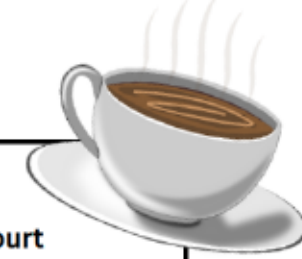
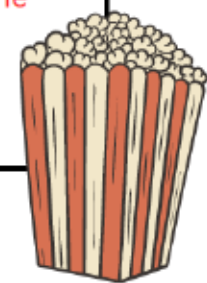


Cambridge City Council Independent Living Service Activities 2024



	Lichfield & Neville Road 173 Lichfield Road, CB1 3SJ	Ditchburn Place Mill Road, CB1 2AJ	Ditton Court Ditton Lane, CB5 8UD	Rawlyn Court Rawlyn Close, CB5 8NR	School Court Thoday Street, CB1 3BN	Brandon Court Prospect Row, CB1 1DZ	Talbot House Fisher's Lane, Cherry Hinton, CB1 9JQ	Mansel Court Mansel Way, CB4 2EU
Monday		Film Club Last Monday of the month COST- 50p to members of the public	Bingo every Monday 2pm COST- £2			Informals Crafts Every Monday 11am COST-£1		Coffee Morning Monday, Wednesday, Thursday, Friday 10-12 COST - 50p
Tuesday	Bingo Every Tuesday 2-3pm COST-Free	Coffee Morning Tuesdays and Thursdays 10.30-11.30 COST-£1 to members of the public		Coffee Afternoon Every Tuesday 1-2pm COST-50p		Wellbeing Activities Seated Yoga/Meditation Every Tuesday on rotation 2pm COST-£1	Strength and Balance Every Tuesday 2pm COST- £2.50 to residents, £3 to members of the public	Strength and Balance Every Tuesday 3.45-4.55pm COST- £2.50 to residents, £3 to members of the public
Wednesday	Social Club Every Wednesday 12-2pm COST-£1	Strength and Balance Every Wednesday in term times 10-.30-11.30 COST- £2.50 to residents, £3 to members of the public	Coffee Morning Wednesdays 10am Cost 50p					
Thursday	Tai-Chi Every Thursday 11.30am -12.30pm COST - £5.00	Craft Club Second Thursday of the month 2-4pm COST- £2.50		Craft Afternoon Last Thursday of the month 2-4pm COST- £2.50	Coffee Afternoon Every Thursday 2pm COST- 50p	Film Night 3rd Thursday of the month 6pm COST-£1		
Friday						Coffee Morning Every Friday 10am COST- £1	Coffee Afternoon Every Friday 2pm COST- 80p	Bingo First Friday of the month 2pm COST- £5



Please note: Most activities are run by tenants and there will not be a member of staff on site for every activity.
For more information about activities please contact the Independent Living Service on 01223 457199, and ask for the Activity Coordinator