



# South Kent Activities Calendar



W.C 15<sup>th</sup> September

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				
	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 <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	
	Relaxation / Mindfulness	Deal: The Landmark Centre, Deal	2:30m - 4:00pm	
Friday				
	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](mailto:contact@southkentmind.org.uk)