

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