

Music24 Singing Cafe in Ampthill



Launching 8th Jan 2025

WHEN

2.00pm on selected Wednesday afternoons

WHERE

Parkside Community Hall, Woburn St, Ampthill, Bedford MK45 2HX

INFO

Expect tea, coffee and cake... and, more importantly, lots of singing and dancing... This group is aimed at those aged 55+ who are looking to get out and involved in their community, in a fun and interactive, welcoming setting.

Our aim is to use the many benefits of music and singing to enhance and maintain mental and physical health and wellbeing.

We welcome a suggested donation of £5 per person, if possible, to access this group.

www.music24.org.uk
info@music24.org.uk
01582 250024

Music24's Registered Charity No.: 1182196



MUSIC 24
MAKING MUSIC MATTER

This project is proudly supported by



**ROOKERY
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Session Dates for 2025:

Jan - Weds 8th & 22nd
Feb - Weds 5th & 19th
March - Weds 5th & 19th
Apr - Weds 2nd & 16th
May - Weds 14th & 28th
Jun - Weds 4th & 18th
Jul - Weds 2nd & 16th
Aug - Weds 6th & 20th
Sep - Weds 3rd & 17th
Oct - Weds 1st & 15th
Nov - Weds 5th & 19th
Dec - Weds 3rd & 17th

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