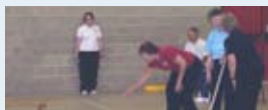


CAMBRIDGESHIRE

CELEBRATES AGE



2011

A programme of events and activities in October
to celebrate International Day of Older People



Celebrating Age 2011

Welcome to 'Cambridgeshire Celebrates Age' 2011(CCA). For the past seven years, we've been celebrating age in October throughout Cambridgeshire – prompted by the United Nations' 'International Day of Older People', which falls on 1st October.

We celebrate all that's done by older people in the community and all the activities that are available for them. Our Steering Group is made up of representatives from community and voluntary groups, county and local councils, the NHS, local housing associations, and local churches. We meet throughout the year to encourage, cajole and inspire groups all over the county to join us in celebrating age and taking part!

We then pull all it all together into this programme of special events for October, which we hope will:

- **promote active living**
- **help reduce social isolation**
- **reach out to the most vulnerable**
- **promote intergenerational work (tea parties at schools!)**
- **challenge ageism**
- **show and value what older people do, contribute and achieve**
- **be fun**

Accessibility

This year we have chosen 'Accessibility' as an underlying theme. Working closely with CAMTAD (which assists those with hearing loss), CAMREAD (a reading service for visually impaired people) and others, we want to make sure that all those attending events can participate fully in what's going on.

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.

After feedback about last year's programme, we're also producing Local Listings, which will pull together events and activities for older people happening throughout the year in your local area. Celebrating age and enjoying it will be possible not just in October, but all year round! These listings will be available from October, at your local community centre, council office, local library and other information points.

We look forward to seeing you at an event in October or, just as importantly, at a regular activity. Join us in Celebrating Age!





Contents

CCA events are listed by area and in date order.
The details of each event were correct at the time of going to print.
Please check with the organiser of each event to confirm.

County Wide	05
Cambridge City	06
East Cambridgeshire	17
Fenland	19
Huntingdonshire	24
South Cambridgeshire	30
Additional information	31

COUNTY WIDE EVENTS

All events are free unless otherwise stated and open to all.
Some events you will need to book onto and the details are given.

Date / time	Event	Venue	Contact details
Sunday 11th September 09:30am Cost: £10 registration charge prior to 31st August, £15 after this date and on the day. All money raised shared between Press Relief and Arthur Rank Hospice Charity	Bridge the Gap walk A gentle Sunday morning stroll for charity through little known parts of Cambridge colleges and grounds.	Jesus Green Cambridge	Press Relief - The News Community Fund Amanda Scarborough Tel: 01223 434378 amanda.scarborough@pressrelief.org www.bridgethegapwalk.org
Saturday 1st October 2pm Cost: £5	Celebrating International Day of Older People BBQ and Live Music	For details please phone David Hart 01954 260204	Cambridgeshire Older People's Enterprise (COPE) For details please phone David Hart Tel: 01954 260204 cambridgecope@hotmail.co.uk
Saturday 29th October 10am-2pm	Volunteer Recruitment Fair Come and find out about volunteering with the Library Service and other volunteering opportunities	Central Library Cambridge 7 Lion Yard Cambridge CB2 3QD	Cambridgeshire County Council Libraries Maggie Brown Tel: 07824 406 103 maggie.brown@cambridgeshire.gov.uk





EVENTS IN CAMBRIDGE CITY

One off celebratory events 2011. All events are free unless otherwise stated and open to all.
Some events you will need to book onto and the details are given.

Date / time	Event	Venue	Contact details
Sunday 2nd October 1pm Cost: £4 includes two course meal and wine or juice	Community Sunday Lunch A delicious freshly cooked communal meal and friendly company	St Augustine's Church Richmond Road Cambridge CB4 3PS	Parish of the Ascension, Cambridge Sheila Rozeik Tel: 01223 315000 office@churchatcastle.org
Tuesday 4th, 11th, 18th, 25th October 2-4pm Cost: reduced price of £1 during October	World Folk Dance for Over 50s Taster Session	Brown's Field Community Centre 31a Green End Road CB4 1RU	Pat Welch Tel: 01223 329293 pat.welch@talktalk.net

<p>Wednesday 5th October 8:30am – 5:00pm</p>	<p>Queen Edith’s Health and Well-being Extravaganza Programme of talks, information and demonstrations. Flu jabs for patients of Queen Edith’s medical practice light refreshments</p>	<p>Queen Ediths Chapel Wulfstan Way</p>	<p>Barbara Green QEMP Tel: 01223 247288 or caroline.biggs@cambridge.gov.uk</p>
<p>Wednesday 5th October 2pm Cost: Free</p>	<p>Cambridge Pensioner’s Fellowship ‘Harvest Thanksgiving’ All are welcome in aid of Jimmy’s night shelter</p>	<p>Cherry Trees Day Centre St Matthews Street Cambridge CB1 2LT</p>	<p>Sheila Wall Tel: 01223 562498</p>
<p>Wednesday 5th October 6-8pm</p>	<p>‘Political Speed Dating’ 3 minute slots to chat with/interrogate local Councillors</p>	<p>Lichfield Hall Lichfield Road Cambridge</p>	<p>Alexander Finlayson alexander.finlayson@cambridge.gov.uk Tel: 01223 457022</p>





EVENTS IN CAMBRIDGE CITY

Date / time	Event	Venue	Contact details
Thursday 6th October 2-4pm Cost: free but places must be booked in advance by telephone.	Broaden Your Horizons 'Cultural Experiences of Cambridge Residents' Celebrating the rich diversity of Cambridge with presentations, entertainment and food from different cultures.	Buchan Street Neighbourhood Centre 6 Buchan Street Cambridge CB4 2XF	Binnie Pickard binnie.pickard@cambridge.gov.uk Tel: 01223 508149
Friday 7th October 11am	Cherry Trees Over 50s Elvis and Buffet	Cherry Trees St Matthew's Street Cambridge	June Hammersley 01223 861065
Monday 10th October 2:30pm	'Arts & Entertainment & Quiz' Short talk on events for senior citizens in Cambridge followed by a quiz	Unitarian Church Hall Victoria Street Cambridge	Geraldine Owst Cambridge Pensioners Voice Tel: 01223 314516

<p>Tuesday 11th October 6-8pm</p>	<p>'Political Speed Dating' 3 minute slots to chat with/interrogate local Councillors</p>	<p>Meadows Community Centre St Catherine's Road Cambridge</p>	<p>Alexander Finlayson alexander.finlayson@cambridge.gov.uk Tel: 01223 457022</p>
<p>Wednesday 12th October 12-1:30pm Cost: Donation to charity</p>	<p>Simple Soup Lunch A shared lunch to which all are welcome</p>	<p>St Luke's Church Victoria Road Cambridge CB4 3DZ</p>	<p>Tel: 01223 315000 office@churchatcastle.org</p>
<p>Wednesday 12th October 2pm</p>	<p>Cam Sight AGM All welcome to celebrate Cam Sight's previous 100 years of supporting local blind and partially sighted people. Followed by refreshments</p>	<p>Chesterton Methodist Church Green End Road</p>	<p>Camsight Anne Streather Tel: 01223 420033 www.camsight.org.uk</p>





EVENTS IN CAMBRIDGE CITY

Date / time	Event	Venue	Contact details
Thursday 13th October 2pm Open to anyone over 55 resident in Trumpington parish.	AGM Trumpington Elderly Action Group Celebrating restoration of bus shelter after pressure from our group. Followed by cheese, wine.	Trumpington Village Hall	Shirley Brown Tel: 01223 841559 stephen.j.brown@ btinternet.com
Thursday 13th October 2:30-4pm Donations pot for Wateraid	Songs of Celebration for an Autumn afternoon Inspirational songs with a chance to join in. Tea and cake!	Ross Street Community Centre Ross Street Cambridge	Rowena Whitehead Giving Voice Acapella Choir Tel: 01223 573288 talkingintune@ ntlworld.com

<p>Thursday 13th October 2-3:30pm Please phone/email to book a place</p>	<p>World Folk Dance for Over 50s Greek, Russian, Israeli, fun dances from around the world - plus tea & biscuits at half time!</p>	<p>Buchan Street Neighbourhood Centre 6 Buchan Street Cambridge CB4 2XF</p>	<p>Pat Welch Tel: 01223 329293 pat.welch@talktalk.net or binnie.pickard@cambridge.gov.uk Tel: 01223 508149</p>
<p>Friday 14th October 2-3:30pm Please phone/email to book a place, maximum of 20 people</p>	<p>'Hobbies and Well-Being' Meet new people, share your hobbies and the enjoyment you get from them</p>	<p>Akeman Street Community Centre 82 Akeman Street Cambridge CB4 3HG</p>	<p>My Time Active Wendy Hagger Tel: 0754 070 3824 wendy.hagger@mytimeactive.org.uk</p>
<p>Tuesday 18th October 2:30-4pm</p>	<p>Harvest Tea Party All are welcome to share a cuppa, cake and conversation</p>	<p>St Giles Church Castle Street Cambridge CB3 0AQ</p>	<p>Sheila Rozeik Tel: 01223 315000 office@churchatcastle.org</p>





EVENTS IN CAMBRIDGE CITY

Date / time	Event	Venue	Contact details
Tuesday 18th October 7:30pm Cost: Free	'Ideas in the Community' Enjoy a relaxed introduction to the world of botany by Botanic Garden's Head of Education	Ross Street Community Centre Ross Street Cambridge CB1 3UX	Caroline Biggs caroline.biggs@cambridge.gov.uk Tel: 01223 471674
Thursday 20th October 2-4pm 50p	50+ Friends 'Sing-a-long with Street Voices' Come along & watch Street Voices perform	82 Akeman Street Community Room, Cambridge CB4 3HG	Dashlina Souleeyo Lexzecia.cayneeo@cambridge.gov.uk 01223 508302
Wednesday 26th October 12-1:30pm Cost: Donation to charity	Simple Soup Lunch A home made shared lunch to which all are welcome	St Luke's Church Victoria Road Cambridge CB4 3DZ	Sheila Rozeik Tel: 01223 315000 office@churchatcastle.org

<p>Thursday 27th October Bus leaves at 10am Cost: minimal charge of £5.00</p>	<p>Intergenerational bus Trip - Mystery Tour organised by Youth Group at Roddons</p>	<p>Various pick up venues - please contact for full details</p>	<p>Sally Taylor sally.taylor@circle.org.uk 0300 333 6557</p>
<p>Thursday 27th October 2-4pm</p>	<p>'Youth and Golden Years at Riverside' Young people and those of many years share, teatime, memories, music.</p>	<p>City Church Brickfields 12-16 Cheddars Lane (off Newmarket Road) Cambridge CB5 8LD</p>	<p>Mrs Chris Todd City Church richardtodd818@btinternet.com Tel: 01223 812501 Mobile: 07595922912</p>
<p>Thursday 27th October 2-4pm Cost: No charge</p>	<p>Cambridge Hard of Hearing Club - Open Meeting Free taster session of club meeting with refreshments and raffle</p>	<p>The Meadows Community Centre 1 St Catherine's Road Cambridge CB4 3XJ</p>	<p>Mrs Avril Dring avrildring@tiscali.co.uk Tel: 01223 312107</p>
<p>Friday 28th October 2pm Please ring to book a place Charge: £2.00</p>	<p>'Cambridge Memory Lane' Mike Petty will talk about Cambridge</p>	<p>Cherry Trees, St Matthew's Street Cambridge</p>	<p>Philly Owles Petersfield Area Community Trust Tel: 01223 312689</p>





EVENTS IN CAMBRIDGE CITY

Date / time	Event	Venue	Contact details
Throughout October: Tuesday 10-12pm & 1-5pm Thursday 10am-1pm & 2-6pm Friday 1-5pm Sat 10am-1pm	'Activities in Abbey' Exhibition Exhibition on CCA/local activities for older people plus associated events	Barnwell Road Library CB5 8RQ (by the shops)	Keith Jordan abbeyaction1@tiscali. co.uk Tel: 01223 517259
Every Thursday in October 12-1pm £2.76 per meal - to be booked in advance	The Older/Younger Lunch Club A shared lunch for children and older visitors	The Spinney Primary School Hayster Drive Cherry Hinton Cambridge CB1 9PB	Rachel Snape office@spinney. cambs.sch.uk 01223 568836



Forever Active

Variety of classes throughout October - full programme of activities on www.forever-active.org.uk

★ **Get Moving in the Grafton Centre!**

Friday 7th October, 12 noon outside BHS in the Grafton Centre. As part of this year's celebrations will be holding a mass exercise session in the Grafton Centre for the 50+ age group. Promotional stands and information as well as free health checks

★ **Free Vouchers for Forever Active Classes!** As part of Cambridgeshire Celebrates Age Forever Active will be offering free Vouchers for new people to come along and try a session during October. Call 01223 457532

★ **Exercise in the comfort of your own home!**

'Forever Active' Strength and Balance or Total Body Workout DVDs. Designed by exercise specialist working on Forever Active scheme to ensure they are suitable for the 50+ age group or those returning to a more active lifestyle. DVD: £5 if purchased during October

Contact: Helen Robbins

Email: helen.robbs@cambridge.gov.uk or Tel: 01223 457532

Available to residents in Cambridge City and South Cambs





Cambridge Festival of Ideas

Organised by University of Cambridge

The Cambridge Festival of Ideas is UK's only festival to celebrate the arts, humanities and social sciences and runs from 19 - 30 October. The Festival, now in its fourth year, returns with over 150 free events for all ages. World-class speakers, celebrity writers and leading academics will be on hand to engage, explain and examine today's burning topics looking at what lessons we can learn from the past. Main day of Festival 22nd October at University's Sidgwick Site. Other talks include:-

'The politics of speech making' - Thursday 20th October, 6:00 - 7:15pm

Has the art of political rhetoric changed over time? Venue: Wolfson Theatre, Churchill College, Cambridge. Pre-book on 01223 766766

'Why do languages die?' - Saturday 22nd October, 2:00 – 3:00pm.

Venue: Faculty of Law, Sidgwick Site. Pre-book on 01223 766766

'Arab Spring' - Wednesday 26th October, 7:00pm – 8:30pm

With uprisings, protests and civil wars, the Arab world is undergoing major changes. Discover consequences for the people.

Venue: Cambridge Union, 9a Bridge Street, Cambridge. Pre-book on 01223 766766

Sophie Smith, cfi@admin.cam.ac.uk, Tel: 01223 766766, www.cam.ac.uk/festivalofideas

EVENTS IN EAST CAMBS

All events are free unless otherwise stated and open to all.
Some events you will need to book onto and the details are given.

Date / time	Event	Venue	Contact details
Wednesday 7th October 1:30-4:30pm	'Safe in Your Home' Advice from Cambridgeshire Trading Standards and others plus bingo, tea & cake!	Burwell House North Street Burwell CB2 5BB	Sarah Freeman trading.standards@ cambridgeshire.gov.uk Tel: 01954 284619
Wednesday 12th October 10am	'Engage in the Morning' Veronica Bennett from the National Trust	Burwell Library The Causeway, Burwell, CB25 0DU	Linda Coote linda.coote@cambridgeshire. gov.uk Tel: 01638 613165
Wednesday 19th October 1:30- 4:30pm	'Safe in Your Home' Advice from Cambridgeshire Trading Standards and others plus bingo, tea & cake!	Village Hall Victoria Street Littleport CB6 1LX	Sarah Freeman trading.standards@ cambridgeshire.gov.uk Tel: 01954 284619





Friday 4th
November
10-12pm and
2-4pm

‘Soham Celebrates Age’
Celebration at Millbrook
House with refreshments,
entertainment and
information.

Millbrook House
Lode Close
Soham

Yvonne Thresh
Care and Repair East Cambs
and Soham Community
Support Scheme
Tel: 01353 723777
**yvonne@
careandrepair-ecambs.co.uk**

Monday to Friday
weekly
Times and prices
vary

**Mature & Active
Celebrates Age**
A range of physical activity
sessions for over 55’s
across East Cambridgeshire

- Littleport
Leisure Centre
- Ross Peers
Sports Centre
Ely
- Burwell
Community
Sports Centre
- The Paradise
Centre, Ely

Lewis Bage
Tel: 01353 665555
lewis.bage@eastcambs.gov.uk

EVENTS IN FENLAND

All events are free unless otherwise stated and open to all.
Some events you will need to book onto and the details are given.

Date / time	Event	Venue	Contact details
Every Monday in October 2-3:30pm Cost: Donation towards tea/ coffee	Agewell Keep Fit Open Day Visitors can participate if they wish	Salem Court Huntingdon Road Chatteris	M Billimore Tel: 01354 695824
Every Thursday in October 2-3:30pm Cost: Donation towards tea/coffee	Agewell Carpet Bowls Open Day	Salem Court Huntingdon Road Chatteris	M Billimore Tel: 01354 695824
Tuesday 4th October 10am-3pm	Volunteering and the wonderful opportunities it can bring. Followed by lunch and a film.	Cineworld Huntingdon	Karen Presland Age UK Cambridgeshire 2 Victoria Street Chatteris PE16 6AP Tel: 01354 696650





EVENTS IN FENLAND

Date / time	Event	Venue	Contact details
Wednesday 5th October 10am	AgeUK Cambridgeshire 'Carry on Cooking' Interactive activities based around making shopping, cooking & eating fun.	Roddons Sheltered Scheme Quaker Way Chatteris	Lisa Bulbeck lisa.bulbeck@ ageukcambridgeshire.org.uk Tel: 01354 696650
Wednesday 5th October 2-4:30pm	Cambridgeshire Celebrates Age Launch Party	March Town Hall Market Place March PE15 9JF	Fenland Arts Claire Tash Tel: 01354 652769
Thursday 6th October 2-4pm Cost: Free	Celebrating Age Quiz Teams of 4 to take part in a quiz afternoon	Roddons Sheltered Scheme Onyx Court Norfolk Street Wisbech PE13 2NE	Suzanne Scrimshaw suzanne.scrimshaw@circle. org.uk 01354 607287

<p>Monday 10th October 10am</p>	<p>AgeUK Cambridgeshire 'Carry on Cooking' Interactive activities based around making shopping, cooking and eating fun.</p>	<p>Roddons Sheltered Scheme Onyx Court Wisbech</p>	<p>Lisa Bulbeck lisa.bulbeck@ageukcambridgeshire.org.uk Tel: 01354 696650</p>
<p>Thursday 13th October 2-4pm Cost: Free</p>	<p>Celebrating Age Quiz Teams of 4 to take part in a quiz afternoon</p>	<p>Roddons Sheltered Scheme Bradshaw Court Springfield Avenue March PE15 9NS</p>	<p>Suzanne Scrimshaw suzanne.scrimshaw@circle.org.uk 01354 607287</p>
<p>Thursday 20th October 10am</p>	<p>AgeUK Cambridgeshire 'Carry on Cooking' A session of fun, interactive activities based around making shopping, cooking and eating</p>	<p>Roddons Sheltered Scheme Bradshaw Court March</p>	<p>Lisa Bulbeck lisa.bulbeck@ageukcambridgeshire.org.uk Tel: 01354 696650</p>





EVENTS IN FENLAND

Date / time	Event	Venue	Contact details
Thursday 20th October 2-4pm Cost: Free	Celebrating Age Quiz Teams of 4 to take part in a quiz afternoon	Roddons Sheltered Scheme Quaker Way Chatteris PE16 6PB	Suzanne Scrimshaw suzanne.scrimshaw@circle.org.uk 01354 607287
Thursday 20th October 2-4pm Cost: Free	Celebrating Age Quiz Teams of 4 to take part in a quiz afternoon	Roddons Sheltered Scheme Quinion Close Whittlesey PE7 1TG	Suzanne Scrimshaw suzanne.scrimshaw@circle.org.uk 01354 607287
Thursday 27th October 10:00am	AgeUK Cambridgeshire 'Carry on Cooking' Interactive activities based around making shopping, cooking and eating fun.	Roddons Sheltered Scheme St Mary's House Whittlesey	Lisa Bulbeck lisa.bulbeck@ageukcambridgeshire.org.uk Tel: 01354 696650

<p>Thursday 27th October 2-4:30pm Cost: Free</p>	<p>Celebrating Age Quiz Teams of 4 to take part in a quiz afternoon</p>	<p>Roddons Sheltered Scheme Quinion Close Whittlesey PE7 1TG</p>	<p>Suzanne Scrimshaw suzanne.scrimshaw@circle.org.uk 01354 607287</p>
<p>Thursday 27th October 2-3:30pm</p>	<p>Wisbech Library EngAge Talk about the Donkey Sanctuary</p>	<p>Wisbech Library 5 Ely Place Wisbech PE13 1EU</p>	<p>Alison Sutton alison.sutton@cambridgeshire.gov.uk Tel: 01354 750170</p>
<p>Friday 28th October 2-4pm Cost: Free</p>	<p>Roddons Sheltered Housing - Celebrating Age Quiz - Final Teams of 4 to take part in a quiz afternoon</p>	<p>March Town Hall March</p>	<p>Suzanne Scrimshaw suzanne.scrimshaw@circle.org.uk 01354 607287</p>





EVENTS IN HUNTINGDON

All events are free unless otherwise stated and open to all.
Some events you will need to book onto and the details are given.

Date / time	Event	Venue	Contact details
26th September - 30th September all day for 5 days	CCA Hunts Hub Launch Display Display of materials and programmes	Main foyer of Hunts District Council, Pathfinder House, St Mary's Street Huntingdon	Angie Skipper - 01480 388467 angie.skipper@huntsdc.gov.uk
26th September - 30th September all day	Cambridgeshire Celebrates Age Hunts Hub Display Display of materials and programmes	<ul style="list-style-type: none">• Ramsey Library 25 Great Whyte Ramsey PE26 1HG• Priory Centre St Neots	Ramsey: Eileen Baker 0345 045 5225 eileen.baker@ cambridgeshire.gov.uk St Neots: Angie Skipper 01480 388467 angie.skipper@huntsdc.gov.uk

26th September -
7th October

**Cambridgeshire
Celebrates Age Display**
Display of CCA materials
and programmes

- Huntingdon
Library
Princess Street,
Huntingdon
- St Ives Library
Display, Library
Row, Station
Road, St Ives
- St Neots
Library Priory
Lane, St Neots

- Huntingdon: Elaine Mountfort
**elaine.mountfort@
cambridgeshire.gov.uk**
- St Ives: Marilyn Charles
**marilyn.charles@
cambridgeshire.gov.uk**
- St Neots: Pam Cooper
**pam.cooper@
cambridgeshire.gov.uk**

Tel: 0345 045 5225

27th September -
7th October
all day

**Yaxley Library -
Cambridgeshire
Celebrates Age Display**
Display of CCA materials
and programmes

Yaxley Library
Lansdowne Road
Yaxley
PE7 3JL

Julie Kisby
Tel: 0345 045 5225
**julie.kisby@cambridgeshire.
gov.uk**





EVENTS IN HUNTINGDON

Date / time	Event	Venue	Contact details
Tuesday 4th October 10:00am-12noon	Care Network Cambridgeshire Coffee Morning Find out more about how you can help support other older people in your area as a volunteer with Care Network	Medway Centre Medway Road Huntingdon PE29 1SF	Heather Corbishley Tel: 01480 423085 heather.c@care-network.org.uk
Tuesday 4th October 2:00pm 50p for light refreshments	General Knowledge Quiz An easy quiz and you can have a guess at the answers	The Close Cambridge Street St Neots PE19 1JR	Luminus Group Ann Walsh Tel: 01480 473157 ann.walsh@luminus.org.uk
Thursday 6th October 2-3:30pm	Engage in the afternoon Club for people over 50. Operation Christmas Child Shoe Box Appeal.	Huntingdon Library Princes Street Huntingdon PE29 3PA	Elaine Mountfort Tel: 0345 045 5225

Thursday 6th October 2-4pm	Celebrate Age in Needingworth Tea and cake and an opportunity to find out more about the village Good Neighbour's Scheme.	Chatters Community Cafe Needingworth Village Hall Overcote Lane PE27 4TU	Holywell cum Needingworth Good Neighbours Kate and Helen Tel: 07794 680475
Friday 7th October 10:30am	Nostalgic Quiz Going back to bygone years	Mellors Court High Street Sawtry PE28 5SP	Luminus Group June Chapman Tel: 01487 830809 or 07900 267713 june.chapman@luminus.org.uk
Tuesday 11th October 10:30am	How to use a mobile phone Bring your mobile phone and we will show you how to use it	Medway Court Medway Road Huntingdon PE29 1SF	Luminus Group Bob Dockrell Tel: 01480 458395 bob.dockrell@luminus.org.uk
Wednesday 12th October 9:00 – 11:00am Cost: £3	Enjoy a full English breakfast - cooked especially for you	Hilary Lodge Horseshoes Way Brampton PE28 4TN	Luminus Group Cherri Dawson Tel: 01480 456436 cherri.dawson@luminus.org.uk





EVENTS IN HUNTINGDON

Wednesday 12th October 10:00am Cost: £1	Healthy Eating breakfast and discussion on how to eat healthy	Langley Close St Ives PE27 5SE	Luminus Group June Smith or Janet Nunley Tel: 01480 465020 june.smith@luminus.org.uk
Thursday 13th October 10:30 - 4:30pm Cost: free taster	'Get online for the first time'	Chatters Community Cafe Needingworth	Sarah Wordingham Tel: 07511 944619 wordinghams@gmail.com
Thursday 13th October 2:00pm Cost: £2 for entertainment and buffet	Take Two Sing a long Piano/Accordion – come sing a long and enjoy the music	Windsor Court Feoffees Road Sommersham PE28 3JF	Luminus Group Diane Soper – Sheltered Housing Manager Tel: 07702 345975 diane.soper@luminus.org.uk
Friday 14th October 10:30am Cost: £1	Healthy Breakfast and talk	Crown Gardens Alconbury PE28 4HP	Luminus Group June Chapman Tel: 01480 890144 Or 07900 267713 june.chapman@luminus.org.uk

<p>Tuesday 18th October 2:00 – 3:30pm</p>	<p>Engage in the afternoon Tracy Groves will be talking about the work of the Stroke Association</p>	<p>St Ives Library 4 Library Row Station Road St Ives, PE27 5BW</p>	<p>Marilyn Charles marilyn.charles@cambridgeshire.gov.uk Tel: 0345 045 5225</p>
<p>Wednesday 19th October 2:00pm Cost: 50p</p>	<p>Special Occasion Card Making Making 'special occasion' cards</p>	<p>Rectory Gardens Godmanchester PE29 2BH</p>	<p>Luminus Group Cherri Dawson Tel: 01480 456051 cherri.dawson@luminus.org.uk</p>
<p>Thursday 20th October 10:30am Cost: 50p</p>	<p>Special Occasion Card Making</p>	<p>Park View Brookside Huntingdon PE29 1AF</p>	<p>Luminus Group Andrew Watson Tel: 01480 411250 andrew.watson@luminus.org.uk</p>
<p>Thursday 27th October 3pm Cost: £1</p>	<p>CONTRAST – harmonised singers Carol & Clara singing duo with songs from the 50s. Tea/coffee and cake</p>	<p>Mill House Silver Street Ramsey PE26 1EP</p>	<p>Luminus Group Diane Soper – Sheltered housing Manager Tel: 07702 345975 diane.soper@luminus.org.uk</p>





EVENTS IN SOUTH CAMBS

All events are free unless otherwise stated and open to all.
Some events you will need to book onto and the details are given.

Date / time	Event	Venue	Contact details
Friday 7th, 14th, 21st, 28th October 10am-12pm Reduced price of £1 during October	World Folk Dance for Over 50s Taster sessions	British Legion Histon 22-24 Saffron Road Histon CB24 9LJ	Pat Welch Tel: 01223 329293 pat.welch@talktalk.net

Forever Active activities see page 16



Who to contact for more information

- **Cambridge City (general enquiries):**

Sally Roden, Tel: 01223 420309, Email: sally.roden@cambridge.gov.uk or
Georgina Poulter, Tel: 01223 508150, Email: georgina.poulter@cambridge.gov.uk

- **Fenland:** Sue Beel, Care Network; 01354 661926, Email: sue.b@care-network.org.uk
- **East Cambs:** Helen Randall, Tel: 01954 211919, Email: chiefofficer@care-network.org.uk
- **Huntingdonshire:** Claire Harris, Tel: 01480 418660, Email: claire.harris@cambridgeshire.nhs.uk
- **South Cambs:** Suan Rowland, Tel: 01223 290788, Email: suanrowland@btinternet.com

Or visit www.cambridge.gov.uk/ccm/content/community-and-living/annual-events/cambridgeshire-celebrates-age.en





'Cambridgeshire Celebrates Age' is supported by the following organisations



Thanks to

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