

## Age UK South Kent Coast News & Events – February 2026

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### Contact us:

**Phone:** 01304 372608

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### 1. Joyce's 105<sup>th</sup> Birthday

Last month, we had the absolute joy of celebrating a very special milestone at The Marigold Centre — Joyce's 105<sup>th</sup> birthday!

A familiar and cherished face at the centre, Joyce brings with her a gentle wisdom, sense of humour, and a warmth that lifts the spirits of everyone around her.

Of course, we couldn't let such an incredible birthday pass without asking Joyce for the secret to such a long and happy life - "Eating well — and good luck!"

We hope you'll join us once again in celebrating Joyce and wishing her continued health and happiness following her memorable 105<sup>th</sup> birthday.



## 2. Valentine's Events

### The Deal Centre



### The Marigold Centre



For more info

## 2. Co-op estate planning talk @ The Deal Centre



# TAX, CARE AND THE NEXT MR/MRS



An entertaining and informative talk delivered by the Estate Planning Team from the Co-op

- Protecting your home & savings
- Inheritance Tax
- 'Sideways disinheritance' & blended families
- Lasting Powers of Attorney

**FRIDAY 6 FEB**  
**1.30PM**

**THE DEAL CENTRE**  
**PARK STREET CT14 6AG**

No need to book, everyone welcome

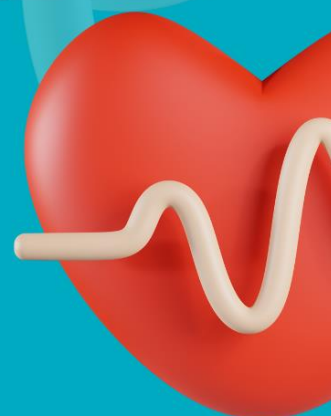


### 3. Free blood pressure checks @ The Deal Centre



# FREE WEEKLY BLOOD PRESSURE CHECKS

- *Weekly blood pressure check for 12 weeks*
- *Adults of any age*
- *We'll share your readings with your GP*
- *Friendly, supportive team*



## Benefits of Checking Your Blood Pressure Regularly

Many people don't know they have high blood pressure until it causes problems. Regular checks can help you catch changes early and lower your risk of stroke, heart disease, kidney problems, and vascular dementia.



**The Deal Centre, Park Street, Deal CT14 6AG**

***Sign up today!***

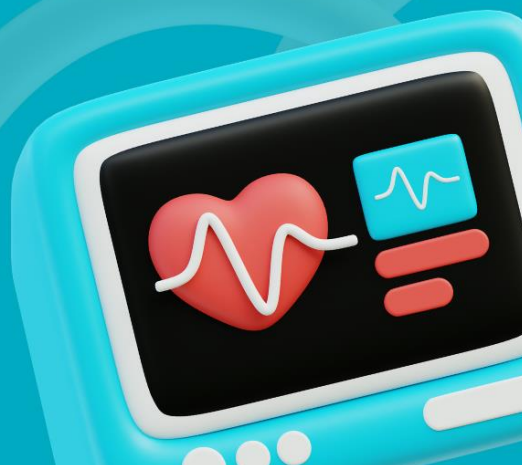
## CONTACT INFO



01304 372608



[mark.blamey@ageukskc.org.uk](mailto:mark.blamey@ageukskc.org.uk)



#### 4. Yoga @ The Marigold Centre

## Over 55s YOGA



- Increase energy levels
- Improve muscle strength
- Improve coordination and flexibility
- Improve sleep quality
- Reduce and prevent pain and neuralgia
- Improve menopause symptoms
- Improve breath quality

**£5  
per class**

**Suitable for beginners - mats & blocks provided**

Friday  
7, 14, 21, 28 February  
2.30-4pm

The Marigold Centre  
65 Shaftesbury Avenue  
Folkestone CT19 4NS

To book: [yoga@gemmawickert.com](mailto:yoga@gemmawickert.com)  
Phone: 01304 372608



**Act Now,  
Age Better.**



**Social  
Enterprise  
Kent**

On behalf of



## 5. February Activity Timetable

Our sessions are fun and friendly - and cater for all abilities. If you have any ideas for new activities – we'd love to hear from you!  
Get in touch by email, phone, or social media, by using the details on the front page.

Activity	Day & Time	Frequency	Cost	Venue	Details
<b>Walking Cricket</b>	Monday 10am-12pm	Weekly	£4	Three Hills Sports Park, Cheriton Road, Folkestone CT19 5JU	Offered in partnership with Three Hills Sports Trust as part of their Active 50 programme, come and enjoy a slower-paced version of cricket with refreshments afterwards. To book: <a href="https://www.threehillssportspark.co.uk">https://www.threehillssportspark.co.uk</a>
<b>Art-Tec Mondays</b>	Monday 10am-12pm	Weekly	£2	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Bring your own project along or craft with us – beginners very welcome. Refreshments included in the session price. To book, please call Gemma: 01304 372608 or email <a href="mailto:deputyceo@ageukskc.org.uk">deputyceo@ageukskc.org.uk</a>
<b>Chair Yoga</b>	Monday 10-10.45am	Weekly	£6	Saint Radigund's Church, 16 Albany Road, Capel- le-Ferne CT18 7JT	This gentle form of yoga performed while seated and with the support of a chair, making it accessible for individuals with limited mobility. Improve your flexibility and strength without strain. Contact Marilyn to book: 07557 440126
<b>Beginners Tap</b>	Monday 10-10.55am	Weekly	£6 per session	Temple Ewell Village Hall, London Road, Temple Ewell, Dover CT16 3DG	New course starts each school half-term. Have fun, feel great! Contact Jo to book: 01304 372608 or email <a href="mailto:communityoutreach@ageukskc.org.uk">communityoutreach@ageukskc.org.uk</a>
<b>Line Dance</b>	Monday 11-11.55am		£5 per session		
<b>Beginners Ballet</b>	Monday 12-12.55pm		£6 per session		
<b>Pilates</b>	Monday & Wednesday 12.30-1.30pm	Weekly	£8	St Andrews Church Hall, Surrenden Road, Folkestone CT19 4DY	Take up Pilates to improve your posture, core strength and balance. Please call Lorraine on 07734 473784 to book your place.

<b>Scrabble Club</b>	Monday 10.30am-12pm	Weekly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Come and join us for our new scrabble club – bring your own board or use one of ours. No need to book, and beginners are very welcome. Please call Karen on 01304 372608 to book a seat!
<b>Women's Walking Tennis</b>	Monday 10-11am	Weekly	£6 Inc. refresh ments	Hawkinge Community Centre, Heron Forstal Ave, Hawkinge CT18 7FP	Walking Tennis offers a slower format of the traditional game by introducing simple rules to make it less physically demanding, easier to learn, but just as much fun. For more information or to book, please call Jo on 01304 372608 or email <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Pickleball</b>	Monday & Friday 3.30-5pm	Weekly	£3.50	Hawkinge Community Centre, Heron Forstal Ave, Hawkinge CT18 7FP	A cross between tennis, badminton and table tennis, a slower game than tennis, played on a badminton court with a low net – the ball must bounce before being returned. A very sociable and fun game! For more information or to book, call Jo: 01304 372608 or email <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Skylarkers</b>	Monday 10:15-11:45am	Weekly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Join our small friendly group for art and singing on alternate weeks – everyone is welcome, no need to book.
<b>Chair Yoga</b>	Monday 1-2pm & 2-3pm	Weekly	£6	The Deal Centre, 3 Park Street, Deal CT14 6AG	Stretch and strengthen your body from the comfort of a chair with a qualified yoga teacher. Help to ease out stiffness in those joints to help with everyday movement. Techniques to help breathing and relaxation. Includes a hot drink afterwards. Call for more information or to book: 01304 372608.
<b>Craft Club</b>	Monday 1.30-3.30pm	Weekly	£2	The Deal Centre, 3 Park Street, Deal CT14 6AG	Bring your own project along or try something new. Refreshments included in the session price. For more information, please call Karen on 07958 518424 or email <a href="mailto:karen.pattison@ageuiskc.org.uk">karen.pattison@ageuiskc.org.uk</a>

<b>Table Tennis</b>	Monday 2-3pm	Weekly	£3	Hawkinge Community Centre, Heron Forstal Ave, Hawkinge CT18 7FP	Over 55s Table Tennis – no experience required, equipment provided. For more info contact Jo: 01304 372608 or email <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Marigold Social Club</b>	Monday, Tuesday & Thursday 9.30am-2.30pm	Weekly	Free	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Join Joan, Jerry, Gemma ... and Teddy (our resident dog) for fun, laughter, activities and games. Sessions run 10am-12pm and 1-2.30pm, with the option for lunch served at 12pm. For more info, please call 01304 372608 or pop along.
<b>Boccia</b>	Tuesday 10-11.30am	Weekly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Pronounced bot-cha, a seated game similar to bowls, developed for the Paralympics. The aim of the game is to throw your ball as close to the jack as possible. Suitable for all, everyone is welcome!
<b>Motorbike Meet-up</b>	Tuesday 9.30am	Weekly	£4	Bettes Bar, Betteshanger Sports & Social Club, Deal CT14 9HN	Biker breakfast for £4 or sausage/bacon bap for just £1.50! Meet in the car park at 9.30am. Booking is essential – please call Karen on 07958 518424 or email: <a href="mailto:karen.pattison@ageuiskc.org.uk">karen.pattison@ageuiskc.org.uk</a>
<b>Intermediate Ballet</b>	Tuesday 11.30am-12.25pm	Weekly	£5 per session pay per term	River Village Hall, Common Lane, Dover CT17 0RA	New course starts each school half-term. Have fun, feel great! Contact Jo to book: 01304 372608 or email <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Intermediate Tap</b>	Tuesday 12.30-1.25pm				
<b>Modern Dance/Jazz</b>	Tuesday 1.30-2.25pm				
<b>Bingo</b>	Tuesday 1.30-3.30pm	Weekly	£3	The Deal Centre, 3 Park Street, Deal CT14 6AG	Eyes down for your chance to win a cash prize, everyone welcome!



<b>Men's Group</b>	1st & 3rd Tuesday 10-11.30am	Twice monthly	Free	Battle of Britain Memorial, Cockpit Café, Capel le Ferne CT18 7JJ	A chance for men to get together and talk man stuff, while overlooking the Channel in the Cockpit Café. To confirm your place and request a parking ticket, please contact Jo on 01304 372608 or email <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Cream Tea &amp; Chat</b>	1st Tuesday 2.30pm	Monthly	£5	Little Farthingloe Farm, Folkestone Rd, Dover CT15 7AA	Join Jo for a delicious cream tea and friendly conversation, come alone or with friends. To confirm your place, please contact Jo on 01304 372608 or email <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Whist</b>	Tuesday 1.30-3.30pm	Weekly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Whist is a classic English trick-taking card game which was widely played in the 18th and 19th Centuries. Although the rules are simple, there is scope for strategic play!
<b>Digital Support</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday 10am-12pm	Twice monthly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Need some help with your digital skills? We have two volunteers from KCC Digital Champions Network who have some great knowledge to help and advise you on getting the most out of your device. Just pop along.
<b>Folkestone Men's Shed</b>	Wednesday 10am	Weekly	Free	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Space for men aged 55+ to come together and put the world to rights over a brew. New Sheddies always welcome!
<b>Thrive @ 55+</b>	Wednesday 10.30am	Weekly Starts 29/10/25	Free to attend	Acordo Lounge High Street, Deal CT14 6EL	Over 55s Women's Social Group - good company, great conversation, and tasty treats! Meet Karen upstairs. For more inf call: 07958 518424 or email <a href="mailto:karen.pattison@ageuiskc.org.uk">karen.pattison@ageuiskc.org.uk</a>
<b>Latin &amp; Line Dance</b>	Wednesday 10.30am	Weekly Weekly	£6 per session pay per term	Temple Ewell Village Hall, Dover CT16 3DG	New course starts each school half-term. Have fun, feel great! Contact Jo to book: 01304 372608 or email <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Stretch &amp; Tone</b>	Wednesday 11.30am				

<b>Beginners Ukulele</b>	Wednesday 2-3.30pm	Weekly – starts 24/09/25	£4	The Deal Centre, 3 Park Street, Deal CT14 6AG	Come along and learn to play the ukulele – bring your own, or borrow one of ours. Booking essential – please contact Karen on: 07958 518424 or email <a href="mailto:karen.pattison@ageuiskc.org.uk">karen.pattison@ageuiskc.org.uk</a>
<b>Osteoporosis Support Group</b>	3rd Wednesday 10.30-12noon	Monthly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	A new location for this support group – feel free to come along to this group for peer support, help and advice on osteoporosis. Join us for a friendly chat over a cup of tea.
<b>Singing for Pleasure</b>	Wednesday 1.30-3.30pm	Weekly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	A friendly, informal group who share a love for singing. Singing a cappella from a songbook, from folk songs to musicals - and everything in between! New singers always welcome.
<b>Walking Tennis</b>	Wednesday 2-3pm	Weekly	£6 Inc. refresh ments	Deal Indoor Tennis Centre, Tides, Park Avenue, Deal CT24 9UU	Walking Tennis offers a slower format of the traditional game by introducing simple rules to make it less physically demanding, easier to learn, but just as much fun. For more information or to book, call Jo: 01304 372608 or email <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Garden Club</b>	Thursday 10am-12pm	Weekly	Free	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Our Garden Club is responsible for looking after the allotments and raised beds at The Marigold Centre. A small group that meets, come rain or shine!
<b>Coarse Fishing</b>	Thursday	Weekly	£8	Cottington Lakes, Sandwich Road Eastry CT14 0AR	Looking to get back into fishing or fancy giving it a go for the first time? Join us from Friendly Fishing Thursdays, for more info or to book, please call Karen on 07958 518424 or email: <a href="mailto:karen.pattison@ageuiskc.org.uk">karen.pattison@ageuiskc.org.uk</a>
<b>Padel</b>	Tuesday & Thursday 12-1pm (mixed) 1-2pm (Women)	Weekly	£4.88 per hour	Three Hills Sports Park, Cheriton Road, Folkestone CT19 5JU	Special discount for over 55s, no need to book, just turn up and play! For more info, contact Jo: 01304 372608 or email <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>

<b>Spine Flow</b>	Thursdays 2.30-3.30pm	Weekly	£40 for 5-week course	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Long lasting results for your back, neck, shoulder & hip pain. Book online: <a href="https://Over55SpineFlowSep25.eventbrite.co.uk">https://Over55SpineFlowSep25.eventbrite.co.uk</a> or call Jo: 01304 372608
<b>Beginners Pickleball</b>	Thursday 4.30-5.30pm	Weekly	£3	Hawkinge Community Centre, CT18 7FP	It's the world's fastest-growing sport for one thing, and a cross between tennis, badminton and table tennis for another! New Beginners' Only sessions starting in May (equipment included). Please contact Jo on 01304 372608 or email <a href="mailto:communityoutreach@ageukskc.org.uk">communityoutreach@ageukskc.org.uk</a>
<b>Honey the P.A.T Dog</b>	Alternate Fridays from 10am	Alternate weeks	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Clare and Honey, the P.A.T Dog will be visiting The Deal Centre on alternate Fridays starting this Friday. 10 January from 10am – everyone welcome!
<b>Yoga</b>	Friday 2.30-4pm	Weekly	£5	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Suitable for all levels - build strength and flexibility, reduce pain, improve sleep, reduce worry and stress – mats and blocks provided. To book, please email: <a href="mailto:yoga@gemmawickert.com">yoga@gemmawickert.com</a>
<b>Versus Arthritis Deal</b>	4 <sup>th</sup> Saturday 2-4pm	Monthly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Peer support for anyone with arthritis conditions. Join us for a friendly cup of tea and a chat. For more information, please email: <a href="mailto:services@versusarthritis.org">services@versusarthritis.org</a>

## 6. Cost of living support

# Cost of Living Support

If you are worried about the cost of living and aged 55+ in Deal or 18+ in Folkestone we can help you ...

- Food costs
- Utility costs
- Other essentials
- Information & Signposting



**To find out if we can help you, contact Mark**

**Call: 01304 372608**

**Email: [mark.blamey@ageukskc.org.uk](mailto:mark.blamey@ageukskc.org.uk)**





## 7. Volunteering

Many of our services rely on the generosity and dedication of our volunteers.

If you've got some time to spare, we'd love to welcome you to our amazing team of volunteers - from as little as 2 hours per week you can make a real difference to the lives of older people in the local community!



# VOLUNTEERS NEEDED!

### AGE UK MEALS ON WHEELS

We're looking for friendly volunteers to help deliver meals on wheels to older people in Deal or Folkestone.

**11.30AM-1.30PM**

Monday – Friday in Folkestone  
Sunday – Friday in Deal

### DRIVERS

Using your own vehicle to deliver meals on wheels to older people in the local community. As little or often as you like. Expenses paid at 45p / mile.

### CONTACT US

Email:  
deputyceo@ageukskc.org.uk  
Call: 01304 372608



### Regular and occasional shifts

Want to help out but can't commit to a regular shift? No problem! Sign-up and help when you can!

### Taster session

Interested? We offer taster sessions for new volunteers – come out with one of our team to see if it's for you – no commitment required



Charity number: 1187363