

## Wellbeing Groups Schedule: 24/02/25 – 28/02/25

Mon 24th	13:30-15:30	<b>Tea Dance</b> Istead Rise Community Centre
	13:30-15:30	<b>Arts &amp; Crafts - Walderslade</b> The Net Community Hub, Walderslade
	14:30-17:30	<b>Carers Learning Programme - Session 3</b> (invite only)
Tue 25th	10:30-12:00	<b>Swanley Carers Peer Support</b> St Peter's Community Centre, Hextable
	13:30-15:30	<b>Lunch &amp; Indoor Bowles Stone Lodge Farm</b> Dartford Stone Lodge Bowls & Social Club
Wed 26th	10:30-12:00	<b>Gravesend Peer Support</b> (booking required) Safeharbour Memory Wellbeing Centre
	10:30-12:00	<b>Singing Back The Memories - Sheppey</b> Sheerness East Working Man's Club
	14:00-15:30	<b>Dartford Peer Support</b> (booking required) Temple Hill Community Centre
Thu 27th	10:30-12:30	<b>Co-Production Group</b> Rochester Baptist Church
	10:30-12:30	<b>New Ash Green Memory Cafe</b> Redlibbets Golf Club
	13:30-14:30	<b>Horse Therapy</b> (booking required) Arrow Riding School
	13:30-15:30	<b>Dementia Cinema</b> (booking required) Emerson Park Retirement Apartments
Fri 28th	10:30-12:00	<b>Singing Back The Memories - Dartford</b> Tree Community Centre
	14:00-16:00	<b>Arts &amp; Crafts - Gravesend</b> (booking required) Safeharbour Memory Wellbeing Centre
	14:00-14:45	<b>Chair Fit</b> Cyclopark