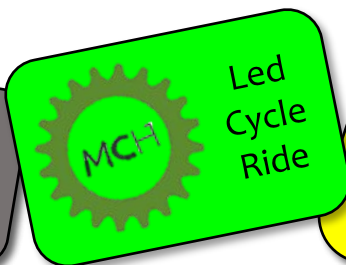




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## Love later life

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

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



### 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 [helen@maidenheadunitedfc.org](mailto:helen@maidenheadunitedfc.org) 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:

