

Wellbeing Groups Schedule: 22/07/24 – 26/07/24

**Mon**  
22nd

**13:30-15:30**

**Tea Dance - Gravesend**

Istead Rise Community Centre

**Tue**  
23rd

**10:30-12:30**

**Pétanque (Boules)**

The Railway Inn, Sole Street, Gravesend

**Wed**  
24th

**10:00-12:00**

**Gravesend Peer Support** (invite only)

Safeharbour Memory Wellbeing Centre

**10:30-12:00**

**Singing Back The Memories - Sheppey**

Sheerness Working Man's Club

**13:00-14:30**

**Dartford Peer Support**

Temple Hill Community Centre

**13:30-15:00**

**Singing Back The Memories - Leysdown**

Leysdown Village Hall

**Thu**  
25th

**10:30-12:30**

**New Ash Green Cafe** (Speaker: Imago)

Redlibbets Golf Club, Sevenoaks

**13:00-14:00**

**Pitch & Putt**

Redlibbets Golf Club, Sevenoaks

**Fri**  
26th

**10:30-12:00**

**Singing Back The Memories - Dartford**

Tree Community Centre

**13:30-15:30**

**Arts and Crafts - Gravesend** (invite only)

Safeharbour Memory Wellbeing Centre

**14:00-14:45**

**Chair Fit**

Cyclopark