

## Wellbeing Schedule of Events

### Thanet

To Book Call:-

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

<u>Activity</u>	<u>Day &amp; 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