

# My Community Map for seniors

## Jennett's Park

### Tai chi

### Get Active



**Mondays, 4pm to 5pm**

Tai chi is a gentle exercise with benefits for both body and mind. Regular tai chi can help improve your balance and sleep quality.

**Jennett's Park Community Centre, 1 Tawny Owl Square, RG12 8EB**

Email: [public.health@bracknell-forest.gov.uk](mailto:public.health@bracknell-forest.gov.uk)



**Free – no booking required**

**Bus route: 108**

### Nimble Fingers craft group

### Get Creative



**Wednesdays, 2pm to 4pm**

Weekly meet ups. Enjoy crochet, embroidery, flower arranging, card making and more!

**Great Hollands Community Centre, The Square, RG12 8UX**

Call Margarette **07931 947 526**

or email: [mardlem@virginmedia.com](mailto:mardlem@virginmedia.com)



**£4 per session. First session free. Bus routes: 4 Lion, 171, 172, 194, 412, x94**

### Tea and talk

### Get Connected



**Wednesdays, 1pm to 3pm**

Join the tea and talk group, every Wednesday. No booking required.

**Jennett's Park Community Centre, 1 Tawny Owl Square, RG12 8EB**

Call Nick **07777 644857** or email: [nick@nicroworth.com](mailto:nick@nicroworth.com)



**First session free**

**Bus route: 108**

# My Community Map for seniors

## Jennett's Park

### Andy's Man Club

### Get Help



**Mondays, 7pm to 9pm** (except bank holidays)

You will be greeted with a warm smile and a cup of tea.  
There is no pressure to talk, you can just listen.

**The Rowans Family Hub, Pond Moor Road, RG12 7JZ**

Email: [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)



**Free**

**Bus routes: 108, 171**

### Jennett's Park roleplaying club

### Get Learning



**First and third Friday of every month, 7.45pm to 10pm**

We need more game masters! ALIEN, Bladerunner, CHILL, Stargate,  
Doctor Who, Pathfinder, World of Darkness - you name it, you can play it!

**Jennett's Park Community Centre, 1 Tawny Owl Square, RG12 8EB**

Email Jeff Taylor: [aeonworx@hotmail.com](mailto:aeonworx@hotmail.com)



**Free**

**Bus route: 108**

## Social prescribing service

**Monday to Friday, 9am to 5pm**

Social prescribing can support you to connect to your community. This non-medical service is designed to put people in touch with services, groups and activities in the local community to help improve wellbeing.

**Time Square, Market Street, Bracknell, RG12 1JD**

Call **01344 352000** or email: [social.prescription@bracknell-forest.gov.uk](mailto:social.prescription@bracknell-forest.gov.uk)

**Free**



**Can't find what you are looking for?** Request a call back from one of our friendly social prescribers on **01344 325000**. Alternatively view the **Community Map**, visit: [bfcommunitymap.commonplace.is](http://bfcommunitymap.commonplace.is) or scan the QR code.