



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

TUESDAYS			
Memory Café	2-3:30pm 18th November	St Nicholas Church, Sutcliffe Ave Earley, RG6 7JN	Free. 0118 966 9080 bookings@stnicholas.org.uk
Singing By Heart	11am-12pm 3rd November	Salvation Army, Chalfont Close, RG6 5HZ	lower.earley@salvationarmy.org.uk or call 0118 931 0760
Boccia with Age UK Berkshire	11am-12pm Every Tues	Cantley Park Pavilion, Wokingham, RG40 5QG	£3 per session. No need to book, just turn up
Social Drop-In with Age UK Berkshire & the Dementia Care Advisers	11.30am-1pm 24th November (4th Tues/month)	The George, Loddon Bridge Road, Earley, RG6 7EN	Free. No booking needed. Optional drinks and food at additional cost.
MCST (Maintenance Cognitive Stimulation Therapy) Groups 1 & 2 with Age UK Berkshire	Group 1: 2-3.30pm 10th and 24th Nov Group 2: 2-3.30pm 3rd and 17th Nov	Radstock Community Centre, Radstock Lane, Lower Earley, RG6 5UZ	Pre-assessment essential. £5 per session. Call 0118 959 4242 for more info.
WEDNESDAYS			
Alzheimer's Cafe	2-3:30pm Fortnightly on Weds (term time)	Bradbury Centre, Rose Street, Wokingham, RG40 1XS	Call 0118 977 6898 Or Kim Tame: 07895 929295
Dementia Friendly Fish & Chips	12pm-1:30pm 5th November	Chalk Restaurant, 31 Broad St, Wokingham RG40 1AU	GoodOaks Home Care Free meal (guest & carer) Call 01344 961431
Social Drop-In at Squires with Age UK Berkshire	11am-12.30pm 11th November (2nd Weds of month)	Squires Garden Ctre, Floral Mile, Hare Hatch, Twyford, RG10 9SW	No booking needed. Free. (Optional drinks and food at additional cost)
Seated Yoga with Age UK Berkshire	1.45-3.30pm 11th November	Coronation Hall, Headley Road, Woodley, Reading, RG5 4JD	£3 per person. On-site cafe afterwards - refreshments free
Boccia and Social Cafe with Age UK Berkshire	2-3.30pm 4th and 18th November	Coronation Hall, Headley Road, Woodley, Reading, RG5 4JD	£3 per person. Socialise at the cafe afterwards - refreshments free
Boccia and Social Cafe with Age UK Berkshire	10-11am Every Wednesday	Swallowfield Parish Hall, Reading, RG7 1QX	£3 per person - social cuppa afterwards (extra cost)
Strength and Balance	14:15-15:00 every Wednesday	Bulmershe Leisure Centre Woodlands Avenue, Reading, RG5 3EU.	Places Leisure Cost is £4.50 a session, unless you have membership Call 0118 338 5959



THURSDAYS

Walking Group with Age UK Berkshire	10-11am 12th November	Cantley Park Pavilion, Wokingham, RG40 5QG	Free. Half hour walk with breaks, socialising and cafe stop. Call 0118 959 4242 for info.
Singing for the Brain with the Alzheimer's Society	2-3:30pm 5th & 19th November	Charvil Village Hall, Park Lane, Charvil, RG10 1TN	Booking required. Email: annabell.kirby@alzheimers.org.uk or call: 0118 959 6482
Seated Yoga with Age UK Berkshire	1.45 - 3.30pm 26th November	Charvil Village Hall, Park Lane, Charvil, RG10 9TR	£3 per person - call Age UK Berkshire on 0118 959 4242 for more info
Space for All Drop In Cafe with The Link	10am-1pm Every Thursday	All Saints Church, London Road, Wokingham, RG40 1TN	No need to book, just come along
Strength and Balance	12.45 - 13.30 every Thursday	Bulmershe Leisure Centre Woodlands Avenue, Reading, RG5 3EU.	Places Leisure Cost is £4.50 a session, unless you have a membership Call 0118 338 5959
Twyford Growers	10.00-12.00 am every Thursday	Hurst Road Allotments RG10	Free Email: twyfordgrowers@gmail.com Tel: 07718 882792
Chatty Cafe Wargrave	1:30 - 3:00pm Every Thursday	H'artisan Speciality Cafe, 69-71 High Street, Wargrave	Pop in for a chat with dementia friendly volunteers

FRIDAYS

Seated Yoga with Age UK Berkshire	10.30-11.30am every Friday	Finchampstead Baptist Church, Gorse Ride North, Finchampstead, RG40 4ES	£3 per person, booking essential: 0118 959 4242. Socialising after class in the on-site coffee shop.
St Sebastians Cafe	1-2.30pm 6th November	St Sebastian's Parish Hall, Nine Mile Ride, Wokingham, RG403AT	Free, just come along.
Dementia Friendly Coffee Club	10am- 11:30am every Friday	Finchampstead Baptist Church, Gorse Ride North, Finchampstead, RG40 4ES	GoodOaks Home Care Free coffee and cake for guests and carers. Call 01344 961431
Memory Lane Singing Group Age UK Berkshire	11.00 - 12.30 23rd (fourth Friday)	The Cornerstone, Norreys Avenue, Wokingham, RG40 1UE	Cost is £3 per person No booking
Musical Fridays Lower Earley Library	3:30 - 4:30pm Term Time	Lower Earley Library, Chalfont Way, Reading, RG12 5HZ	Free, no booking required. Come along and enjoy the music.
Chair Yoga Woodley Library	10:30 - 11:30am 2nd, 4th Friday of month	Woodley Library, Sandford Court, 6 Headley Road, Reading, RG5 4JA	Free, no booking required. Come along and enjoy with a qualified Yoga teacher.