



SPRINGTIME AT
THE CODDENHAM CENTRE

Mary Day Close, Coddendam, Ipswich, IP6 9SR

www.thecoddendamcentre.co.uk

enquiries@thecoddendamcentre.co.uk

Tuesday 17 March 10am - 2pm

KEEPING WELL THIS SEASON

HEALTH AND WELLBEING CHECKS

Advice and support ranging from FREE mini NHS Adult Health Checks, stop smoking, weight management & falls prevention. Drop in any time!
Contact: bewell.bus@snee.nhs.uk

Sunday 29 March 2 - 3pm

BUG HOTEL BUILD AND EASTER TRAIL

FOR ALL THE FAMILY

Help build a new bug hotel then collect a special Easter Trail Pack. FREE refreshments.

Friday 20 March 12.30 - 2pm

(OUR FINAL) KEEPING WELL IN WINTER SOUP SOCIAL

Fresh ingredients, cooked in Coddendam*
All welcome (FREE). Please bring a food bank donation, no matter how small or large.

Saturday 18 April 7pm - eyes down 7.30pm

QUIZ NIGHT

Our popular quiz night returns with questions set by quizmasters Linda & Roy Goodacre.
Reasonably priced bar open all evening.
Dolly's Pizza available from 6pm.

TICKETS £3 VIA THE SHOP/TICKETSOURCE

Friday 20 March 7.30pm - eyes down 8pm

BINGO NIGHT



IN AID OF ALZHEIMER'S RESEARCH UK

Eyes down 8pm.

Reasonably priced bar.

TICKETS £5 via QR code or on the door.

BOOK EARLY TO AVOID DISAPPOINTMENT

Sunday 26 April 10.30am - 2pm

SPRING BRUNCH AND FAMILY WALK

WALK UP AN APPETITE -

OPTIONAL GUIDED WALK WITH JANE

Followed by our breakfast baps including veggie option, filter coffee, buck's fizz, juice and pastries.

Brunch available to ALL, walkers or not.

Saturday 21 March 10.30am - 12.30pm

3Rs (REDUCE, REUSE, RECYCLE)

BUG HOTEL COLLECTION

Alongside collecting recycling, please bring material for our new bug hotel.

See separate poster or website for details.

Refreshments available.

Saturday 16th May 2 - 4pm

WINE & CHEESE TASTING

STEP INTO SUMMER

Enjoy Adnams' summer wines and fizz at a range of price points. Complemented by cheeses supplied by Hamish Johnston via Coddendam Community Shop.

TICKETS £10 VIA THE SHOP/TICKETSOURCE

EVERY WEEK: ARMCHAIR EXERCISE, BADMINTON, BALLET/TAP, NORDIC WALKING, PILATES, YOGA, TENNIS,
BABY/TODDLER GROUP **MONTHLY:** PIZZA, CHOOSE REFILLS, COFFEE STATION

OR BOOK YOUR OWN EVENT, MEETING OR ACTIVITY! CALL US ON 07720 206532