

## Wellbeing Groups Schedule: 17/02/25 – 21/02/25

Mon

17th

- 11:00-13:00** **Indoor Pub Activities**  
Dartford Social Club
- 13:30-15:30** **Chatham Memory Cafe**  
St Mary's Island Community Centre
- 14:30-16:00** **Singing Back The Memories - Northfleet**  
St Botolph's Church Hall
- 14:30-17:30** **Carers Learning Programme - Session 2**

Tue

18th

- 13:30-15:30** **Shorne Memory Cafe**  
Shorne Village Hall
- 13:30-15:30** **Swale Tea Dance**  
Sheerness East Working Men's Club
- 18:30-20:30** **Kindred Spirits**  
Hollywood Bowl, Rochester

Wed

19th

- 10:30-12:00** **Swanley Peer Support**  
St Peter's Community Centre
- 13:30-15:30** **Dartford Memory Cafe**  
Temple Hill Community Centre

Thu

20th

- 10:30-12:00** **Singing Back The Memories - Sittingbourne**  
Avenue Theatre, Sittingbourne
- 10:30-12:30** **Guru Nanak Memory Cafe**  
Guru Nanak Wellbeing Centre
- 10:30-12:30** **Longfield Memory Cafe**  
Long Valley Social Club
- 12:30-14:30** **Carers Lunch**  
Birchwood Park Golf & Country Club, Dartford
- 14:30-16:30** **Wainscott Memory Cafe (supporting)**  
Montgomery Court, Rochester

Fri

21st

- 10:30-12:00** **Rochester Peer Support** (Booking required)  
Medway Archives Centre
- 11:30-13:00** **Singing Back The Memories - Swanley**  
St Peter's Community Centre
- 10:30-12:30** **Gravesend Memory Cafe**  
The Masonic Hall
- 14:00-14:45** **Chair Fit**  
Cyclopark