

# Activities Calendar



W.C 14<sup>th</sup> April

Day	Activity	Location	Times	Comments
Monday	Chatty Monday	Folkestone: 24-26 Dover Road, Abercrombie's Café	11.30am - 1:00pm	
	Art – With Françoise	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	2:00pm - 4:00pm	
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)	3:00pm - 4:00pm	
	Yin Yoga	Folkestone: Sunflower House Foord Road CT19 5AE	6.30pm - 7.30pm	
Wednesday	Healthy Cooking on a budget	Folkestone: 24-26 Dover Road, Abercrombie's Café	11:00am – 1:30pm	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> 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	*Returns 1 <sup>st</sup> May*
	Photography	Folkestone: Meet at Abercrombie's Café, 24-26 Dover Road CT20 1JQ	2:00pm- 3.:30pm	3 <sup>rd</sup> April–22 <sup>nd</sup> May
	Relaxation / Mindfulness	Deal: The Landmark Centre, Deal	2:30pm - 4:00pm	

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