



## 24th February - 2nd March

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

### Monday, 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 Pembrokeshire Golf Club 12.-2pm [secretary@southpembrokeshiregolfclub.co.uk](mailto:secretary@southpembrokeshiregolfclub.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 01646621942  
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 01648 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



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## Tuesday

**The History Memory Group**, 2-4pm The Pembroke Dock Heritage Centre 01646 684220

**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. 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 07720 644600

**Free soup and roll**, Regency Hall Warm Room. 12.15pm to 2pm

**Soup and Matinee Movie**, Newport Memorial Hall, 12:30pm £3.00 each

**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



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# UPCOMING EVENTS



## Wednesday



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

**Wednesday Club** Memory Cafe, 2-4pm Gilter Hotel, Tenby. Hot drinks, games and entertainment  
John 07528 794781 or email [twcpemb@gmail.com](mailto:twcpemb@gmail.com)

**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)

**Arts & Crafts**, 1-4pm at Tabernacle, Main St Pembroke. [stella-H@minister.com](mailto:stella-H@minister.com) 01834 84539

**Warm Room** for hot drinks, soup, bread and cheese, St Mary's Church House, Tenby 10-2pm

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

**Age Cymru**, chair based exercise 11am - 12noon, at the **VC Gallery** Pembroke Dock SA72 6PD.  
£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 warm room**, free casual drop in lunch at the church hall 12pm-3pm

**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

**Warm Welcome**, Pembroke Dock Community Hall, Church Street 2-4pm 01646 681962

**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. [forgetmeknotpembs@gmail.com](mailto:forgetmeknotpembs@gmail.com)

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

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

**Age Cymru Over 50s social group** walk at Pembroke Mill Pond 11am-1pm Coffee and cake meet at the Royal George Car Park SA71 4NT [jacqui.breese@agecymrudfyfed.org.uk](mailto:jacqui.breese@agecymrudfyfed.org.uk)

**Span arts** welcome Wednesdays, 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)

**Friendship Club**, 2-4pm, Hubberston and Hakin Community Centre 01646 693216

**Walk & Talk Goodwick** 2-4pm Meet at the Ocean Lab Cafe Walk with us or bring your mobility scooter and have a natter and a cuppa. Cuppa only meet 2.45pm at Ocean Lab. walk flat and short. Contact Angela on [angela.reid@pavs.org.uk](mailto:angela.reid@pavs.org.uk) 07849 086009 or [Julie.campbell@pavs.org.uk](mailto:Julie.campbell@pavs.org.uk) 07595 192937



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## Thursday

**Carers Support Group**, 10am Sports Way House, Cambrian Place, SA61 1BW Laura 07375670771

**Forget Me Not Chorus**, singing with others via zoom. [rachel@forgetmenotchorus.com](mailto: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

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

**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](mailto:madijordan@btinternet.com)

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



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## Friday

**Warm Room** free hot lunch, Giraldu Centre Manorbier, SA70 7TN, 12pm-3pm.

**Friendly Friday**, cuppa & WIFI in Warrior Warm Room, Pater Hall, Pembroke Dock 11am-2pm  
paterhalltrust@gmail.com 01646 622788

**Dementia Friendly church service**, St Marys Haverfordwest, 11am neilhook@cinw.org.uk

**Chair Yoga without Barriers**, The Centre, Simpson Cross, SA62 6EF 1pm. Donations welcome.  
Irenahathayoga@gmail.com 07773269173

**The Friday 'social' Club**, 2pm-4pm, Ukulele Pirates, Community Clubhouse, Solva AFC, Maes y Mor.  
Lena 07805 717556 contact@solvacare.co.uk

**The Dabblers**, weekly online art & craft class 3pm-4.30pm. 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

## Saturday

**Clynfyw Carers Group** Abercych SA37 0HF 10am-12am - £2 for unlimited tea, coffee and biscuits  
Lizzie 07838 840593 adminCBS@clynfyw.co.uk

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

**Joy of Movement** chair based, 10am-10.45am, Zoom, helen@thejoyofmovement.uk

**Forget-me-knots**, Neyland Old Church, forgetmeknotpembS@gmail.com

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  
Penny 01437 764639



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