



**12th May - 18th May**

**A selection of Age Friendly & Dementia Supportive Activities are available for Older people and those living with dementia, their carers, family and friends. Everyone is welcome.**



Booking is essential where this heart symbol is shown

#### **Tuesday, Thursday and Friday**



Churchills Day Centre, Activity centre for Dementia, Parkinson's, Learning Difficulties, Stroke and Socialisation. 10am-4pm or half days. Bush Street, Pembroke Dock SA72 6AN. Contact Savannah 07484 600450 customerservice@churchillsdaycentre.co.uk



#### **Tuesday, Wednesday, Thursday and Friday**

Arts & Crafts session, V C Gallery, Britannia Road Pembroke Dock, 11am-4pm 01646 685688

#### **Tuesday and Thursday**

Free fitness sessions for Carers with Strength Academy Wales, Haverfordwest High SA61 2NX Pembrokeshire Sports Village 10.30am -11.30am office@strengthacademy.wales

#### **Tuesday and Thursday**



Sing & Smile, Goldies Cymru. Song words are shared on the screen so you can join in from your home. <https://www.goldieslive.com/>

#### **Tuesday, Wednesday, Thursday, Friday**



Gardening activities, at Stackpole Gardens, SA71 5DJ. Get your hands dirty! 11am-3pm angela.reid@pavs.org.uk

#### **Tuesdays and Wednesdays**



Garden through Time, Tenby. Tuesday 10-12 & Wednesday 1-4pm. stella-h@minister.com 01834 845398

#### **Wednesday and Friday**

Free dementia friendly fitness sessions, Strength Academy Wales, Haverfordwest High SA61 2NX Pembrokeshire Sports Village 10.30am -11.30am office@strengthacademy.wales 01437 957949



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## Monday

**Cradle Choir Singalong**, by the Welsh National Opera, 10.30-11.30 am at the Torch Theatre, Milford Haven. [michael.graham@wno.org.uk](mailto:michael.graham@wno.org.uk)

**Games & Chat**, South Pembs Golf Club 12.-2pm [secretary@southpembsgc.co.uk](mailto:secretary@southpembsgc.co.uk) or call 01646 621453

**Steps to Health**, gentle seated and standing dance to music, 9.15-10.15am at Hubberston Community Centre. [Ashley@acgc.co.uk](mailto:Ashley@acgc.co.uk) 07815 766892

**Craft Afternoon**, at St Johns School Room, Warren St Tenby 2pm-4pm. 01834 845398

**Craft Club**, Augustus Community Hall Tenby, 2pm-4pm, 01834 842730

**Sing along with Goldies Cymru**, Holy Trinity Community Hall, 11.45am—12.45pm. [angela.reid@pavs.org.uk](mailto:angela.reid@pavs.org.uk)

**Chat and Connect**, 10am, Pennar Hall's Community Centre Tony, 01646 621942  
Pennar Hall Pacers, 60 minute walk, 1st & 3rd Mondays, 9am, Michelle 07714 787889

**Walk & Talk**, meet at Oriel y Parc, St Davids, 1.45pm [amberm@pembrokeshirecost.org.uk](mailto:amberm@pembrokeshirecost.org.uk)

**Cafe Cwtch**, come to meet new friends, Newport Memorial Hall at 10am - 12pm

**VC Gallery**, Souper Mondays 10am-12pm Soup making and lunch. No charge. Transport available 01646 685688

**Dance for Wellbeing**, Hubberston & Hakin Community Centre 9.14am-10.15am £4 per session [ashley@acgc.co.uk](mailto:ashley@acgc.co.uk), 01267 243815



## Tuesday

**Community Get Together**, 11am-1pm, at Old Chapel Community Cafe, Lower Frog Street Tenby  
contact Jo Brookman Lloyd on 07595192933

**Newport Friendship Club**, 10am in the Garden Room, Memorial Hall £6. Sandra Bayes  
[sandrabayes1@btinternet.com](mailto:sandrabayes1@btinternet.com)

**Community Collaboration 60 +seated exercise** at OGI Bridge Meadow Stadium SA61 2EX Free  
session 2-3pm [active4life@pembrokeshire.gov.uk](mailto:active4life@pembrokeshire.gov.uk)

**Choirs for Good**, Haverhub Haverfordwest, 7pm. Tom 07849 086009

**Seated Exercise Class**, the The Garden Room, Memorial Hall, Newport. 2pm-3pm  
Reg Atkinson 01239920527

**V C Gallery Shared Lunch**, 12.30. Everyone welcome. Pay what you can. 01646 685688

**Bespoke Individuals**, for mobility issues and carers 3pm-5pm at Value Independence in Milford  
Haven SA73 2HL [bindividuals@gmail.com](mailto:bindividuals@gmail.com) 07720 644600

**Milford Drop In**, Advice, information, tools and techniques to improve your wellbeing.  
Hubberston and Hakin Community Centre 10am-12pm. Karina 07813 797615  
[support@pcmind.org.uk](mailto:support@pcmind.org.uk)

**Pop Voices Feel Good Choir**, Tuesdays 12:30pm-2pm at Bloomfield House Community Centre  
Narberth. Free taster session and then £5. Free to carers and NHS staff. [angela@pop-choir.co.uk](mailto:angela@pop-choir.co.uk)



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## Wednesday



**Young Onset Dementia** day service at Uzmaston Hall, Haverfordwest 10am to 3pm, 07535 826773  
[pembsyoungonsetdementia@outlook.com](mailto:pembsyoungonsetdementia@outlook.com)

**Wednesday Club** Walk and Talk locally around Saundfoot. John 07528 794781 or email  
[twcpemb@gmail.com](mailto:twcpemb@gmail.com) for more information



**Day Service, Share the Care With Laura**, 10am-2pm with transport available and soon to be open on a Monday. Private clients accepted and also those with a day opportunity. Contact details  
[sharethecarewithlaura88@outlook.com](mailto:sharethecarewithlaura88@outlook.com) 01437 805165

**Chair Yoga** without Barriers, Hubberston and Haikin Community Centre, 12pm. Donations welcome. [Irenahathayoga@gmail.com](mailto:Irenahathayoga@gmail.com) 07773269173

**Arts 4 Wellbeing**, 10.30am-1pm at the Coracle Hall, Llechryd, [sara@arts4wellbeing.co.uk](mailto:sara@arts4wellbeing.co.uk)

**VC Gallery**, 10.15am short walk inc refreshment 01646 685688 Transport Available

**Age Cymru Dyfed**, chair based exercise 11am - 12noon, at the **VC Gallery** Pembroke Dock SA726PD £2.00 Margaret 07522 905426 or VC Gallery 01646 685688

**Singing for the Brain**, hosted by Alzheimer's Society on zoom. [Lorraine.king@alzheimers.org.uk](mailto:Lorraine.king@alzheimers.org.uk)

**Llanrhian Social Group**, 4pm-6pm at Llanrhian Hall, [andrewcwmwdig@aol.com](mailto:andrewcwmwdig@aol.com) or 01348 831434

**Creative Craft Session** for Adult Carers, 3pm-5pm, Longhouse, Fresh Water East 01646 629819

**Coffee & homemade Welsh Cakes**, St Johns Church, School Room, Tenby 10am-12pm  
[stella-H@minister.com](mailto:stella-H@minister.com) 01834 845398

**Knit and Natter**, 2pm to 4pm at the Mosaic Café, Neyland. [forgetmeknotpemb@gmail.com](mailto:forgetmeknotpemb@gmail.com)

**Knit & Craft Hwb** 12-30pm-3.30pm & Walking group 2pm-3pm, [Y Cross Cas-lai - The Cross Inn Hayscastle](#)

**Water Colour Classes**, Hubberston and Haikin Community Centre, 6pm-8pm £10,  
[Katyatmycreative.co.uk](http://Katyatmycreative.co.uk), 07584177279

**Age Cymru Dyfed Over 50s social group** walk, Coffee and cake  
[jacqui.breese@agecymrudyfed.org.uk](mailto:jacqui.breese@agecymrudyfed.org.uk)

**Age Cymru Dyfed Friendship Group for over 50s** at Neyland Marina and Manillas, exploring Pembrokeshire locations [reception@agecymrudyfed.org.uk](mailto:reception@agecymrudyfed.org.uk)

**Span arts** Welcome Wednesday, coffee, chat and crafting 10am -12.30pm – The Town Moor Moorfield Road Narberth – 01834 869323 [info@span-arts.org.uk](mailto:info@span-arts.org.uk)

**Knit and Natter**, Pembroke Dock Library, SA72 6DW, 2-4pm, Mia 07595192931

**Unpaid Carers Support Group**, VC Gallery 12.30pm 01646 685688

**Creative Art Session** VC Gallery, all welcome 11am - 3pm 01646 685688

**Camomile Club** meet in St Davids Rugby Club 2-4pm We welcome Aline to talk and draw all things charcoal Gill Leese [andrewcwmwdig@aol.com](mailto:andrewcwmwdig@aol.com)



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## Thursday

**Clynfyw Carers Group**, 10.30am - 12.30pm Abercych SA37 0HF admin@clynfyw.co.uk 07838 840593

**Forget Me Not Chorus**, singing with others via zoom. rachel@forgetmenotchorus.com 07515 889523

**No Fear Bridge Club**, with breakfast, Neyland Hub, John Street. 9.45-12pm Adrian 07891 352604

**Sing along with Goldies Cymru**, Maes Mwldan, Cardigan 2pm-3pm. Cheryl 07860 944410

**Golden Cymru**, online 11-12pm contact Cheryl 07860 944410

**Knit and Natter**, 2-4pm Lamphey Village Hall

**LIFT Gentle Exercise Class**, Pater Hall, Pembroke Dock 10.30am £2 inc a drink. 01646 672258

**Warm Welcome**, Bethel Church, Pembroke Dock 10am-1pm contact 01646 680432

**Coffee and Crafts** at Hubberston & Haiken Community Centre, 10.30-12.30, 01646 693216

**Re - Connect** at Ebenezer Church 10am-12am Pop in for a cuppa and a chat. madijordan@btinternet.com

**Seated Boccia**, Hubberston and Hakin Community Centre 10am-11.30 am, £2 inc refreshments 07377 652328, jelpot1@icloud.com



**Age Cymru, Narberth Carers Lunch and Social Group**, 12pm-2pm for unpaid carers over 50. Plas Hyfryd Hotel, Narbeth SA67 7AB. jacqui.breese@agecymrudfyfed.org.uk

**Chair Yoga**, Hubberston & Hakin Community Centre, 12pm-12.45pm. Free class (donations welcome) followed by free tea and coffee. Book via [www.irenayoga.com](http://www.irenayoga.com) or 07773269173

**Wolfs castle Country Hotel** every thursday 10-12 FREE coffee and treat yourself to a lovely slice of cake. Relax and enjoy with a friend(s)



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## Friday

**Senior Citizens Community Lunch**, 12.30pm Committee Room Newport Memorial Hall

**Friendly Friday**, at Pater Hall, Pembroke Dock 11am-2pm, come along for a cuppa and a chat , light lunch and lovely cakes. [paterhalltrust@gmail.com](mailto:paterhalltrust@gmail.com) 01646 622788

**Dementia Friendly church service**, St Marys Haverfordwest, 11am [neilhook@cinw.org.uk](mailto:neilhook@cinw.org.uk)

**Chair Yoga without Barriers**, The Centre, Simpson Cross, SA62 6EF 1pm. Donations welcome. [Irenahathayoga@gmail.com](mailto:Irenahathayoga@gmail.com) 07773269173

**The Friday 'social' Club**, 2pm-4pm, Community Clubhouse, Solva AFC, Maes y Mor. Qigong with Ifor & Ifor's Quiz . Lena 07805 717556 [contact@solvacare.co.uk](mailto:contact@solvacare.co.uk)

**The Dabblers**, weekly online art & craft class 3pm-4.30pm. [jo.brookman-lloyd@pavs.org.uk](mailto:jo.brookman-lloyd@pavs.org.uk)

**Prize Bingo** 1.30pm, VC Gallery Pembroke Dock SA72 6PD. £3.00 charge. 01646 685688

**Photography Club**, VC Gallery 11am-1pm no experience necessary. [steph@vcgallery.com](mailto:steph@vcgallery.com)

**Hubberston and Hakin**, Arts and Crafts Class 10am in the Coffee Bar no need to book, 07377652328

**Manorbier Warm Room**, Giraldu Centre, Manorbier, SA70 7TN. Free hot lunch midday to 3pm, no need to book

## Saturday

**Joy of Movement** for balance strength, confidence, 9.30am -10.00am, Zoom

**Joy of Movement** chair based, 10am-10.45am, Zoom, [helen@thejoyofmovement.uk](mailto:helen@thejoyofmovement.uk)

**Saturday Club** for Memory Loss & Carers, 10am-2pm, Crossroads House, Haverfordwest

## Sunday

**Online Church of St David Service**, Sunday 11am

Zoom Reference: 853409065367 & Password - Churches. Gill, [andrewcwmwdig@aol.com](mailto:andrewcwmwdig@aol.com)

Penny 01437 764639

