



LEISURE  FOCUS

7 Days of Focus Over 66's Activities Week

Sunday 4th – Saturday 10th October

What's On This Week :

LEISURE  FOCUS

Join us for a special week designed just for the over 66's community! Enjoy a variety of sporting, physical, and social activities that make it easy to stay active, meet new people, and have fun.

Throughout the week, local clubs and activity providers are opening their doors, giving you the chance to try something new and discover what's available in your area. Whether you're looking to boost your fitness, keep moving, or simply connect with others, there's something for everyone.

Most activities run over the week will be FREE of charge.

How To Get Involved :

1. Look through the timetable and choose your activities
2. Contact the session provider to book your place.
3. Join the session and have a great time!
4. Loved it? Become a full member at Leisure Focus and continue your fitness journey.

ENQUIRIES / FEEDBACK

If you have any further enquiries please contact Leisure Focus using the following details:

activecommunities@leisurefocus.org.uk / 01753778559

PLEASE READ

- Sessions are scheduled as per the timetable but may change or be cancelled due to unforeseen circumstances. Please contact the relevant clubs to confirm availability and book your place.
- Leisure Focus is not affiliated with or responsible for the businesses or clubs listed. Ensure providers meet your standards for safety, qualifications, and insurance.
- Refer to the timetable for age groups, requirements, and sessions.
- Please book at least 24 hours prior to the session starting.

Contents Page

Braywick Activities:
Pages **5**

Windsor Activities:
Pages **6**

External Activities:
Pages **7 - 10**

Ageing Well Expo:
Page **10**

Magpies Meet-up
Page: **11**

Connect 66+ Gym:
Page **12**

Partners:
Page **13**



WHAT'S ON AT BRAYWICK LEISURE CENTRE

5

SUNDAY 4TH OCTOBER Free health checks/ E-gym inductions	TIMINGS 1pm – 3pm	INFORMATION Bring water & wear exercise clothing. Pay & Display parking available.	HOW TO BOOK activecommunities@ leisurefocus.org.uk – 01753778559
MONDAY 5TH OCTOBER Seated Yoga	TIMINGS 12:30pm – 1:25pm	INFORMATION Bring water & wear exercise clothing. Pay & Display parking available.	HOW TO BOOK activecommunities@ leisurefocus.org.uk – 01753778559
TUESDAY 6TH OCTOBER Aging well expo	TIMINGS 10am – 1pm	INFORMATION Pay and Display Parking and Blue Badge Parking on site.	HOW TO BOOK activecommunities@ leisurefocus.org.uk – 01753778559
WEDNESDAY 7TH OCTOBER Racket sports 50+	TIMINGS 2pm – 3:30pm	INFORMATION Bring water & wear exercise clothing. Pay & Display parking available.	HOW TO BOOK activecommunities@ leisurefocus.org.uk – 01753778559
SATURDAY 10TH OCTOBER Free Lane Swimming	TIMINGS 12pm – 2pm	INFORMATION Bring water & wear exercise clothing. Pay & Display parking available.	HOW TO BOOK activecommunities@ leisurefocus.org.uk – 01753778559

WHAT'S ON AT WINDSOR LEISURE CENTRE

6

SUNDAY 4TH OCTOBER Free health checks/ E-gym inductions	TIMINGS 1pm – 3pm	INFORMATION Bring water & wear exercise clothing. Pay & Display parking available.	HOW TO BOOK activecommunities@ leisurefocus.org.uk – 01753778559
MONDAY 5TH OCTOBER Adult only lane swimming (Monday to Friday)	TIMINGS 7:30am – 8:55 am	INFORMATION Bring water & wear exercise clothing. Pay & Display parking available.	HOW TO BOOK activecommunities@ leisurefocus.org.uk – 01753778559
TUESDAY 6TH OCTOBER Short Mat Bowls	TIMINGS 10am – 12pm	INFORMATION Pay and Display Parking and Blue Badge Parking on site.	HOW TO BOOK activecommunities@ leisurefocus.org.uk – 01753778559
WEDNESDAY 7TH OCTOBER Short Tennis	TIMINGS 10:30am – 11:30am	INFORMATION Bring water & wear exercise clothing. Pay & Display parking available.	HOW TO BOOK activecommunities@ leisurefocus.org.uk – 01753778559

EXTERNAL SESSIONS

7

MONDAY 5TH OCTOBER Ramblers Wellbeing Walk - Dedworth	TIMINGS 10am - 12:30pm	INFORMATION Dedworth- Windsor Woody's café, Dedworth, SL4 5AY Please bring water and wear clothing/ footwear suitable for exercise. Parking and Blue Badge Parking on site. Free led 2-3 mile walk for all levels. option to join for refreshments after.	HOW TO BOOK community@maidenheadunitedfc.org Phone and leave a message 01628 636314 (option 4)
Indoor Bowling	8:30am - 10:30am	Desborough bowls club Green Lane, SL6 1XZ Wear Comfortable Clothing. No grip shoes smooth surface only. You need to wear socks.	Call Reception 01628 629403
Return to exercise	12pm - 12:45pm	Woodlands Park Village Centre Maidenhead, SL6 3GW Exercise class geared at those coming back to exercise after illness/ injury. Please contact for more information. Limited places.	community@maidenheadunitedfc.org Phone and leave a message 01628 636314 (option 4)
Standing/ Seated exercise class	1pm - 2pm	Woodlands Park Village Centre Maidenhead, SL6 3GW Standing or seated exercise session for all levels. Please bring water and wear clothing suitable for exercise.	community@maidenheadunitedfc.org Phone and leave a message 01628 636314 (option 4)
Magpie Meet-ups	2pm - 3pm	Rio Deli Cafe, maidenhead Library, SL61QU Join us for a relaxed cuppa and chat, with a chance to meet others, enjoy good conversation and build a sense of community.	angela@maidenheadunitedfc.org
TUESDAY 6TH OCTOBER Standing/ Seated exercise class	TIMINGS 12pm - 1pm	INFORMATION Maidenhead community centre, 4 Marlow Road, Maidenhead, SL6 7HY Standing or seated exercise session for all levels. Please bring water and wear clothing suitable for exercise.	HOW TO BOOK community@maidenheadunitedfc.org Phone and leave a message 01628 636314 (option 4)

EXTERNAL SESSIONS

8

TUESDAY 6TH OCTOBER Womens walking football 40+	TIMINGS 12:30pm – 1:30pm	INFORMATION Braywick Leisure Centre Maidenhead SL6 1BN Please bring water and wear clothing/ footwear suitable for exercise. Pay and Display Parking and Blue Badge Parking on site.	HOW TO BOOK community@maidenheadunitedfc.org Phone and leave a message 01628 636314 (option 4)
Mens walking football 50+	1:30pm – 2:30pm	Braywick Leisure Centre Maidenhead SL6 1BN Please bring water and wear clothing/ footwear suitable for exercise. Pay and Display Parking and Blue Badge Parking on site.	community@maidenheadunitedfc.org Phone and leave a message 01628 636314 (option 4)
Womens walking football 40+	8pm – 9pm	York Road, Maidenhead, Berkshire, SL6 1SF Please bring water and wear clothing/ footwear suitable for exercise. Pay and Display Parking and Blue Badge Parking on site.	community@maidenheadunitedfc.org Phone and leave a message 01628 636314 (option 4)
Ramblers wellbeing walk – Furze Platt	10:30am – 12pm	Furze Platt, Maidenhead, Cliveden View Car Park, SL6 7UA Please bring water and wear clothing/ footwear suitable for exercise. Parking and Blue Badge Parking on site. Free led 2-3 mile walk for all levels. option to join for refreshments after.	community@maidenheadunitedfc.org Phone and leave a message 01628 636314 (option 4)
WEDNESDAY 7TH OCTOBER Ramblers Wellbeing Walk – Maidenhead	TIMINGS 10am – 11:30am	INFORMATION Desborough bowls club Green Lane, SL6 1XZ Please bring water and wear clothing/ footwear suitable for exercise. Parking and Blue Badge Parking on site. Free led 2-3 mile walk for all levels. option to join for refreshments after.	HOW TO BOOK community@maidenheadunitedfc.org Phone and leave a message 01628 636314 (option 4)
Seated/ Standing exercise class	2pm – 3pm	Holyport Memorial Hall, Money Row Green, Holyport, SL6 2NA Standing or seated exercise session for all levels. Please bring water and wear clothing suitable for exercise.	community@maidenheadunitedfc.org Phone and leave a message 01628 636314 (option 4)

EXTERNAL SESSIONS

9

WEDNESDAY 7TH OCTOBER Magpie Meet-ups	TIMINGS 1:30pm – 3pm	INFORMATION Fashion Cafe, Boyn Grove Library, SL6 6JE Join us for a relaxed cuppa and chat, with a chance to meet others, enjoy good conversation and build a sense of community.	HOW TO BOOK angela@maidenheadunitedfc.org
THURSDAY 8TH OCTOBER Indoor Bowling	TIMINGS 8:30am – 9:30am	INFORMATION Desborough bowls club Green Lane, SL6 1XZ Wear Comfortable Clothing. No grip shoes smooth surface only. You need to wear socks.	HOW TO BOOK Call Reception 01628 629403
Magpie Meet-ups	10am – 11am	Desborough bowls club Green Lane, SL6 1XZ Join us for a relaxed cuppa and chat, with a chance to meet others, enjoy good conversation and build a sense of community.	angela@maidenheadunitedfc.org
Magpie Meet-ups (outdoors)	10am – 11am	Ockwells Park, SL6 3AA Join us for a relaxed cuppa and chat, with a chance to meet others, enjoy good conversation and build a sense of community.	angela@maidenheadunitedfc.org
Walking Cricket 60+	11am – 12:30pm	Windsor Leisure Centre, Clewer Ave, Stovell Rd, Windsor SL4 5JB Open to men and women 60+ or anyone younger struggling with mainstream cricket. All kit is provided. Absolute beginners welcome too. We play indoors Oct-Mar and outdoors Apr-Sept.	Tristan Head, 07774 243850, tristan@329marketing.com

EXTERNAL SESSIONS

10

FRIDAY 9TH OCTOBER Indoor Bowling	TIMINGS 8:30am – 9:30am	INFORMATION Desborough bowls club Green Lane, SL6 1XZ Wear Comfortable Clothing. No grip shoes smooth surface only. You need to wear socks.	HOW TO BOOK Call Reception 01628 629403
Mixed Walking Football Women 40+, Men 50+	7:30pm – 8:30pm	Bisham Village Marlow Road Bisham Marlow SL7 1RR Please bring water and wear clothing/ footwear suitable for exercise. Pay and Display Parking and Blue Badge Parking on site.	community@maidenheadunitedfc.org Phone and leave a message 01628 636314 (option 4)

FREE

AGEING WELL EXPO



**TUESDAY 6TH
OCTOBER 2026**



10AM - 1PM



**BRAYWICK
LEISURE CENTRE**



**HEALTH &
WELLBEING**



**PHYSICAL
ACTIVITY**



**COMMUNITY
ACTIVITIES**



**LOCAL SUPPORT
SERVICES**



MAGPIE MEETUPS

Friendly Meet Ups for Conversation & Connection

Come along for a cuppa and a chat in a relaxed setting.

Our small groups make it easy to meet others, feel welcome, and enjoy good conversation, companionship, and a sense of community.

Hosted by two friendly volunteers from the Maidenhead United FC Community Trust Wellbeing Team.

What to expect

- ☕ Enjoy a cuppa and a chat (purchase your own refreshments)
- 💬 Meet new people in a relaxed, informal setting
- 👥 Small groups where everyone feels comfortable and included
- 📍 Held in local coffee shops and community venues

FREE to join – funded by Heathrow Community Trust

Bringing local people together, one conversation at a time.

Rio Dele Cafe - SL6 1QU	Weekly, Mondays, 2pm - 3pm
Fashion Cafe - SL6 6JE	Weekly, Wednesdays, 1:30pm - 3pm
Desborough Bowls Club - SL6 1XZ	Weekly, Thursdays, 10am - 11am starting 8th October
Ockwells Park - SL6 3AA	Weekly, Thursdays, 10am - 11am
Green Skills, King St - SL6 1LB	3rd Friday of the month, 2pm - 3:30pm

To find out more contact

Contact: Angela Gomes on 07823 343888
Email: angela@maidenheadunitedfc.org

LEISURE *FOCUS*

66+ MEMBERSHIP

*More ways to move.
More ways to feel great.*



YOUR MEMBERSHIP INCLUDES:



STATE-OF-THE-ART GYM

Access to premium
equipment and
wellness facilities.



200+ STUDIO CLASSES

Choose from a wide
range of classes
each week.



SWIMMING

Enjoy our 25-mile
fitness pool and
leisure pool during
public sessions.



RECOVERY & WELLNESS

Dedicated recovery
equipment plus full
use of our Sauna &
Steam Rooms.



MULTI-SITE ACCESS

Access to: Windsor,
Braywick, Furze Platt, Cox
Green and Charters
Leisure Centre.

SIGN UP TODAY

Visit our website to explore the
66+ memberships and join online.

MEMBERSHIP OPTIONS:

66-69

70-79

80-89

Partners

13

LEISURE FOCUS



www.rbwm.gov.uk



Stroke
Association

People
to Places





OVER 66'S ACTIVITIES WEEK

GET INVOLVED

Sunday 4th October – Saturday 10th October 2025