



# South Kent Activities Calendar



W.C 8<sup>th</sup> September

| Day       | Activity                             | Location                                                                | Times                | Comments                                                                           |
|-----------|--------------------------------------|-------------------------------------------------------------------------|----------------------|------------------------------------------------------------------------------------|
| Monday    | Chatty Monday                        | Folkestone: 24-26 Dover Road,<br>Abercrombie's Café                     | 11.30am -<br>1:00pm  |                                                                                    |
|           | Art – With Francoise                 | Folkestone: Pam Comber Room,<br>Mill Bay Entrance (White Door)          | 2:00pm -<br>4:00pm   |                                                                                    |
| Tuesday   | Walk & Talk                          | Folkestone: Meet at the Folkestone<br>harbour fountains (by Chummy's)   | 10:30am -<br>11:30pm |                                                                                    |
|           | Arts & Crafts                        | Folkestone: Pam Comber Room,<br>Mill Bay Entrance (White Door)          | 12:45pm -<br>2:15pm  |                                                                                    |
|           | Line Dancing                         | Folkestone: Pam Comber Room,<br>Mill Bay Entrance (White Door)          | 2.30pm-<br>3.30pm    |                                                                                    |
|           | Gentle Yoga                          | Folkestone: Pam Comber Room,<br>Mill Bay Entrance (White Door)          | 6.30pm -<br>7.30pm   |                                                                                    |
| Wednesday | Healthy Cooking on a<br>budget       | Folkestone: 24-26 Dover Road,<br>Abercrombie's Café                     | 11:00am<br>– 1.30pm  | 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup><br>Wednesday of the<br>month |
|           | Wellbeing – Show,<br>Share & Chat    | Folkestone: Pam Comber Room,<br>Mill Bay Entrance (White Door)          | 2:00pm -<br>3:30pm   |                                                                                    |
| Thursday  | Hythe 101 – Reading<br>for wellbeing | Hythe: 101 Hythe High Street                                            | 10:30am–<br>12:00pm  |                                                                                    |
|           | Gardening at Park<br>Farm Allotments | Folkestone: Meet at Entrance gates<br>Park Farm Rd, Folkestone CT19 5DJ | 11:00am-<br>12pm     |                                                                                    |
|           | Walk & Talk                          | Deal: Meet at Deal Castle, Beach side                                   | 12.00pm -<br>1:00pm  |                                                                                    |
|           | Relaxation /<br>Mindfulness          | Deal: Meet at Deal Castle, Beach side                                   | 1:00m -<br>3:00pm    | Outdoor meditation<br>& beach picnic                                               |
|           | Mindfulness                          | Online                                                                  | 5:00pm -<br>6:30pm   |                                                                                    |
| Friday    | Walk & Talk – Dover                  | Dover: Meet outside Morrison's                                          | 11:00am -<br>12:30pm |                                                                                    |
|           | Relaxing Creativity                  | Dover: St. Mary's Church, Parish<br>Centre, Cannon Street               | 1:30pm -<br>3:30pm   |                                                                                    |

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