






March 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
					<b>1<sup>st</sup></b>  14:00 Seated Exercise and Social (by Everyone Active & MOVEability) Lambourn Centre, RG17 8NJ	<b>2nd</b>	<b>3rd</b>  12:00-15:30 CommuniTEA Free snacks and drinks drop-in Hungerford Methodist Church, Bridge St, Hungerford
							
	<b>4th</b>	<b>5<sup>th</sup></b>  10:15/11:00 (hot drinks/start singing) One Voice Community Choir (by The Pangbourne Forum) The George Hotel, Pangbourne  10:30 - 12:00: Singing for the Brain (by Alzheimers Society) Kennet Valley Free Church, Calcot RG31 7YT Tel: 0118 9596482 <a href="mailto:berkshire@alzheimers.org.uk">berkshire@alzheimers.org.uk</a>	<b>6<sup>th</sup></b>  10:30-11:45 Dementia Café Fair Close Centre, Newbury  10:30 Online Seated Exercise (by MOVEability) E: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a>  11:00-14:00 Educafe (Community Café) with seated Yoga. Newbury Library  13:00-13:30 Seated Exercise, Wellbeing & Memory Enhancing (by Get Berkshire Active) Hungerford Library	<b>7<sup>th</sup></b>  10:00-11:30am Stitch & Sew The Corn Exchange, Newbury FREE, booking required  10:00-12:30 Community Garden Drop-In, Shaw House, Newbury  10:10-11:00 Chair Yoga (by Elevate Escalate) Allenova Dance Studios, Thatcham  10:30-12:30 Coffee Companions Corn Exchange FREE, no booking required	<b>8<sup>th</sup></b>  10:30-12:00 Memory Lane Singing Cafe (by Age UK Berkshire) Reading Music Centre, Tilehurst, RG30 4EZ	<b>9th</b>	<b>10<sup>th</sup></b>  12:00-15:30 CommuniTEA Free snacks and drinks drop in Hungerford Methodist Church, Bridge St, Hungerford

March 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
		<p>11:00 Senior Choir Wincombe Place Newbury – 01635 897884</p> <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 &amp; Mindfulness (by Get Berkshire Active) Dorman Rooms, Pangbourne</p>	<p>11:00 Love to Move Wincombe Place, Newbury 01635 897884 to book</p> <p>11:00-12:00 Seated Exercise (by MOVEability) Chieveley Village Hall E: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a></p> <p>11:15 Seated Exercise (by Get Berkshire Active) Blands Court, Burghfield Common</p> <p>12:00 Senior Lunch Club Wincombe Place, Newbury To book – 01635 897884</p> <p>14:00-15:00 Seated Exercise (by MOVEability) Alice Bye Court, Thatcham</p>			
							

March 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
	<p><b>11<sup>th</sup></b></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><b>12<sup>th</sup></b></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><b>13<sup>th</sup></b></p> <p>10:30-11:45 Dementia Café Fair Close Centre, Newbury</p> <p>10:30 Online Seated Exercise (by MOVEability) E: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a></p> <p>11:00-14:00 Educafe (Community Café) with seated Yoga. Newbury Library</p> <p>13:00-13:30 Seated Exercise, Wellbeing &amp; Memory Enhancing (by Get Berkshire Active) Hungerford Library</p> <p>14:15 Seated Exercise (by Get Berkshire Active) Frank Hutchings Hall, Thatcham</p> <p>18:00 Seated Yoga &amp; Mindfulness (by Get Berkshire Active) Dorman Rooms, Pangbourne</p>	<p><b>14<sup>th</sup></b></p> <p>10:00-11:30am Stitch &amp; 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 01635 897884 to book</p> <p>11:00-12:00 Seated Exercise (by MOVEability) Chieveley Village Hall E: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a></p>	<p><b>15<sup>th</sup></b></p> <p>10:30-12:00 Memory Lane Singing Café (by Age UK Berkshire) Fair Close Centre, Newbury</p>	<p><b>16<sup>th</sup></b></p>	<p><b>17<sup>th</sup></b></p> <p>12:00-15:30 CommuniTEA Free snacks and drinks drop in Hungerford Methodist Church, Bridge St, Hungerford</p>

March 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
				<p>11:15 Seated Exercise (by Get Berkshire Active) Blands Court, Burghfield Common</p> <p>12:00 Senior Lunch Club Winchcombe Place, Newbury To book – 01635 897884</p> <p>14:00-15:00 Seated Exercise (by MOVEability) Alice Bye Court, Thatcham</p> <p>14:30 Hungerford Memory Worship (with drinks and biscuits) Methodist Church, Hungerford, RG17 0EH</p>			
							
	<p><b>18<sup>th</sup></b></p> <p>10:00-12:00 Carers Support Group (by Age UK Berkshire) Burghfield Village Hall</p>	<p><b>19<sup>th</sup></b></p> <p>10:00-12:00 Carers Support Group (by Age UK Berkshire) Riverside Community Centre Newbury</p>	<p><b>20<sup>th</sup></b></p> <p>10:00-12:00 Dementia Café (by Age UK Berkshire) Select Car Leasing Stadium</p> <p>10:30-12:00 Memory Café Corn Exchange, Newbury (book ahead)</p>	<p><b>21<sup>st</sup></b></p> <p>10:00: meet for Dementia Walk at Paice's Wood, Aldermaston (by Age UK Berkshire)</p> <p>10-11:30am Stitch &amp; Sew The Corn Exchange, Newbury FREE, booking required</p>	<p><b>22<sup>nd</sup></b></p> <p>14:00-15:00 Friendship Café Winchcombe Place, Newbury</p>	<p><b>23<sup>rd</sup></b></p>	<p><b>24<sup>th</sup></b></p> <p>12:00-15:30 CommuniTEA Free snacks and drinks drop in Hungerford Methodist Church, Bridge St, Hungerford</p>

March 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
	<p>10:30-12:00 Memory Singers British Legion Hall, Hungerford – 07989 388827</p>	<p>10:15/11:00 (hot drinks/start singing) One Voice Community Choir (by The Pangbourne Forum) The George Hotel, Pangbourne</p> <p>11:00 Senior Choir Winchcombe Place Newbury - 01635 897884</p> <p>11:15-12:15: Seated Exercise (by Get Berkshire Active) Fair Close Centre Newbury</p>	<p>10:30 Online Seated Exercise (by MOVEability) E: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a></p> <p>11:00-14:00 Educafe (Community Café) with seated Yoga. Newbury Library</p> <p>13:00-13:30 Seated Exercise, Wellbeing &amp; Memory Enhancing (by Get Berkshire Active) Hungerford Library</p> <p>14:15 Seated Exercise (by Get Berkshire Active) Frank Hutchings Hall, Thatcham</p> <p>18:00 Seated Yoga &amp; Mindfulness (By Get Berkshire Active) Dorman Rooms, Pangbourne</p>	<p>10:00-11:30am Stitch &amp; Sew The Corn Exchange, Newbury FREE, booking required</p> <p>10:00-11:30am Stitch &amp; 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>11:00 Love to Move Winchcombe Place, Newbury 01635 897884 to book</p> <p>11:00-12:00 Seated Exercise (by MOVEability) Chieveley Village Hall E: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a></p>			

March 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
				<p>11:15 Seated Exercise (by Get Berkshire Active) Blands Court, Burghfield Common</p> <p>12:00 Senior Lunch Club Winchcombe Place, Newbury To book – 01635 897884</p> <p>12:30 Thursday Hub – social lunch (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 &amp; cakes Thatcham Methodist Church Chapel Street, Thatcham RG18 4QL</p>			
							
	<p><b>25th</b></p> <p>10:00-12:00 Carers Support Group (by Age UK Berkshire) Hungerford Library</p>	<p><b>26<sup>th</sup></b></p> <p>10:15/11:00 (hot drinks/start singing) One Voice Community Choir (by The Pangbourne Forum)</p>	<p><b>27<sup>th</sup></b></p> <p>10:30-11:30 Dementia Carer Support via zoom - book via Fair Close Centre, Newbury</p>	<p><b>28<sup>th</sup></b></p> <p>10:00-11:30am Stitch &amp; Sew The Corn Exchange, Newbury FREE, booking required</p>	<p><b>29<sup>th</sup></b></p> <p>Carers Support Group Winchcombe Place, Newbury: to book - 01635 897884</p>	<p><b>30th</b></p>	<p><b>31st</b></p>

March 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
		<p>The George Hotel, Pangbourne</p> <p>11:15-12:15: Seated Exercise (by Get Berkshire Active) Fair Close Centre Newbury</p>	<p>10:30am Online Seated Exercise (by MOVEability) E: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a></p> <p>11:00-14:00 Educafe (Community Café) with seated Yoga Newbury Library</p> <p>13:00-13:30 Seated Exercise, Wellbeing &amp; Memory Enhancing (by Get Berkshire Active) Hungerford Library</p> <p>14:15 Seated Exercise (by Get Berkshire Active) Frank Hutchings Hall, Thatcham</p> <p>14:30-16:00 The Evergreen Fellowship: Speaker -The Owl Project at Newbury Methodist Church RG14 1AN</p> <p>18:00 Seated Yoga &amp; Mindfulness (by Get Berkshire Active) Dorman Rooms, Pangbourne</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 Friendship Café (by Lambourn Junction &amp; Age UK Berkshire) 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 01635 897884 to book</p> <p>11:00-12:00 Seated Exercise (by MOVEability) Chieveley Village Hall E: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a></p>			

March 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
				<p>11:15 Seated Exercise (by Get Berkshire Active) Blands Court, Burghfield Common</p> <p>12:00 Senior Lunch Club Winchcombe Place, Newbury To book – 01635 897884</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>			