

Wellbeing Groups Schedule: 16/09/24 – 20/09/24

Mon 16th	11:00-13:00	Crazy Golf Pirate's Cove Adventure Park/ Golf, Bluewater
	14:30-16:00	Singing Back The Memories - Northfleet St Botolph's Church Hall
Tue 17th	13:30-15:30	Shorne Memory Cafe Shorne Village Hall
	13:30-15:30	Swale Tea Dance Sheerness East Working Man's Club
	18:30-20:30	Kindred Spirits - Gravesend RM Italiano, Gravesend
Wed 18th	10:30-12:30	Swanley Peer Support St Peter's Church
	13:30-15:30	Dartford Memory Cafe Temple Hill Community Centre
Thu 19th	10:30-12:00	Singing Back The Memories - Sittingbourne The Avenue Theatre
	10:30-12:30	Longfield Memory Cafe Longfield Working Man's Club
	10:30-12:30	Guru Nanak Memory Cafe Guru Nanak Wellbeing Centre, Gravesend
Fri 20th	10:30-12:30	Gravesend Memory Cafe The Masonic Hall, Gravesend
	11:30-13:00	Singing Back The Memories - Swanley St Peter's Church
	14:00-14:45	Chair Fit - Gravesend Cyclopark