



TUESDAYS

Memory Café	2-3:30pm 13th October	St Nicholas Church, Sutcliffe Ave Earley, RG6 7JN	Free. 0118 966 9080 bookings@stnicholas.org.uk
Singing By Heart	11am-12pm 6th October	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
OKTOBERFEST Tea Dance Age UK Berkshire 	2 - 4.30 pm 6th October	Swallowfield Parish Hall, Reading, RG7 1QX	 Ticket £4 per person Booking essential Call 0118 959 4242 for more info
Social Drop-In with Age UK Berkshire & the Dementia Care Advisers	11.30am-1pm 27th October (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 13th and 27th Oct Group 2: 2-3.30pm 20th October	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 7th October	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 14th October (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 14th October	Coronation Hall, Headley Road, Reading, RG5 4JD	£3 per person. On-site cafe afterwards - refreshments free
Boccia and Social Cafe with Age UK Berkshire	2-3.30pm 7th and 21st October	Coronation Hall, Headley Road, 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



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

THURSDAYS

Walking Group with Age UK Berkshire	10-11am 1st October	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 1st & 15th October	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 22nd October	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 membership Call 0118 338 5959 f
Twyford Growers	Thursday Mornings	Hurst Road Allotments RG10	Email: twyfordgrowers@gmail.com Tel: 07718 882792
Wokingham Film Society, Relaxed Screening	22nd October, 1.00pm to 3:30pm	Whitty Theatre, Luckley House School, Luckley Rd, Wokingham RG40 3EU	Booking essential - call The Link on 0118 979 8019 to book. Free, Tea, coffe and cake.

FRIDAYS

Seated Yoga with Age UK Berkshire	10.30-11.30am Every Friday No class on Friday 30 th Oct.	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 9th October	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