

Wellbeing Groups Schedule: 19/08/24 – 23/08/24

Mon 19th	14:30-16:00	Singing Back The Memories - Northfleet St Botolph's Church Hall
Tue 20th	13:30-15:30	Shorne Memory Cafe Shorne Village Hall
	13:30-15:30	Swale Tea Dance Sheerness East Working Man's Club
	17:30-20:30	Carers Learning Programme - Session 4 (invite only) Safeharbour Memory Wellbeing Centre
	18:30-20:30	Kindred Spirits - Gravesend
Wed 21st	10:30-12:30	Swanley Peer Support St Peter's Church
	13:30-15:30	Dartford Memory Cafe Temple Hill Community Centre
Thu 22nd	10:30-12:30	New Ash Green Cafe Redlibbets Golf Club, Sevenoaks
	13:00-14:00	Pitch & Putt Redlibbets Golf Club, Sevenoaks
Fri 23rd	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