

Wellbeing Groups Schedule: 27/01/25 – 31/01/25

Mon
27th

13:30-15:30 **Tea Dance**
Istead Rise Community Centre

13:30-15:30 **Walderslade Craft Group**
The Net Community Hub, Chatham

Tue
28th

10:00-12:00 **Swanley Carers Peer**
St Peter's Church, Hextable

13:30-15:30 **Lunch & Indoor Bowles Stone Lodge Farm**
Dartford Stone Lodge Bowls & Social Club

Wed
29th

No groups

Thu
30th

13:30-15:30 **Dementia Cinema**
Emerson Park Retirement Apartments

Fri
31st

14:00-14:45 **Chair Fit**
Cyclopark