

Wellbeing Groups Schedule: 30/12/24 – 03/01/25

Mon  
30th

No groups

Tue  
31st

No groups  
New Year's Eve

Wed  
1st

No groups  
New Year's Day

Thu  
2nd

10:30-12:00

**Singing Back The Memories - Sittingbourne**  
Avenue Theatre, Sittingbourne

12:30-14:30

**Meopham Carers Lunch**  
Bartellas, Wrotham Rd, Meopham

13:30-15:00

**Singing Back The Memories - Faversham**  
Age UK, The Old Fire Station

Fri  
3rd

11:30-13:00

**Singing Back The Memories - Swanley**  
St Peter's Community Centre

14:00-14:45

**Chair Fit**  
Cyclopark