



# UPCOMING EVENTS



**31st March - 6th April**

**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



Dementia Friendly Pembrokeshire



Sir Benfro Dementia Gyfeillgar





## 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 Pems 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 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

**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)

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

**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](mailto: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](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** Open hour at the Regency Hall at 12pm, hot drinks, cake and biscuits, Open to anyone to come along and find out about all the amazing work they do. 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](#)

**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, Coffee and cake [jacqui.breese@agecymrudyfed.org.uk](mailto:jacqui.breese@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)

**Wellbeing Walk** at Stepside 11.30 1st Wednesday of the month. Meet at the Heritage Park car park and walk to Wisemans Bridge contact Jo on 07595 192933 or email [jo.brookman-lloyd@pavs.org.uk](mailto:jo.brookman-lloyd@pavs.org.uk)

**St Davids Diners**, meeting at the Harbour Pub in Solva for 12.30, Summer parking charges now apply, contact Vivian on 07941261625 to reserve a place



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## Thursday

**Carers catch up** with Julie online at 10.30, 1st Thursday of the month contact Julie Campell on 07595192937

**Living Memories Group** with The Elderly Brothers, 1.30pm, Narberth Rugby Club. Mary 01834 831219

**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

**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

**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

**Ballroom Dancing Community Collaboration 60 +** with Viktoriia at Letterston Memorial Hall on a Friday 1-2pm [active4life@pembrokeshire.gov.uk](mailto:active4life@pembrokeshire.gov.uk)

**Friendly Friday**, cuppa & WIFI in Warrior Warm Room, Pater Hall, Pembroke Dock 11am-2pm [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, Ukelele Pirates, Community Clubhouse, Solva AFC, Maes y Mor. 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

**Clynfyw Carers Group** Abercych SA37 0HF 10am-12am Every 3rd Thursday of the month and the first Saturday thereafter - £2 for unlimited tea, coffee and biscuits

**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, [andrew@wmwdia@aol.com](mailto:andrew@wmwdia@aol.com)

Penny 01437 764639



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