

Weekly Activities

Morning

Afternoon

Monday

Bowls & Darts, 10.00-11.30, £1

Relax & Read, 13.30-15.30, free

Tuesday

Chair exercises, 11.15-11.45, £1.50 members, £2.50 non-members

Prize bingo, 13.30-14.30, £1.50 members, £2.50 non-members

Wednesday

Crafts, 10.30-11.30, £3 members, £4 non-members

Quiz, 1.30pm, free, 4th & 18th October only

Thursday

Flower Arranging, 10.30-11.30, £7.50 members, £8 non-members,
Thursday 11th only due to Christmas

Friday

Singing for fun, 10.30-11.30, free

Cash bingo, 13.30-14.30, £2

Special and Monthly Activities & Events

Monday 2nd: **Wreath Making Workshop**

Wednesday 4th: **Dementia Café**, 10.30am, £2.50 including refreshments

Sunday 8th: **Carols with Harps by Newbury Soroptimists**, 3.00-5.00pm, £8

Monday 9th: **Cheam School Carol Singers**, free, 10.30am

Wednesday 11th: **Elvis with Gary Roman**, 1.30pm, £5 members, £6 non-members

Thursday 12th: **Trip to Mary Hare School Carol Concert**, call to book

Friday 13th: **Memory Lane Singing Café**, 10.30am, £2.50 including refreshments

Wednesday 18th: **Christmas Lunch & Three Rivers Community Choir singing Carols**, Midday, normal lunch charges apply

Thursday 19th: **Christmas Raffle**, 1.30pm

Friday 20th: **Trip to the Panto at Newbury Corn Exchange**, call to book

Enjoy a tea/coffee and a treat or a full two course lunch at our sociable community Café and Restaurant:

- Our Café is open Monday to Friday, 09.30-11.30 and 13.30-15.30
- Our restaurant is open Monday to Friday 12.00-13.30 and one Saturday and two Sundays per month

Bowls & Darts:

A little healthy competition amongst friends to see who can knock down the most bowls! You can sit or stand to take part.

Every Monday, 10.30-11.30

Free to join

Cash Bingo:

4 games of competitive cash bingo with a chance to win cash throughout the game.

Every Friday, 13.30-14.30

£2 per person

Chair Exercises:

Chair based exercises with music focusing on legs and arms, aiming to improve balance and co-ordination.

Every Tuesday, 11.15-11.45

£1.50 for members* and £2.50 for non-members

Chess Club:

Whatever your level come along to our fun, sociable group and improve your chess game.

Once a month on a Thursday, 13.15-15.30, Free to join

Crafts:

Learn how to make new things and paint, sew, stick and create! Join Helen and our friendly craft group.

Every Wednesday, 10.30-11.30

£3 for members* and £4 for non-members

Dance with Emma:

Playing a variety of music including the cha-cha and salsa, you can join in or watch Emma lead the way on the dance floor.

Once a month on a Wednesday, 13.30-14.30

£1.50 for members* and £2.50 for non-members

Flower Arranging:

Supported by an expert florist, we provide everything you need to arrange your own beautiful flower display to take home.

Once a month on a Thursday, 10.30-11.30

£7.50 for members* and £8.50 for non-members

Prize Bingo:

5 games of fun interactive Bingo with a chance to win prizes throughout the game.

Every Tuesday, 13.30-14.40

£1.50 for members* and £2.50 for non-members

Quiz:

A fun general knowledge quiz, answer the most questions and win a small prize at the end.

Twice a month on a Wednesday, 13.30-14.30

Free to join

Relax and Read:

A time to relax and listen to extracts from books or poems and have a fun discussion with like-minded individuals.

Every Monday, 13.30-15.30

Free to join

Singing for Fun:

Join us for a fun sing-along, we sing a wide variety of songs and song sheets are provided.

Every Friday, 10.30-11.30

Free to join