

WELLBEING ACTIVITIES TIMETABLE

Mon 16th Aug- Sun 10th Oct



Please Call to Book: 01843 223881 Limited Spaces Available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WESTGATE WALK 9am -11am	YOGA (from 7th Sept) 10.30am - 11.30am	GARDENING CLUB 10am-12.30pm	MECCA BINGO 9.45-11.30am	COFFEE MORNING 9.30am-11am	LOW IMPACT AEROBICS 10.30am-11.30am
CHI BALL 10am-11.30am	WALKING FOOTBALL 10-11am with Hollie	COFFEE MORNING The Red Lion St. peters 10.30-12pm	VETERANS COFFEE MORNING 9.30-11am	AUTUMN WALK 9.30am-11am	
RAMSGATE WALK 10AM-11.30AM	CLIFFSEND COFFEE MORNING 10.30-12PM	Coffee at The Powell Birchington 1-2.30pm.	TELEPHONE BUDDY COFFEE MORNING 10.30-11.30	FISH AND CHIP FRIDAYS 12pm-3pm	SUNDAY
CLIFTONVILLE WALK 10.30am- 12pm	COFFEE MORNING at The Bell St. Nicholas 10.30-12pm		PUB QUIZ at The Racing Greyhound 10.30-12pm		COFFEE MORNING at The Bell Minster 10.11.30am
TAI CHI £5 2pm-3pm	RELAXATION ART BUS 2pm-3pm		LUNCH CLUB at Taddys Barn 12.30-2pm		
			CHI BALL 5PM-6PM		

ACTIVITIES FOR OVER 50'S

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

www.ageuk.org.uk/Thanet

01843 223881



In partnership with SEK



Funded by Kent County Council