

Age UK Berkshire: Active Living Timetable v13

	9am				10am				11am				12pm				1pm				2pm				3pm				4pm															
Mon	Dementia Café (Wokingham hospital, Every second Monday of the month)																																											
Tues	Badminton Rivermead								Tai Chi (Bracknell)								Yoga Slough								Tai Chi (Langley)								Silver Surfers (Maidenhead)											
Wed	Tai Chi (Tilehurst) Advanced								Tai Chi - beginners class (Tilehurst)								Tai Chi (South Reading)																											
	Tai Chi - (Emmer Grn)								Tai Chi - (Emmer Grn)								Singing Group (Slough)								Zumba Gold (West Reading)																			
	Silver Surfers (Reading Library)								Silver Surfers (Reading Library)								Silver Surfers (Newbury Library)								Silver Surfers (Newbury Library)																			
Thur	Singing Group (Tilehurst)								Chair Yoga (Bracknell)																																			
Fri	Pilates (Slough)																																											
	9.45 Start	*Nordic Walking Course (Caversham)																																										
	Walking Football Rivermead (run by Rivermead)																																											

Contact: Active Living Coordinator on 0118 959 4242 or Email - [info@ageukberkshire.org.uk](mailto:info@ageukberkshire.org.uk)  
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