

Wellbeing Groups Schedule: 03/02/25 – 07/02/25

Mon 3rd	14:30-16:00	Singing Back The Memories - Northfleet St Botolph's Church Hall
Tue 4th	10:30-12:30	West Kingsdown Memory Cafe West Kingsdown Village Hall
	13:30-15:00	Ten Pin Bowling Hollywood Bowl Rochester
Wed 5th	10:30-12:00	Swanley Peer Support St Peters Community Centre
	13:30-15:30	Arts & Crafts - Dartford Temple Hill Community Centre
Thu 6th	10:30-12:00	Singing Back The Memories - Siittingbourne The Avenue Theatre
	10:30-12:30	Guru Nanak Memory Cafe Guru Nanak Wellbeing Centre
	12:30-14:30	Meopham Carers Lunch Bartellas, Meopham
Fri 7th	10:30-12:00	Rochester Peer Support TBC
	11:30-13:00	Singing Back The Memories - Swanley St Peter's Community Centre
	14:00-14:45	Chair Fit Cyclopark