

50+ Active Body
Healthy Mind

Virtual
**Spring
Festival**



When? 4th April - 8th April 2022

How? Join us on Microsoft Teams & Community Meet Ups

Email: communitycoordinator@cardiff.gov.uk for an invite

Tel: 02920 234234

Independent Living Services

Caerdydd
Dementia
Gyfeillgar



Dementia
Friendly
Cardiff



Gwasanaeth
Cymorth
Lles Caerdydd
Cardiff Wellbeing
Support



Rise



Day 1 Monday 4th April 2022

What's on?

- 11am-1pm** The Plough Coffee Club Whitchurch (community session) Creative Lives art session
11am-1pm The Village Inn Lunch Club Pentwyn (community session) Tai Chi talk with June
3pm-4pm Community Cookery Cardiff Hubs & Libraries (online session)

Day 2 Tuesday 5th April 2022

What's on?

- 11am-1pm** Church Inn Lunch Club Llanishen (Community Session) RISE seated sports session
11am-1pm Community Walk with Jane Hubs & Libraries (Community Session) Meet at Insole Court Llandaff 11am
3-5pm Memory Lane Social Club (Online Session)
For people living with dementia and their carers

Day 3 Wednesday 6th April 2022

What's on?

- 11am-1pm** Ty Nant Over 50's Lunch Club Morganstown (Community Session) Sporting Memories Wales Session
1pm-2pm Reminiscence Monthly with the Museum of Cardiff Music Theme (Online intergenerational Session)
3-4pm Knit & Natter Cardiff Hubs & Libraries (Online Session)

Day 4 Thursday 7th April 2022

What's on?

- 10am-11am** Sporting Memories Cardiff Club (online session)
11am-12.30pm Community Coffee Morning St Mary's Church Butetown
Tai chi & Crafts with Jeanette (community Session)
1pm-3pm Meet up at Ely Hub Café Lunch Club Clock Cricket Session

Day 5 Friday 8th April 2022

What's on?

- Online Event Hosted by Independent Living Services 10am-3pm**
10.00am (meet & greet)
10.15 am-10.45 am Tai Chi with Jeanette
11.00am-12.00pm Listen to an audio play, Peerless by Owen Thomas followed by Q&A with the writer and Sherman Theatre
12-1pm Break for Lunch
1pm-1.30pm Online gardening session with Grow Cardiff
1.30pm-2pm Online Art Session with Creative Lives
2pm-2.30pm Goldies Cymru Sing & Smile (Cheryl)
2.30pm-3pm Raffle



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For more information contact
02920234234