

Wellbeing Groups Schedule: 14/10/24 – 18/10/24

Mon

14th

No groups

Tue

15th

13:30-15:30 Shorne Memory Cafe

Shorne Village Hall

13:30-15:30 Swale Tea Dance

Sheerness East Working Men's Club

18:30-20:30 Kindred Spirits - Gravesend (invite only)

RM Italiano, Gravesend

Wed

16th

10:30-12:00 Swanley Peer Support

St Peters Community Centre

13:30-15:30 Dartford Memory Cafe

Temple Hill Community Centre

Thu

17th

10:30-12:00 Singing Back The Memories - Sittingbourne

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

12:30-14:30 The Plough Inn, Eynsford Carers Lunch (NEW)

Eynsford, Dartford

Fri

18th

10:30-12:30 Gravesend Memory Cafe

The Masonic Hall

11:30-13:00 Singing Back The Memories - Swanley

St Peter's Community Centre

14:00-14:45 Chair Fit

Cyclopark