

WELLBEING ACTIVITIES TIMETABLE

MON 11th OCT- SUN 12th DEC

Please Call to Book: 01843 223881 Limited Spaces Available



Find us on Facebook @Thanet Wellbeing Age UK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHI BALL (Hub) 10am-11.30am	YOGA 10.30am - 11.30am (Hub) £5	Veterans Singing Group Starting 3rd November 10-11:15am (10 spaces available for non-veterans)	MECCA BINGO WESTWOOD 9.45-11.30am	*COFFEE MORNING 9.30am-11am (hub)	LOW IMPACT AEROBICS (hub) £5 10.30am-11.30am
	*CLIFFSEND COFFEE AT VILLAGE HALL MORNING 10.30-12PM	One off Activities	VETERANS COFFEE MORNING/CERAMICS 9.30-11am (Hub)	Turner Art workshop Starting 22nd October 11-12 noon (Hub)	Chair Based Exercise 13:00-14:30pm (hub)
Home Front Tea Rooms Ramsgate with finger knitting 10:30-12 noon	*COFFEE MORNING at The Bell St. Nicholas 10.30-12pm	*COFFEE at The Powell Birchington 1-2.30pm.	CERAMICS GROUP (10 spaces) 10am-12pm (hub) Starts 4rd Nov	Garden Centre Brunch club 10-11:30 Ramsgate	
TAI CHI £5 (hub) 2pm-3pm	The Kitchen, Margate Lunch Club 12:30-2pm		PUB QUIZ at The Racing Greyhound 10.30-12pm	Legs Bums & Tums @ surestart centre milmead 13:30-14:30	
LBT Kearn's Hall (Minnis Bay) 1:30-2:30	MONTHLY FILM CLUB at Palace cinema Broadstairs - contact us for details		*LUNCH CLUB at Taddys Barn, CT10 12.00-1.30pm	Movement to Music 5-6:30pm (Hub) starting 22nd oct	

MANY FREE ACTIVITIES FOR OVER 50'S

*Refreshments not included

HUB ADDRESS:

Age UK Thanet, Age UK Thanet, Randolph House, Zion Place, Margate, Kent, CT9 1RP

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