





Feb 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
				<p>1st</p> <p>10:00-11:30am Stitch & Sew The Corn Exchange, Newbury FREE, booking required</p> <p>10:00-12:30 Community Garden Drop-In, Shaw House, Newbury</p> <p>10:10-11:00 Chair Yoga (by Elevate Escalate) at Allenova Dance Studios, Thatcham</p> <p>10:30-12:30 Coffee Companions Corn Exchange FREE, no booking required</p> <p>11:00 Love to Move Winchcombe Place, Newbury</p> <p>11:00-12:00 Seated Exercise (by MOVEability) Chieveley Village Hall E: info@moveability.org.uk</p> <p>11:15am Seated Exercise (by Get Berkshire Active) Blands Court, Burghfield Common</p>	<p>2nd</p>	<p>3rd</p>	<p>4th</p> <p>12:00-15:30 CommuniTEA Free snacks and drinks drop-in Hungerford Methodist Church, Bridge St, Hungerford</p>

Feb 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
				<p>13:00 Thursday Hub – social with afternoon tea (by The Pangbourne Forum) The George Hotel, Pangbourne</p> <p>14:00-15:00 Seated Exercise (by MOVEability) Alice Bye Court, Thatcham</p>			
							
	<p>5th</p>	<p>6th</p> <p>10:15/11:00 (hot drinks/start singing) One Voice Community Choir (by The Pangbourne Forum) The George Hotel, Pangbourne</p> <p>10:30 - 12:00: Singing for the Brain (by Alzheimers Society) Kennet Valley Free Church, Calcot RG31 7YT Tel: 0118 9596482 berkshire@alzheimers.org.uk</p> <p>11:00 Senior Choir Winchcombe Place Newbury</p>	<p>7th</p> <p>10:30-11:45 Dementia Café Speaker: Jane Fletcher “Making Memories” Fair Close Centre, Newbury</p> <p>10:30 Online Seated Exercise (by MOVEability) E: info@moveability.org.uk</p> <p>10:30-11:30 Senior Circuits (by Everyone Active) John Cumber Hall, Theale</p> <p>11:00-14:00 Educafe (Community Café) with seated Yoga. Newbury Library</p>	<p>8th</p> <p>10:00-11:30am Stitch & Sew The Corn Exchange, Newbury FREE, booking required</p> <p>10:00-12:30 Community Garden Drop-In, Shaw House, Newbury</p> <p>10:10-11:00 Chair Yoga (by Elevate Escalate) Allenova Dance Studios, Thatcham</p> <p>10:30-12:30 Coffee Companions Corn Exchange FREE, no booking required</p>	<p>9th</p> <p>10:30-12:00 Memory Lane Singing Cafe (by Age UK Berkshire) Reading Music Centre, Tilehurst, RG30 4EZ</p>	<p>10th</p>	<p>11th</p> <p>12:00-15:30 CommuniTEA Free snacks and drinks drop in Hungerford Methodist Church, Bridge St, Hungerford</p>

Feb 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
		<p>11:15-12:15: Seated Exercise (by Get Berkshire Active) Fair Close Centre, Newbury</p>	<p>14:00-16:00 Cribbage (by The Pangbourne Forum) The George Hotel, Pangbourne Free – just buy a drink!</p> <p>14:15 Seated Exercise (by Get Berkshire Active) Frank Hutchings Hall, Thatcham</p> <p>18:00 Seated Yoga & Mindfulness (by Get Berkshire Active) Dorman Rooms, Pangbourne</p>	<p>11:00 Love to Move Winchcombe Place, Newbury</p> <p>11:00-12:00 Seated Exercise (by MOVEability) Chieveley Village Hall E: info@moveability.org.uk</p> <p>11:15am Seated Exercise (by Get Berkshire Active) Blands Court, Burghfield Common</p> <p>13:00 Thursday Hub – social with afternoon tea (by The Pangbourne Forum) The George Hotel, Pangbourne</p> <p>14:00-15:00 Seated Exercise (by MOVEability) Alice Bye Court, Thatcham</p> <p>14:30 Hungerford Worship with drinks and biscuits Methodist Church, Hungerford, RG17 0EH</p>			
							

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	<p>12th</p> <p>10:00-12:00 Carers Support Group (by Age UK Berkshire) The Calcot Centre Highview, Calcot</p> <p>11:00 Over 55's Cinema Club Corn Exchange, Newbury</p>	<p>13th</p> <p>10:15/11:00 (hot drinks/start singing) One Voice Community Choir (by The Pangbourne Forum) The George Hotel, Pangbourne</p> <p>11:15-12:15: Seated Exercise (by Get Berkshire Active) Fair Close Centre Newbury</p>	<p>14th</p> <p>10:30-11:45 Dementia Café Music with Berkshire Music Trust Fair Close Centre, Newbury</p> <p>10:30 Online Seated Exercise (by MOVEability) E: info@moveability.org.uk</p> <p>11:00-14:00 Educafe (Community Café) with seated Yoga. Newbury Library</p> <p>14:15 Seated Exercise (by Get Berkshire Active) Frank Hutchings Hall, Thatcham</p> <p>18:00 Seated Yoga & Mindfulness (by Get Berkshire Active) Dorman Rooms, Pangbourne</p>	<p>15th</p> <p>10:00-11:30am Stitch & Sew The Corn Exchange, Newbury FREE, booking required</p> <p>10:00-12:30 Community Garden Drop-In, Shaw House, Newbury</p> <p>10:10-11:00 Chair Yoga (by Elevate Escalate) Allenova Dance Studios, Thatcham</p> <p>10:00 Dementia Friendly Walk – Age UK Berkshire Thatcham Discovery Lakes</p> <p>10:30-12:30 Coffee Companions Corn Exchange FREE, no booking required</p> <p>11:00 Love to Move Winchcombe Place, Newbury</p> <p>11:00-12:00 Seated Exercise (by MOVEability) Chieveley Village Hall E: info@moveability.org.uk</p> <p>11:15am Seated Exercise (by Get Berkshire Active) Blands Court, Burghfield Common</p>	<p>16th</p> <p>10:30-12:00 Memory Lane Singing Café (by Age UK Berkshire) Fair Close Centre, Newbury</p>	<p>17th</p>	<p>18th</p> <p>12:00-15:30 CommuniTEA Free snacks and drinks drop in Hungerford Methodist Church, Bridge St, Hungerford</p>

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				<p>13:00 Thursday Hub – social with afternoon tea (by The Pangbourne Forum) The George Hotel, Pangbourne</p> <p>14:00-15:00 Seated Exercise (by MOVEability) Alice Bye Court, Thatcham</p> <p>14:30-16:00 Vintage Adventure Fun activities, drinks & cakes Thatcham Methodist Church Chapel Street, Thatcham</p>			
							
	<p>19th</p> <p>10:00-12:00 Carers Support Group (by Age UK Berkshire) Burghfield Village Hall</p> <p>10:30-12:00 Memory Singers British Legion Hall, Hungerford</p>	<p>20th</p> <p>10:00-12:00 Carers Support Group (by Age UK Berkshire) Riverside Community Centre Newbury</p> <p>10:15/11:00 (hot drinks/start singing) One Voice Community Choir (by The Pangbourne Forum) The George Hotel, Pangbourne</p>	<p>21st</p> <p>10:00-12:00 Dementia Café (by Age UK Berkshire) Select Car Leasing Stadium</p> <p>10:30-12:00 Memory Café Art with Rick Bellin Corn Exchange, Newbury (book ahead)</p> <p>10:30 Online Seated Exercise (by MOVEability) E: info@moveability.org.uk</p>	<p>22nd</p> <p>10:00-11:30am Stitch & Sew The Corn Exchange, Newbury FREE, booking required</p> <p>10:00-12:30 Community Garden Drop-In, Shaw House, Newbury</p> <p>10:10-11:00 Chair Yoga (by Elevate Escalate) Allenova Dance Studios, Thatcham</p>	<p>23rd</p> <p>14:00-15:00 Friendship Café Winchcombe Place, Newbury</p>	<p>24th</p>	<p>25th</p> <p>12:00-15:30 CommuniTEA Free snacks and drinks drop in Hungerford Methodist Church, Bridge St, Hungerford</p>

Feb 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
		<p>11:00 Senior Choir Wincombe Place Newbury</p> <p>11:15-12:15: Seated Exercise (by Get Berkshire Active) Fair Close Centre Newbury</p>	<p>11:00-14:00 Educafe (Community Café) with seated Yoga. Newbury Library</p> <p>14:15 Seated Exercise (by Get Berkshire Active) Frank Hutchings Hall, Thatcham</p> <p>18:00 Seated Yoga & Mindfulness (By Get Berkshire Active) Dorman Rooms, Pangbourne</p>	<p>10:30-12:30 Coffee Companions Corn Exchange FREE, no booking required</p> <p>11:00 Love to Move Wincombe Place, Newbury</p> <p>11:00-12:00 Seated Exercise (by MOVEability) Chieveley Village Hall E: info@moveability.org.uk</p> <p>11:15am Seated Exercise (by Get Berkshire Active) Blands Court, Burghfield Common</p> <p>13:00 Thursday Hub – social with afternoon tea (by The Pangbourne Forum) The George Hotel, Pangbourne</p> <p>14:00-15:00 Seated Exercise (by MOVEability) Alice Bye Court, Thatcham</p>			
							

Feb 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
	<p>26th</p> <p>10:00-12:00 Carers Support Group (by Age UK Berkshire) Hungerford Library</p>	<p>27th</p> <p>10:15/11:00 (hot drinks/start singing) One Voice Community Choir (by The Pangbourne Forum) The George Hotel, Pangbourne</p> <p>11:15-12:15: Seated Exercise (by Get Berkshire Active) Fair Close Centre Newbury</p>	<p>28th</p> <p>10:30-11:45 Dementia Carer Support via zoom</p> <p>10:30am Online Seated Exercise (by MOVEability) E: info@moveability.org.uk</p> <p>11:00-14:00 Educafe (Community Café) with seated Yoga Newbury Library</p> <p>14:15 Seated Exercise (by Get Berkshire Active) Frank Hutchings Hall, Thatcham</p> <p>14:30-16:00 The Evergreen Fellowship Newbury Methodist Church</p> <p>18:00 Seated Yoga & Mindfulness (by Get Berkshire Active) Dorman Rooms, Pangbourne</p>	<p>29th</p> <p>10:00-11:30am Stitch & Sew The Corn Exchange, Newbury FREE, booking required</p> <p>10:00-12:30 Community Garden Drop-In, Shaw House, Newbury</p> <p>10:10-11:00 Chair Yoga (by Elevate Escalate) Allenova Dance Studios, Thatcham</p> <p>10:30-12:30 Coffee Companions Corn Exchange (FREE, no booking required)</p> <p>10:30-12:00 Lambourn Café (by Lambourn Junction) Memorial Hall, Lambourn</p> <p>10:30-12:30 The Jubilee Sensory Garden Community Drop-In/Social Thatcham Town Council, Brownsfield Rd, Thatcham</p> <p>11:00 Love to Move Winchcombe Place, Newbury</p> <p>11:00-12:00 Seated Exercise (by MOVEability) Chieveley Village Hall E: info@moveability.org.uk</p>			

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				<p>11:15am Seated Exercise (by Get Berkshire Active) Blands Court, Burghfield Common</p> <p>13:00 Thursday Hub – social with afternoon tea (by The Pangbourne Forum) The George Hotel, Pangbourne</p> <p>14:00-15:00 Seated Exercise (by MOVEability) Alice Bye Court, Thatcham</p> <p>14:30-16:00 Friendship Café Falkland Grange Care Home, Monks Lane, Newbury</p>			