

Tea Dance

Location: Istead Rise Community Centre **Time:** 4:15pm-5:45pm **Info:** Fun tea dance with instructor and refreshments

Dates: 13th December/10th January/14th February (Valentines Special)/14th March

Dance Sessions

Location: YMCA Dartford **Time:** 11am-12pm **Info:** Low impact fun dancing sessions with an instructor

Dates: 10th December/17th December/7th January/14th January/21st January/28th January

Chair Fit

Location: Cascades Leisure Centre **Time:** 11am-12pm **Info:** Low impact chair exercise

Dates: 3rd December/10th December/17th December/7th January/14th January/21st January/28th January

Table Tennis

Location: Cygnets/Swanscombe Leisure Centre **Time:** 11am-12pm **Info:** Weekly table tennis sessions

Dates: 6th December(Cygnets)/13th December(Swanscombe)/20th December(Cygnets)/10th January(Swanscombe)

Carers Peer Support Group with Activities for the Person You Support

Location: Eastgate Community Centre **Time:** 10:30am-12:30pm **Info:** Support for carers with activities for their loved one

Dates: 11th December/8th January/12th February/12th March

Singing Back The Memories

Location: All Saints Church Hall **Time:** 2pm-4pm **Info:** Sing-along with instruments and low impact movement

Dates: Every Monday

Kindred Spirits Activities

Location: Subject to activity **Time:** 2pm-4pm **Info:** Out and about activities for people living with young-onset dementia

Dates: 28th January (bowls)/February (Puttshack)/March (Eagle Heights) dates TBC

Art Sessions with BrightShadow

Location: TBC **Time:** 2pm-4pm **Info:** TBC

Dates: January start, dates TBC



NEW Activity Sessions

We have been provided with funding from KCC to deliver new activities and community based social inclusion opportunities for people living with dementia and their carers.

On the back of this page, you will find the details of all the activities we have planned so far. Many of these groups will be dependent on numbers and therefore more dates will be confirmed in due course.

All sessions will need to be booked in advance so if you and/or your loved one would like to attend any of these activities please call **Denise Kilshaw** or **Tom Hawkwood** on **01474 533990**