

Wellbeing Groups Schedule: 01/01/24 – 05/01/24

Mon

1st

No groups - Bank Holiday

Tue

2nd

10:30-12:30

West Kingsdown Memory Cafe

The Village Hall

Wed

3rd

13:30-15:30

Dartford Activity Cafe

Temple Hill Community Centre

Thu

4th

10:30-12:30

Singing Back The Memories Sittingbourne

The Avenue Theatre

13:30-15:30

Meopham Cafe

The Meopham Viillage Hall

13:30-15:00

Singing Back The Memories Faversham

The Alexander Centre

Fri

5th

11:30-13:00

Singing Back The Memories Swanley

St Peters Community Centre

14:00-14:45

Chairfit

Cyclopark