

## Wellbeing Groups Schedule: 13/01/25 – 17/01/25

<b>Mon</b> 13th		<b>No groups</b>
<b>Tue</b> 14th	12:00-14:00	<b>Dadlums, Darts &amp; Cards</b> The Jolly Drayman, Gravesend
	13:30-15:30	<b>Strood Memory Cafe LAUNCH</b> Strood & Frindsbury Working Mens Club, Rochester
<b>Wed</b> 15th	10:30-12:00	<b>Swanley Peer Support (booking required)</b> St Peter's Community Centre
	13:30-15:30	<b>Dartford Memory Cafe</b> Temple Hill Community Centre
<b>Thu</b> 16th	10:30-12:00	<b>Singing Back The Memories - Sittingbourne</b> Avenue Theatre, Sittingbourne
	10:30-12:30	<b>Guru Nanak Memory Cafe</b> Guru Nanak Wellbeing Centre
	10:30-12:30	<b>Longfield Memory Cafe</b> Long Valley Sports & Social Club
	12:30-14:30	<b>Eynsford Plough Inn Carers Lunch</b> The Plough Inn, Dartford
	14:30-16:30	<b>Wainscott Memory Cafe (supporting)</b> Montgomery Court, Rochester
<b>Fri</b> 17th	10:30-12:30	<b>Gravesend Memory Cafe</b> Masonic Hall
	10:30-12:00	<b>Rochester Peer Support (booking required)</b> The Moat House Coffee Shop
	11:30-13:00	<b>Singing Back The Memories - Swanley</b> St Peter's Community Centre
	14:00-14:45	<b>Chair Fit</b> Cyclopark