

Wellbeing Groups Schedule: 28/04/25 – 02/05/25

Mon

28th

12:30-14:30

Lunch & Indoor Bowles Stone Lodge Farm

Dartford Stone Lodge Bowls & Social Club

13:30-15:30

Arts & Crafts - Walderslade

The Net Community Hub, Chatham

Tue

29th

No groups

Wed

30th

No groups

Thu

1st

10:30-12:30

Guru Nanak Memory Cafe

Guru Nanak Wellbeing Centre

10:30-12:30

Hoo Memory Cafe

The Fenn Bell Conservation Project

10:30-12:00

Singing Back The Memories - Sittingbourne

The Avenue Theatre

12:30-14:30

Meopham Carers Lunch

Bartellas

Fri

2nd

10:30-12:00

Rochester Peer Group

Medway Archives Centre

11:30-13:00

Singing Back The Memories - Swanley

St Peter's Community Centre

13:30-15:00

Lordswood Peer Support

Lordswood Leisure Centre

14:00-14:45

Chair Fit

The Cyclopark, Gravesend