

## Wellbeing Groups Schedule: 02/12/24 – 06/12/24

<b>Mon</b> 2nd	<b>14:30-16:00</b>	<b>Singing Back The Memories - Northfleet</b> St Botolph's Church Hall
<b>Tue</b> 3rd	<b>10:30-12:30</b>	<b>West Kingsdown Memory Cafe</b> West Kingsdown Village Hall
	<b>13:30-15:00</b>	<b>Ten Pin Bowling</b> Hollywood Bowl Rochester
<b>Wed</b> 4th	<b>10:30-12:30</b>	<b>Swanley Peer Support</b> St Peters Community Centre
	<b>13:30-15:30</b>	<b>Arts &amp; Crafts - Dartford</b> Temple Hill Community Centre
<b>Thu</b> 5th	<b>10:30-12:00</b>	<b>Singing Back The Memories - Sittingbourne</b> The Avenue Theatre
	<b>10:30-12:30</b>	<b>Guru Nanak Memory Cafe</b> Guru Nanak Wellbeing Centre
	<b>12:30-14:30</b>	<b>Carers Lunch</b> Bartellas, Meopham
	<b>13:30-15:00</b>	<b>Singing Back The Memories - Faversham</b> The Old Fire Station, Faversham
<b>Fri</b> 6th	<b>10:30-12:00</b>	<b>Rochester Peer Support</b> (booking required) The Moat House Coffee Shop
	<b>11:30-13:00</b>	<b>Singing Back The Memories - Swanley</b> St Peter's Community Centre
	<b>14:00-14:45</b>	<b>Chair Fit</b> Cyclopark