

Wellbeing Groups Schedule: 11/11/24 – 15/11/24

Mon 11th		No groups
Tue 12th	11:00-12:00	Chair Fit - Low Impact Temple Hill Community Centre
	12:00-14:00	Dadlems, Darts & Cards The Jolly Drayman, Wellington Street
	13:30-15:30	Strood Memory Cafe Strood & Frindsbury Working Men's Club
	14:00-17:00	Carers Learning Programme - Session 2 (invite only)
Wed 13th	10:30-12:00	Gravesend Peer Support (invite only) Safeharbour Memory Wellbeing Centre
	13:00-14:30	Dartford Peer Support (invite only) Temple Hill Community Centre
Thu 14th		No groups
Fri 15th	10:30-12:00	Gravesend Memory Cafe The Masonic Hall
	10:30-12:00	Rochester Peer Group The Moat House Coffee Shop (Rochester Baptist Church)
	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