

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>10:30 - 12:00 Alzheimer's Society Singing for the Brain Kennet Valley Free Church, Calcot</p> <p>11:15-12:15 Get Berkshire Active Seated Exercise Fair Close Centre Newbury</p>	<p>10:30 - 11:45 Dementia Cafe (Talking Tables) The Fair Close Centre, Newbury</p> <p>14:15-15:15 Get Berkshire Active Seated Exercise Frank Hutchings Hall Thatcham</p> <p>18:00 - 19:00 Get Berkshire Active Seated Yoga @ The Dorman Rooms, Pangbourne</p>	<p>11:00-12:00 MOVEability Seated Exercise Chieveley Village Hall</p> <p>14:00-15:00 MOVEability Seated Exercise Alice Bye Court, Thatcham</p>		<p>11:00 - 12:00 Dog cafe Winchcombe Place Newbury</p>	
1	2	3	4	5	6	7
<p>10:00 - 12:00 Age UK Berkshire Carers Support Group - Calcot</p>	<p>11:00-12:00 Senior Choir Winchcombe Place Newbury</p> <p>11:15-12:15 Get Berkshire Active Seated Exercise Fair Close Centre Newbury</p>	<p>10:30 - 11:45 Dementia Cafe (Crafts) The Fair Close Centre, Newbury</p> <p>11:00 - 14:00 Educafe Community Cafe West Berkshire Libraries Newbury</p> <p>14:15-15:15 Get Berkshire Active Seated Exercise Frank Hutchings Hall Thatcham</p> <p>18:00 - 19:00 Get Berkshire Active Seated Yoga @ The Dorman Rooms, Pangbourne</p>	<p>11:00 onwards 55+ Cinema Club Corn Exchange, Newbury</p> <p>11:00-12:00 MOVEability Seated Exercise Chieveley Village Hall</p> <p>14:00-15:00 MOVEability Seated Exercise Alice Bye Court, Thatcham</p> <p>14:30 - 15:00 Dementia Friendly Worship Methodist Church Hungerford</p>	<p>10:30 - 12:00 AUKB/ Berkshire Music Trust Memory Lane Singing Cafe Reading Music Centre Reading</p>		
8	9	10	11	12	13	14



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>10:30- 12:00 The British Legion Hungerford Hungerford Memory Singers</p> <p>10:00 - 12:00 Age UK Berkshire Carers Support Group - Burghfield Village Hall</p> <p>15</p>	<p>10:00 - 12:00 Age UK Berkshire Carers Support Group -Riverside Community Centre, Newbury</p> <p>11:15-12:15 Get Berkshire Active Seated Exercise Fair Close Centre Newbury</p> <p>11.00 - 12.00 Senior Choir Winchcombe Place, Newbury</p> <p>16</p>	<p>10:00 - 12:00 Age UK Berkshire/ Reading Football Club Dementia Cafe</p> <p>10:30 - 11:45 Dementia Cafe (Music) The Fair Close Centre, Newbury</p> <p>10:30am-12pm Memory Cafe Corn Exchange, Newbury</p> <p>14:15-15:15 Get Berkshire Active Seated Exercise Frank Hutchings Hall Thatcham</p> <p>18:00- 19:00 Get Berkshire Active Seated Yoga @ The Dorman Rooms, Pangbourne</p> <p>10:30-11:30 Everyone Active - Senior Circuits John Cumber Hall Theale</p> <p>17</p>	<p>10:00 - 11:30 Age UK Berkshire Dementia Walk Greenham Common Newbury</p> <p>11:00-12:00 MOVEability Seated Exercise Chieveley Village Hall</p> <p>14:30 16:00 Thatcham Methodist Church Vintage Adventure</p> <p>14:00-15:00 MOVEability Seated Exercise Alice Bye Court, Thatcham</p> <p>18</p>	<p>10:30-12:00 AUKB/Berkshire Music Trust Memory Lane Singing Cafe Fair Close Centre, Newbury</p> <p>19</p>	<p>14:00 : 15:30 CommuniTEA Relaxed film screening Methodist Church Hungerford</p> <p>20</p>	<p>21</p>
<p>10:00 - 12:00 Age UK Berkshire Carers Support Group - @ Hungerford Library</p> <p>22</p>	<p>11:15-12:15 Get Berkshire Active Seated Exercise Fair Close Centre Newbury</p> <p>11.00 - 12.00 Senior Choir Winchcombe Place, Newbury</p> <p>23</p>	<p>14:30 16:00 Newbury Methodist Church The Evergreen Fellowship</p> <p>18:00- 19:00 Get Berkshire Active Seated Yoga @ The Dorman Rooms, Pangbourne</p> <p>24</p>	<p>10:30-12:30 Jubilee Garden Drop-In, Thatcham Town Council</p> <p>11:00-12:00 MOVEability Seated Exercise Chieveley Village Hall</p> <p>14:00-15:00 MOVEability Seated Exercise Alice Bye Court, Thatcham</p> <p>14:30 - 16:00 Falkland Grange Care Home Friendship</p> <p>25</p>	<p>14:00 - 15:30 Winchcombe Place Newbury Friendship cafe</p> <p>26</p>	<p>27</p>	<p>28</p>



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<div>10:30- 12:00</div> <div>The British Legion Hungerford Hungerford Memory Singers</div> <div>10:00 - 12:00</div> <div>Age UK Berkshire Carers Support Group - Burghfield Village Hall</div> <div>29</div>	<div>10:00 - 12:00</div> <div>Age UK Berkshire Carers Support Group -Riverside Community Centre, Newbury</div> <div>11.00 - 12.00</div> <div>Senior Choir Winchcombe Place, Newbury</div> <div>11:15-12:15</div> <div>Get Berkshire Active Seated Exercise Fair Close Centre Newbury</div> <div>30</div>	<div>10:00 - 12:00</div> <div>Age UK Berkshire/ Reading Football Club Dementia Cafe</div> <div>10:30 - 12:00</div> <div>AUKB/Dementia Cafe /Carers Support Lambourn</div> <div>14:15-15:15</div> <div>Get Berkshire Active Seated Exercise Frank Hutchings Hall Thatcham</div> <div>14:30 16:00</div> <div>Newbury Methodist Church The Evergreen Fellowship</div> <div>18:00- 19:00</div> <div>Get Berkshire Active Seated Yoga @ The Dorman Rooms, Pangbourne</div> <div>31</div>				



January 2024

<div> <div>Mondays</div> <div>Tuesdays</div> <div>Wednesdays</div> <div>Thursdays</div> <div>Fridays</div> <div>Saturday</div> <div>Sunday</div> </div>						
<div>14:00- 16:00</div> <div>St Michael's Vicarage,</div> <div>Lambourn</div> <div>Coffee & Chat</div>	<div>11:15- 12:15</div> <div>Get Berkshire Active</div> <div>Seated Exercise</div> <div>@The Fair Close Centre</div> <div>Newbury</div> <div>11:00-12:00</div> <div>Senior Choir</div> <div>Winchcombe Place</div> <div>Newbury</div> <div>14:15- 15:15</div> <div>Get Berkshire Active</div> <div>Seated Exercise</div> <div>@Cornerstones</div> <div>Tilehurst</div>	<div>10:30 - 11:30</div> <div>Get Berkshire Active</div> <div>Seated Exercise - Virtual</div> <div>11:00- 14:00</div> <div>Educafe Community</div> <div>Cafe-</div> <div>West Berkshire Libraries</div> <div>(from 10th Jan)</div> <div>9.30am-12.30pm</div> <div>Community Garden Drop</div> <div>in</div> <div>Shaw House</div> <div>Newbury</div> <div>14:15- 15:15</div> <div>Get Berkshire Active</div> <div>Seated Exercise</div> <div>@ Frank</div> <div>Hutchings Hall</div> <div>Thatcham</div> <div>15:00</div> <div>Knit and Natter</div> <div>Winchcombe Place</div> <div>Newbury</div> <div>15:30- 16:30</div> <div>Get Berkshire Active</div> <div>Seated Exercise</div> <div>@ Theale Library</div> <div>18:00- 19:00</div> <div>Get Berkshire Active</div> <div>Seated Yoga @</div> <div>The Dorman</div> <div>Rooms, Pangbourne</div>	<div>10:00-11:30</div> <div>Stitch and Sew</div> <div>Corn Exchange, Newbury</div> <div>10:30-12:30</div> <div>Coffee Companions</div> <div>Corn Exchange, Newbury</div> <div>10:00- 11:00</div> <div>Get Berkshire Active</div> <div>Seated Exercise</div> <div>Chimney Court , Tilehurst</div> <div>10:10 - 11:10</div> <div>Elevate Escalate</div> <div>Thatcham Chair Yoga</div> <div>11:00-12:00</div> <div>Winchcombe Place, Newbury</div> <div>Love To Move</div> <div>11:00-12:00 MOVEability</div> <div>Seated Exercise & Social</div> <div>Chieveley Village Hall</div> <div>11:15- 12:15</div> <div>Get Berkshire Active</div> <div>Seated Exercise @Blands</div> <div>Court Burghfield Common</div> <div>14:00-15:00 MOVEability</div> <div>Seated Exercise & Social</div> <div>Alice Bye Court, Thatcham</div> <div>14:30</div> <div>15:00-16:00</div> <div>Get Berkshire Active</div> <div>Seated Exercise @ Calcot</div> <div>Centre</div> <div>- 16:00 Falkland Grange</div> <div>Care Home</div> <div>Friendship Cafe</div>	<div>10:30-12:00</div> <div>Ageing Creatively 55+</div> <div>World Crafts</div> <div>Newbury Library</div> <div>Fri 1 Sep - 13 Oct</div>		<div>12:00- 15:30</div> <div>CommuniTEA</div> <div>Methodist Church</div> <div>Hungerford</div>



Every week in 2024