

Wellbeing Groups Schedule: 20/05/24 – 24/05/24

Mon 20th	11:00-13:00	Crazy Golf Pirate's Cove Adventure Park, Bluewater
	14:30-16:00	Singing Back The Memories - Northfleet St Botolph's Church Hall
Tue 21st	13:30-15:30	Shorne Memory Cafe Shorne Village Hall
	18:30-20:30	Kindred Spirits Gravesend (invite only) Location?
Wed 22nd	10:00-12:00	Gravesend Peer Support (invite only) Safeharbour Memory Wellbeing Centre
	10:30-12:00	Singing Back The Memories - Sheppey Halfway Working Man's Club
	13:30-15:30	Dartford Peer Support Temple Hill Community Centre
	13:30-15:30	Singing Back The Memories - Leysdown Leysdown Village Hall
Thu 23rd	10:30-12:30	New Ash Green Memory Cafe Speaker: One You - importance of exercise Redlibbets Golf Club, Sevenoaks
	13:00-14:00	Pitch & Putt Redlibbets Golf Club, Sevenoaks
	10:30-12:30	Singing Back The Memories - Sittingbourne The Avenue Theatre
Fri 24th	10:30-12:00	Singing Back The Memories - Dartford Tree Community Centre
	13:30-15:30	Arts & Crafts - Gravesend (invite only) Safeharbour Memory Wellbeing Centre
	14:00-14:45	Chair Fit Cyclopark