

Wellbeing Groups Schedule: 25/11/24 – 29/11/24

Mon 25th	13:30-15:30	Tea Dance Istead Rise Community Centre
	13:30-15:30	Walderslade Craft Group The Net Community Hub, Walderslade
Tue 26th	13:30-15:30	Lunch & Indoor Boules Stone Lodge Farm Dartford Stone Lodge Bowls & Social Club
	14:00-17:00	Carers Learning Programme - Session 4
Wed 27th	10:30-12:00	Gravesend Peer Support (invite only) Safeharbour Memory Wellbeing Centre
	10:30-12:00	Singing Back The Memories - Sheppey Sheerness East Working Man's Club
	13:00-14:30	Dartford Peer Support (invite only) Temple Hill Community Centre
	13:30-15:00	Singing Back The Memories - Leysdown Leysdown Village Hall
Thu 28th	10:30-12:30	New Ash Green Memory Cafe Redlibbets Golf Club
	13:30-14:30	Horse Therapy (invite only) Arrow Riding School
	13:30-15:30	Dementia Cinema (invite only) Emerson Park Retirement Apartments
Fri 29th	14:00-14:45	Chair Fit Cyclopark