



# WELLBEING ACTIVITIES TIMETABLE

## 1<sup>st</sup> April 2026 - 30<sup>th</sup> June 2026



Please call  
**01843 223881**  
 to book in advance



**Age UK Thanet**  
 Millmead Children's Centre,  
 Dane Valley Road,  
 Margate, CT9 3RU

### SOCIAL MEDIA



Age UK Thanet



ageuk\_thanet

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>COFFEE MORNING/ LUNCH CLUB</b> 10-2PM at Age UK Thanet  <b>GAMES CLUB</b> 10-12:30pm at Age UK Thanet  <b>FAMILY BINGO</b> 10:45-11:45 at Age UK Thanet £1  <b>CHI BALL &amp; COFFEE</b> 10:30-12:00PM at All Saints Hall CT9 5QW £5 or £25 for a 6 week block  <b>CHAIR BASED EXERCISE</b> 1-2pm at Age UK Thanet £5 per session or £25 for a 6 week block  <b>Memory Pool</b> 1-3pm at Age UK Thanet £20	<b>MECCA BINGO WESTWOOD CROSS</b> 9:45-11:30am £2.50 per session but £5 minimum spend (2 sessions)  <b>YOGA</b> 10:45-12pm £5 for individual classes or £25 for a 6 week block at Age UK Thanet	<b>COFFEE MORNING/ LUNCH CLUB</b> 10-2pm at Age UK Thanet  <b>GARDENING CLUB</b> 12-2pm at Age UK Thanet	<b>MECCA BINGO WESTWOOD CROSS</b> 9:45-11:30am £2.50 per session but £5 minimum spend (2 sessions)  <b>RACING GREYHOUND PUB QUIZ</b> 10-11:30am CT11 7EX	<b>COFFEE MORNING/ LUNCH CLUB</b> 10-2pm at Age UK Thanet  <b>CARDIAC - REHAB CIRCUIT</b> 10:30-12:00pm at All Saints Hall CT9 5QW  <b>QUIZ TIME</b> 1:30-3pm at Age UK Thanet £3 with refreshments included
<b>FOR ONE OFF EVENTS PLEASE CALL TO ENQUIRE AND BOOK YOUR PLACE</b> <b>01843223881</b>				