



South Kent Activities Calendar



W.C 13th October

Day	Activity	Location	Times	Comments
Monday	Chatty Monday	Folkestone: 24-26 Dover Road, Abercrombie's Café	11.30am - 1:00pm	
	Creative Folkestone Triennial Workshop Oceans Tree of Life	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	2:00pm - 4:00pm	Meet at 1.50pm and walk to Block 67 Studio, Mill Bay
Tuesday				
	Arts & Crafts	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	12:45pm - 2:15pm	
	Line Dancing	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	2.30pm - 3.30pm	
	Gentle Yoga	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	6.30pm - 7.30pm	
Wednesday	Healthy Cooking on a budget	Folkestone: 24-26 Dover Road, Abercrombie's Café	11:00am – 1.30pm	1 st , 2 nd and 3 rd Wednesday of the month
	Wellbeing – Show, Share & Chat	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	2:00pm - 3:30pm	
Thursday	Hythe 101 – Reading for wellbeing	Hythe: 101 Hythe High Street	10:30am– 12:00pm	
	Gardening at Park Farm Allotments	Folkestone: Meet at Entrance gates Park Farm Rd, Folkestone CT19 5DJ	11:00am- 12pm	Gardening group closes for winter 30/10/25
	Walk & Talk	Deal: Meet at Deal Castle, Beach side	12.00pm - 1:00pm	
	Relaxation / Mindfulness	Deal: The Landmark Centre	2.30pm - 4:00pm	
	Mindfulness	Online	5:00pm - 6:30pm	
Friday	Walk & Talk – Dover	Dover: Meet outside Morrison's	11:00am - 12:30pm	
	Relaxing Creativity	Dover: St. Mary's Church, Parish Centre, Cannon Street	1:30pm - 3:30pm	

To book an activity please call us on **01303 250090** or email: contact@southkentmind.org.uk