Tel: 07757 103 149 david@fctb.org.uk www.fctb.org.uk

EVENTS IN ARBURY WARD

Date / time	Event	Venue	Contact details
Mondays 10-11am Cost: £4.50	Wake up Monday! Stretch and Relax for Over 50s. A gentle class that uses simple yoga and Pilates moves	The Meadows Community Centre	Rachel Hawes Tel: 01223 479070 or 07985 779892 rachel@exploringyoga.co.uk
Monday 2-4pm	Monday Club	Church of Good Shepherd	Mrs Hutson Tel: 01223 574070
Tuesday 11am 50p	Coffee Morning	Mansel Court	Sue Fitzgerald Tel: 07917 581936
Tuesday 8-10pm	Grovesbury Ladies	Arbury Community Centre	Linda Driver Tel: 01223 570904

Tuesday 11am	Personal Health Trainers Arbury Health Walk 30-40min walk suitable for all levels	Departs from outside Arbury Community Centre, Campkin Road	Wendy Hagger or Dashlina Souleeyo Tel: 07540 703824 wendy.hagger@ mytimeactive.org.uk dashlina.souleeyo@ mytimeactive.org.uk
Tuesday 6:15-7:15pm	Weight Watchers	Meadows Community Centre	Wendy Anderson Tel: 01223 362835
Tuesday, Wednesdays & Thursdays Please phone centre for times	Taoist Tai Chi	Meadows Community Centre	Community Centre Tel: 01223 508140 Sam Masters tutor Tel: 01223 571673
Wednesday 9:30-10:30am	Weight Watchers	Meadows Community Centre	Wendy Anderson Tel: 01223 362835

EVENTS IN ARBURY WARD

Date / time	Event	Venue	Contact details
Wednesday 11am	60+ group activities and lunch Please phone first for catering numbers	Mansel Court	Mary Hyde Tel: 07917 581932
2nd & 4th Wednesday (please check website) Cost: donation to charity	Simple Soup Lunch	St Luke's Church Victoria Road Cambridge CB4 3DZ	office@churchatcastle.org Tel: 01223 315000 www.churchatcastle.org
Wednesday 10am-12pm	Not Quite Over The Hill Club	Arbury Community Centre	Mrs Burchell Tel: 01223 572978
Every Thursday 2:30pm Cost: 50p	Afternoon Tea	Mansel Court	Sue Fitzgerald 07917 581936

<p>2nd Thursday of every month 7:15pm Costs: approx £1.50</p>	<p>Cambridge 050 Friendship Club Social club enjoying speakers, pub lunches, outings and visits</p>	<p>Meadows Community Centre</p>	<p>Tony Cassidy Tel: 01223 812605 tony.lode@dsl.pipex.com</p>
<p>3rd Thursday of every month 2-4pm Cost: 50p</p>	<p>50+ Friends</p>	<p>82 Akeman Street Community Room Cambridge CB4 3HG</p>	<p>Dashlina Souleeyo Tel: 01223 508302 lexzecia.cayneeo@cambridge.gov.uk</p>
<p>Last Thursday of every month 2-4pm (excl. Aug & Dec) Cost: Annual Sub £10. £1 per meeting.</p>	<p>Cambridge Hard of Hearing Club Outing in July & Christmas lunch in November</p>	<p>Meadows Community Centre</p>	<p>Mrs Avril Dring Acting Chairman avrildring@tiscali.co.uk Tel: 01223 312107</p>
<p>Thursday 2-4pm</p>	<p>Meadows Bowlers</p>	<p>Meadows Community Centre</p>	<p>Centre Tel: 01223 508140</p>

EVENTS IN ARBURY WARD

Date / time	Event	Venue	Contact details
Friday 7:30pm	Games and Refreshments	Mansel Court	Sue Fitzgerald Tel: 07917 581936
Friday 6:30pm	Meadows Bingo	Meadows Community Centre	Centre Tel: 01223 508140
3rd Saturday of the month 7:45-11:15pm	Sequence Dance	Meadows Community Centre	Mr & Mrs Butler Tel: 01223 842266
Twice monthly except July and August	Tea Dances	Meadows Community Centre	Centre Tel: 01223 508140

EVENTS IN CHERRY HINTON WARD

Date / time	Event	Venue	Contact details
Tuesday	Exercise classes Please phone for details	Cherry Hinton Village Centre	Tel: 01223 576412
Wednesday 8-10pm	Short Mat Bowls	Cherry Hinton Village Centre	Tel: 01223 576412
Every 1st and 3rd Thursday of month 1:30-4pm	Tea Dances	Cherry Hinton Village Centre	Tel: 01223 576412
Thursday 1:45 - 2:45pm	Keep Fit For Mature Movers	British Legion Hall Cherry Hinton	Annick Alton Tel: 01223 210900

EVENTS IN COLERIDGE WARD

Date / time	Event	Venue	Contact details
Monday & Tuesday 2-4pm	Bingo	Lichfield Road	Mary Locker Tel: 01223 529064
Wednesday 10am Cost: 50p	Coffee Morning	Lichfield Road	Danuta Waddington Tel: 07827 822434
Fortnightly on Thursdays 12pm	St Thomas's Good Companions	St Thomas's Hall	Jenny & Dennis Burch Tel: 01223 211993
Friday 2:30-4pm Fortnightly Cost: no charge	Diamonds Café	Lichfield Community Hall Lichfield Road	Alice Jackson Rock Baptist Church Tel: 01223 249454 alicejackson8@gmail.com

EVENTS IN EAST CHESTERTON WARD

Date / time	Event	Venue	Contact details
1st Monday 2-4pm	<p>Monday Club Cam sight rural support group meeting to provide help and friendship. Groups enjoy speakers, music, chance to try new equipment, excursions, information & advice, refreshments</p>	Chesterton Church Green End Road Cambridge	<p>Julie or Alison Camsight Tel: 01223 420033 alison@camsight.org.uk julie@camsight.org.uk</p>
Monday (not bank holidays) 10:15-11:30am	<p>Coffee Morning</p>	St Andrews Hall Cambridge	<p>Pam Lumsden Tel: 01223 350550</p>
Monday (Fortnightly) 1.30-3pm	<p>Sunshine Group for over 55+</p>	Brown's Field Youth & Community Centre	<p>Telephone Centre: 01223 420309</p>

EVENTS IN EAST CHESTERTON WARD

Date / time	Event	Venue	Contact details
3rd Monday 12-2pm	Macular Disease Society	Green End Road Methodist Church	Dr Alan Wood Tel: 01223 264970
1st & 3rd Tuesday evening of month 7:30-9pm Free (just donation towards tea/coffee)	Drop in session	St Andrew's Hall Chesterton	Helen Pope - Area Coordinator Help line: 01223 302662 Cruse UK Help line: 0844 4779400 Administration Tel: 01223 302670 cambridge@cruse.org.uk
2nd Tuesday of month (Not July) 2:30-4pm	Silver Threads Speaker, tea and worship	St Andrew's Hall	Rev Dorothy Peyton Jones Tel: 01223 523485
2nd & 4th Tuesday 1:45-4pm	Over 60's Social Club	St George's Hall	Ann Baker Tel: 01223 423367

3rd Tuesday in every month 12:30pm (lunch served) Cost: £3.50	St George's Lunch Club Lunch and raffle	St George's Church Hall	Mrs Tish Berkley Tel: 01223 425074
4th Tuesday of month 7:30-9:30pm	East Chesterton Women's Institute	St Andrews Hall	Ann Nicol Tel: 01223 361836
Tuesday 10:30am	Personal Health Trainers Chesterton Health Walk 30-40min walk suitable for all levels	Nuffield Road Medical Centre	Emma Clifford - Personal Health Trainer Tel: 07540 603729 emma.clifford@mytimeactive.org.uk
Tuesday 2-4pm	World Folk Dance for the over 50's	Brown's Field Community Centre	Pat Welch Tel: 01223 329293 pat.welch@talktalk.net
Tuesday 7:15-10:45pm	Nuffield Bridge	Golden Hind Pub Milton Road (temporary venue)	Mrs Gerloch Tel: 01223 881191

EVENTS IN EAST CHESTERTON WARD

Date / time	Event	Venue	Contact details
Wednesday 9:30-11:30am	Over 60's club	Brown's Field Youth & Community Centre	Dawn Mabbutt Tel: 01223 423538
Thursday 2.15-3.15pm	Over 50's Fitness Pilates Forever active members £2.50 Non-members £3.00	Brown's Field Youth & Community Centre	Tansy Bruce Tel: 07800 566334
Friday 10:30am-12pm	Eat and meet for over 50's and friends	Brown's Field Youth & Community Centre	Telephone Centre: 01223 420309
3rd Sunday of month	Cambridgeshire Older People's Enterprise (COPE)	The Golden Hind Cambridge	Tel: 01223 364303 cambridgecope@hotmail.co.uk

EVENTS IN KINGS HEDGES WARD

Date / time	Event	Venue	Contact details
Tuesdays 10:30am-12.30pm Cost: free	The Tuesdays	Buchan Street Neighbourhood Centre	rachal.creek@cambridge.gov.uk Tel: 01223 508149
Thursdays 10am-12pm Cost: small contribution towards tea/coffee	Crochet Group	No. 37 Lawrence Way	Marie Cassidy marie.khnp@virgin.net
Next walk 8th December – 10.15am prompt start. Must phone to book place	A walk around the historic city Ending at Fitzwilliam museum for refreshments and guided visit of museum.	Meet outside Boots in Sidney Street, Cambridge	Binnie Pickard Tel: 01223 508149 binnie.pickard@cambridge.gov.uk
Social events throughout the year – contact centre for details	Broaden your Horizons Project	Kings Hedges	Binnie Pickard Tel: 01223 508149 binnie.pickard@cambridge.gov.uk
Tuesdays 10-11am Term time only	Take a Break	North Arbury Chapel Cameron Road	Peter and Carol Browne Tel: 01223 420814

EVENTS IN MARKET WARD (CITY CENTRE)

Date / time	Event	Venue	Contact details
2nd Monday of month (except August) 2:30-4pm Cost: £4 yearly subscription, small charge for outings	Cambridge Pensioners Voice Anyone in village 50+ very welcome	Unitarian Church Hall Emmanuel Street Cambridge	Miss G Owst Tel: 01223 314516 st248@cam.ac.uk
Tuesday 9:30am Cost: 50p	Coffee Morning	School Court	Christine Armon-Hall Tel: 07917581935
First four Wednesdays of every month 10am-12pm Free (just donation towards tea/coffee)	Coffee Morning All bereaved people are welcome to drop in and meet others who are also bereaved.	Wesley Church, King Street, Cambridge	Helen Pope - Area Coordinator. Help line: 01223 302662 Cruse UK Help line: 0844 4779400 Administration Tel: 01223 302670 cambridge@cruse.org.uk

Every 3rd Wednesday of month 12:15-2pm Cost: Donation, approx £1	Lunch Plus	Christchurch Christchurch Street Cambridge	Pam Hinton Tel: 01223 358119 pamhintonuk@yahoo.co.uk
Every Wednesday 11am-12pm Cost: £2	Exercise Plus	Christchurch Christchurch Street CB1 1HT	Jane Holland Tel: 01223 565074 jmhostracod@yahoo.co.uk
Wednesday 2:45pm term time	Wednesday Outlook	St Andrew The Great, Cambridge	Sheila Davidson Tel: 01223 352950
Every Wednesday in school term 12:15-1pm Cost: suggested donation £1	Lunch Plus Weekly lunches	Christchurch Christchurch Street CB1 1HT	Jane Holland Tel: 01223 565074 jmhostracod@yahoo.co.uk
Daily Monday to Friday 9am-3:30pm	Rowan – Charity & Arts Centre working with adults with learning disabilities	Rowan 40 Humberstone Road	abi@rowanhumberstone.co.uk 01223 566027

EVENTS IN MARKET WARD (CITY CENTRE)

Date / time	Event	Venue	Contact details
Varies according to opening hours	<p>Computer buddying sessions Free basic help to beginners (nb tutors cannot give technical support)</p>	Cambridge Central Library	<p>Sabine Bajahr - Library Assistant Tel: 01223 728536 sabine.bajahr@cambridgeshire.gov.uk Cambridge Central Library Tel: 0345 045 5225</p>
<p>1st Sunday of month 1pm Cost: £4</p>	<p>Community Sunday Lunch Menu on website</p>	<p>St Augustine's Church Richmond Road Cambridge</p>	<p>www.churchatcastle.org Richard Footitt Tel: 01223 364929 jr.footitt@gmail.com</p>

EVENTS IN PETERSFIELD WARD

Date / time	Event	Venue	Contact details
Monday - Friday 10am Cost: £2 pw	Coffee Mornings	Stanton House	Sue Fitzgerald Tel: 07917 581936
Monday – Friday 12-1:30pm	Lunch Club	Salvation Army Mill Road	Christine Pearce Telephone: 01223 367633
Monday 2pm Cost: £1 per book	Bingo	Stanton House	Sue Fitzgerald Tel: 07917 581936
	Christmas shopping at Peterborough	Stanton House	Sue Fitzgerald Tel: 07917 581936
Monday 12:45-2:45pm	Taoist Tai Chi	The Community Hall St John the Evangelist's Church Hills Road	Margaret Guy Tel: 01223 259847
Tuesday 2:30pm	Christian Fellowship All welcome	Ditchburn Place	Christine Armon-Hall Tel: 07917 581935 Tel: 01223 457199

EVENTS IN PETERSFIELD WARD

Date / time	Event	Venue	Contact details
2nd & 4th Tuesday 2-4pm	Ballroom dancing & tea	Salvation Army Mill Road	Christine Pearce Telephone: 01223 367633
Wednesdays 11am-12pm Cost: £2.50 per session	Chair-based exercises/ seat-based exercises for all who want to keep trim & agile	St Matthew's Church Hall St Matthew's Street Cambridge	Julia Popp j.popp@btinternet.com Tel: 01223 350164
Thursday 11am-1pm	Indoor Bowls	Salvation Army Mill Road	Christine Pearce Telephone: 01223 367633
Thursday 10am Cost: 30p	Coffee Morning	Ditchburn Place	Christine Armon-Hall Tel: 07917 581935
Friday 10am-12pm Cost: £1 weekly (for rent) & free coffee/ tea and biscuits	Cherry Trees Over 50s	Cherry Trees St Matthews Street	June Hammersley Cherry Trees

Friday 11am-12pm Please call first. Cost: charge for lunch	Bingo Club with lunch afterwards	Alex Wood House Annexe Fortescue Road	Telephone: 01223 578622
Alternate Friday 11am-2pm Elderly people in and around Cambridge very welcome	Indian Community and Culture Association Over 50s Club Chair based exercise followed by short meeting. Speakers and outings also.	Bharat Bhaven Bharat Way Old Mill Road Library Mill Road	Kanchan Pankhania Tel: 01223 361181 kpankhania@hotmail.com Raj Shah Chair Tel: 01223 242138 rajshah42001@gmail.com

EVENTS IN QUEEN EDITH WARD

Date / time	Event	Venue	Contact details
Mondays fortnightly (Mtg 5th Sept 2011) Cost: voluntary donation	Monday Fellowship	Queen Edith Chapel Wulfstan Way CB1 8QN	Audrey Reece Tel: 570732

EVENTS IN ROMSEY WARD

Date / time	Event	Venue	Contact details
Tuesday 7:30-9:30pm	Taoist Tai Chi	Romsey Mill Hemingford Road	Sam Masters Tel: 01223 571673
2nd Tuesday of month 7:30-9pm	Romsey Garden Club	Ross Street Community Centre	Steve Wynn Cutlacks Store Tel: 01223 246418
Monthly on Wednesdays 2-4pm	Wednesday Fellowship	Various locations	Jean Pierson Tel: 01223 211980
Wednesday 12:15pm Cost: £2.50	Wednesday Lunch Club	C3 Church Coldhams Lane	Tel: 01223 844415
Every 2nd Wednesday 6-8pm	Wednesday Night at Phil's Place	Mill Road Baptist Church (Temporary address)	Stewart Taylor Tel: 01223 247652
Thursday 1:45-3:15pm Cost: £5	Giving Voice Singing Workshop for all	Ross Street Community Centre Ross Street Cambridge	Rowena Whitehead Tel: 01223 573288 talkingintune@ntlworld.com

EVENTS IN TRUMPINGTON WARD

Date / time	Event	Venue	Contact details
Tuesday 7-11pm	Bridge Club	Trumpington Village Hall	
Tuesday lunchtime Cost: 2 courses for £5.95	Senior Citizens Lunch	Unicorn 22 Church Lane	Diane or Paul 01223 845102
2nd Tuesday of month 7:45-9:45	Tuesday Group	Trumpington Village Hall	Shirley Brown Tel: 01223 841559 stephen.j.brown1@ btinternet.com
Wednesday 10-11am	Dancing for Fun and Better Health. Chair based exercise	Denis Wilson Court off Porson Road	Claire Smith 01487 849912
1st Thursday of month 6:30-9:30pm	Women's Institute	Trumpington Village Hall	Janet Hendy

EVENTS IN TRUMPINGTON WARD

Date / time	Event	Venue	Contact details
<p>2nd Thursday of month 2-4pm (No mtg Aug, Nov, Dec) Christmas outing Nov or Dec Cost: free to anyone over 55 resident in Trumpington parish.</p>	<p>Trumpington Elderly Action Group Also exercise class run by Forever Active. Hope to introduce Indoor bowling for Thursday mornings</p>	<p>Trumpington Village Hall</p>	<p>Shirley Brown Tel: 01223 841559 stephen.j.brown1@btinternet.com</p>
<p>3rd Thursday of month 7:30-9:30pm</p>	<p>Trumpington Gardening Society</p>	<p>Trumpington Village Hall</p>	<p>Wendy Roberts Tel: 01223 841181</p>
<p>Saturday 10:15-11:30am</p>	<p>Coffee Club</p>	<p>C3 Centre Alpha Terrace Christian Centre</p>	<p>Tel: 01223 844415</p>

	'Fish Scheme' Accessibility - Fish transports people to several activities eg Cam sight, swimming, rowing and Elderly Action Group social events	Operating in Trumpington Parish	Co-ordinator - Shirley Brown Tel: 01223 841559 stephen.j.brownl@btinternet.com Deputy: Ann Smith Tel: 515394
Thursdays 11am-12pm	Seated Exercise Classes Part of Forever Active	The Centre at St Paul's, Hills Road	John Quysner Tel: 01223 576899 johnqcentrestpauls.org.uk
Friday 12.30-2pm Cost: £3.50	Friday Lunch for Older People	The Centre at St Paul's, Hills Road	John Quysner Tel: 01223 576899 johnqcentrestpauls.org.uk
Saturday 12.30-2pm Cost: £2 (voluntary donation)	FoodCycle Community Lunch	The Centre at St Paul's, Hills Road	John Quysner Tel: 01223 576899 johnqcentrestpauls.org.uk
Tuesdays 1-2pm	Knit-in and Make too	Cambs and County Bowling Club, Brooklands Avenue	Nia Evans Tel: 01223 471674 nia.evans@cambridge.gov.uk

OTHER

Date / time	Event	Venue	Contact details
<p>Thursdays 10am Cost: free (car park charge £2 - free to Cambridge PPF members)</p>	<p>Wandlebury Healthy Walks</p>	<p>Wandlebury Country Park Gog Magog Hills Babraham, Cambridge CB22 3AE</p>	<p>Cambridge Past Present & Future Office: 01223 243830 x 202 enquiries@cambridgeppf.org www.cambridgeppf.org</p>
<p>Thursday 10am-12pm</p>	<p>Taoist Tai Chi</p>	<p>Community Centre Orchard Park</p>	<p>Margaret Guy Tel: 01223 259847</p>
<p>Various dates and times - please contact or visit www.livingsport.co.uk for class timetable Cost: 1 free session if you mention CCA on arrival during October. Normally £1.50-£3.50 per session, pay as you go</p>	<p>'Dancing for Fun and Better Health' from Age UK, 'Fit as a Fiddle Programme', funded by the Big Lottery</p>	<p>Various around Cambridgeshire</p>	<p>Claire Smith Living Sport claire.smith@livingsport.co.uk Tel: 01487 849912</p>

Need information about adult social care?

Your Life, Your Choice is a new website where you will find information about:
www.yourlifeyourchoice.org.uk

- ▶ remaining independent
- ▶ getting out and about
- ▶ keeping safe
- ▶ health and wellbeing
- ▶ being a carer
- ▶ equipment to help
- ▶ employment and volunteering
- ▶ independent financial advice

Visit
Your Life,
Your Choice
at home
or in your
library

Your Life, Your Choice



Cambridgeshire
County Council

www.yourlifeyourchoice.org.uk

Other Services and activities for Over 50's

• Cambridge Careline

Cambridge Careline service supplies an alarm for people living within Cambridge City. The alarm connects to your telephone line, so you can call for help 24 hours a day at the press of a button. Our trained operators will be able to summon the help that you require whether it is a doctor, your carers, family, friends or the emergency services. Peace of mind and reassurance for you and your family.

For more information telephone: 01223 457648.

• 'Contact the Elderly'

Monthly Tea Parties for older people who typically live on their own and find it difficult to get out and about without assistance. Meet once a month on a Sunday afternoon at home of a volunteer host. Transport provided by a volunteer driver. Further details contact Cambridge coordinator Sarah Ingram on sarah.ingram@contact-the-elderly.org.uk, Linda Braeburn on linda.braeburn@contact-the-elderly.org.uk 01279 417264 or head office on freephone 0800 716543.

• Library Service

Engage in the Morning/ Afternoon:

Free, monthly social event based in many of Cambridgeshire County Council Libraries. Different guest speaker each month, informative or fun one-off events and activities. Examples include Wildlife Trust, Taster exercise sessions, Adult storytelling, Reminiscence sessions, local authors, National Trust houses and gardens; Trains and Railways from the Steam Era, Creative Writing, Healthy Eating and Shopping, How to use Mobile phones... and many more. Events are free unless otherwise advertised. Request a donation for refreshment. Call your local library for further information: 0354 045 5225

Computer Buddy Session:

Are you new to/ a beginner with Computers? Our Computer Buddy's offer one to one advice and assistance on your basic computer problems. One-hour session. Contact you local library on 0345 045 5225 for further information and details of your query.

Knitting groups:

Some Cambridgeshire County Council Libraries host free knitting groups.

Please ring 0345 045 5225 for further details.

• U3A

University of the Third Age aiming 'to provide educational and social activities to those no longer in full-time employment' [www. u3ac.org.uk](http://www.u3ac.org.uk). Contact Address: 27-28 Bridge Street, Cambridge CB2 1UJ. Telephone 01223 321587. Email: office@u3ac.org.uk

• Forever Active

The Forever Active Scheme provides exercise sessions and activities for the 50+ age group within Cambridge City. There are a variety of different sessions taking place at local venues, ranging from mobility classes to Exercise to Music, Aqua, Pilates, Nordic walking and Golf. For a programme of activities call Helen Robbins on 01223 457000 or look at the website www.forever-active.org.uk.

• 'Contact'

Run by students provides student visitors for older and housebound people in Cambridge once a week during term time. Also organize a social outing at Christmas and in the summer. For more information contact the Admin Officer, Sarah Ingram on 01223 761699 via email on contact@cusu.cam.ac.uk or write to Sarah at Contact, CUSU, The Old Exam Hall, Free School Lane, Cambridge CB2 3RF

'Cambridgeshire Celebrates Age' is supported by the following organisations



Thanks to

Cambridge City Council and South Cambridgeshire District Council for funding the 2011 programme.