



South Kent Activities Calendar



W.C 14th July

Day	Activity	Location	Times	Comments
Monday	Chatty Monday	Folkestone: 24-26 Dover Road, Abercrombie's Café	11.30am - 1:00pm	
	Art – With Francoise	Folkestone: Pam Comber Room, Mill Bay Entrance (White Door)	2:00pm - 4:00pm	
Tuesday	Walk & Talk	Folkestone: Meet at the Folkestone harbour fountains (by Chummy's)	10:30am - 11:30pm	
	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: 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	Leas Lift Day Trip to Hastings	Pick up and drop off points: Cheriton: Ilex Road bus stop 08.50 Folkestone: The View Hotel, Clifton Road 09:00	9.00am – 5.00pm	Organised and funded by The Leas Lift – Contact on day is Yaz Norris.
	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	
	Walk & Talk	Deal: Meet at Deal Castle, Beach side	12.00pm - 1:00pm	
	Photography	Folkestone: Meet at Abercrombie's Café, 24-26 Dover Road CT20 1JQ	1:30pm–3.:30pm	8 weeks 26 June – 14 August
	Relaxation / Mindfulness	Deal: The Landmark Centre, Deal	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