

Monday Afternoon

12.30 – 1.30pm 1st Monday of the month

Golden Oldies Singing Sessions - £1 Tel: 07595 919189
British Legion Centre, Rumney Court, British Legion Drive

1.30pm – 2.30pm Zumba Gold - £2

A fun dance fitness group. 02920 578368
British Legion Centre, Rumney Court, British Legion Drive

Tuesday Morning.

10am – 12 noon Age Concern Speaker sessions.

Interesting talks on topical issues. £1.50
JOHN REYNOLDS CENTRE, Shaw Close, off Ball Road.

Tuesday Afternoon.

12.15 – 1.15pm Age Concern Painting for Pleasure led by
Brenda Bravey. Group meets following the Speaker sessions.
You are encouraged to bring a packed lunch.
JOHN REYNOLDS CENTRE, Shaw Close, off Ball Road.

Tuesday Afternoon.

2 – 3pm WALKING FOR HEALTH. FREE.
Walking for Health involves a gentle walk led by a trained
Walk Leader Meeting in Tesco's Foyer. Tel: 02920 873633

Wednesday Morning.

10.30 – 11.30am WALKING FOR HEALTH. FREE.
Walking for Health involves a gentle walk led by a trained
Walk Leader meet at the entrance of Llanrumney High
School, Ball Road. Tel: 02920 873633

Friday Morning.

10am – 11am Age Concern Extend Exercise
A fun way to keep fit and make new friends. £1.50
ST. DYFRIG'S CHURCH HALL
Tel: 029 20796616

AGE concern

Cardiff & The Vale of Glamorgan

Healthy, Wealthy & Wise



Adding life to your years

**John Reynolds Centre
Shaw Close, Llanrumney**

Contact Gloria on: 02920 578 368 or 07884445371

MARCH – END JULY 2012

Adding life to your years speaker club

Tuesdays: 10.00 am 'till 12 noon. Entry £1.50

Date	Title of Talks
MARCH 6 th	JUST LIKE THAT!! Chris Bleach will talk about "Tommy Cooper" son of Caerphilly.
March 13 TH	MUD, MUD, GLORIOUS MUD! Aogan O'Hare will tell of it's health-giving properties.
MARCH 20 th	A TIME CAPSULE! An interesting talk by Roy Gee.
MARCH 27 th	IT'S A MYSTERY Do come along and find out who is speaking.
APRIL 3 rd	THE BELARUS EXPERIENCE Welcome back to Val Cousins and students to tell of their wonderful work.
APRIL 10 th	NO MEETING AS THE BUILDING IS CLOSED
APRIL 17 th	A WEALTH OF KNOWLEDGE!! Nickie Rockett from Age Concern's Moneywise and Debbie Plenty with lots of help.
APRIL 24 th	OUR POLICE ROAD SHOW. Lots of information and advice from our local team plus more!
MAY 1 st	THE TIP OF THE ICEBURG! Ray Davies will explain about the loss of RMS "Titanic."
May 8 TH	IT'S A BURNING ISSUE. Fighting Forest Fires with John Hunt.
MAY 15 TH	ENERGY SAVING TIPS Incredible help and advice with Mike from SWALEC

Adding Life to your years Speakers

Tuesdays: 10.00 am 'till 12 noon. Entry £1.50

Date	Title of Talks
MAY 22 nd	THE LIFE OF A MEDIA ALLOTMENT GARDENER. Terry Walton who writes in the Echo will be here.
MAY 29 th	A HEALTHY MORNING. Wonderful advice on how to stay healthy for longer
JUNE 5th	NO MEETING TODAY IT'S A BANK HOLIDAY
JUNE 12 th	WHO WAS HE?? Learn all about Solomon Andrews with Alan Thorne.
JUNE 19 th	HOW SAFE IS YOUR MEDICINE?? Pharmacist Jane Houghton will tell how safe our everyday medicines are.
June 26 TH	LOVE LETTERS FROM CHINA. A welcome return of Jackie James with her Grandfather's letters
JULY 3 rd	LOOKING AFTER YOUR AFFAIRS. A welcome return of Jane Chesterman with her advice.
JULY 10 th	SPIRES & STAINED GLASS!! The history of St. German's & St. Margaret's with Jean Rose
JULY 17 th	A HOME ON WHEELS! A fascinating talk on mobile homes from Stone Age to 1980's., with Steve Jarvis.
JULY 24 th	CHURCHILL & CHARTWELL. Dennis Morgan will give an insight into this famous man.
JULY 31 st	THE SYDNEY OPERA HOUSE & BEYOND! Professor Richard Weston will be here with a surprising talk.