

Wellbeing Groups Schedule: 28/10/24 – 01/11/24

Mon
28th

13:30-15:30

Tea Dance

Istead Rise Community Centre

Tue
29th

No groups

Wed
30th

No groups

Thu
31st

13:30-15:30

Dementia Cafe (NEW - booking required)

Emerson Park, Retirement Village, Swanley

Fri
1st

10:30-12:00

Rochester Peer Support (NEW - booking required)

The Moat House Coffee Shop

11:30-13:00

Singing Back The Memories - Swanley

St Peter's Community Centre

14:00-14:45

Chair Fit - Low Impact with Instructor

Cyclopark