

Age UK Berkshire Active Living timetable - Winter 2018/19

	9am	10am	11am	12pm	1pm	2pm	3pm	4pm
Mon			Dementia Café (Wokingham) - every 2nd Monday of the month					
Tues		Badminton (Rivermead)	Yoga (Slough)		Chair Yoga (Bracknell)			Silver Surfers (Maidenhead)
Wed		Tai Chi advanced (Tilehurst)	Tai Chi (Bracknell)		Tai Chi (Langley)		Tai Chi (South Reading)	
		Tai Chi (Emmer Green)	Tai Chi beginners (Tilehurst)		Tai Chi (Emmer Green)			
			Singing group (Slough)					
Thur			Singing group (Tilehurst)					
Fri		Pilates (Slough)	Walking football (Rivermead)					

For further details of any class, contact Age UK Berkshire on 0118 959 4242 or email info@ageukberkshire.org.uk
 Age UK Berkshire, Huntley House, 119 London Street, Reading RG1 4QA

Classes by location

Where	When	What	Address	Price	How to book	Notes
Bracknell	Mondays 12:30-1:30	Chair Yoga	Community Centre, Great Hollands Square, Bracknell RG12 8UX	£3.00	Just turn up!	First 6 weeks free
	Tuesdays 11:00-12:00	Tai Chi	Community Centre, Great Hollands Square, Bracknell RG12 8UX	£5.00*	Just turn up!	First class is free
Maidenhead	Tuesdays 3:30-4:30	Silver Surfers computer tuition	Cox Green Library, Highfield Lane, Maidenhead SL6 3AX	£35 for a 10-week course	Phone Age UK Berks on 0118 959 4242	One to one tuition
Reading	Tuesdays 10:00-11:00	Badminton	Rivermead Leisure Centre, Richfield Avenue, Reading RG1 8EQ	£5.00	Just turn up!	Equipment provided
	Wednesdays 9:45-10:45	Tai Chi	St Barnabas Church Hall, Grove Road, Emmer Green , Reading RG4 8RA	£5.00*	Just turn up!	First class is free
	Wednesdays 11:00-12:00	Tai Chi	St Barnabas Church Hall, Grove Road, Emmer Green , Reading RG4 8RA	£5.00*	Just turn up!	First class is free
	Wednesdays 9:45-10:45	Tai Chi (advanced)	Tilehurst Community Centre, The Triangle, Reading RG30 4UU (above Co-op)	£5.00*	Just turn up!	First class is free
	Wednesdays 11:00-12:00	Tai Chi (beginners)	Tilehurst Community Centre, The Triangle, Reading RG30 4UU (above Co-op)	£5.00*	Just turn up!	First class is free
	Wednesdays 2:00-3:00	Tai Chi	Christ The King Church, 408 Northumberland Avenue, South Reading RG2 8NR	£5.00*	Just turn up!	First class is free
	Thursdays 11:00-12:00	Singing group	Tilehurst Methodist Church, 26 School Road, Tilehurst , Reading RG31 5AN	£2.00*	Just turn up!	All abilities welcome
	Fridays 11:00-12:00	Walking football	Rivermead Leisure Centre, Richfield Avenue, Reading RG1 8EQ	£4.00	Just turn up!	All levels welcome
Slough	Tuesdays 10:30-11:45	Yoga	St Francis Church, London Road, Langley , Slough SL3 7LN	£4.50	Just turn up!	
	Tuesdays 1:00-2:00	Tai Chi	St Mary's Church Centre, Langley Road, Slough SL3 7ER	£3.50*	Just turn up!	First class is free
	Wednesdays 12:00-1:00	Singing group	St Francis Church, London Road, Langley , Slough SL3 7LN	£3.00*	Just turn up!	All abilities welcome
	Fridays 10:00-11:00	Pilates	Cippenham Baptist Church, 11 Elmshott Lane, Cippenham , Slough SL1 5QS	£4.50	Just turn up!	
Wokingham	2nd Monday of the month 11:00-3:00	Dementia Café for clients and carers	Sue Ryder Day Hospice, Wokingham Hospital, 41 Barkham Road, Wokingham RG41 2XR	£5.00**	Phone Age UK Berks on 0118 959 4242	Gentle exercise and live music

*includes refreshments

**includes hot lunch and refreshments

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