Newbury Branch Activities

WEEKLY

Monday	Tuesday	Wednesday	Thursday	Friday
2.00pm Table Tennis	2.00pm Balance & Flexibility	9.45am Walking Football, 12.00noon Yoga 1.00pm Yoga	10.00am Nordic Walking, 2.00pm Balance & Flexibility 4.15pm Physio-Active	9.45am Talk Talk. 11.00am Dancercise, Carers Meeting

MONTHLY

1st Monday – Loud & Clear (10.00am online) 1st Tuesday – Loud & Clear (3.30am online)	1st Wednesday – Toby Carvery @ 12.00noon	2nd Thursday – Coffee Morning @ 11.00am	4th Sunday – YOPD 2 hour walk and lunch
	3rd Wednesday – Branch evening meeting @ 7.00pm	3rd Thursday – YOPD pub chat @ 8.00pm	

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/Physio Active: michellellewellyn@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