

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