

Day	Event	Cost
Monday 10 till 12 noon	<b>Tapestry, Crochet and Needlework.</b> Informal sessions with Sybil.	£1.00
Monday 10 till 3 pm	<b>Craft &amp; Decoupage.</b> Sessions with Sue Colvin.	£1.00
Monday 1.30 till 4 pm	<b>Weekly Whist Drive.</b> An expanding and friendly group	£1.00
Monday 10 till 12 noon	<b>FIT CLUB for 50+</b> At Western Leisure Centre	£2.00
Wednesday 10 till 12 noon	<b>Adding Life to your years.</b> <b>Interesting WEEKLY TALKS</b> See centerfold for information	£1.50
Wednesday 12 noon	<b>LUNCH CLUB</b> A chance to chat & make new friends With a choice of healthy snack lunches.	£1.50
Wednesday 12.45 till 1.45	<b>EXTEND with Wendy</b> <b>Mobility with fun &amp; music.</b> Join with other people and have a go.	£1.50
Thursday Every 2 weeks	<b>Age Concern Nail Cutting Surgery</b> Phone 02920 560952 to book	£10.00
Thursday 10 till 12	<b>WATER COLOUR PAINTING CLASS</b> Gwendoline passes on her tips.	£2.00
Thursday 1.30p.m.	<b>ZUMBA GOLD for the 50+</b> A fun time with Samantha	£2.00
Friday 10.30 – 12 NOON	<b>LINE DANCING with Annette</b> Friendly atmosphere	£1.50
Friday 2 till 4p.m.	<b>SHALL WE DANCE? (singles welcome)</b> A friendly sequence dance club	£1.00
Friday 7p.m. Each week	<b>Novelty Bingo</b> - St. Timothy's Church	

# AGE concern

Cardiff & The Vale of Glamorgan

Healthy, Wealthy & Wise



**MARCH – END OF JULY 2012**

**Adding life to your years**

**The Old Trelai Library**

**Bishopston Road, Ely**

Contact Gloria on: 02920 578 368 or 07884445371

## Adding life to your years speaker club

Wednesdays: 10 till 12 noon – Entry £1.50

Date	Title of Talks
MARCH 7 <sup>th</sup>	<b>A MUSICAL MORNING.</b> Jeanette & David will entertain and then it's <b>GOLDEN OLDIES TIME</b>
MARCH 14 <sup>th</sup>	<b>A TIME CAPSULE.</b> An interesting talk from Roy Gee.
MARCH 21 <sup>st</sup>	<b>A "WEALTH OF KNOWLEDGE"</b> Nicki Rockett from Moneywise Age Concern and Debbie Plenty with lots of help.
MARCH 28 <sup>th</sup>	<b>A DIGITAL MAGIC LANTERN SHOW</b> With Linda and Edward Gibbs.
APRIL 4 <sup>th</sup>	<b>A MUSICAL MORNING.</b> This is our monthly music with Jeanette & David followed by the Golden Oldies
APRIL 11 <sup>th</sup>	<b>WHO WAS HE???</b> Learn all about Solomon Andrews with Alan Thorne
APRIL 18 <sup>TH</sup>	<b>A POLICE ROAD SHOW</b> Lots of information & advice from our local team
APRIL 25 <sup>th</sup>	<b>THE UNEXPLAINED.</b> Can Alan Underhill explain?
MAY 2 <sup>nd</sup>	<b>THE BELARUS EXPERIENCE.</b> A welcome back to Val Cousins and students to tell us all about it.
MAY 9 <sup>th</sup>	<b>A MUSICAL MORNING</b> Our monthly treat with Jeanette & David and then the Golden Oldies
May 16 <sup>TH</sup>	<b>ENERGY SAVING TIPS</b> From Mike of SWALEC

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Wednesdays: 10 till 12 noon – Entry £1.50

Date	Title of Talks
MAY 23 <sup>rd</sup>	<b>IT'S A BURNING ISSUE!</b> Fighting Forest Fires with John Hunt/
MAY 30 <sup>th</sup>	<b>THE NECROPOLIS RAILWAY &amp; BROOKWOOD.</b> A fascinating look at by-gone days – living conditions etc. with Alan Underhill
JUNE 6 <sup>th</sup>	<b>A MUSICAL MORNING</b> With Jeanette & David followed by our Golden Oldies.
JUNE 13 <sup>th</sup>	<b>THE LIFE OF A MEDIA ALLOTMENT GARDENER.</b> Terry Walton who writes in the Echo will be here.
JUNE 20 <sup>th</sup>	<b>"JUST LIKE THAT."</b> 'Tommy Cooper son of Caerphilly' with Chris Bleach
JUNE 27 <sup>th</sup>	<b>THE TIP OF THE ICEBURG!</b> Ray Davies will tell of the sinking of RMS "Titanic"
JULY 4 <sup>th</sup>	<b>A MUSICAL MORNING</b> WITH Jeanette & David. Our Golden Oldies will follow. Do come along and have a jolly good sing
JULY 11 <sup>th</sup>	<b>HOW SAFE IS YOUR MEDICINE???</b> Pharmacist Jane Houghton will tell you of the safety of some of our every day medicines.
JULY 18 <sup>TH</sup>	<b>LOVE LETTERS FROM CHINA.</b> A welcome return of Jackie James with her Grandfather's letters
JULY 25 <sup>th</sup>	<b>IT'S A MYSTERY!!!</b>  To be announced at a later date.
12.15p.m.	Each Wednesday snack lunches available.
12.45p.m.	Each Wednesday EXTEND exercise with Wendy. Great fun!!