

**A warm welcome to  
The St Raphael**



# Thursday Club

**Keep fit**

**Games**

**Bingo**

**Flower arranging**

**Quizzes**



**Join us every  
other Thursday  
10.00am - 2.30pm**

**We are looking  
for volunteers  
and new  
members!**

**Special open day for  
new members:**

**10th October 2024**

**We are a friendly club for adults  
with disabilities or infirmities.  
Members can take part in a range  
of activities and choose to have a  
cooked 2-course lunch.**

Taxi transport can be arranged within  
Ipswich. The club takes place at:

**26 Highfield Road  
Ipswich, IP1 6DA**