


OCTOBER DEMENTIA FRIENDLY WEST BERKSHIRE ACTIVITY CALENDAR

Oct	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
		<p><b>1<sup>st</sup></b>            10:15/11:00 (hot drinks/start singing)            One Voice Community Choir            (by The Pangbourne Forum)            The George Hotel, Pangbourne</p> <p>1030-1200 ABC Art Club            Alice Bye Court, Thatcham No Booking required</p> <p>11:15-12:15: Seated Exercise            (by Get Berkshire Active)            Fair Close Centre, Newbury RG14 7BH (Members £1.50, non-members £2.50)</p> <p>13:30-14:30 Bingo at Fair Close Centre, Newbury RG14 7BH (Members £1.50, non-members £2.50) to book <a href="mailto:pskelly@fairclosecentre.org">pskelly@fairclosecentre.org</a></p>	<p><b>2<sup>nd</sup></b>            10:30-11:30 Senior Circuits with social (by Everyone Active)            John Cumber Hall, Theale</p> <p>10:30-11:45 Rosemary Café at Fair Close Centre, Newbury RG14 7BH  <a href="mailto:FFreemantle@fairclosecentre.org">FFreemantle@fairclosecentre.org</a></p> <p>10:30-11:30 Crafts at Fair Close Centre, Newbury RG14 7BH (Members £3, non-members £4) – To book <a href="mailto:pskelly@fairclosecentre.org">pskelly@fairclosecentre.org</a></p> <p>10:30-11:30 Online Seated Exercise by MOVEability (for Get Berkshire Active)            E: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a></p>	<p><b>3<sup>rd</sup></b>            10:00-12:30 Community Garden Drop-In, Shaw House, Newbury            Call Amy on 07553 810133</p> <p>10:00-11:30am Stitch &amp; Sew            The Corn Exchange, Newbury            FREE, booking required <a href="mailto:katys@cornexchangenew.co.uk">katys@cornexchangenew.co.uk</a></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><b>4<sup>th</sup></b>            10:30-11:30 Singing for Fun (free) Fair Close Centre, Newbury RG14 7BH</p> <p>1030 Friendship Café            Newbury Grove Care Home, Newbury, RG14 2QH            01635 896 105  <a href="mailto:Coral.elvin@careuk.com">Coral.elvin@careuk.com</a></p> <p>13:30-14:30 Bingo at Fair Close Centre, Newbury RG14 7BH (£2)</p> <p>14:00 Seated Exercise and Social (by Everyone Active &amp; MOVEability)            Lambourn Centre, RG17 8NJ</p>	<p><b>5<sup>th</sup></b>            11:00 Dog Café            Winchcombe Place, Newbury</p>	<p><b>6<sup>th</sup></b>            12:00-15:30 CommuniTEA            Free snacks and drinks drop in            Hungerford Methodist, Church, Bridge St, Hungerford</p>

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			<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 RG17 0JG</p> <p>14:00-16:00 Cribbage (by The Pangbourne Forum) The George Hotel, Pangbourne Free – just buy a drink!</p> <p>14:30 Seated Exercise (by Get Berkshire Active) Frank Hutchings Hall, Thatcham RG18 4QH</p> <p>15:30 Seated Exercise (by Get Berkshire Active) Theale Library RG7 5BZ</p>	<p>11:00-12:00 Seated Exercise &amp; Social (by MOVEability) Chieveley Village Hall To book: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a></p> <p>11:15 Seated Dance &amp; Wellbeing (by Get Berkshire Active) Blands Court, Burghfield Common RG7 3BZ</p> <p>12:30-14:00 Senior Lunch Club Winchcombe Place, Newbury To book – 01635 897884</p> <p>14:00-15:00 Seated Exercise &amp; Social (by MOVEability) Alice Bye Court, Thatcham To book: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a></p>			



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			<p>18:00 Seated Yoga &amp; Mindfulness (by Get Berkshire Active) Dorman Rooms, Pangbourne RG8 7JH</p>				
							
	<p><b>7<sup>th</sup></b> Coffee+Click Camera Club at Podium Place Newbury 9.30am-12pm</p> <p>10:00-10:40 Zoom Seated Exercise by MOVEability E: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a> 0330 133 1488</p> <p>10:30-11:00 Bowls and Darts at Fair Close Centre, Newbury RG14 7BH Free - To book <a href="mailto:pskelly@fairclosecentre.org">pskelly@fairclosecentre.org</a></p>	<p><b>8<sup>th</sup></b> 10:15/11:00 (hot drinks/start singing) One Voice Community Choir (by The Pangbourne Forum) The George Hotel, Pangbourne</p> <p>1030-1200 ABC Art Club Alice Bye Court, Thatcham No Booking required</p> <p>10:30-12:00 Hungerford Dementia Café (By Bluebird Care), Talking Tables. Riverside Suite, The Bear Hotel, Hungerford</p>	<p><b>9<sup>th</sup></b> 10:30-11:30 Senior Circuits with social (by Everyone Active) John Cumber Hall, Theale</p> <p>10:30-11:45 Rosemary Café at Fair Close Centre, Newbury RG14 7BH <a href="mailto:FFreemantle@fairclosecentre.org">FFreemantle@fairclosecentre.org</a></p> <p>10:30-11:30 Crafts at Fair Close Centre, Newbury RG14 7BH (Members £3, non-members £4) – To book <a href="mailto:pskelly@fairclosecentre.org">pskelly@fairclosecentre.org</a></p>	<p><b>10<sup>th</sup></b> 10:00-12:30 Community Garden Drop-In, Shaw House, Newbury Call Amy on 07553 810133</p> <p>10:00-11:30am Stitch &amp; Sew The Corn Exchange, Newbury FREE, booking required <a href="mailto:katys@cornexchangenew.co.uk">katys@cornexchangenew.co.uk</a></p> <p>10:10-11:00 Chair Yoga (by Elevate Escalate) Allanova Dance Studios, Thatcham</p> <p>10:30-12:30</p>	<p><b>11<sup>th</sup></b> 10:30-11:30 Singing for Fun (free) Fair Close Centre, Newbury RG14 7BH</p> <p>10:30-12:00 Memory Lane Singing Cafe (by Age UK Berkshire) Reading Music Centre, RG31 4XD</p> <p>13:30-14:30 Bingo at Fair Close Centre, Newbury RG14 7BH (£2)</p> <p>14:00 Seated Exercise and Social (by Everyone Active &amp; MOVEability) Lambourn Centre, RG17 8NJ</p>	<p><b>12<sup>th</sup></b></p>	<p><b>13<sup>th</sup></b> 12:00-15:30 CommuniTEA Free snacks and drinks drop in Hungerford Methodist, Church, Bridge St, Hungerford</p> <p>1300-1400 Just Sing Along Choir Performance St Mary's Church, Thatcham No need to book</p>

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	<p>13:00-16:00 Ageing Creatively Drop In Community Café (by West Berks Libraries &amp; Corn Exchange Newbury) at Theale Library, Church St RG7 5BZ</p> <p>14:00-15:00 Seated Exercise &amp; Social (by MOVEability) Hermitage Village Hall To book: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a></p>	<p>11:15-12:15: Seated Exercise (by Get Berkshire Active) Fair Close Centre, Newbury RG14 7BH (Members £1.50, non-members £2.50)</p> <p>13:30-14:30 Bingo at Fair Close Centre, Newbury RG14 7BH (Members £1.50, non-members £2.50) to book <a href="mailto:pskelly@fairclosecentre.org">pskelly@fairclosecentre.org</a></p>	<p>10:30-11:30 Online Seated Exercise by MOVEability (for Get Berkshire Active) 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 RG17 0JG</p> <p>14:30 Seated Exercise (by Get Berkshire Active) Frank Hutchings Hall, Thatcham RG18 4QH</p> <p>15:30 Seated Exercise (by Get Berkshire Active) Theale Library RG7 5BZ</p>	<p>Coffee Companions Corn Exchange FREE, no booking required</p> <p>11:00-12:00 Seated Exercise &amp; Social (by MOVEability) Chieveley Village Hall To book: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a></p> <p>11:00 Love to Move Winchcombe Place, Newbury 01635 897884 to book</p> <p>11:00-1400 Over 55's Cinema Club Corn Exchange, Newbury</p> <p>11:15 Seated Dance &amp; Wellbeing (by Get Berkshire Active) Blands Court, Burghfield Common RG7 3BZ</p>			

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			<p>18:00 Seated Yoga &amp; Mindfulness (by Get Berkshire Active) Dorman Rooms, Pangbourne RG8 7JH</p>	<p>12:30-14:00 Senior Lunch Club Winchcombe Place, Newbury To book – 01635 897884</p> <p>14:00-15:00 Seated Exercise &amp; Social (by MOVEability) Alice Bye Court, Thatcham To book: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a></p> <p>14:30 Hungerford Memory Worship (with drinks and biscuits) Methodist Church, Hungerford, RG17 0EH</p>			
 							
	<p><b>14<sup>th</sup></b> Coffee+Click Camera Club at Podium Place Newbury 9.30am-12pm</p> <p>10:00-10:40 Zoom Seated Exercise by MOVEability</p>	<p><b>15<sup>th</sup></b> 10:15/11:00 (hot drinks/start singing) One Voice Community Choir (by The Pangbourne Forum) The George Hotel, Pangbourne</p>	<p><b>16<sup>th</sup></b> Madjeski Dementia Cafe 10.00-12.00 Madjeski Stadium, Players' Lounge</p>	<p><b>17<sup>th</sup></b> 10:00-12:30 Community Garden Drop-In, Shaw House, Newbury Call Amy on 07553 810133</p> <p>10:00-11:30am Stitch &amp; Sew</p>	<p><b>18<sup>th</sup></b> 10:30-11:30 Singing for Fun (free) Fair Close Centre, Newbury RG14 7BH</p> <p>Memory Lane Singing Café (by Age UK</p>	<p><b>19<sup>th</sup></b></p>	<p><b>20<sup>th</sup></b> 12:00-15:30 CommuniTEA Free snacks and drinks drop in Hungerford Methodist, Church, Bridge St, Hungerford</p>



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	<p>E: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a> 0330 133 1488</p> <p>10:30-11:00 Bowls and Darts at Fair Close Centre, Newbury RG14 7BH Free - To book <a href="mailto:pskelly@fairclosecentre.org">pskelly@fairclosecentre.org</a></p> <p>13:00-16:00 Ageing Creatively Drop In Community Café (by West Berks Libraries &amp; Corn Exchange Newbury) at Theale Library, Church St RG7 5BZ</p> <p>14:00-15:00 Seated Exercise &amp; Social (by MOVEability) Hermitage Village Hall To book: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a></p>	<p>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></p> <p>1030-1200 ABC Art Club Alice Bye Court, Thatcham No Booking required</p> <p>11:15-12:15: Seated Exercise (by Get Berkshire Active) Fair Close Centre, Newbury RG14 7BH (Members £1.50, non-members £2.50)</p>	<p>10:30-11:30 Senior Circuits with social (by Everyone Active) John Cumber Hall, Theale</p> <p>10:30-11:30 Crafts at Fair Close Centre, Newbury RG14 7BH (Members £3, non-members £4) – To book <a href="mailto:pskelly@fairclosecentre.org">pskelly@fairclosecentre.org</a></p> <p>10:30-11:30 Online Seated Exercise by MOVEability (for Get Berkshire Active) 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)</p>	<p>The Corn Exchange, Newbury FREE, booking required <a href="mailto:katys@cornexchangenew.co.uk">katys@cornexchangenew.co.uk</a></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 &amp; Social (by MOVEability) Chieveley Village Hall To book: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a></p>	<p>Berkshire) Newbury 10.30-12.00 Fairclose Day Centre RG14 7BH</p> <p>13:30-14:30 Bingo at Fair Close Centre, Newbury RG14 7BH (£2)</p> <p>14:00 Seated Exercise and Social (by Everyone Active &amp; MOVEability) Lambourn Centre, RG17 8NJ</p>		<p>1900 Cold Ash Brass Concert St Mary's Church, Thatcham £3.50pp <a href="https://ticketpass.org/event/EWXVEG/cold-ash-brass-concert">https://ticketpass.org/event/EWXVEG/cold-ash-brass-concert</a></p>

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	<p><b>21<sup>st</sup></b>            Coffee+Click Camera Club at Podium Place Newbury 9.30am-12pm</p> <p>10:00-10:40 Zoom Seated Exercise by MOVEability            E: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a>            0330 133 1488</p> <p>10:30-11:00 Bowls and Darts at Fair Close Centre, Newbury RG14 7BH            Free - To book <a href="mailto:pskelly@fairclosecentre.org">pskelly@fairclosecentre.org</a></p>	<p><b>22<sup>nd</sup></b>            10:15/11:00 (hot drinks/start singing) One Voice Community Choir (by The Pangbourne Forum)            The George Hotel, Pangbourne</p> <p>1030-1230 Nature Memeries Café Nature Discovery Centre, Muddy Lane, Thatcham, RG19 3FU            E: <a href="mailto:joneayres@bbowt.org.uk">joneayres@bbowt.org.uk</a></p>	<p><b>23<sup>rd</sup></b>            10:30-11:30 Senior Circuits with social (by Everyone Active)            John Cumber Hall, Theale</p> <p>10:30-11:30 Crafts at Fair Close Centre, Newbury RG14 7BH (Members £3, non-members £4) – To book <a href="mailto:pskelly@fairclosecentre.org">pskelly@fairclosecentre.org</a></p> <p>10:30-11:30 Online Seated Exercise by MOVEability (for Get Berkshire Active)            E: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a></p>	<p><b>24<sup>th</sup></b>            10:00-12:30 Community Garden Drop-In, Shaw House, Newbury            Call Amy on 07553 810133</p> <p>10:00-11:30am Stitch &amp; Sew            The Corn Exchange, Newbury            FREE, booking required <a href="mailto:katys@cornexchangenew.co.uk">katys@cornexchangenew.co.uk</a></p> <p>10:30-12:00 Lambourn Friendship Café (by Lambourn Junction) at Memorial Hall, Lambourn</p>	<p><b>25<sup>th</sup></b>            10:30-11:30 Singing for Fun (free) Fair Close Centre, Newbury RG14 7BH</p> <p>Movement to Music (a new group by Age UK Berkshire)            10.30-12.00            Calcot Centre RG31 4XD</p> <p>13:30-14:30 Bingo at Fair Close Centre, Newbury RG14 7BH (£2)</p> <p>14:00 Seated Exercise and Social (by Everyone Active &amp; MOVEability)            Lambourn Centre, RG17 8NJ</p>	<p><b>26<sup>th</sup></b></p>	<p><b>27<sup>th</sup></b>            12:00-15:30 CommuniTEA            Free snacks and drinks drop in            Hungerford Methodist, Church, Bridge St, Hungerford</p>



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	<p><b>28<sup>th</sup></b> Coffee+Click Camera Club at Podium Place Newbury 9.30am-12pm</p> <p>10:00-10:40 Zoom Seated Exercise by MOVEability E: <a href="mailto:info@moveability.org.uk">info@moveability.org.uk</a> k 0330 133 1488</p>	<p><b>29<sup>th</sup></b> 10:15/11:00 (hot drinks/start singing) One Voice Community Choir (by The Pangbourne Forum) The George Hotel, Pangbourne</p> <p>1030-1200 ABC Art Club</p>	<p><b>30<sup>th</sup></b> 10:30-11:30 Senior Circuits with social (by Everyone Active) John Cumber Hall, Theale</p> <p>10:30-11:30 Crafts at Fair Close Centre, Newbury RG14 7BH (Members £3, non-members £4) – To book <a href="mailto:pskelly@fairclosecentre.org">pskelly@fairclosecentre.org</a></p>	<p><b>31<sup>st</sup></b> 10:00-12:30 Community Garden Drop-In, Shaw House, Newbury Call Amy on 07553 810133</p> <p>10:00-11:30am Stitch &amp; Sew The Corn Exchange, Newbury FREE, booking required katys@</p>			

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