

WELLBEING ACTIVITIES TIMETABLE

Please call
01843 223881
to book in advance

MONDAY

COFFEE MORNING/ LUNCH CLUB

10-2PM at Age
UK Thanet

FAMILY BINGO

10:45-11:45 at Age
UK Thanet £1

CHI BALL & COFFEE

10:30-12:00PM at
All Saints Hall CT9
5QW £5 or £25 for
a 6 week block

CHAIR BASED EXERCISE

1-2pm at Age UK
Thanet £5 per
session or £25 for a
6 week block

TUESDAY

MECCA BINGO WESTWOOD CROSS

9:45-11:30am
£2.50 per session
but £5 minimum
spend (2 sessions)

YOGA

10:45-11:45pm
£5 for individual
classes or £25 for
a 6 week block at
Age UK Thanet

WEDNESDAY

COFFEE MORNING/ LUNCH CLUB

10-2pm at Age
UK Thanet

THURSDAY

MECCA BINGO WESTWOOD CROSS

9:45-11:30am
£2.50 per session
but £5 minimum
spend (2 sessions)

RACING GREYHOUND PUB QUIZ

10-11:30am
CT11 7EX

FRIDAY

COFFEE MORNING/ LUNCH CLUB

10-2pm at Age
UK Thanet

CARDIAC - REHAB CIRCUIT

10:30-12:00pm
at All Saints Hall
CT9 5QW

QUIZ TIME

1:30-3pm
at Age UK Thanet
£3 with
refreshments
included

**FOR ONE OFF EVENTS PLEASE
CALL TO ENQUIRE AND BOOK
YOUR PLACE
01843223881**

**Age UK
Thanet**

Millmead
Children's
Centre,
Dane Valley
Road,
Margate,
CT9 3RU

**SOCIAL
MEDIA**



Age UK
Thanet



ageuk_thanet