

MON	TUES	WED	THUR	FRI	SAT	SUN
		1 PHYSIOTHERAPY Burnham Park Hall, SL1 7HR <u>Seated Exercise</u> 1.30pm - 2.30pm <u>High level standing class</u> 2.30pm - 3.30pm	2 BOXERCISE Fifield, Maidenhead 12pm - 1pm	3 INDOOR BOWLS Desborough Bowling Club, SL6 1XZ 12.30pm - 2pm	4	5
6	7 YOGA Holyport War Memorial Hall, SL6 2NA 10.45am - 11.45am HYDROTHERAPY Wexham Park Hospital, SL2 4HL. 5pm - 6pm (arriving at 4.30pm - 4.45pm)	8 BRANCH MEETING Burnham Park Hall, SL1 7HR 1.30pm - 3.00pm 2nd Wednesday of each month	9 BOXERCISE Fifield, Maidenhead 12pm - 1pm	10 INDOOR BOWLS Desborough Bowling Club, SL6 1XZ 12.30pm - 2pm	11	12
13	14 YOGA Holyport War Memorial Hall, SL6 2NA 10.45am - 11.45am HYDROTHERAPY Wexham Park Hospital, SL2 4HL. 5pm - 6pm (arriving at 4.30pm - 4.45pm)	15 PHYSIOTHERAPY Burnham Park Hall, SL1 7HR <u>Seated Exercise</u> 1.30pm - 2.30pm <u>High level standing class</u> 2.30pm - 3.30pm COFFEE MORNING FOR CARERS Café at Dorney Court, SL4 6QP 10.30am - 12pm	16 BOXERCISE Fifield, Maidenhead 12pm - 1pm	17 INDOOR BOWLS Desborough Bowling Club, SL6 1XZ 12.30pm - 2pm	18	19
20	21 YOGA Holyport War Memorial Hall, SL6 2NA 10.45am - 11.45am HYDROTHERAPY Wexham Park Hospital, SL2 4HL. 5pm - 6pm (arriving at 4.30pm - 4.45pm)	22 PHYSIOTHERAPY Burnham Park Hall, SL1 7HR <u>Seated Exercise</u> 1.30pm - 2.30pm <u>High level standing class</u> 2.30pm - 3.30pm	23 BOXERCISE Fifield, Maidenhead 12pm - 1pm	24 INDOOR BOWLS Desborough Bowling Club, SL6 1XZ 12.30pm - 2pm	25	26
27	28 YOGA Holyport War Memorial Hall, SL6 2NA 10.45am - 11.45am HYDROTHERAPY Wexham Park Hospital, SL2 4HL. 5pm - 6pm (arriving at 4.30pm - 4.45pm)	29 PHYSIOTHERAPY Burnham Park Hall, SL1 7HR <u>Seated Exercise</u> 1.30pm - 2.30pm <u>High level standing class</u> 2.30pm - 3.30pm COFFEE MORNING FOR PEOPLE WITH PARKINSON'S The Jolly Gardener Pub, SL6 2ND 10.30am	30 BOXERCISE Fifield, Maidenhead 12pm - 1pm			

