

Age UK Berkshire: Active Living Timetable V13

Day	Time	Activity	Description	Location	Cost	Email	Booking required?
Monday (second mon of the month only)	11.00am - 3.00pm	Dementia Café	Gentle exercise and live music. Hot cooked lunch and refreshments included. For clients and carers	Sue Ryder Day Hospice Wokingham Hospital, 41 Barkham Road Wokingham RG41 2XR	£10.00	Info@ageukberkshire.org.uk	Yes
Tuesday	10.00am - 11.00am	Badminton	One hour of Badminton led by a coach. All levels welcome and equipment is provided.	Rivermead Leisure Centre, Richfield Avenue, Reading, RG1 8EQ	£5.00 per session	Info@ageukberkshire.org.uk	No - just turn up!
Tuesday	10.30am-11.45am	Yoga	Yoga (outdoors in good weather, otherwise in the hall)	St Francis Church, London Road, Langley, Slough SL3 7LN	£4.50	Info@ageukberkshire.org.uk	No - just turn up!
Tuesday	11am - 12.00pm	Tai Chi	One hour of Tai Chi followed by refreshments	Great Hollands Community Centre, Bracknell, RG12 8UX	£5.00	Info@ageukberkshire.org.uk	No - just turn up!
Tuesday	1:00pm - 2:00pm	Tai Chi	One hour of Tai Chi followed by refreshments	St Mary's Church Centre Langley Road Slough SL3 7ER	£3.50	Info@ageukberkshire.org.uk	No - just turn up!
Tuesday	3.30pm – 4.30pm	Silver surfers	One to one tuition in computing so you can learn what you want at your own pace.	Cox Green Library, Highfield Lane, Maidenhead, SL6 3AX	£35 for a 10 week course	Info@ageukberkshire.org.uk	Yes
Wednesday	(1) 9.45 - 10.45am (2) 11.00-12.00pm	Tai Chi	One hour of Tai Chi and refreshments: (1) - Tai Chi (2) - Tai Chi	St Barnabus Church Hall, Grove road, Emmer Green, RG4 8RA	£5.00 (First session free)	Info@ageukberkshire.org.uk	No - just turn up!
Wednesday	(1) 9.45am-10.45am (2) 11am - 12.00pm	Tai Chi	One hour of Tai Chi and refreshments: (1) for those a little more confident (2) for beginners Refreshments served between the two sessions.	Tilehurst Youth and Community Centre, Tilehurst (above Co-Op) Reading, RG30 4UU	£5.00 (First session free)	Info@ageukberkshire.org.uk	No - just turn up!
Wednesday	2pm-3.00pm	Tai Chi	One hour of Tai Chi followed by refreshments	Christ the King Church 408 Northumberland Ave, Reading RG2 8NR	£5.00 (First session free)	Info@ageukberkshire.org.uk	No - just turn up!
Wednesday	1.30pm - 2.15pm	Zumba Gold	Zumba Gold is low impact dance moves modified to meet the needs of people who are 50+ in a friendly and fun atmosphere	Emmanuel Methodist Church, 448 Oxford Road, Reading, RG30 1EE	£5.00 (First session half price)	Info@ageukberkshire.org.uk	No - just turn up!
Wednesday	10.30am - 11.30am 11.45 - 12.45pm	Silver surfers	One to one tuition in computing so you can learn what you want at your own pace.	Reading Library, Abbey Square, Reading, RG1 3BQ	£35 for a 10 week course	Info@ageukberkshire.org.uk	Yes
Wednesday	12.00pm - 1.00pm	Singing Group	Fun and friendly group, led by our enthusiastic singing coach. No audition, all abilities welcome.	St Francis Church, London Road, Langley, Slough SL3 7LN	£3.00	Info@ageukberkshire.org.uk	No - just turn up!
Wednesday	1.00pm - 4.00pm (3 sessions)	Silver surfers	One to one tuition in computing so you can learn what you want at your own pace.	Newbury Library, The Wharf, Newbury, RG14 5AU	£35 for a 10 week course	Info@ageukberkshire.org.uk	Yes
Thursday	11:00am-12:00pm	Singing Group	Fun and friendly group, led by our enthusiastic singing coach. No audition, all abilities welcome.	Tilehurst Methodist Church, 26 School Road, Tilehurst, Reading, RG31 5AN	£2.00	Info@ageukberkshire.org.uk	No - just turn up!
Thursday	1.30pm - 2.30pm	Chair yoga	A one hour session followed by refreshments	Great Hollands Community Centre The Square, Great Hollands, Bracknell, RG12 8UX	£5.00	Info@ageukberkshire.org.uk	No - just turn up!
Friday	9.45am - 11:00am	Nordic Walking for Health	One hour of Nordic walking led by a trained instructor. You must have done a beginner's course.	Caversham	£25.00 for 8 week course	Info@ageukberkshire.org.uk	Yes
Friday	10:00am - 11:00am	Pilates	45 minutes of Pilates, led by a qualified instructor	Cippenham Baptist Church 11 Elmshott Lane, Cippenham, Slough SL1 5QS	£4.50	Info@ageukberkshire.org.uk	No - just turn up!
Friday	11.00am - 12.00pm	Walking Football	One hour introduction to Walking Football. Suited to all levels of football	Rivermead Leisure Centre, Caversham	£4.00	Info@ageukberkshire.org.uk	No - just turn up!