

YPWD West

Fitness in Woodley



Circus Skills in Reading



Choir in Reading

Board and Tabletop Games in Newbury



Creative Art in Twyford



Please turn over for details.

Workshop Programme – WEST

Monday 15th April to Friday 24th May 2024

MONDAY 10am – 12pm Fitness with Keith

Christchurch Centre, Crockhamwell Road, Woodley RG5 3LA

This set is only 5 sessions as 6th May is a bank holiday.

Coach Keith is back with more stability and flexibility, strengthening and core training for us.

If you want to start your week right, this is the group you need to head to on Monday mornings!

Suitable for beginners to exercise and those who are more experienced, each activity can be tailored to the individual's fitness and ability.

This activity is for the person with dementia only.

Appropriate clothing for exercise is requested - e.g. trainers, tracksuit/jogging bottoms - no jeans or non-grip shoes.

Free public car park on site, refreshments provided.

TUESDAY 10.15am - 11.45am Harmony Choir

South Street Arts Centre, South Street, Reading RG1 4QU

Together we will be singing along with Brie on keyboard (and ukelele) singing some much-loved songs and learning some brand new ones. This singing group is a wonderful way to meet with friends, old and new, in a safe and welcoming environment.

This activity is for the person with dementia and their carer. Refreshments provided. Car parking is £4.80 for 3 hours on street.

TUESDAY 2pm – 4pm Circus Skills

Palmer Park Leisure Centre, Wokingham Road, Reading RG6 1IF

Join Cathy and the YPWD team to learn some new skills such as scarf juggling, devil sticks, diablo and hoopla. No experience necessary.

This activity is for the person with dementia only.

We welcome contribution to refreshments for this activity.

Drop off outside the centre, or Pay and Display parking with first 3 hours free of charge

WEDNESDAY 10am - 12pm Creative Arts

Loddon Hall, Loddon Hall Road, Twyford RG10 9JA

Get creative in our art group. We will have a prepared activity each week, with the option of also doing your own thing if you prefer. We can provide materials and support if you have a project in mind, or join in our planned activities under the guidance of the team.

This activity is for the person with dementia only.

Refreshments provided. Free public car park in front of the hall.

THURSDAY 1pm - 3pm Board and Tabletop Games

Newbury Waterside Centre, Waldegrave Place, Northbrook St, Newbury RG14 1DS

Join us over some great coffee (or hot chocolate!) to play some classic tabletop games. Whether you are partial to dominoes, chess, jigsaws or board games, we will get the dice rolling.

This activity is for the person with dementia only.

We welcome contribution to refreshments for this activity.

Pay and display parking available in Camp Hopson car park in Wharf Road.