

My Community Map for seniors

Forest Park / Crown Wood

Strength and balance session

Get Active

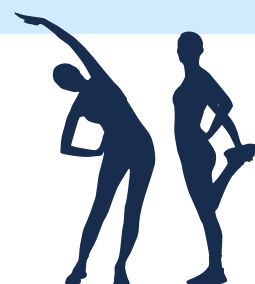


Fridays, 11am to 12 noon

Improve your strength and balance at the new free weekly classes. These classes will help you improve strength, posture, flexibility and joint mobility. As the sessions involve some time on the floor, please bring your own mat.

Crown Wood Community Centre Opladen Way, RG12 0PE

Call **01344 352 000**



Free

Bus route: 172

Cross your Art

Get Creative



Thursdays, 2pm to 3pm

Draw and chat in a friendly, welcoming art group. Bring your own sketch pad/notebook and pencil case.

Birch Hill Library, Leppington, RG12 7WW

Email Rozzie: crossyourartgifts@gmail.com



Free (donation for tea and coffee)

Bus routes: 156, 171, X94

Bracknell Forest Lions Club

Get Connected



Second Monday of every month, 7.30pm

Bracknell Forest Lions Club raises money for local charities and good causes. They also offer services to help the community.

**Forest Park Community Centre,
Horndean Road, RG12 0XQ**

Call **0345 833 7837**



Monthly fee

Bus route: 156

My Community Map for seniors

Forest Park / Crown Wood

Bracknell Shopmobility

Get Help



Tuesday to Saturday, 10am to 4pm

Bracknell Shopmobility is a charity based in The Lexicon aiming to help people with mobility impairments, whether temporary or permanent. They hire out mobility scooters and wheelchairs (powered and manual).

Shopmobility, 11 Princess Square, Bracknell, RG12 1LS

Call Charles Drury **01344 861316** or email: bracknellshopmobility@utdsl.com



Dependant on service

Bus routes: 172, 156

Forest Park bowls group

Get Learning

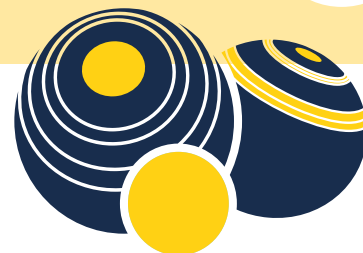


Tuesdays and Thursdays, 2pm to 4.30pm

Come along and learn how to play short mat bowls. We are a friendly group and everyone is welcome!

Forest Park Community Centre, Horndean Road, RG12 0XQ

Email George: thepines39@btinternet.com



£3 per session

Bus route: 156

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

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 or scan the QR code.