

Wellbeing Groups Schedule: 15/01/24 – 19/01/24

Mon
15th

14:30-16:00

Singing Back The Memories Northfleet

St Botolph's Church Hall, Northfleet

18:30-20:00

Kindred Spirits Peer Group

Dartford Social Club (invite only)

Tue
16th

13:30-15:30

Shorne Cafe One You, importance of exercise speaker

Shorne Village Hall

Wed
17th

10:00-12:00

Dartford Drop In

'The Meeting Place' - Dartford Orchard Shopping Centre

13:30-15:30

Dartford Memory Cafe Sherrie & SAH speaker

Temple Hill Community Centre

One You, importance of exercise speaker

Thu
18th

10:30-12:00

Singing Back The Memories - Sittingbourne

Sittingbourne.Me Avenue Theatre

10:30-12:30

Longfield Cafe One You, importance of exercise speaker

Longfield Working Man's Club

13:30-15:00

Singing Back The Memories - Faversham

The Alexander Centre

Fri
19th

10:30-12:30

Gravesend Memory Cafe One You, importance of healthy eating speaker

The Masonic Hall

11:30-13:00

Singing Back The Memories - Swanley

St Peters Community Centre

14:00-14:45

Chairfit

Cyclopark