



28th April - 4th 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

Games & Chat, South Pembs Golf Club 12.-2pm 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 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

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

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, 01267 243815



Tuesday

Community Collaoration 60 +seated exercrise at OGI Bridge Meadow Stadium SA61 2EX Free session 2-3pm 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 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

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



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Wednesday

 **Young Onset Dementia** day service at Uzmaston Hall, Haverfordwest 10am to 3pm, 07535 826773
pembsyoungonsetdementia@outlook.com

Wednesday Club Mystery Tour this week. Meet at the Community Car Park in Kilgetty at 12.00, we should be back by 3.30 / 4pm. Please let John know if you are coming so we can organise transport and the lunch. John 07528 794781 or email twcpemb@gmail.com to book

Chair Yoga without Barriers, Hubberston and Haikin Community Centre, 12pm. Donations welcome. Irenahathayoga@gmail.com 07773269173

Arts 4 Wellbeing, 10.30am-1pm at the Coracle Hall, Llechryd, 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

Llanrhian Social Group, 4pm-6pm at Llanrhian Hall, 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 01834 845398

Knit and Natter, 2pm to 4pm at the Mosaic Café, Neyland. 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, 07584177279

Age Cymru Dyfed Over 50s social group walk, Coffee and cake
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

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



Thursday

Carers catch up with Julie online at 10.30, 1st Thursday of the month contact Julie Campbell on 07595192937 or julie.campbell@pavs.org.uk for a zoom link

Newport Warm Memories Cafe Garden Room Newport Memorial Hall 2.30- 4.30pm contact Sandra Baynes on sandrabayes1@btinternet.com

Living Memories Group 1.30 pm at Narberth Rugby Club. Come for a sing a long with The Elderly Brothers and cuppa and a chat. Contact Mary Adams on 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

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 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

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, 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

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

World Parkinson's Day, St David's Church Hubberston. Coffee Morning 10.30am -12pm. Drop in and support this amazing charity

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

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

