



Day	Time	Activity	Location	Cost
Mon	11am -12.30pm	Sitting Strong , Improve, strength, balance & mobility Including coffee morning	Chantry Library, Hawthorn Drive IP2 0QY	£2.50
Tue	10.30am -11.30am	Better Balance Improve, strength, balance & mobility Followed by lunch club	St Mary Church Hall IP2 8DA	£2.00
Tue	Lunch served 12 noon	St Mary Lunch Club (Please call to book a meal)	St Mary Church Hall IP2 8DA	£4.00 for 2 course lunch
Tue	Lunch served 12 noon	Oasis Lunch Club (No need to book just turn up)	Ipswich International Church IP1 2HS	£3.50 for 2 course lunch
Tue	11am - 12 noon	Better Balance International women's exercise group, mainly standing	Manor Ballroom IP4 2BP	£2.00
Tue	1.30pm -2.30pm	Various wellbeing activities including boccia, dance, crafts, kurling etc	St Mary Church Hall IP2 8DA	£2.00
Wed	10am -11.30am	Postural Stability (Mainly Standing) Improve co-ordination, strength & mobility, Including coffee	Manor Ballroom IP4 2BP	£3.00
Wed	10am -11.30am	Better Balance Improve, strength, balance & mobility Including coffee morning	Hill House, Bildeston IP7 7ES	£2.50
Thu	10.30am -12 noon	Better Balance Improve, strength, balance & mobility Including coffee morning	All Hallows Court Gainsborough IP3 0EH	£2.50
Thu	2pm -3.30pm	Better Balance Improve, strength, balance & mobility Including coffee	Margery Girling House Felixstowe, IP11 9PE	£2.50
Thu	10.30 am - 12 noon	OTAGO - Falls Prevention Improve, strength, balance & mobility Including coffee morning	Stutton Community Hall Manningtree Road, Stutton IP9 2TA	£15 for 6 sessions
Fri	10.30am - 12 noon	Better Balance Improve, strength, balance & mobility Including coffee morning	Dundee House Renfrew Road IP4 3HT	£2.50

For more information call **01473 345350** or visit www.activlives.org.uk