

Newbury Branch Activities



WEEKLY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2pm Table Tennis 5pm online Yoga	2pm Balance & Flexibility	9:45am walking Football 12pm Yoga 1pm Yoga	10am Nordic Walking 2pm Balance & Flexibility	9:45am Talk-Talk 11am Singing/Dance		

MONTHLY

1 st Monday & Tuesday Loud & Clear	1 st Wednesday Toby Carvery	2 nd Thursday 11am Coffee morning	4 th Sunday YOPD 2hr walk + lunch
	3 rd Wednesday 7pm Branch meeting	3 rd Thursday YOPD pub chat	

CONTACTS FOR ACTIVITIES

Table Tennis: efutcher@gmail.com 07771 857684

Yoga: isobelcollyer@hotmail.co.uk 01635 44643

Balance & Flexibility:

sarahpapworth@btinternet.com 07775 647054

Loud & Clear: celia@vox-humana.net

YOPD: michellelewellyn@sky.com 07545 958266

Toby Carvery: beechview@hotmail.co.uk 07484 127349

Talk-talk: margaretjb28@gmail.com 07554 000871

Nordic Walking: efutcher@gmail.com 07771 857684