

OLDER PEOPLE'S DAY 2018

BRINGING
PEOPLE
TOGETHER

Join us from
10am to 3pm

on

**Monday 1st October
2018**

**at Broad Street Mall
RG1 7QE**



**BROAD
ST. MALL**
Reading's Original Mall

 **Reading
ageUK**

 **Berkshire
ageUK**

 **Reading**
Borough Council
Working better with you

OLDER PEOPLE'S DAY 2018

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WELCOME

The Mayor of Reading

ACTIVITIES

- ◆ 10 am—Grand opening by The Mayor
- ◆ 10:15 am—Tea & Jam / Choir
- ◆ 11 am—Rising Sun Art / Dance Workshop
- ◆ 12 pm—Browse info stalls
- ◆ 1 pm—Creative Writing / Tai Chi
- ◆ 2 pm—Acting Workshop / Readipop Band
- ◆ 3 pm—Closing remarks

❖ INFORMATION STANDS

Age UK Berkshire—Age UK Reading— Oddfellows—
Healthwatch Reading— The Hibernian Society— The
Globe Community Mission—My Care My Home—
Young People with Dementia—Reading Job Centre—
British Red Cross— REMAP Berkshire—Carers Hub

❖ And many many more.....

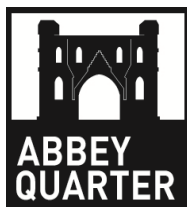
❖ ADDITIONAL ACTIVITY

Walk around the Lavender Garden
(Weather permitting)

Walking around Reading Abbey

Find out more about Reading Abbey during a relaxed walk around the ruins. Our guide will point out some of the incredible history of the Abbey and its immediate surroundings.

Please be aware that there are uneven surfaces and loose gravel in the ruins. Places are limited.



Book at the Reading Museum stall on the day by 11 am. Guided tour from 12—1 pm

Free Massage and Posture Assessment

Take part in our raffle to win a free massage or posture assessment from Therapists For You Ltd! (1st Floor, Broad Street Mall) - 4 x free sessions available



**For more information call
0118 937 2383 or email
opwg@reading.gov.uk**