

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<p>10:30 - 11:45 Dementia Cafe The Fair Close Centre, Newbury</p> <p>11:00- 14:00 Educafe Community Cafe West Berkshire Libraries, Newbury</p>	<p>11:00 One Voice Choir The George Hotel, Pangbourne</p>		<p>11:00 - 12:00 Dog cafe Winchcombe Place Newbury</p>	
4	5	6	7	8	9	10
<p>10:00 - 12:00 Age UK Berkshire Carers Support Group - Calcot</p>		<p>10:30 - 11:45 Dementia Cafe The Fair Close Centre, Newbury</p>	<p>11:00 onwards 55+ Cinema Club Corn Exchange Newbury</p> <p>2:30 - 3:00 Dementia Friendly Worship Methodist Church Hungerford</p>	<p>10:30 - 12:00 AUKB/ Berkshire Maestros Memory Lane Singing Cafe Reading Music Centre Tilehurst</p>		
11	12	13	14	15	16	17



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>18</p>	<p>10:00 - 12:00 Age UK Berkshire Carers Support Group -Riverside Community Centre, Newbury</p> <p>11:00 - 12:00 Senior Choir Winchcombe Place, Newbury</p> <p>11:00 - 12:00 One Voice Community Singing George Hotel Pangbourne</p> <p>19</p>	<p>10:00 - 12:00 Age UK Berkshire/ Reading Football Club Dementia Cafe</p> <p>14:30 - 16:00 Newbury Grove Newbury Dementia Cafe</p> <p>14:30 16:00 Newbury Methodist Church The Evergreen Fellowship</p> <p>10:30 - 12:00 AUKB Dementia cafe/ Carers Support Lambourn</p> <p>20</p>	<p>10:00 - 11:30 Age UK Berkshire Dementia Walk Paices Wood, Aldermarston</p> <p>14:30 16:00 Thatcham Methodist Church Vintage Adventure</p> <p>11:00 One Voice Choir The George Hotel, Pangbourne</p> <p>21</p>	<p>10:30 - 12:00 AUKB/ Berkshire Maestros Memory Lane Singing Cafe Fairclose Centre Newbury</p> <p>22</p>	<p>14:00 : 15:30 CommuniTEA Relaxed film screening Methodist Church Hungerford</p> <p>23</p>	<p>14:00 : 15:30 CommuniTEA Relaxed film screening Methodist Church Hungerford</p> <p>24</p>
<p>10:00 - 12:00 Age UK Berkshire Carers Support Group - @ Hungerford Library</p> <p>25</p>	<p>26</p>	<p>10:30 - 12:00 AUKB Dementia cafe/Carers Support Lambourn</p> <p>14:30 16:00 Newbury Methodist Church The Evergreen Fellowship</p> <p>27</p>	<p>14:30 - 16:00 Falkland Grange Care Home Friendship Cafe</p> <p>11:00 One Voice Choir The George Hotel, Pangbourne</p> <p>28</p>	<p>14:00 - 15:30 Winchcombe Place Newbury Friendship cafe</p> <p>29</p>	<p>30</p>	<p>31</p>



<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturday</b>	<b>Sunday</b>
<p>14:00- 16:00 St Michael's vicarage, Lambourn Coffee &amp; Chat</p>	<p>11:15- 12:15 Get Berkshire Active Seated Exercise @The Fair Close Centre Newbury</p> <p>14:15- 15:15 Get Berkshire Active Seated Exercise @Cornerstones Tilehurst</p>	<p>10:30 - 11:30 Get Berkshire Active Seated Exercise - Virtual</p> <p>11:00- 14:00 Educafe Community Cafe - West Berkshire Libraries</p> <p>9.30am-12.30pm Community Garden Drop in Shaw House Newbury</p> <p>14:15- 15:15 Get Berkshire Active Seated Exercise @ Frank Hutchings Hall Thatcham</p> <p>15:00 Knit and Natter Winchcombe Place Newbury</p> <p>15:30- 16:30 Get Berkshire Active Seated Exercise @ Theale Library</p> <p>18:00- 19:00 Get Berkshire Active Seated Yoga @ The Dorman Rooms, Pangbourne</p>	<p>10:00-11:30 Stitch and Sew Corn Exchange Newbury</p> <p>10:30-12:30 Coffee Companions Corn Exchange Newbury</p> <p>10:00- 11:00 Get Berkshire Active Seated Exercise @ Chimney Court Tilehurst</p> <p>12:30- 13:30 Get Berkshire Active Seated Exercise @ Calcot Centre</p> <p>10:10 - 11:10 Elevate Escalate Thatcham Chair Yoga</p> <p>11:00-12:00 Winchcombe Place, Newbury Love To Move</p> <p>11:15- 12:15 Get Berkshire Active Seated Exercise @Blands Court Burghfield Common</p> <p>12.00 - 14.00 Winchcombe Place Newbury Senior Lunch Club</p>	<p>11:00- 12:00 Get Berkshire Active Seated Yoga @ The Dorman Rooms, Pangbourne</p> <p>10:30-12:00 Aging Creatively 55+ World Crafts Newbury Library Fri 1 Sep - 13 Oct</p>		<p>12:00- 15:30 CommuniTEA Methodist Church Hungerford</p>



Every week in 2023