



Saturday 1st October - Friday 7th October 2022

WORKING IN PARTNERSHIP
Leisure Focus and Maidenhead United FC Community Trust

LEISURE FOCUS



WHAT IS ON OFFER?

Over 50's activities week offers a variety of sporting and physical activity sessions for those individuals over the age of 50 years old. Please note some activities in the programme will be offered to all adults- please check individual sessions for details. The aim of the week is to encourage individuals to take part in sport and physical activity on a weekly basis.

Over the week, local sports clubs and activity providers are opening their doors to give the public an opportunity to see what is on offer and to try out social and sporting activities. Please see age groups, specific requirements and booking information for each activity detailed within this leaflet.

All activities run over the week will be **FREE of charge**.

Leisure Focus Trust and Maidenhead United FC Community Trust are organising the promotional week in partnership with Sports Clubs and activity providers.

HOW TO GET INVOLVED?

1. Look through the timetable and choose your activities
2. Contact the activity providers to book your place
3. Take part in the session
4. Join the club

ENQUIRIES / FEEDBACK

If you have any further enquiries or any feedback regarding Over 50s activities week, please feel free to contact Leisure Focus.

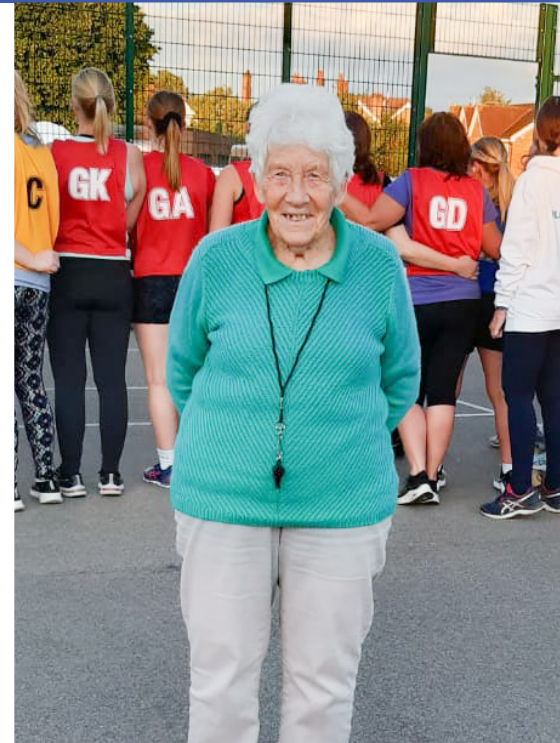
We welcome all feedback and use this feedback to evaluate, plan and improve for future programmes.

Email: jatinder.rakhra@leisurefocus.org.uk

Telephone Number: 01753 778559

PLEASE NOTE:

- At the time of print, sessions are as set out in the timetable. Sessions can be subject to change and may be cancelled due to unforeseen circumstances. Please contact the relevant clubs to book a place and also to confirm the session is running. We apologise in advance for any alterations to the stated dates and times.
- Leisure Focus Trust is not the agent of the business(s) / sports clubs mentioned nor affiliated with them in any way and makes no claims as to the capabilities of those service providers. You should make your own enquiries as to the suitability, safety etc by checking on membership of trade associations and other relevant bodies and where applicable on adequate insurance cover. It is also prudent to seek independent references as appropriate.



"I've loved sports ever since I was a young child. I started a new venture within the Royal Borough of Windsor and Maidenhead when I was 50 years old. The aim was to encourage over 50's to return to sport and physical activities through the Transporter Project. Every village in the Borough ended up with sporting sessions and a place for individuals to socialise. This gave me the confidence to continue supporting individuals to be active and make new friends. Even at the age of 84, I still continue to deliver and participate in sport and physical activity on a daily basis.

The 7 Days of Focus is a fantastic way to find a new activity that you would like to partake in and can continue on a regular basis. Come along and find a session you would like to take part in, it will be the best thing you ever do."

Gina Macgregor MBE

CONTENTS

MONDAY 3RD OCTOBER

- Adult only casual swim
- Aerobics
- Yoga hatha
- Seated yoga
- Walking football

TUESDAY 4TH OCTOBER

- Community Smile Open Day
- Short-Matt bowls
- Indoor Flat Green Lawn Bowls
- Short Tennis
- Personalised Group Training
- Fitness For Beginners
- Low intensity indoor cycling
- Jennifer Marshall-Jenkinson
- Celebrity Cooking

- Walking Football (Men/Women)
- Walking Netball
- Inclusive Dance Online
- Five A-side Football

WEDNESDAY 5TH OCTOBER

- Led Social Walk
- Yoga Lates
- Vitality 50+
- Short Tennis
- Good Gym
- Swimming
- Gym

THURSDAY 6TH OCTOBER

- Indoor Flat Green Lawn Bowls
- Love Intensity Indoor Cycling
- Short Tennis
- Fifty + Fitness
- Circuit Class

- Latin Line Dancing
- Walking Football
- Swimming
- Gym

FRIDAY 7TH OCTOBER

- Seated Exercise
- Mediation And Breathwork
- Five A-Side Football
- Ballroom Dancing

LF COMMUNITY SMILE MEMBERSHIP OFFER DAYS

- Saturday 1st October
- Sunday 2nd October
- Saturday 8th October

FOR ALL ACTIVITIES PLEASE PRE-BOOK USING CONTACT DETAILS LISTED

ACTIVITY AND CLUB	AGE	DATE/TIME	VENUE ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
Adult Only Casual Swim (Leisure Focus)	Over 50s	Monday 3rd October 9am - 9:55am Tuesday 4th October 9am - 9:55am Wednesday 5th October 9am - 9:55am Thursday 6th October 9am - 9:55am	Windsor Leisure Centre, Clewer Mead, Stovell Road, Windsor, SL4 5JB	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Wear clothing suitable for swimming. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.
Aerobics (Leisure Focus)	Over 50s	Monday 3rd October 9:30am - 10:25am	Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.
Yoga Hatha (Leisure Focus)	Over 50s	Monday 3rd October 9:15am - 10:45am	Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.
Walking Football (Magpies in the Community)	Over 50s	Monday 3rd October 10:00am - 11:00am	The Cage, Maidenhead United FC, York Road, Maidenhead, SL6 1SF	Mark Nisbet 01628 636314 (option 3) mark.nisbet@maidenheadunitedfc.org	The session is held on a covered 3G AstroTurf (no studs) Please bring water and wear clothing suitable for exercise. Town Centre Parking (no parking available on site).
Seated/Standing Exercise Class followed by refreshments (Magpies in the Community)	Over 50s	Monday 3rd October 1:00pm - 2:30pm	Woodlands Park Village Centre, Woodlands Park Road, Manifold Way, Maidenhead, SL6 3GW	Helen Park 01628 636314 (option 3) helen@maidenheadunitedfc.org	This session is suitable for people of all abilities and can be done seated or standing. Please bring water and wear clothing suitable for exercise. The session consists of one hour of exercise followed by tea and coffee. FREE parking.

FOR ALL ACTIVITIES PLEASE PRE-BOOK USING CONTACT DETAILS LISTED

ACTIVITY AND CLUB	AGE	DATE/TIME	VENUE ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
Seated Yoga (Leisure Focus)	Over 50s	Monday 3rd October 1:30pm - 2:00pm	Windsor Leisure Centre, Clewer Mead, Stovell Road, Windsor, SL4 5JB	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.
Seated Exercise (Ben Broadhead Personal Training)	Over 50s	Monday 3rd October 1:30pm - 2:15pm	Wesley Hall, Methodist Church, 1 Lower Road, Cookham Rise, SL6 9HF	Ben Broadhead 07900 204001 info@benbroadheadpt.co.uk	The session is aimed towards older adults. Please bring water and wear clothing suitable for exercise. Parking is available in Cookham Rise by the train station, which is nearby.
Open Day (Leisure Focus) Gym offer, Information Stalls, Free BP Checks, Cooking Show	Over 50s	Tuesday 4th October 9:00am - 4:00 pm	Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN	Braywick Leisure Centre 01628 685333	Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.
Indoor Flat Green Lawn Bowls Desborough Bowling Club	Adults - All ages	Tuesday 4th October 9am-10am	Desborough Bowling Club, 10 Green Lane, Maidenhead, SL6 1XZ	Mark Peachey 01628 629403 clubsteward@desboroughbc.com	Participants need to wear flat shoes with no grips whatsoever or if not possible socks. Parking available.
Short Mat Bowls (Leisure Focus)	Over 50s	Tuesday 4th October 10:00am - 12:00pm	Windsor Leisure Centre, Clewer Mead, Stovell Road, Windsor, SL4 5JB	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.
Short Tennis (Leisure Focus)	Over 50s	Tuesday 4th October 10:00am - 11:00am	Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.

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ACTIVITY AND CLUB	AGE	DATE/TIME	VENUE ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
Personalised Group Training (Stay Strong with Julie)	Overs 50s	Tuesday 4th October 10:00am - 10:45am	The session is held online via Zoom (zoom link will be sent to you on booking)	Julie Parkinson 07720 545096 juliecparkinson@gmail.com	Small personalised group training session provide the benefits of personal training within a supportive group environment, in the comfort of your own home. No special equipment is required. For more informiton on the session and to book a place please contact the provider in advance.
Fitness for Beginners (Sarah Brown)	Overs 50s	Tuesday 4th October 10:00am - 11:00am	Pinder Hall, Lower Road, Cookham, Berks, SL6 9EH	Sarah Brown 07872615273	Exercises can be done seated or standing and at your own pace. Please bring water and wear clothing suitable for exercise. Parking is limited.
Low Intensity Indoor Cycling (Leisure Focus)	Overs 50s	Tuesday 4th October 10:30am - 11:15am	Windsor Leisure Centre, Clewer Mead, Stovell Road, Windsor, SL4 5JB	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Low intensity indoor cycling. Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.
Jennifer Marshall-Jenkinson Celebrity Cooking Show The One Show & BBC	Overs 50s	Tuesday 4th October 11am doors open - 12.30pm. Tickets cost just £5.00	Baylis Theatre Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN	Please note there will be a £5.00 charge for this event. Book online > www.leisurefocus.org.uk/our-centres/braywick-leisure-centre/events/ Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Come and learn how to cook quick, simple, nutritious and energy efficient meals for single and couples in under ten Minutes! "It's all Magic"
Social Crafting Session (Magpies in the Community)	Overs 50s	Tuesday 4th October 1:00pm - 2:30pm	Woodlands Park Village Centre, Woodlands Park Road, Manifold Way, Maidenhead, SL6 3GW	Helen Park 01628 636314 helen@maidenheadunitedfc.org	This is a social session and suitable for everyone. If you have never crafted before, want to try something new or are an experienced crafter, there is something for everyone. Refreshments available. FREE parking.
Walking Football (Magpies in the Community)	Overs 50s	Tuesday 4th October 1:30pm - 2:30pm	AstroTurf, Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN	Mark Nisbet 01628 636314 mark.nisbet@maidenheadunitedfc.org	The session is held on a 3G AstroTurf (no studs) Please bring water and wear clothing suitable for exercise. Pay and Display Parking and Blue Badge Parking on site.

LEISURE FOCUS OPEN DAY

- » TUESDAY 4TH OCTOBER
- » BRAYWICK LEISURE CENTRE
- » OVER 60S

WHAT ACTIVITIES ARE TAKING PLACE?

Smile Activity Sessions

We will be running unique activities such as short tennis, badminton, FREE gym sessions and much more.

Cooking Show

As seen on TV and on cruise ships from around the world Jennipher Marshall-Jenkinson will be hosting her very own cooking show in our Baylis Theatre. Tickets are available at reception for £5 per person.

Information Stalls

In the street, we will be hosting a series of companies aiming to educate and provide information all in one place.

For more information

☎ 01753778559

✉ jatinder.rakhra@leisurefocus.org.uk

Membership Offer

There will be a special smile membership offer running on that day, make sure to speak to our membership team to find out more information.



SAVE THE DATE

Supporting

MACMILLAN
CANCER SUPPORT

@ MAIDENHEAD ATHLETICS CLUB

FRIDAY 30TH SEPTEMBER 2022



JOIN US FOR COFFEE, CAKE, AND ACTIVITIES FOR ALL!

10am – 3pm

**Maidenhead Athletics Club, The Pavilion, Braywick Park,
Maidenhead, SL6 1BN**

Activities taking place throughout the day
(schedule of activities to follow)

IN PARTNERSHIP WITH



LEISURE FOCUS

**FOR MORE INFORMATION, PLEASE CONTACT
HELEN@MAIDENHEADUNITEDFC.ORG**

FOR ALL ACTIVITIES PLEASE PRE-BOOK USING CONTACT DETAILS LISTED

ACTIVITY AND CLUB	AGE	DATE/TIME	VENUE ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
Dance Exercise (Windsor & Maidenhead Community Forum - WAMCF)	Over 50s	Tuesday 4th October 6:00pm - 7:00pm	The session is held online via Zoom (zoom link will be sent to you on booking)	Paul Samuels 07923 494744 p.samuels@btinternet.com	Please have water nearby. For more information on the session and to book a place please contact the provider in advance.
Five-a-Side Football (Magpies in the Community)	All Ages	Tuesday 4th October 7:00pm - 8:00pm	The Cage, Maidenhead United FC, York Road, Maidenhead, SL6 1SF	Helen Park 01628 636314 helen@maidenheadunitedfc.org	The session is held on a covered 3G AstroTurf (no studs) Please bring water and wear clothing suitable for exercise. Limited Parking available on Site or Town Centre Parking.
Walking Netball (Sports Hall) Leisure Focus	Over 50s	Tuesday 4th October 7:00pm - 8:00pm	Furze Platt Leisure Centre, Furze Platt Senior School, Maidenhead, SL6 7NQ	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.
Inclusive / Seated Dance (Dance with Anisha)	Over 50s	Tuesday 4th October 7:15pm - 8:15pm	The session is held online via Zoom (zoom link will be sent to you on booking)	Anisha zumbawithanisha@yahoo.co.uk	An inclusive dance class with fun and uplifting music which is taught as a seated class but can also be done standing. Suitable for all. Have some water available and wear comfortable clothing. Come join the dance party!
Womans Walking Football (Magpies in the Community)	Adults All ages	Tuesday 4th October 12:30pm - 1:30pm	Astroturf Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN	Helen Park 01628 636314 helen@maidenheadunitedfc.org	This session is held on a 3G Astro-Turf (no studs). Please bring water, clothing and footwear suitable for exercise. Pay and display parking and blue badge parking.
Led Social Walk followed by refreshments (Magpies in the Community)	Adults All ages	Wednesday 5th October 10:00am - 12:00pm	Desborough Bowling Club, 10 Green Lane, Maidenhead, SL6 1XZ	Helen Park 01628 636314 helen@maidenheadunitedfc.org	This is a leisurely paced social walk lasting approximately one hour. Walks are between 2 - 2.5 miles in distance. Please wear clothing suitable for walking in. Refreshments are available to purchase in the Bowling Club on return. FREE parking available.



LEISURE OCUS

JENNIPHER MARSHALL-JENKINSON'S COOKING SHOW

AS SEEN ON BBC / SKY TV AND ON
CRUSIE SHIPS FROM AROUND THE WORLD

Braywick Leisure Centre

Tuesday 4th October 2022

Doors Open 10:30am

Show Starts 11am - 12:30pm

Tickets available at £5 per person

To book your tickets visit reception or call
reception on 01628685333



Volunteers Needed



The Wellbeing Circle are looking for volunteers to
join their friendly team.



**"A Wellbeing Circle works by bringing a group of people together to
help you in areas of your day to day life where you might benefit
from some support"**

Do you have a few hours to spare each month to help others?
Help people do more of what they love
Have an opportunity to meet more people in your community
Help connect friends family and neighbours to reduce loneliness

**[https://rbwmttogether.rbwm.gov.uk/wellbeing-
circles](https://rbwmttogether.rbwm.gov.uk/wellbeing-circles)**

If you would like more information on how to make a
referral for a family member, friend or neighbour OR
wish to find out more about becoming a volunteer then
please get in touch.

**For more information please contact
Sasha@maidenheadunitedfc.org**

FOR ALL ACTIVITIES PLEASE PRE-BOOK USING CONTACT DETAILS LISTED

ACTIVITY AND CLUB	AGE	DATE/TIME	VENUE ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
Yogalates (Leisure Focus)	Over 50s	Wednesday 5th October 11:15am - 12:10pm	Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.
7 Days of Focus Open Day - Dual Sites (Leisure Focus) Membership offer	Over 50s	Wednesday 5th October 4:30pm - 9:00pm	Charters Leisure Centre, Charters Road, Sunningdale, SL5 9QY Cox Green Leisure Centre, Highfield Lane, Maidenhead, SL6 3AX Furze Platt Leisure Centre, Furze Platt Senior School, Maidenhead, SL6 7NQ"	"Charters Leisure Centre 01344 628686 (Mon - Fri 4:30pm to 10:00pm) Cox Green Leisure Centre 01628 685311 (Mon - Fri 4:30pm to 10:00pm) Furze Platt Leisure Centre 01628 308296 (Mon - Fri 4:30pm to 10:00pm)	Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.
Short Tennis Windsor (Leisure Focus)	Over 50s	Wednesday 5th October 10am - 12pm	Windsor Leisure Centre, Clewer Mead, Stovell Road, Windsor, SL4 5JB	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.
Goodgym A community group combining volunteering with fitness	Adults All ages	Wednesday 5th October 6.45pm-8.30pm	Various locations- In Maidenhead and Windsor	Amy Lovell amylovell@goodgym.org 07939487106	Goodgym are a friendly group who combine being active with volunteering in the community. We help with a variety of practical tasks such as painting school fences or planting trees and we stay active by walking, cycling or running to the task location. We are a diverse group and welcome all ages and fitness levels. We meet every Wednesday evening, but also have sessions at other times of the week depending on when help is needed. Details including where we meet and what to bring can be found on our website www.goodgym.org
Indoor Flat Green Lawn Bowls Desborough Bowling Club	Adults All ages	Thursday 6th October 9am-10am	Desborough Bowling Club, 10 Green Lane, Maidenhead, SL6 1XZ	Mark Peachey 01628 629403 clubsteward@desboroughbc.com	Participants need to wear flat shoes with no grips whatsoever or if not possible socks. Parking available.

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ACTIVITY AND CLUB	AGE	DATE/TIME	VENUE ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
Fitness Session (Magpies in the Community)	Adults All ages	Thursday 6th October 9:15am - 10:00am	The Cage, Maidenhead United FC, York Road, Maidenhead, SL6 1SF	Helen Park 01628 636314 helen@maidenheadunitedfc.org	The session is held on a covered 3G AstroTurf. Friendly fitness session suitable for all ages and abilities. Please bring water and wear clothing suitable for exercise. Town Centre Parking (no parking available on site).
Low Intensity Indoor Cycling (Leisure Focus)	Over 50s	Thursday 6th October 10:30am - 11:15am	Windsor Leisure Centre, Clewer Mead, Stovell Road, Windsor, SL4 5JB	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Low intensity indoor cycling. Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.
Short Tennis (Leisure Focus)	Over 50s	Thursday 6 October 10:00am - 11:00am	Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.
Fifty + Fitness Low intensity cardio + strength class (Stay Strong with Julie)	Over 50s	Thursday 6th October 11:00am - 11:45am	NMCC Sports Bar, Summerleaze Park, Summerleaze Road, Maidenhead, SL6 8SP	Julie Parkinson 07720 545096 juliecparkinson@gmail.com	This is a low intensity cardio and strength class, which can be done seated or standing. Please bring water and wear clothing and footwear suitable for exercise. FREE parking.
Circuit Class (Magpies in the Community)	Over 50s	Thursday 6th October 11:00am - 12:00pm	Woodlands Park Village Centre, Woodlands Park Road, Manifold Way, Maidenhead, SL6 3GW	Helen Park 01628 636314 helen@maidenheadunitedfc.org	This session is suitable for people of all levels. Please bring water and wear clothing suitable for exercise. FREE parking.
Latin Line Dancing (Leisure Focus)	Over 50s	Thursday 6th October 12:00pm - 12:55pm	Windsor Leisure Centre, Clewer Mead, Stovell Road, Windsor, SL4 5JB	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.
Walking Football (Magpies in the Community)	Over 50s	Thursday 6th October 1:30pm - 12:30pm	Windsor Leisure Centre, Clewer Mead, Stovell Road, Windsor, SL4 5JB	Mark Nisbet 01628 636314 mark.nisbet@maidenheadunitedfc.org	The session is held on a covered 3G AstroTurf (no studs) Please bring water and wear clothing suitable for exercise. Town Centre Parking (no parking available on site)

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ACTIVITY AND CLUB	AGE	DATE/TIME	VENUE ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
Short Tennis Windsor (Leisure Focus)	Over 50s	Thursday 6th October 10am - 12pm	Windsor Leisure Centre, Clewer Mead, Stovell Road, Windsor, SL4 5JB	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.
Seated Exercise (Ben Broadhead Personal Training)	Over 50s	Friday 7th October 12:30pm - 1:15pm	St Marks Church Hall, Station Road, Bourne End, SL8 5QF	Ben Broadhead 07900 204001 info@benbroadheadpt.co.uk	The session is aimed towards older adults. Please bring water and wear clothing suitable for exercise. FREE parking.
Meditation and Breath Work (Leisure Focus)	Over 50s	Friday 7th October 2:00pm - 3:00pm	Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.
Five-a-Side Football (Magpies in the Community)	Adults All ages	Friday 7th October 8:00pm - 9:00pm	The Cage, Maidenhead United FC, York Road, Maidenhead, SL6 1SF	Mark Nisbet 01628 636314 mark.nisbet@maidenheadunitedfc.org	The session is held on a covered 3G AstroTurf (no studs) Please bring water and wear clothing suitable for exercise. Limited Parking available on Site or Town Centre Parking.
Ballroom Dancing (Leisure Focus)	Over 50s	Friday 7th October 2pm - 4pm	Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.

LEISURE FOCUS

COMMUNITY SMILE MEMBERSHIP

Get access to **Gym, Classes and Swimming** across all of our centres

Prices:

60-69 Years Old:-
£26 Per Month or £280.80 annually

70-79 Years Old:-
£23 Per Month or £248.80 annual

80-89 Years Old:-
£12 Per Month or £129.60 annual

90+ Years Old - FREE

Limited time only offer

To find out more information about this offer please contact Jatinder Singh Rakhra on the below details:

☎ 01753778559

✉ jatinder.rakhra@leisurefocus.org.uk

7 DAYS OF FOCUS
OVER 50'S ACTIVITIES WEEK
SATURDAY 1ST OCTOBER - SATURDAY 8TH OCTOBER

NEW RAMBLER WELLBEING WALKS IN THE COMMUNITY



Maidenhead United FC Community Trust have been successful in receiving funding through the Royal Borough of Windsor and Maidenhead and NHS Frimley Clinical Commissioning Group as part of their new RBWM Health and Wellness innovation Project ideas Fund.

The idea is that Trust staff will be trained through the Ramblers Association to deliver walk leader training over the Autumn and provide ongoing support as part of the new Rambler Wellbeing Walks offer to volunteers, who would like to become walk leaders.

The offer will be available to organisations and individuals who are looking to create new regular walking groups in the community and are looking for the support to do this.

Regular walking has a huge amount of benefits for individuals both physically and mentally and this is a real opportunity to increase the opportunities for people to take part in regular organised walking groups and reap the benefits of doing so.

The Trust would be interested to hear from organisations and individuals who would be interested in setting up their own regular walking group in the local community.

For more information and how to get involved please contact Helen Park via helen@maidenheadunitedfc.org

MAGPIES IN THE COMMUNITY

7 DAYS
OF
FOCUS
OVER 50s
ACTIVITIES
WEEK

Saturday 1st - Friday 7th October 2022

GET INVOLVED

Discover more at:
www.leisurefocus.org.uk/promotions/



WORKING IN PARTNERSHIP
Leisure Focus and Maidenhead United FC Community Trust

LEISURE FOCUS

