

Wellbeing Groups Schedule: 30/09/24 – 04/10/24

Mon
30th

No groups

Tue

1st

10:30-12:30

West Kingsdown Memory Cafe

West Kingsdown Village Hall

13:30-15:00

Ten Pin Bowling

Hollywood Bowl, Rochester

18:30-20:30

Kindred Spirits - Dartford

The Dartford Sports Bar

Wed

2nd

10:30-12:00

Swanley Peer

St Peters Community Centre

13:30-15:30

Arts & Crafts - Dartford

Temple Hill Community Centre

Thu

3rd

10:30-12:00

Singing Back The Memories - Sittingbourne

The Avenue Theatre

10:30-12:30

Guru Nanak Memory Cafe - Gravesend

Guru Nanak Gravesend Wellbeing Centre

12:30-14:30

Meopham Bartellas Carers Lunch

Bartellas, Wrotham Road

13:00-14:00

Singing Back The Memories - Faversham

Age UK, The Old Fire Station

Fri

4th

11:30-13:00

Singing Back The Memories - Swanley

St Peters Community Centre

14:00-14:45

Chair Fit

Cyclopark