Age UK Berkshire What's On Guide
FEBRUARY 2026
Royal Borough of Windsor & Maidenhead

Dementia Friendly Royal Borough of Windsor & Maidenhead

Berkshire age UK Let's change how we age

Tel: 0118 959 4242 | Email: info@ageukberkshire.org.uk | Web: ageukberkshire.org.uk

What	Time & date	Where	Details
MONDAYS			
Coffee Morning	**10am-12.30pm Every week**	Champney Hall, Horton, SL3 9PA	Free. Call 01784 482515 or just come along and join us
Men's Matters - a free drop-in for men over 50	**2-4pm Every week**	All Saints Church, Dedworth Lane, Windsor, SL4 4JW	Call 07827 642504 or just drop in
Foodshare Social Event	**2-3.30pm Every week**	Maidenhead Foodshare, 9 Reform Rd, Maidenhead, SL6 8BY	Free. Come along for tea, cake and conversation!
TUESDAYS			
Happiness Hub Drop-in meeting	**10am-12pm 3rd Feb**	The Sun Cafe, 17-19 High St, Sunninghill, SL5 9NG	Free. Call 01344 233290 or just come along and join us
Health Hub - community health event	**9.30-12.30 Every week**	Wraysbury Village Hall, The Green, Wraysbury, TW19 5NA	Free for all Horton, Datchet & Wraysbury residents
Pubs n Pastries with Age UK Berkshire	**11am-12pm 3rd Feb**	Fox and Castle, 21 Burfield Road, Old Windsor, SL4 2RB	Free, no need to book, call 07585 793069 for more info
Social Lunches For carers and cared for	**11.30am-1pm 3rd & 17th Feb**	Age Concern Windsor, Spencer Denney Centre, Park Corner, Windsor, SL4 4EB	01753 860685 to book. £10 per head
Talkin' Tables - good tea and company	**10.30-11.30am Every Tues**	Maidenhead Library, St Ives Rd, Maidenhead, SL6 1QU	Run by the Rotary Club. Just turn up!
Afternoon Tea For carers and cared for	**1-3pm 24th Feb**	Age Concern Windsor, Spencer Denney Centre, Park Corner, Windsor, SL4 4EB	01753 860685 to book. £7 per head
Singing for the Brain with the Alzheimer's Society	**10.30am-12pm 10th Feb**	Mountbatten Grange, Helston Lane, Windsor, SL4 5GG	Free, just turn up. More info: 01753 336350
Let's Connect Wellbeing Network	**10.30-11.30am 3rd & 17th Feb**	Woody's Cafe, Dedworth Lane, Windsor, SL4 5AY	Call 0300 365 4440 or just pop in
Activity Cafe - A safe place in Windsor for socialising	**9.30am-12.30pm Every week**	Age Concern Windsor, Spencer Denney Centre, Park Corner, Windsor, SL4 4EB	Call 01753 860685 for more info
Community Dementia Cafe & meet Age UK Berkshire	**11am-12.30pm 10th Feb**	The Royal Foresters, London Road, Ascot, SL5 8DR	Free. Different theme each month More info: 07585 793069
WEDNESDAYS			
Optalis Drop-In Dementia Group for all diverse communities	**10.30-11.30am 4th Feb**	Boyn Grove Library, 11 Courthouse Rd, Maidenhead, SL6 6JE	Free! Call 01628 683715 for info
Ascot Memory Group	**11am-12.30pm 18th Feb**	St Michael's Church Hall, Church Lane, Sunninghill, SL5 7DD	Free to attend
Coffee Morning for local residents	**10am-12.30pm Every Weds**	Wraysbury Community Hub, High Street, Wraysbury, TW19 5DB	Free! Call 01784 482515 for info
Let's Connect Wellbeing Network	**1-2pm Every Weds**	Bardo Lounge, High Street, Maidenhead, SL6 1QJ	Just turn up. Info: 0300 365 4440
Mens' Matters - a free drop-in for older men	**2-4pm Every Weds**	Maidenhead Community Centre, 4 Marlow Rd, M'head, SL6 4YR	Call 07923 494744

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WEDNESDAYS Cont:			
Mindful Mile	**10am 25th Feb**	Royal Ascot Golf Club, Winkfield Road, Ascot, SL5 7LJ	Accessible walk, dogs welcome, free refreshments. Call 01344 621575
Royal Reminiscence	**10.30am-12.30pm 25th Feb**	Windsor Castle, Windsor, SL4 2NJ	Talk about castle life. Booking essential 07467 147467
Wellbeing Wednesday	**12-2pm 25th Feb**	Datchet Baptist Church, 62 London Rd, Datchet, SL3 9JR	For all Datchet residents. office@datchetbaptist.org.uk
Dementia Cafe	**10.30am-12pm 25th Feb**	Mountbatten Grange, Helston Lane, Windsor, SL4 5GG	01753 336350
Social Seniors - for those with dementia & carers	**2-4pm Every week**	St Marks Methodist Church, St Marks Cres, Maidenhead, SL6 5BQ	01628 200068. £5 per person.
Carers Cafe - you are not alone with dementia	**2.30-4pm 18th Feb**	St Mark's Methodist Church, St Mark's Cres, Maidenhead, SL6 5BQ	01628 200068
THURSDAYS			
Thursday Tea n' Talk	**11am-12pm 12th Feb**	The Jolly Gardener, Moneyrow Cottage, Moneyrow Green, Holyport, SL6 2NN	01628 965389. Free to join
Optalis Drop In Dementia Group	**10.30-11.30am 5th Feb**	Boyn Grove Library, 11 Courthouse Road, Maidenhead, SL6 6JE	01628 683715. Free to join.
Lunch Club	**12.45-2.15pm Every Thurs**	Wraysbury Village Hall, The Green, Wraysbury, TW19 5NA	£7.50 per head. Transport to club or meal delivery available. Call 01784 482515
Talkin' Tables - join us for a chat	**10.30-11.30am Every week**	Shopmobility Office, 41 Broadway Mall, Nicholsons Centre, Maidenhead, SL6 1LL	Free to join. Call 07514 771536 for more info
Memories and Moves: Gentle seated exercise and reminiscence	**10.30-11.30am 19th Feb**	Boyn Grove Library, 11 Courthouse Lane, Maidenhead, SL6 6JE	01628 683715. Free. Light refreshments served.
Dementia Drop In - NEW!	**10.30-11.30am 26th Feb**	All Saints Church, Dedworth Rd, Windsor, SL4 3JW	01628 683715
Coffee Morning with East Berkshire MS Group	**10.30am-12pm Every week**	Braywick Plant Nurseries, 41 Braywick Rd, Maidenhead, SL6 1DX	Call 07703 484204 or email dominic.manley@groups.mssociety.org.uk
FRIDAYS			
Stroke Club - support group	**10am-12pm 6th & 20th Feb**	Cox Green Community C'tre, 51 Highfield Ln, M'head, SL6 3AX	Call 07872 144350. Small annual subscription required
Coffee Morning	**10am-12pm Every Fri**	Colnbrook & Poyle United Church, High St, Colnbrook, SL3 0JZ	Coffee, conversation & connection. Call 01628 314303
Coffee Morning with East Berkshire MS Group	**10am-12pm 20th Feb**	The Harvester, 250 Maidenhead Road, Clewer, SL4 5HQ	Call 07395 456993 or email geoffrey.knight@groups.mssociety.org.uk
SATURDAYS			
Free Exercise Sessions	**11am-12pm 14th Feb**	St Mark's Hospital, 112 St Mark's Road, Maidenhead, SL6 6DU	Call 07395 465993 or email geoffrey.knight@groups.mssociety.org.uk
SUNDAYS			
Teatime for the Soul	**3-4pm 1st Feb**	Windsor Methodist Church, Alma Road, Windsor, SL4 3HH	Call 07535 511421 for more info
Teatime for the Soul	**3-4pm 15th Feb**	Cookham Methodist Church, 1 Lower Road, Cookham, SL6 9HJ	Call 07535 511421 for more info