

Wellbeing Groups Schedule: 09/12/24 – 13/12/24

Mon
9th

No groups

Tue
10th

13:00-15:00

Dadlems, Darts & Cards
The Jolly Drayman Pub & Hotel

13:30-15:30

Strood Memory Cafe
Strood & Frindsbury Working Men's Club

Wed
11th

12:00-13:30

Harbour of Hope (invite only)

12:00-14:30

Dartford Peer Support
Temple Hill Community Centre

Thu
12th

No groups

Fri
13th

10:30-12:00

Singing Back The Memories - Dartford
Tree Community Centre

13:30-15:30

Swanley Memory Cafe
St Peter's Community Centre

14:00-14:45

Chair Fit (Low Impact with Instructor)
Cyclopark