









SportsAble Walking Netball Led Cycle Ride Drop In Sessions
(advice on APPS for your
mobile or tablet)

Discovery.
With Three

Fundraising Coffee Morning

Over 55's Exercise Class

Join us on
Friday 17<sup>th</sup> May 2019

from **9.30am – 3.30pm** 

for coffee and cake, FREE taster sessions, information workshops, safety advice

Berkshire

Over 55's Led Walk

Walking Football



FREE Workshops
(Facebook, WhatsApp,
phone Basics)

Discovery.
With Three.

ageuk

Love later life

ramblers Led Walk

A Walking Football
Tournament will be
taking place throughout
the day, come along and
support the teams

Representatives from

**Schedule of Activities** 

09:30 - 11:00 Discovery with Three Workshop - Facebook \*

10:00 - 11:00 SMILE Led Walk (moderate pace)

10:15 - 12:15 Ramblers 5½ Mile Walk (moderate pace)

11:00 - 12:00 SMILE Aerobics Taster

11:00 - 12:30 Cycle Hub - Led Ride \*

11:30 - 12:30 Discovery with Three Workshop - WhatsApp \*

12:30 - 13:30 Walking Netball Taster

13:30 - 14:30 Walking Football Taster

13:30 - 14:30 Discovery with Three Workshop - Phone Basics \*

\* Discovery Workshops and the Led Cycle Ride should be booked in advance by emailing <a href="mailto:helen@maidenheadunitedfc.org">helen@maidenheadunitedfc.org</a> or calling Sports Development on 01628 685839 (all activities are subject to change) Held at:
SportsAble & Braywick Park,
Braywick Road,
Maidenhead,
SL6 1BN

Activities are suitable for adults of all ages and abilities. For further information on the TASTER activities, workshops and organisations attending please visit our website: http://www.magpiesinthecommunity.org/





In Partnership with:















