mind South Kent

Activities Calendar



W.C 23rd November

Day	Activity	Location	Times	Comments
Monday	**Chatty Monday**	**Folkestone:** 24-26 Dover Road, Abercrombie's Café	10.30am-12.00pm	
	Art	**Folkestone:** Pam Comber Room, Mill Bay Entrance (White Door)	1.00pm-4.00pm	
Tuesday	**Walk & Talk**	**Folkestone:** Meet at the Harbour Fountain (by Chummy's)	10.30am-11.30am	
	Relaxing Creativity	**Folkestone:** Pam Comber Room, Mill Bay Entrance (White Door)	12:45pm - 2:15pm	
	Line Dancing	**Folkestone:** Pam Comber Room, Mill Bay Entrance (White Door)	2.15pm – 3.45pm	Last Tues of the month
Wednesday	**Goodnestone Park**	**Minibus:** 10am side of Quarter House Folkestone 10.30am Asda Dover	10.00am – 4.00pm	Last Wed of the month
Thursday	**Hythe 101 – Reading for wellbeing**	**Hythe:** 101 Hythe High Street	10:30am–12:00pm	
	Xmas Singing Group	**Folkestone:** Pam Comber Room, Mill Bay Entrance (White Door)	11am – 12 noon	***NEW* 4 weeks to practise Carols to perform outside the Folkestone Shop with Rock Choir Please sign up to secure your place.**
	Walk and Talk	**Deal:** Meet at Deal Castle, Beach side	12.00pm - 1:00pm	
	Line Dancing	**Deal:** The Landmark Centre, Deal	2:30pm - 4:00pm	Last Thurs of the month
	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