

What's On Guide:
Dementia Friendly Reading
September 2026 Page 1 of 3



Tel: 0118 959 4242 | Email: DFreading@ageukberkshire.org.uk |
Web: www.ageukberkshire.org.uk

What	Time & date	Where	Details
MONDAYS			
Pop-In over 55s Coffee Morning	10am-12pm Every Monday	Oasis Community Pub, Carey Street, RG1 7JR	£3.50 per session, just come along or call 0118 950 2480 for info
Senior Citizen's Club & Lunch	10am-2pm Mon, Weds & Fri	Indian Community Centre, 2 Norris Road, Reading, RG6 1NJ	Call 0118 961 7713 / 07982 257020 or info@indiancc.co.uk . £7 per person, call 24hrs ahead for meal choice
Senior Club	9.30am-1pm Every week	Rivermead Leisure Centre, Richfield Avenue, Reading, RG1 8EQ	No booking req'd, £5.70 per person. Membership avail. Free tea & biscuits.
Wellbeing Sessions	2.15-2.45pm Every week	Hexham Community Centre, 1A Bamburgh Close, RG2 7UD	Free, seated, sociable fitness to improve strength and stamina. Call Kate 07706 357801 / email kate.wiggins@getberkshireactive.org
Star Club	1.30-4.30pm Weekly	Coley - call for address details	£15 includes lunch. Call 0118 950 2480 or email clubs@ageukreading.org.uk
TUESDAYS			
Singing for the Brain	10.30am-12pm 1st & 3rd Tue/mo	Kennet Valley Free Church, Calcot, RG31 7YT	Email berkshire@alzheimers.org.uk
Dementia Friendly Cinema Screening	10am-12pm 1st Tues/mo	Signature at Caversham, 2 Willow Close, RG4 6LB	Free. To find out what film is showing or to book call 0118 914 4566 or email enquiries.caversham@signaturesl.co.uk
Maintenance Cognitive Stimulation Therapy	11am-1.30pm Weekly	Woodley - call for address details	Call 0118 950 2480 or email clubs@ageukreading.org.uk £32 per session including lunch
Reading Golders Lunch Club	10.30am-3pm Every week	Wesley Methodist Church Hall, 84 Queens Road, Reading, RG1 4BW	Over 60s club for African / Caribbean community & friends. Lunch, dancing, fitness, singing. Call Ann Francois 07761 808973 email readinggolders@outlook.com . £5 for lunch. £1 for exercise sessions.
Wellbeing Session	11.30am-12pm 1st & 3rd Tues/month	Wesley Methodist Church Hall, 84 Queens Road, Reading, RG1 4BW	£1. Seated, sociable fitness to improve strength and stamina. Call Kate 07706 357801 / email kate.wiggins@getberkshireactive.org
Wellbeing Session	2.15-2.45pm Weekly	Cornerstones Extra Care Housing, Halcyon Terrace, RG30 4XR	Free, seated, sociable fitness to improve strength and stamina. Call Kate 07706 357801 / email kate.wiggins@getberkshireactive.org

**What's On Guide:
Dementia Friendly Reading
September 2026 Page 2 of 3**



Tel: 0118 959 4242 | Email: DFreading@ageukberkshire.org.uk |

Web: www.ageukberkshire.org.uk

WEDNESDAYS

Singing and Dancing for Wellness	10.30am-12.30pm 1st Weds/mo	The Biscuit Factory, 1 Queens Walk, Reading, RG1 7QE	Free. No need to book, just come along. More info: niamh.harrison@ypwd.info or 07467 437226
Tai Chi with Age UK Berkshire	9.45-10.45am or 11am-12pm Weekly	St Barnabas Church Hall, Grove Road, Emmer Green, RG4 8RA	£7 per session - first session FREE! No booking required. 0118 959 4242
Tai Chi with Age UK Berkshire	9.45-10.45am or 11am-12pm Weekly	Tilehurst Youth & Community Centre, The Triangle, Tilehurst, RG30 4UU	£7 per session - first session FREE! No booking required. 0118 959 4242
Senior Social Club	9.30am-12.30pm Every week	Meadway Sports Centre, Conway Close, RG30 4BZ	£5.70 per session or free to members www.bookings.better.org.uk/location/meadway-sports-centre
Senior Lunches	11.30am-2pm Fortnightly	Carey Baptist Church, Carey Street, RG1 7JS	£4 per person. Email: seniors@careybaptistchurch.org.uk
Community Cafe with Age UK Berkshire	10am-12pm 16th September	The Players Lounge - Select Car Leasing Stadium (Madejski Stadium), RG2 0TD	Free. Call Age UK Berkshire 0118 959 4242 for more info
Maintenance Cognitive Stimulation Therapy	11am-1.30pm Weekly	Caversham - call for address details	Call 0118 950 2480 or email clubs@ageukreading.org.uk £32 per session including lunch

THURSDAYS

Dementia Meet Up	10.30am-1.30pm Every week	Indian Community Centre, 2 Norris Road, Reading, RG6 1NJ	Free. Call 0118 207 2880 or email Niamh.Harrison@ypwd.info prior to attending
Maintenance Cognitive Stimulation Therapy	11am-1.30pm Weekly	Coley - call for address details	Call 0118 950 2480 or email clubs@ageukreading.org.uk £32 per session including lunch
Wellbeing Session	10-10.30am Weekly	Chimney Court, Shilling Close, RG30 4EN	Free, seated, sociable fitness to improve strength and stamina. Call Kate 07706 357801 / email kate.wiggins@getberkshireactive.org
Carers Get Together	10.30am-12.30pm 3rd Thu/month	Atrium Coffee Shop, Greyfriars Church, Friar St, Reading, RG 1 1EH	A relaxed place to chat to other carers and get information and advice. Call Lesley 0118 966 2518 or email carers@readingmencap.org.uk
Carer's Cafe	10am-12pm 24th September	Signature at Caversham, 2 Willow Close, RG4 6LB	Meet other carers, chat, share experiences. Free refreshments. You're welcome to bring the person you care for and, if they'd like, they can join in the activities we are hosting on the day



Tel: 0118 959 4242 | Email: DFreading@ageukberkshire.org.uk |
Web: www.ageukberkshire.org.uk

FRIDAYS

Memory Lane Singing Cafe with Age UK Berkshire	10.30am - 12pm 2nd Fri of month	Reading Music Centre, 100 Stoneham Close, Tilehurst, RG30 4EZ	£3 per person. No need to book. Info: 0118 959 4242
Maintenance Cognitive Stimulation Therapy	11.15am - 1.45pm Weekly	Woodley - call for address details	Call 0118 950 2480 or email clubs@ageukreading.org.uk . £32 per session including lunch
The Friday Blend	2-4pm weekly	Signature at Caversham, 2 Willow Close, RG4 6LB	Range of activities for over 50s, card games, guest speakers, books etc. 0118 914 4566 or email enquiries.caversham@signaturesl.co.uk