

**Monday** (July 2019)**Older People**Issued by **Slough foodbank**

<b>9.00-13.30</b>	<b>Slough Resource Centre</b>	Age Concern The Village, 102-110 High Street, Slough, SL1 1HL. Jean Clarke & Shirley Wells 01753 497874	General information & advice. Tea bar and access to various services
<b>9.00-15.00</b>	<b>Cippenham Lunch Club</b>	Age Concern Royal British Legion, Brook Pat, Cippenham SL1 5EJ Sarah Catchpole 07954 042071	Exercise Class 10.45-12 £5 Lunch served at 12.15 £6 Bingo 14.00
<b>9.00-15.00</b>	<b>Old Windsor Centre</b>	Age Concern 27b Straight Road, , Old Windsor SL4 2RW Emma Hill 01753 854117	Various activities 12.00 Lunch £6
<b>10.00-13.00</b>	<b>Farnham Common Health and Exercise Session</b>	Age Concern Farnham Common Village Hall, Victoria Road, Farnham Common SL2 3NC Lorraine Hillis 0774 2090 444	Exercise, mind based activities, Light lunch 12.00 £6
<b>10.00-13.00</b>	<b>Farnham Common Health and Exercise Session</b>	Age Concern Farnham Common Village Hall, Victoria Road, Farnham Common SL2 3NC Lorraine Hillis 0774 2090 444	Exercise, mind based activities, Light lunch 12.00 £6
<b>10.00-13.00</b>	<b>Coffee morning</b>	Britwell Recycled Teenagers Britwell Centre, Wentworth Avenue	£8 annual membership £1 coffee/tea £2 bacon sandwich
<b>11.00 fortnightly</b>	<b>Cameo</b>	Salvation Army Stoke Road, Slough SL2 5BW 01753 525819	£3 includes lunch Open to all (lunch+speaker/activities)
<b>11.00-12.00</b>	<b>Yoga</b>	Upton Lea Community Centre, Wexham Rd, SL2 5JU	Free
<b>12.15-13.15</b>	<b>Seated Exercises</b>	Upton Lea Community Centre, Wexham Rd, SL2 5JU	Free
<b>14.00-16.00</b>	<b>Wexham Older People's Club</b>	St Mary's Church Hall, Church Hall SL3 6LH 01753 518232	

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<b>9.00-14.00</b>	<b>Langley Lunch Club</b>	Age Concern, Langley Free Church, Trelawney Ave. SL3 8RW Lorraine Hillis 0774 2090 444	Games/Quiz 10.00-12.00 Lunch served at 12.15 £6
<b>9.00-15.00</b>	<b>Cippenham Lunch Club</b>	Age Concern , Royal British Legion, Brook Path, SL1 5EJ Sarah Catchpole 07954 042071	Short Mat Bowls 10-11.30 £1 Stand up Bingo 13.45 - £2 Lunch served at 12:15pm- £6
<b>9.00-15.00</b>	<b>Old Windsor Centre</b>	Age Concern, 27b Straight Road, Old Windsor, SL4 2RW Emma Hill 01753 854117	Arts & Crafts 11am-11:30am Board Games 11:30am-12pm Smile Exercise Session 2pm-3pm- £1.50 plus £5 membership fee Lunch served at 12pm- £6
<b>9.00-15.00</b>	<b>Wexham Companion Centre</b>	Age Concern , Wexham Court Parish Hall, Norway Drive, SL2 5QP Denise Barrett 07846 434610	Range of Activities Lunch 12:15pm- £6
<b>9.30-10.30</b>	<b>Group Exercises</b>	Salt Hill Park Green Gym, Bath Road SL1 3SS	Free
<b>10.00-15.00</b>	<b>Village Resource Companion Centre</b>	Age Concern The Village, 102-110 High Street, Slough, SL1 1HL. Jean Clarke & Shirley Wells 01753 497874	Tax and Pension Enquiries (Paula)
<b>10.30-11.00</b>	<b>Seated Exercises</b>	Langley Library, Trelawney Avenue SL3 7UF	1 <sup>st</sup> Tuesday /month
<b>11.00-12.00</b>	<b>Yoga</b>	Upton Lea Community Centre, Wexham Rd, SL2 5JU	Free
<b>12.00</b>	<b>Lunch Club</b>	Alzheimer's Dementia Support, Kingsway URC, Church St. SL1 1SZ Terrie Hall 07516 165647	Voluntary contribution £3.50
<b>12.15-13.15</b>	<b>Seated Exercises</b>	Upton Lea Community Centre, Wexham Rd, SL2 5JU	Free

<b>13.00-14.00</b>	<b>Tai Chi</b>	Age UK St Marys Church Centre, Langley Road SL3 7ER	£3.50 No booking required
<b>13.00-14.30</b>	<b>Drop-in Coffee &amp; Chat</b>	Alzheimer's Dementia Support Holy Family RC Church ( St Joseph's Room) 226 Trelawney Avenue Terrie Hall 07516 165647	
<b>14.00-16.00</b>	<b>Men's Matters</b>	Longwood Park Community Centre, Common Road, Langley SL3 8TN 07843 554734	Refreshments and a chat Various activities
<b>14.00-16.00</b>	<b>Iver Dementia Café</b>	Alzheimer's Society, Evreham Centre, Swallow St. Iver , SL0 0HS 01628 626331	

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<b>9.00-15.00</b>	<b>Wexham Companion Centre</b>	Age Concern , Wexham Court Parish Hall, Norway Drive, SL2 5QP Lorraine Hillis 07742090444	Range of activities Lunch served at 12:15pm-£6
<b>9.30-12.00</b>	<b>Knitting and crochet club</b>	Salvation Army, Stoke Road, Slough SL2 5BW 01753 525819	
<b>10.00-13.00</b>	<b>Cafe</b>	Salvation Army Stoke Road , Slough SL2 5BW	
<b>11.00-12.00</b>	<b>Line Dancing</b>	Britwell Recycled Teenagers Britwell Centre, Wentworth Avenue, Britwell, Slough	£3
<b>11.00-12.00</b>	<b>Yoga</b>	Upton Lea Community Centre, Wexham Rd, SL2 5JU	Free
<b>12.00-14.00</b>	<b>Lunch Club</b>	Britwell Recycled Teenagers Britwell Centre, Wentworth Avenue, Britwell, Slough	£4 for dinner, pudding and a drink £8 annual membership
<b>12.00-13.00</b>	<b>Singing Group</b>	Age UK St Francis Church, London Road, Langley SL3 7LN	£3 No Audition, just turn up
<b>12.15-12.45</b>	<b>Seated Exercises</b>	Active Slough. Polish R C Church, Pitts Road SL1 3TJ	£1
<b>12.30-13.30</b>	<b>Tai Chi</b>	Salt Hill Activities Centre, Bath Rd, SL1 3SS	£2
<b>14.45-15.45</b>	<b>Pilates</b>	Britwell Centre, Wentworth Avenue, SL2 2DS	Free

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<b>9.00-14.00</b>	<b>Langley Lunch Club</b>	Age Concern, Langley Free Church 100 Trelawney Ave, SL3 8RW Lorraine Hillis 0774 2090 444	Games/Quiz 10-12 Line dancing 10-11 £5 Lunch 12.15 £6 Bingo 13-14
<b>9.00-15.00</b>	<b>Old Windsor Centre</b>	Age Concern, 27b Straight Road, Old Windsor SL4 2RW Emma Hill 01753 854117	Tai Chi 10:30am-11:30am- £5 Bingo 1:30pm-3pm Lunch served at 12pm- £6
<b>9.00-15.00</b>	<b>Cippenham Lunch Club</b>	Age Concern, Royal British Legion, Brook Path, Cippenham SL1 5EJ Sarah Catchpole 07954 042071	Exercise Class 11-12 £5 Lunch 12:15- £6 Curling 13.45 £1
<b>10.00-11.00</b>	<b>Yogalates</b>	Active Slough Upton Lea Community Centre, Wexham Rd, SL2 5JU	Free
<b>10.45-11.45</b>	<b>Pilates</b>	Active Slough Manor Park Community Centre, Villiers Rd, SL2 1NP	Free
<b>12.30-13.00</b>	<b>Seated exercise</b>	Active Slough Colnbrook Village Hall, Vicarage Way, SL3 0RF	Free
<b>13.30 - 15.30</b> <b>3rd Thurs</b>	<b>Slough Older People's Forum</b>	Kingsway URC, Church Street, Slough SL1 1SZ	Free
<b>17.00-18.00</b>	<b>Yoga</b>	29 Church St Resource Centre, Church St SL1 1PL	

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**Friday (July 2019)**

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<b>9.00-14.00</b>	<b>Langley Lunch Club</b>	Age Concern, Langley Free Church, 100 Trelawney Ave, SL3 8RW Lorraine Hillis 0774 2090 444	Exercise Class 11-12 £5 Lunch 12.15 £6 Bingo 13.-14
<b>10.00-12.00</b>	<b>Multi-Sport Social</b>	Montem Leisure Centre, Montem Lane, SL1 2QG	£3
<b>10.00-13.00</b>	<b>Coffee morning</b>	Britwell recycled teenagers, Britwell Centre, Wentworth Avenue, Britwell, Slough	£8 annual membership £1 tea/coffee
<b>10.00-13.00</b>	<b>Iver Heath Health and Exercise Session</b>	Age Concern, Evesham Sports Centre, Swallow St, Iver SLO OHS Lorraine Hillis 0774 2090 444	Exercise, mind based activities, light lunch £6 incl lunch

**Saturday (July 2019)**

<b>10.00</b> 2 <sup>nd</sup> & 4 <sup>th</sup> Sat	<b>Healthy Walks</b>	Active Slough Upton Court Park, Upton Court Road, SL3 7LU	Free
<b>10.00-12.00</b>	<b>Open Door coffee shop</b>	St Andrews Church Washington Drive, Cippenham . SL1 5RE 01628 661994	

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