mind South Kent

Activities Calendar

W.C 16th March

Day	Activity	Location	Times	Comments
Monday	**Chatty Monday**	**Folkestone:** 24-26 Dover Road, Abercrombie's Café	11.00am - 12:30pm	
	Art	**Folkestone:** Pam Comber Room, Mill Bay Entrance (White Door)	1:00pm - 3:00pm	
Tuesday	**Walk & Talk**	**Folkestone:** Meet at the Folkestone Harbour fountains (by Chummy's)	10.30am-11.30am	
	Mindfulness 4 week course	**Folkestone:** Pam Comber Room, Mill Bay Entrance (White Door)	12:45pm - 2:15pm	Week 2
	Line Dancing	**Folkestone:** Pam Comber Room, Mill Bay Entrance (White Door)	2.30pm-3.30pm	
Wednesday	**Healthy Cooking on a budget**	**Folkestone:** 24-26 Dover Road, Abercrombie's Café	10.30am-1.00pm	
	Wellbeing – Show, Share & Chat	**Folkestone:** Pam Comber Room, Mill Bay Entrance (White Door)	1.30pm-3.00pm	
Thursday	**Hythe 101 – Reading for wellbeing**	**Hythe:** 101 Hythe High Street	10:30am–12:00pm	
	Walk & Talk	**Deal:** Meet at Deal Castle, Beach side	12.00pm - 1:00pm	
	Relaxing Creativity	**Deal:** The Landmark Centre, Deal	2:30pm - 4:00pm	
	Mindfulness	**Online**	5:00pm - 6:30pm	
Friday	**Walk & Talk**	**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