

*My Community
What's in it for me?
Why not come
and join us?*

25th -27th September

50+

**Active Body
Healthy Mind
Festival**



Three days of activities at various locations

Arts & Crafts, Sport & Games, Live Music, Singing & Dance

Information Stalls with a range of information for older people and Intergenerational Taster Sessions with pupils from local schools

**Gwasanaethau Byw'n
Annibynnol**

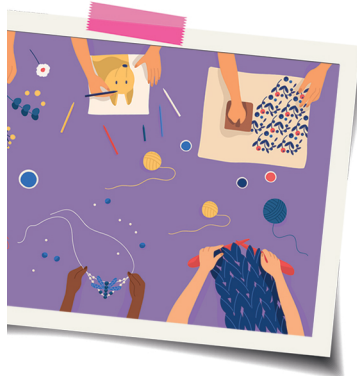
**Independent
Living Services**

MDL
Maximising Local Communities
At Delooney & Sons (Reading) Ltd

PRISM MEDICAL UK
Helping to transform lives every day

**UCHELGAI'S
PRIFDDINAS
CAPITAL
AMBITION**

**CARDIFF
CAERDYDD**



Day 1

When? Wednesday 25th September 11.30am -2.30pm

Where? Beulah Centre & Rhiwbina Library
Pantbach Road Rhiwbina Cardiff CF146AX

What's on? Arts & Crafts, Knit & Natter,
The Repair Café Taster Sessions & Workshops including:
Reminiscence Session, The Attic Project, Dementia
Friends & more

Day 2

When? Thursday 26th September 12.30 -3.30pm

Where? Maes Y Coed Community Centre,
1 Jubilee Gardens, Maes Y Coed Road, Cardiff, CF144PP

What's on? Walking Sports, Bowls, Rubicon Dance,
Tai chi, Table Tennis Mobi Game, Sporting Reminiscence
Session, Falls Prevention, Strength & Balance & more



Day 3

When? Friday 27th September 12-5pm

Where? Llanishen Rugby Football Club ,
77 Ty Glas Avenue, Llanishen, Cardiff, CF145PW

What's on? Music & Dance,
Planet Leroc Wales Modern Jive
Live Music from 'only rock n roll'
Choir Performances & Goldies Cymru
Music from the 50s, 60s 70s & 80's
Food Stall, Bar, Refreshments & more

50+



For more information contact
02920234234