



# Mind South Kent

## Activities Calendar



W.C 22<sup>nd</sup> June

Day	Activity	Location	Times	Comments
Monday	Chatty Monday	<b>Folkestone:</b> Abercrombie's Café 24-26 Dover Road CT20 1JQ	11.30am- 1.00pm	
	Art	<b>Folkestone:</b> Pam Comber Room, Mill Bay Entrance (White Door)	2.00pm- 4.00pm	
Tuesday	Walk & Talk	<b>Folkestone:</b> Meet at the Folkestone Harbour Fountains (by Chummy's)	10.30am- 11.30am	
	Arts & Crafts	<b>Folkestone:</b> Pam Comber Room, Mill Bay Entrance (White Door)	12:45pm - 2:15pm	
	Line Dancing	<b>Folkestone:</b> Pam Comber Room, Mill Bay Entrance (White Door)	2.30pm- 3.30pm	
Wednesday	Goodnestone Park	<b>Minibus:</b> 10am side of Quarter House Folkestone 10.30am Asda Dover	10.00am- 4.00pm	Last Wednesday of the month
Thursday	Hythe 101 – Reading for wellbeing	<b>Hythe:</b> 101 Hythe High Street	10:30am– 12:00pm	
	Gardening at Park Farm Allotments	<b>Folkestone:</b> Meet at entrance gates Park Farm Rd, Folkestone CT19 5DJ	11:00am- 12:00pm	
	Line Dancing	<b>Deal:</b> The Landmark Centre, Deal	2:30pm - 4:00pm	Last Thursday of the month
Friday				
	Relaxing Creativity	<b>Dover:</b> 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)