

Age UK Berkshire: Active Living Timetable v1.4

	9am	10am	11am	12pm	1pm	2pm	3pm	4pm
Mon		Tai Chi (Southcote)						
		Nordic Walking (Caversham)						
		Health Walk (Whitley)			Zumba Gold seated & standing (Whitley Wood)			
		Silver Surfers (Dee Park)	Silver Surfers (Dee Park)					
Tues		Badminton (Tilehurst)				Archery (Caversham)	Silver Surfers (Maidenhead)	
		Poppy Club (Monthly, Reading)	Therapeutic Gardening (Tilehurst)			Historical walks (Reading) Monthly		
		Yoga (Slough)			Tai Chi (Langley)			
Wed		Tai Chi (Tilehurst)	Tai Chi - beginners class (Tilehurst)			Tai Chi (South Reading)		
		Nordic Walking Beginners (Bracknell)			Tai Chi (Dee Park)			Tai Chi (Bracknell)
		Tai Chi - part seated (Emmer Grn)	Tai Chi - part seated (Emmer Grn)	Tai Chi (Emmer Green)		Zumba Gold (Newbury)		
					Zumba Gold (West Reading)	Tai Chi (Purley on Thames)	Tai Chi (Purley on Thames)	
		Silver Surfers (Reading Library)	Silver Surfers (Reading Library)	Silver Surfers (Reading Library)	Silver Surfers (Newbury Library)	Silver Surfers (Newbury Library)	Silver Surfers (Newbury Library)	
Thur			Tai Chi (The Maples Centre)			Tai Chi (East Reading)		
			Singing Group (Tilehurst)		Seated Exercise (Caversham)			
		Scenic & photographic walks (Reading)	Zumba Gold (East Reading)					
		Health walk (Caversham)						
Fri		Pilates (Slough)				Zumba Gold (Caversham)	Tai Chi (Sandhurst)	
		Tai Chi (Dee Park)						
		Nordic Walking Beginners (Tilehurst)				Seated Yoga (Caversham)		
		Nordic Walking (Bracknell)			Yoga (East Reading)			

Contact: Ruth McEwan, 07825 632970 / 0118 902 3595 or Marveta Hinds 07795 565322 / 0118 902 3596. For Slough activities, contact Ali Woods, 0778 665 6722 or 0118 959 4242
 Age UK Berkshire, Huntley House, 119 London Street, Reading, RG1 4QA. 0118 959 4242, email info@ageukberkshire.org.uk

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Monday	10.00am - 11.30am	Tai Chi	One hour of Tai Chi followed by refreshments	St Matthew's Church Hall, Southcote, Reading RG30 3AX	£3.50 (First session free)	Ruth McEwan: 07825 632970 0118 902 3595 ruth.mcewan@ageukberkshire.org.uk	No - just turn up!
Monday	10.00am - 11.00am	Beginners Nordic Walking	One hour of Nordic Walking led by a trained instructor. Suitable for beginners - poles provided. (NB this will evolve into an improvers' group in 2014).	Reading Rowing Club, Thames Promenade, Richfield Avenue, Caversham (behind the Crowne Plaza Hotel by Caversham Bridge)	£20.00 for an 8 week course	Ruth McEwan: 07825 632970 0118 902 3595 ruth.mcewan@ageukberkshire.org.uk	Yes
Monday	10.00am - 11.00am	Whitley Health Walk	One hour gentle walk	Meet at John Rabson Recreation Ground, Whitley, Reading	Free	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	Yes
Monday	11:00am - 12:00pm	Nordic Walking for Health - beginners course	One hour of Nordic walking led by a trained instructor. Suitable for beginners - poles provided.	Memorial Hall, The Village, Finchampstead, RG40 4JU	£20.00 for a 6 week course	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	Yes
Monday	1.15pm - 2.15pm	Zumba Gold and Seated Zumba	Zumba Gold is low impact dance moves modified to meet the needs of people who are 50+ in a friendly and fun atmosphere. Participants can take part seated or standing.	Whitley Wood Community Centre, Swallowfield Drive, Reading, RG2 8UT	£3.50 (First session free)	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	No - just turn up!
Monday	10:00am - 12:00pm	Silver Surfers	One to one tuition in computing so you can learn what you want at your own pace.	Ranikhet Primary School (Extended Services Building), Spey Road, Dee Park, Reading, RG30 4ED.	Donations welcome	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	Yes
Tuesday	10.00am - 11.00am	Badminton	One hour of Badminton led by a coach. All levels welcome and equipment is provided.	Meadway Sports Centre, Conwy Close, Tilehurst, Reading, RG30 4BZ	£3.50 (First session free!)	Ruth McEwan: 07825 632970 0118 902 3595 ruth.mcewan@ageukberkshire.org.uk	Yes
Last Tuesday of every month	10:00am - 12:00pm	Poppy Club	Social gathering for like minded people to socialise, including a programme of speakers and activities	Emmanuel Methodist Church, 448 Oxford Road, Reading, RG30 1EE	Donations welcome	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	No - just turn up!
Tuesday	11.30am-1.00pm	Therapeutic gardening	Friendly, community based allotment, meeting weekly to grow produce	Community allotments, Scours Lane, Near Portman Road, Reading, RG30 6AY	Free	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	Yes
Tuesday	10.30am-11.45am	Yoga	Yoga (outdoors in good weather, otherwise in the hall)	Herschel Park, Chalvey, Slough	£3.50 (First session free)	Ali Woods: 0778 665 6722 or 0118 959 4242 alison.woods@ageukberkshire.org.uk	Yes

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Tuesday	1:00pm - 2:00pm	Tai Chi	One hour of Tai Chi followed by refreshments	St Mary's Church Centre Langley Road Slough SL3 7ER	£1.00 (price will increase in May 2014)	Ali Woods: 0778 665 6722 or 0118 959 4242 alison.woods@ageukberkshire.org.uk	Yes
Tuesday	1.30pm-2.30pm and 2.45pm - 3:45pm	Archery	An hour of archery led by qualified instructors	The Milestone Centre, Northbrook Road, Caversham Park Village, Reading, RG4 6PF	£3.50 (First session free!)	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	Yes
Tuesday (monthly - call for details)	2:00pm - 3:30pm	Historical Walks	A gentle walk around Reading taking a look at some of Reading's great historical sites	Walks start from different locations - contact Marveta for up to date information	Free	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	Yes
Tuesday	3.30pm – 4.30pm	Silver surfers	One to one tuition in computing so you can learn what you want at your own pace.	Cox Green Library, Highfield Lane, Maidenhead, SL6 3AX	£15 for a 10 week course	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	Yes
Wednesday	(1) 9.45 - 10.30am (2) 10.45 - 11.30am (3) 11.25am-12.30pm	Tai Chi	One hour of Tai Chi and refreshments: (1) - Tai Chi part seated (2) - Tai Chi part seated (3) - Tai Chi standing for fitter or more confident members. Refreshments served after sessions 1 and 2.	St Barnabus Church Hall, Grove road, Emmer Green, RG4 8RA	£3.50 (First session free)	Ruth McEwan: 07825 632970 0118 902 3595 ruth.mcewan@ageukberkshire.org.uk	No - just turn up!
Wednesday	(1) 9.45am-10.45am (2) 11am - 12pm	Tai Chi	One hour of Tai Chi and refreshments: (1) for those a little more confident (2) for beginners Refreshments served between the two sessions.	Tilehurst Youth and Community Centre, Tilehurst (above Co-Op) Reading, RG30 4UU	£3.50 (First session free)	Ruth McEwan: 07825 632970 0118 902 3595 ruth.mcewan@ageukberkshire.org.uk	No - just turn up!
Wednesday	1:00pm - 2:00pm	Tai Chi	One hour of Tai Chi - especially suitable for beginners or those recovering from falls or injuries.	Oak Tree House, 10 Spey Road, Dee Park, Reading, RG30 4DZ. Held in the residents' lounge on the first floor (lift available).	£3.50 (First session free)	Ruth McEwan: 07825 632970 0118 902 3595 ruth.mcewan@ageukberkshire.org.uk	No - just turn up!
Wednesday	2pm-3.30pm	Tai Chi	One hour of Tai Chi followed by refreshments	South Reading Youth and Community Centre, Northumberland Avenue, Reading, RG2 7QA	£3.50 (First session free)	Ruth McEwan: 07825 632970 0118 902 3595 ruth.mcewan@ageukberkshire.org.uk	No - just turn up!
Wednesday	(1) 2.30pm-3.30pm (2) 3.30pm-4.30pm	Tai Chi	(1) Beginners session of Tai Chi (2) Intermediate session of Tai Chi	The Barn, Purley on Thames, RG8	£4.00	taichi@inspire4life.me.uk	Yes
Wednesday	4pm-5pm	Tai Chi	An hour of Tai Chi	Edmunds Court, Sandy Lane, Bracknell	Please enquire	Joanna Flaxman: 01344 382866	No - just turn up!

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Wednesday	1:00am - 11:00am	Nordic Walking for Health - beginners course	One hour of Nordic walking led by a trained instructor. Suitable for beginners - poles provided.	South Hill Park, Ringmead, Bracknell, Berkshire, RG12 7PA	£20.00 for a 6 week course	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	Yes
Wednesday	2.00pm-2.45pm	Zumba Gold	Zumba Gold is low impact dance moves modified to meet the needs of people who are 50+ in a friendly and fun atmosphere	Newbury Baptist Church, Cheap Street, Newbury, RG14 5DD	£3.50 (First session free)	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	No - just turn up!
Wednesday	2:00pm - 3:00pm	Zumba Gold	Zumba Gold is low impact dance moves modified to meet the needs of people who are 50+ in a friendly and fun atmosphere	Emmanuel Methodist Church, 448 Oxford Road, Reading, RG30 1EE	£3.50 (First session free)	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	No - just turn up!
Wednesday	10.00am - 12.00pm (2 sessions)	Silver surfers	One to one tuition in computing so you can learn what you want at your own pace.	Reading Library, Abbey Square, Reading, RG1 3BQ	£15 for a 10 week course	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	Yes
Wednesday	12.00pm - 1.00pm	Silver surfers - digital photography	One to one tuition in learning to use digital photography.	Reading Library, Abbey Square, Reading, RG1 3BQ	£20 for a 10 week course	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	Yes
Wednesday	1.00pm - 4.00pm (3 sessions)	Silver surfers	One to one tuition in computing so you can learn what you want at your own pace.	Newbury Library, The Wharf, Newbury, RG14 5AU	£15 for a 10 week course	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	Yes
Thursday	10.30 -11.30 am	Caversham Health Walk	One hour gentle walk on flat level ground	Meet at Rivermead Leisure Centre, Richfield Avenue, Caversham, Reading, RG1 8EQ	Free	Ruth McEwan: 07825 632970 0118 902 3595 ruth.mcewan@ageukberkshire.org.uk	No - just turn up!
Thursday	10.30am - 11.30am	Scenic & Photographic Walks	Scenic & Photographic Walk	Walks start from different locations - contact Marveta for up to date information	Free	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	No - just turn up!
Thursday	11.15am - 12 noon	Zumba Gold	Zumba Gold is low impact dance moves modified to meet the needs of people who are 50+ in a friendly and fun atmosphere	Park United Reform Church, Palmer Park Avenue, Wokingham Road, Reading, RG16 1DN	£3.50 (First session free)	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	No - just turn up!
Thursday	11:00am-12:30pm	Singing Group	Fun and friendly group, led by our enthusiastic singing coach. No audition, all abilities welcome.	Tilehurst Methodist Church, 26 School Road, Tilehurst, Reading, RG31 5AN	£3.50 (First session free)	Ruth McEwan: 07825 632970 0118 902 3595 ruth.mcewan@ageukberkshire.org.uk	Yes
Thursday (fortnightly)		Seated Exercise	Seated exercise class, suitable for all levels of ability. Offered as part of the fortnightly Social Club.	The Milestone Centre, Milestone Way, Northbrook Road, Caversham Park Village, Reading,	£3.50 (First session free)	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	No - just turn up!
Thursday	11.30am – 12.30pm	Tai Chi	One hour of Tai Chi provided for members of the Phoenix Day Centre	The Maples Day Centre, Amethyst Way, Off Liebenrood Road, Reading , RG30 2EZ	Contact Phoenix Centre	Ruth McEwan: 07825 632970 0118 902 3595 ruth.mcewan@ageukberkshire.org.uk	Must be a member of the day centre

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Thursday	1.30pm – 3.30pm	Tai Chi	One hour of Tai Chi followed by refreshments	Park United Reform Church Hall, Palmer Park Avenue, Reading, RG6 1DN	£3.50 (First session free)	Ruth McEwan: 07825 632970 0118 902 3595 ruth.mcewan@ageukberkshire.org.uk	No - just turn up!
Thursday	2.00pm – 3.00pm	Tai Chi	This session is NOT run by Age UK Berkshire although we have close links with the Firtree Club	Firtree Club Reading YMCA, 34 Parkside Road, Reading, RG30 2DD	Contact Firtree Club	Only available to members of the Firtree Club - call 0118 959 9576	Must be a member of Fir Tree Club
Friday	10:00am - 11:00am	Tai Chi	One hour of Tai Chi followed by refreshments	Oak Tree House, 10 Spey Road, Dee Park, Reading, RG30 4DZ. Held in the residents' lounge on the first floor (lift available).	£3.50 (First session free)	Ruth McEwan: 07825 632970 0118 902 3595 ruth.mcewan@ageukberkshire.org.uk	No - just turn up!
Friday	10:00am - 11:00am	Nordic Walking for Health - beginners course	One hour of Nordic walking led by a trained instructor. Suitable for beginners - poles provided.	Prospect Park, Tilehurst, Reading (Meet in car park off Liebenrood Road) Reading RG30 2DX. Next course starts September 2014	£20.00 for a 8 week course	Ruth McEwan: 07825 632970 0118 902 3595 ruth.mcewan@ageukberkshire.org.uk	Yes
Friday	10:00am - 11:00am	Nordic Walking for Health	One hour of Nordic walking led by a trained instructor. You must have done a beginner's course & bring your own poles.	The Look Out, Nine Mile Ride, Bracknell	£3.50	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	Yes
Friday	10:00am - 11:00am	Pilates	45 minutes of Pilates, led by a qualified instructor	Cippenham Baptist Church 11 Elmshott Lane, Cippenham, Slough SL1 5QS	£1.00 (£3.50 from Sept 2014)	Ali Woods: 0778 665 6722 or 0118 959 4242 alison.woods@ageukberkshire.org.uk	No - just turn up!
Friday	1.30pm - 2.15pm	Zumba Gold	Zumba Gold is low impact dance moves modified to meet the needs of people who are 50+ in a friendly and fun atmosphere	The Milestone Centre, Milestone Way, Northbrook Road, Caversham Park Village, Reading, RG1 6PF	£3.50 (First session free)	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	No - just turn up!
Friday	1.15pm-2:00pm	Yoga	Gentle Yoga led by a qualified instructor.	Park United Reformed Church, Palmer Park Avenue, Wokingham Road, Reading, RG16 1DN	£3.50 (First session free)	Ruth McEwan: 07825 632970 0118 902 3595 ruth.mcewan@ageukberkshire.org.uk	Yes
Friday (fortnightly)	1:30pm - 2:30pm	Seated Yoga	Seated class by Stay Sharp Yoga for all abilities. Offered as part of the fortnightly social club.	Amersham Road Community Centre, Caversham Reading RG4 5BP	£3.50 (First session free)	Marveta Hinds: 07795 565322 0118 902 3596 marveta.hinds@ageukberkshire.org.uk	No - just turn up!
Friday	2.30pm-3.30pm	Tai Chi	An hour of Tai Chi	Broadway House, Yorktown Road, Sandhurst	Please enquire	Joanna Flaxman on 01344 382866	No - just turn up!