

Wellbeing Schedule of Events

Thanet

To Book Call:-

Age UK Thanet 01843 223881 <https://www.facebook.com/groups/138027905053877>

<u>Activity</u>	<u>Day & Time</u>	<u>Frequency</u>	<u>Cost</u>	<u>Location</u>	<u>Description</u>	<u>Provider</u>
Coffee Morning	Monday 10-2	Weekly	Refreshments	Millmead Community Centre CT9 3RU	ACTIVITIES, TEA,COFFEE AND LUNCH	Age UK Thanet
Coffee Morning	Wednesday 10-2	Weekly	Refreshments	Millmead Community Centre CT9 3RU	ACTIVITIES, TEA,COFFEE AND LUNCH	Age UK Thanet
Coffee Morning	Friday 10-2	Weekly	Refreshments	Millmead Community Centre CT9 3RU	ACTIVITIES, TEA,COFFEE AND LUNCH	Age UK Thanet
Family Bingo	Monday 10.45-11.45	Weekly	£1	Millmead Community Centre CT9 3RU	Bingo for all the family	Age UK Thanet
Games Club	Monday 10-12.30pm	Weekly	Refreshments	Millmead Community Centre CT9 3RU	Board games with friends	Age UK Thanet
Chi Ball and coffee	Monday 10.30-12noon	Weekly	£5	All saints Hall CT95QW	Chi Ball exercise class	Age UK Thanet
Chair Based Exercise	Monday 13.00-14.00	Weekly	£5	Millmead Community Centre CT9 3RU	Seated exercise	Age UK Thanet
Mecca Bingo	Tuesday & Thursday 9.45-11.30am	2x Week	£2.50	Mecca Bingo Westwood	Bingo booked through us at £2.50 a session	Age UK Thanet
Yoga	Tuesday 10.45am-12noon	Weekly	£5	Millmead Community Centre CT9 3RU	Yoga for all	Age UK Thanet
Quiz	Thursday 10-11.30am	Weekly	£1	Racing Greyhound Pub CT117EX	Pub quiz	Age UK Thanet
Cardiac rehab circuit	Friday 10.30-12.00	Weekly	£5	All Saints Church CT9 5QW	Cardiac rehab exercises	Age UK Thanet
Quiz time	Friday 1.30-3.00pm	Weekly	£3 inc refreshments	Millmead Community Centre CT9 3RU	Fun quiz at the hub with prizes	Age UK Thanet

Folkestone

To Book Call:- Age UK SKC 01304 372608

Activity	Day & Time	Frequency	Cost	Location	Description	Provider
Art-Tec Mondays	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 deputyceo@ageukskc.org.uk	Age SKC
Folkestone Men's Shed	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 Shedders always welcome!	Age SKC
Garden Club	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!	Age SKC
Coarse Fishing	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: karen.pattison@ageukskc.org.uk	Age SKC
Yoga	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: yoga@gemmawickert.com	Age SKC

Dover/Deal

To Book Call:-

Age UK SKC 01304 372608

Activity	Day & Time	Frequency	Cost	Location	Description	Provider
Beginners Tap	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 communityoutreach@ageukskc.org.uk	Age SKC
Line Dance	Monday 11-11.55am		£5 per session			Age SKC
Beginners Ballet	Monday 12-12.55pm		£6 per session			Age SKC
Scrabble Club	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!	Age SKC
Skylarkers	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.	Age SKC
Chair Yoga	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.	Age SKC
Craft Club	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 karen.pattison@ageukskc.org.uk	Age SKC
Boccia	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!	Age SKC
Motorbike Meet-up	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: karen.pattison@ageukskc.org.uk	Age SKC

Intermediate Ballet	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 communityoutreach@ageukskc.org.uk	Age SKC
Intermediate Tap	Tuesday 12.30-1.25pm					Age SKC
Modern Dance/Jazz	Tuesday 1.30-2.25pm					Age SKC
Bingo	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!	Age SKC
Men's Group	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 communityoutreach@ageukskc.org.uk	Age SKC
Whist	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!	Age SKC
Digital Support	2 nd & 4 th 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.	Age SKC
Thrive @ 55+	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 karen.pattison@ageukskc.org.uk	Age SKC
Latin & Line Dance	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 communityoutreach@ageukskc.org.uk	Age SKC
Stretch & Tone	Wednesday 11.30am					Age SKC
Beginners Ukulele	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	Age SKC

					email karen.pattison@ageukskc.org.uk	
Osteoporosis Support Group	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.	Age SKC
Singing for Pleasure	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.	Age SKC
Honey the P.A.T Dog	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!	Age SKC
Versus Arthritis Deal	4 th 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: services@versusarthritis.org	Age SKC

Romney Marsh

To Book Call:-

Romney Marsh Community Hub 01797 363888

<u>Activity</u>	<u>Day & Time</u>	<u>Frequency</u>	<u>Cost</u>	<u>Location</u>	<u>Description</u>	<u>Provider</u>
Make the Most of Mondays – Dance Fit	Monday 9:30 – 10:30	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Start your week with a boost of energy. Come along to this fun lively class to socialise and get fit with friends. Booking essential as a very busy class.	RMCH
Make the Most of Mondays – Seated Exercise	Monday 11:00 – 12:00	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Along with improving strength and flexibility, exercise can help keep you as healthy and well as possible. These exercises, carried out on a chair with support, are an excellent option after a fall or illness, or if you have limited mobility.	RMCH
Make the Most of Mondays – Crafty Club	Monday 1:30 – 3:30 pm	Weekly	£3.50 per session (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Why not join us for a friendly afternoon of making and creating! Crafty club is on every Monday (except bank holidays) Materials provided, there is something for everyone, including quilling card making knitting and needle work. Workshops take place regularly and must be booked in advance.	RMCH
Make the Most of Mondays – Games Club	Monday 1:30 – 3:30 pm	Weekly	£3.50 per session (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Come and join us for a pleasant afternoon playing games of your choice including: Bridge, Crib, Dominoes, Cards, Monopoly, Scrabble and many more.	RMCH
Sunflower Memory Café	Monday 10:00 – 12:00	Every 2 nd and 4 th Monday Each Month	Donations Welcome	The Old School Church Lane New Romney TN28 8ER	This a sociable get together for those with dementia and their carers. There will also be memory games and activities, and at times, day trips.	RMCH
Friendship Group	Monday 10:30 – 12:00	Weekly	Free	Sunflower House Rolfe Lane New Romney TN28 8JR	A weekly social gathering for tea and chat.	RMCH
Walking Group	Tuesday 10:00 – 12:00	Weekly	Free (donations appreciate)	Sunflower House Rolfe Lane New Romney TN28 8JR	Come and join the walking group; enjoy social conversations and then come back to the Hub for a well-earned cup of tea and slice of cake! All walking abilities welcome.	RMCH

			Please contact the hub for more details-booking (01797 363888)			
Yoga	Tuesday 11:00 – 12:00	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	This is a gentle class and ideal for beginners. Yoga is a great exercise for the body and mind as it improves strength, balance, flexibility and reduces levels of stress. It can also ease pain and improve mobility for people with lower back issues; as well as ease discomfort from tender, swollen joints for people with arthritis.	RMCH
Memory Lane	Tuesday 11.00-12.00	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	A chance for a get together to recall and look back on themed events. Led by experienced members of our team.	RMCH
Pilates	Tuesday 3:00 – 4:00 pm	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	With our Instructor Sarah. This is a gentle class with an emphasis on building your core strength. Pilates can improve posture, muscle tone, balance and joint mobility as well as relieve stress and tension. Pilates, like yoga, can help with back pain and also help those who suffer with anxiety and depression.	RMCH
Seated Exercise Tailored for those with Arthritis, Stroke, Parkinson's	Wednesday 9.30-10.30	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	A specific seated exercise class to music for those living with arthritis, Parkinson's and effects of a stroke. The instructor is a qualified occupational therapist with years of experience of teaching. The class is a more bespoke session focused on the individuals needs and capabilities.	RMCH
Seated Exercise	Wednesday 11:00 – 12:00	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Along with improving strength and flexibility, exercise can help keep you as healthy and well as possible. These exercises, carried out on a chair with back support, are an excellent option after a fall or illness, or if you have limited mobility. Join our instructors for fun and friendly exercise to music.	RMCH
Busy Hands Craft Club	Wednesday 2:00 – 4:00	1 st & 3 rd Wednesday Each Month	Free-Donations Welcome	Sunflower House Rolfe Lane New Romney TN28 8JR	An opportunity to come together with other likeminded people to share knitting and crocheting skills.	RMCH

Book Club	Wednesday 2:30 – 4:00	2 nd Wednesday Each Month	Free-Donations Welcome	Sunflower House Rolfe Lane New Romney TN28 8JR	A fun way to enjoy books, meet new people, learn new perspectives and participate in some healthy debate.	RMCH
Diabetic Peer Support Group	Wednesday 1.30-3.30	Last Wednesday of every month.	Free-Donations Welcome	Sunflower House Rolfe Lane New Romney TN28 8JR	A peer support group for those living with diabetes. The last Wednesday of the month. All welcome including those that are pre diabetic or newly diagnosed. We have diabetic nurse and other professionals visiting on occasions	RMCH
Totally Shredded	Thursday 6.00pm- 7.00pm	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	A new class for the hub focused on those that like to keep fit to music. All muscle groups worked on and a good work out with qualified instructor. Good fun and laughter had by all.	RMCH
Tai Chi	Thursday 9:30 – 11:00	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Studies have shown that regularly practising this Chinese martial art benefits seniors in several ways; it can improve flexibility, reduce symptoms of arthritis, effectively reduce stress and provide overall pain relief. It is a great choice if you are looking to improve your overall wellbeing.	RMCH
Seated Tai Chi	Thursday 11:00 – 12:00	Weekly	£7 per session must be booked in advance (01797 363888)	Sunflower House Rolfe Lane New Romney TN28 8JR	Studies have shown that regularly practising this Chinese martial art benefits seniors in several ways; it can improve flexibility, reduce symptoms of arthritis, effectively reduce stress and provide overall pain relief. It is a great choice if you are looking to improve your overall wellbeing.	RMCH
Sunflower Memory Café (St Marys Bay)	Thursday 10.30 – 12:00	3 rd Thursday Each Month	Donations welcome	St Marys Bay Village Hall Jefferstone Lane	This a sociable get together for those with dementia and their carers. There will also be memory games and activities, and in time, day trips.	RMCH
Sunflower Memory Café (Dymchurch)	Thursday 10.30-12.00	1 st Thursday Each Month	Donations welcome	Village Hall, Orgarswick Avenue, Dymchurch	This a sociable get together for those with dementia and their carers. There will also be memory games and activities, and in time, day trips.	RMCH
Art Club	Thursday 10:30 – 12:00	Weekly	£3.50 per session (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Our weekly art club is for everyone, regardless of artistic skill or experience so why not join us and learn a new skill or develop your talents! Materials are provided.	RMCH
Line Dancing	Thursday 4:00 – 5:30 pm	Weekly	£7 per session and must be booked in	Sunflower House Rolfe Lane New Romney TN28 8JR	Join us on Thursday afternoons and very soon you'll know the difference between the two-step and the Cowboy Cha Cha! Not only is line dancing a huge amount of fun, it is also great for your physical and mental wellbeing.	RMCH

			advance (01797 363888).		Though you are moving constantly during the dances, it is easy on the joints and it can reduce stress levels, increase energy levels, improve strength and decrease blood pressure.	
Yoga	Thursday 4.00 – 5.15	Weekly	£7 per session must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Our Second Yoga class of the week with instructor Alex, allows you to continue with your practice and build your strength. Very relaxing and with a mindfulness focus.	RMCH
Feel Good Fridays- Legs, Bums and Tums	Friday 9.30-10.30	Weekly	£7 per session must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	This class focussing in on specific areas of the body. Working on core strength and building strength and flexibility in the lower half of the body. Come and join this activity that is all done to music.	RMCH
Feel Good Fridays- Seated Exercise	Friday 11.00-12.00	Weekly	£7 per session must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Our third session of the week for our ever-popular seated exercise workout. Along with improving strength and flexibility, exercise can help keep you as healthy and well as possible. Join our instructors for fun and friendly exercise to music.	RMCH
Ex Armed Forces Veterans Drop In	Friday 10:00 – 12:00	2 nd Friday Month meeting. 4 th Friday of month for Breakfast club.	Donations Welcome.	Sunflower House Rolfe Lane New Romney TN28 8JR	Come along for a chat and a coffee and cake. We meet monthly on the 2 nd Friday advice and help is available. Breakfast club every 4 th Friday 20% off breakfast for all Ex armed Forces. Come and join our friendly group. Friends and family welcome too.	RMCH
Cancer Support Group	Friday 2.00-3.30	1 st Friday of Each Month. 2.00-3.30	Donations Welcome.	Sunflower House Rolfe Lane New Romney TN28 8JR	If you are living with or beyond cancer, you are welcome to come along to our support group to meet others who have had similar experiences. Carers/family welcome Fridays may have speakers and information and advice provided and Wednesdays provides more of a chance to chat over coffee and cake! All welcome.	RMCH

Hub On the Beach						
Dance Fit	Monday 6.00-7.00	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	With Jade. This is class to get you moving to the beat. All abilities welcome with our professional dance instructor. A great way to get fit.	RMCH
Yoga	Monday 7.30-8.30	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Evening class with Jules. All abilities and levels welcome.	RMCH
Salsa	Tuesday 6.00-7.00	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Salsa with Jess a class for all abilities. This is a great class with a fun atmosphere where you can learn cross body salsa and other styles too.	RMCH
Seated Exercise	Tuesday 3.00-4.00	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Along with improving strength and flexibility, exercise can help keep you as healthy and well as possible. These exercises, carried out on a chair with back support, are an excellent option after a fall or illness, or if you have limited mobility. Join our instructors for fun and friendly exercise to music.	RMCH
Legs Bums and Tum	Wednesday 9.30-10.30	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	This class focussing in on specific areas of the body. Working on core strength and building strength and flexibility in the lower half of the body. Come and join this activity that is all done to music.	RMCH

Finess Pilates	Wednesday 11.00-12.00	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Fitness Pilates with Christine = This is a gentle class with an emphasis on building your core strength. Fitness Pilates can improve posture, muscle tone, balance and joint mobility as well as relieve stress and tension. Fitness Pilates, like yoga, can help with back pain and also help those who suffer with anxiety and depression. Everyone welcome, from beginners upwards.	RMCH
Seated Tai Chi	Wednesday 3.00-4.00	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Studies have shown that regularly practising this Chinese martial art benefits seniors in several ways; it can improve flexibility, reduce symptoms of arthritis, effectively reduce stress and provide overall pain relief. It is a great choice if you are looking to improve your overall wellbeing.	RMCH
Zumba	Wednesday 6.30-7.30	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Zumba with Jess- all welcome to this fun class where you can improve your fitness to music. Please wear loose fitting clothing and bring some water with you. BOOKING ESSENTIAL. Starts 16 th July.	RMCH
Yoga	Thursday 9.30-10.30	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Join our experienced Yoga teacher Beki for a positive class of yoga for all- beginners welcome as well as those more advance in the practice.	RMCH
Seated Exercise	Thursday 3.00-4.00	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Along with improving strength and flexibility, exercise can help keep you as healthy and well as possible. These exercises, carried out on a chair with back support, are an excellent option after a fall or illness, or if you have limited mobility. Join our instructors for fun and friendly exercise to music.	RMCH

Sunflower Singers	Friday 1.30-2.30	Weekly	Free until end of September session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Sunflower Singing Group with Rebecca Lodge Birkebaek. Come and join our friendly group, beginners welcome. Singing really helps with any breathing conditions including COPD and our instructor is trained to support those with issues around this.	RMCH
Karate	Saturday 10.30-12.00	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	This class is led by Neil a 7 th Dan instructor to all over the age of 5. Great for coordination, strengthening agility and flexibility. A disciplined martial art that grows confidence and helps with balance and overall fitness as well. Come and join our friendly group and learn some self-defence along the way.	RMCH
Vestibular and hearing loss Peer support group	Tuesday 1.00-2.00	Monthly - Last Tuesday of every month	FREE Phone - 01797 458876 for more info	103 Coast Drive, Greatstone Kent Tn28 8NR	A peer support group to help those with hearing loss or any of the conditions that can affect your hearing. Everyone welcome, including family and friends.	RMCH
Stroke Peer Support Group	Wednesday 1.00-2.00	Monthly First Wednesday of month	FREE Phone - 01797 458876 for more info	103 Coast Drive, Greatstone Kent Tn28 8NR	If you or a loved one has been affected by stroke or living with the after affects, come and join our friendly Peer Support Group for a tea/coffee and chat. We will have information and advice on hand and can share experiences with others	RMCH
Arthritis Peer Support Group	Wednesday 1.00-2.00	Monthly Second Wednesday of month	FREE Phone - 01797 458876 for more info	103 Coast Drive, Greatstone Kent Tn28 8NR	If you have arthritis and are struggling with the effects or living with the difficulties that it can cause, come and join our friendly Peer Support Group to share tips that help and advice from those going through similar experiences. We will have information and advice on hand to share over tea and coffee.	RMCH
Bereavement Support group	Wednesday 1.00-2.00	Monthly Third Wednesday of month	FREE Phone - 01797 458876 for more info	103 Coast Drive, Greatstone Kent Tn28 8NR	If you are struggling after the loss of someone close and would like to come and chat to others that are going through the same process, please some and join us for tea/coffee and a chat. Finding ways to cope after a loss is not easy and everyone's journey is different. It can be good to seek out others that know how you feel and can be supportive at this difficult time.	RMCH

EVENTS					
<u>Activity</u>	<u>Day & Time / Frequency</u>	<u>Cost</u>	<u>Location (Inc postcode)</u>	<u>Description</u>	<u>Provider</u>
Friday Breakfasts	Every Friday from 9.00-11.00 Weekly	Varies depending on menu choice	Sunflower House Rolfe Lane New Romney TN28 8JR	Friday breakfasts at the Hub. Menu varies from full English to bacon baps and gives local people the chance to come in and meet for breakfasts, vegetarian option available. Last Friday of the month there is an opportunity for our Ex Armed Forces group to come in and meet as a group for breakfast with 20% off.	RMCH
Creative Writing	Wednesday 18 th March Wednesday 15 th April Wednesday 20 th May Wednesday 15 th July Wednesday 19 th August Wednesday 16 th September Wednesday 21 st October Wednesday 18 th November	1.30-3.30 £8 per session must be booked in advance (01797 363888)	Sunflower House Rolfe Lane New Romney TN28 8JR	With local author Emma Batten- Suitable for beginners. Join as for all or any of the workshops this year. Different workshops hosted by Emma. Creative Writing inspired by 13 th Century storms. We are lucky to be holding these workshops and the places are limited so please book to avoid disappointment. Payment on booking. 1.30-3.30	RMCH
Digital Support	Wednesday 25th March Wednesday 15th April Wednesday 27th May Wednesday 24th June 9.30-12.00	Free but must be booked (01797 363888)	Sunflower House Rolfe Lane New Romney TN28 8JR	A free face to face half hour slot with Digital Kent to help with any area of your digital device including phones, laptops and I pads. Help with learning new skills as well as setting up new devices.	RMCH

Digital Skills Workshop	26th March 2.00-3.00	Free but must be booked (01797 363888)	Sunflower House Rolfe Lane New Romney TN28 8JR	A chance to learn about NHS app-booking appointments, scams and internet safety. Emails and how to shop online.	RMCH
Parkinsons Drop-in session	Mondy 9th March 10.30-12.30 Monday 15th June 10.30-12.30	Free	Sunflower House Rolfe Lane New Romney TN28 8JR	Local advisor for Kent available to chat to all those affected by and living with Parkinsons.	RMCH
Makaton Workshops	Friday 20th March 1.30-3.30 Friday 24th April 1.30-3.30 Friday 29th May 1.30-3.30	Free- Booking essential on 01797 363888	103 Coast Drive, Greatstone Kent Tn28 8NR	Come along and learn the basics of Makaton. Workshops are themed and held in a fun way so that you hopefully retain all that you learn.	RMCH
Taste of Itay meal	Friday 20th March- from 12.00	£15 and must be booked in advance on 01797-363888 or go to rmch.org.uk	Sunflower House Rolfe Lane New Romney TN28 8JR	A chance to get together with others and celebrate the Italian cuisine. Everyone welcome.	RMCH
Death Café	11th March 2.30-4.00 5th May 1.00-2.30	Free to book see pilgrim's website or contact he hub.	Sunflower House Rolfe Lane New Romney TN28 8JR	Conversations around death are hard to have and these workshops give you chance to chat to others about anything and everything to do with the subject. All welcome but booking is needed.	RMCH
Crafty club workshop	Monday 30th March 1.30-3.30 Monday 8th June 1.30-3.30	£8 Must be booked in advance	Sunflower House Rolfe Lane New Romney TN28 8JR	A chance to make and everlasting Easter wreath on 30 th March - all materials supplied. June workshop is recycling.	RMCH
Spring Fayre	Saturday 28th march 10.00-2.00	Free entry	Sunflower House Rolfe Lane New Romney TN28 8JR	Come and enjoy food and drink in our café. numerous craft stalls and things to buy. Tombola and easter gifts available.	RMCH

<p>Warm Hub</p>	<p>1st October 2025– 31st March 2026</p> <p>From 9.00-2.00</p>	<p>Free Wifi Free Phone charging Free Newspapers to read Subsidised Soup and roll</p>	<p>Sunflower House Rolfe Lane New Romney TN28 8JR</p>	<p>All welcome to come into the hub as part of warm welcome spaces. Excluding weekends and bank holidays.</p>	<p>RMCH</p>
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Hythe and Lyminge

To Book Call:-

Age UK Hythe and Lyminge 01303 269 602

Activity	Day & Time	Frequency	Cost	Location	Description	Provider
Golden Oldie Youth Club	Mon – Fri 10:30-14:30	Daily	£31.40	Age UK Hythe CT216BD	Full day of activities with a 2-course lunch, transport is available of this service	Age UK H&L
Seated Exercise	Mon & Weds 10:30 -11:30	2 x Weekly	£7.30	Age UK Hythe CT216BD	Fun Fitness activity, suitable for all	Age UK H&L
Bingo	Mon 14:30	Weekly	£7.30	Age UK Hythe CT216BD		Age UK H&L
Fit & Fun	Tues 10:30 - 11:30	Weekly	£7.30	Age UK Hythe CT216BD	A range of fun Fitness activities	Age UK H&L
Crafty Tuesday	Tues 13:00 – 14:30	Weekly	£10.00	Age UK Hythe CT216BD	Crafts, Hobbies and painting activities	Age UK H&L
Activity Medley	Tues 13:30 -14:30	Weekly	£7.30	Age UK Hythe CT216BD	Quizzes, Board games, reminiscence	Age UK H&L
Book Club	Weds 17:00 – 19:00	Monthly	£7.30	Age UK Hythe CT216BD	Monthly Book group	Age UK H&L
Thursday Thinkers	Fri 10:30 – 11:30	Weekly	£7.30	Age UK Hythe CT21 6BD	Quizzes, Reminiscence activities	Age UK H&L
Get Active	Fri 13:30 - 14:30	Weekly	£7.30	Age UK Hythe CT21 6BD	Skittles, Curling, Boules	Age UK H&L
Activity Medley	Fri 10:30 – 14:30	Weekly	£7.30	Age Uk Hythe CT21 6BD	Arts, Crafts and board games	Age UK H&L
Shed Project	Fri 13:30 - 14:30	Weekly	£7.30	Age Uk Hythe CT21 6BD	Making, mending and painting activities based in our garden shed	Age UK H&L
Seated Yoga	Mon 12:15 – 13:15	Weekly	£7.30	Hythe Cricket Club CT216AX		Age UK H&L
Low Impact Aerobics	Weds 10:00 10:45	Weekly	£7.30	Guide Hall Hythe, CT21 6JQ		Age UK H&L
Weekend Wellness Yoga	Sun 10:30 – 11:30	Weekly	£7.30	Age Uk Hythe CT21 6BD		Age UK H&L

How to book

For all bookings, please contact the relevant organisation using the numbers below:-

Age UK Thanet:- 01843 223881 <https://www.facebook.com/groups/138027905053877>

Age UK South Kent Coast:- 01304 372608

Age UK Hythe and Lydinge 01303 269 602

Romney Marsh Community Hub:- 01797 363888