

Trumpington Pavilion: Programme of Events | January 2025

Classes are weekly unless otherwise stated. The Pavilion is closed on Bank Holidays. Correct at time of printing.
Please contact class providers for more information.

Mondays		
Grey Heron Internal Arts T'ai Chi	2:30pm – 3:30pm	Visit: www.grey-heron.com Email: ghiacambridge@gmail.com
Trumpington Stitchers	7pm – 9pm	Visit: www.trumpingtonstitchers.net
Tuesdays		
Connected Lives – Wellbeing Café	7 th , 14 th , 28 th January 9:30am – 11:30am	Visit: www.connectedlives.org.uk/cambridgeshire-hub Email: info@connectedlives.org.uk
Women's Health and Wellbeing Session	21 st January 12pm – 2pm	All women welcome! No booking necessary. Email: Luthfa.Khatun@cambridge.gov.uk Phone: 07873220427
Vedanta Wellness Yoga	7pm – 8:15pm	Visit: www.vedantawellness.co.uk Email: info@vedantawellness.co.uk
Wednesdays		
Very Important Persons: Simply chat, tea and cake	8 th January 10:30am – 12pm	All welcome! No booking necessary. Email: Kelly.smith@cambridge.gov.uk
Memory Café	15 th January 10am – 12pm	Visit: www.trumpington.church Email: admin@trumpington.church
Free cooking session organised by Groundwork East	22 nd January 10am – 12pm	Book a place: https://www.eventbrite.co.uk/e/free-cooking-session-trumpington-pavilion-cambridge-city-tickets-1090997696479
Vedanta Wellness Yoga	7:30pm – 8:45pm	Visit: www.vedantawellness.co.uk Email: info@vedantawellness.co.uk
Thursdays		
GK Fit Under 6's Multiskills Under 10's Dodgeball Ages 10-14 Dodgeball	Restarts 16 th January 10am – 10:30am 10:30am – 11:30am 11:30am – 12:30pm	Visit: www.gkfit.co.uk/timetable Email: info@gkfit.co.uk
HealthyYou – FAME Falls Prevention service	Starts 9 th January 1pm – 4pm	Visit: https://healthyyou.org.uk Phone: 0333 005 0093
Romsey Mill Youth Club School Years 6-8 School Years 9-11	Restarts 9 th January 4:30pm – 6pm 6:30pm – 8pm	Phone Laura Kahlbaum: 07851310258
Fridays		
Fairbite Food Club Trumpington	11:30am – 1:30pm	Social Supermarket open 12pm-1:30pm with a free café available from 11:30am. Email for more information and to volunteer: patrick.brown@ccfb.org.uk
Balkan Dance for Fitness	7pm – 8pm	Visit: www.balkandance.fitness Email: info@balkandance.fitness
Saturdays		
Connected Lives – BodyMindConnection	11 th January 10am – 11:30pm	Visit: www.connectedlives.org.uk/body-mind-connection Email: helen.bell@connectedlives.org.uk