

## Wellbeing Groups Schedule: 17/03/25 – 21/03/25

<b>Mon</b> 17th	11:00-13:00	<b>Indoor Pub Activities</b> Dartford Social Club
	13:30-15:30	<b>Chatham Memory Cafe</b> St Mary's Island Community Centre
<b>Tue</b> 18th	13:30-15:30	<b>Shorne Memory Cafe</b> (St. Patrick's Day Theme) Shorne Village Hall
	13:30-15:30	<b>Swale Tea Dance</b> Sheerness East Working Men's Club
<b>Wed</b> 19th	10:30-12:00	<b>Swanley Peer Support</b> St Peter's Community Centre
	13:30-15:00	<b>Singing Back The Memories - Northfleet</b> St Botolph's Church Hall
	13:30-15:30	<b>Dartford Memory Cafe</b> (Information Event) Temple Hill Community Centre
<b>Thu</b> 20th	10:30-12:00	<b>Singing Back The Memories - Sittingbourne</b> Avenue Theatre, Sittingbourne
	10:30-12:30	<b>Guru Nanak Memory Cafe</b> (St. Patrick's Day Theme) Guru Nanak Wellbeing Centre
	10:30-12:30	<b>Longfield Memory Cafe</b> (Afternoon Tea Boxes) Long Valley Social Club
	12:30-14:30	<b>Carers Lunch</b>
	14:30-16:30	<b>Wainscott Memory Cafe (supporting)</b> Montgomery Court, Rochester
<b>Fri</b> 21st	10:30-12:00	<b>Rochester Peer Support</b> (Booking required) Medway Archives Centre
	11:30-13:00	<b>Singing Back The Memories - Swanley</b> St Peter's Community Centre
	10:30-12:30	<b>Gravesend Memory Cafe</b> (Information Ev The Masonic Hall
	14:00-14:45	<b>Chair Fit</b> Cyclopark