

Wellbeing Groups Schedule: 22/04/24 – 26/04/24

<b>Mon</b> 22nd	<b>13:30-15:30</b>	<b>Tea Dance</b> Istead Rise Community Centre
<b>Tue</b> 23rd	<b>10:30-12:30</b>	<b>Pétanque (Boules)</b> The Railway Inn, Sole Street, Gravesend
<b>Wed</b> 24th	<b>10:00-12:30</b>	<b>Gravesend Peer Support</b> (booking required) Safeharbour Memory Wellbeing Centre
	<b>10:30-12:00</b>	<b>Singing Back The Memories - Sheppey</b> Halfway Working Man's Club
	<b>13:30-15:30</b>	<b>Dartford Peer Support</b> (booking required) Temple Hill Community Centre
<b>Thu</b> 25th	<b>10:30-12:30</b>	<b>New Ash Green Cafe - LAUNCH EVENT</b> Speaker: ADSS - Maria (Volunteering & Befriending) Redlibbets Golf Club, Sevenoaks
	<b>13:00-14:00</b>	<b>Pitch &amp; Putt</b> Redlibbets Golf Club, Sevenoaks
	<b>14:00-17:00</b>	<b>Carers Learning Programme - Session 4</b> (invite only) Safeharbour Memory Wellbeing Centre
<b>Fri</b> 26th	<b>10:30-12:00</b>	<b>Singing Back The Memories - Dartford</b> Tree Community Centre
	<b>13:30-15:30</b>	<b>Arts and Crafts - Gravesend</b> (booking required) Safeharbour Memory Wellbeing Centre
	<b>14:00-14:45</b>	<b>Chair Fit</b> Cyclopark