



Swale Spring/Summer Schedule 2025

SINGING BACK THE MEMORIES	WHEN	TIME	VENUE	CONTACT
Singing Back the Memories provides an opportunity for fun social interaction using various musical interventions. Participants are also encouraged to use percussion instruments and to take part in movement activities.				
Sittingbourne	1 st & 3 rd Thursday of the month	10:30 – 12:00	The Avenue Theatre, Ave of Remembrance, Sittingbourne, ME10 4DN	Samantha Brown 07779 965057
Sheerness	4 th Wednesday of the month	10:30 – 12:00	Sheerness East Working Men's Club, 47 Queenborough Road, Halfway ME12 3BZ	Samantha Brown 07779 965057

Active Bodies Active Minds	WHEN	TIME	VENUE	CONTACT
Sessions designed to get us moving and meet others and have fun! Anyone can join us and booking is not required, although we must emphasise that to enable meaningful participation, attendees must have good mobility for the majority of these activities.				
Swale Tea Dance	3 rd Tuesday of the month	1:30 - 3:30	Sheerness East Working Men's Club and Institute, 47 Queenborough Rd, Minster on Sea, Sheerness, ME12 3BZ	Sara Morrissey 07840843106

For further information about any of our groups, please give us a call on 01474 533990