

Temple Hill Community Centre

Temple Hill Square, Dartford. DA1 5HY



Monday

Chop 'n' Chatter Cookery Club: 10:00-12:30

Relaxed and fun social cookery club. Prepare and enjoy your favourite recipes and learn new ones too. All ingredients provided – just bring your apron. Call **01322 311265** for more details.

The Pin Cushion: 10:00 -12:30

Bring your own project to work on at our weekly social session for all things textile. The ideal place to share ideas and inspiration. No need to book.

Zumba Gold: 19:00-20:00

Friendly exercise class. No need to book. **£2.50** per session.



Tuesdays

HLC Community Hub: 10:00-14:00 3rd Tuesday of every month

Pop in for a delicious, affordable home cooked brunch, get (arty &) crafty over a cuppa, enjoy a relaxing holistic massage therapy session, bring your broken items along and let our talented **HLCD Repair Café** team see if they can help to fix it!

Pre-Loved Table Top Sale: 10:00-13:00 3rd Tuesday of every month.

Join us to *Re-use more in '24*. **FREE** entry for visitors.

Email info@hlcdartford.org.uk to book a table.

Wednesday

Hygge on the Hill: 10:00-12:00

Join us for a relaxed social morning with free tea, coffee and sweet treats as well as an array of fun activities! No need to book, just come along.

Alzheimer's and Dementia Support Services: 13:30-15:30

1st Wednesday of every month: Activity Café:

3rd Wednesday of every month: Memory Café:

2nd & 4th Wednesday of every month: Peer Support Groups:

To attend any of these sessions, please call ADSS on **01474 533990**.



Thursdays

Porchlight Outreach Drop In: 10:00-12:00 Helpline: 0800 567 7699.

Go Online Class: 13:00-15:00.

Our friendly, small group www.learnmyway.com sessions can help you get online and improve your computer confidence. Booking Required. Call **01322 311265** for more details.

Walking Netball 12:00 - 13:00

A fun and friendly, very low impact netball based class.

Suitable for all ages and abilities.

No need to book. **£2.50** per session.

Gentle Exercise Group: 13:30-14:30

Ease into exercise with movements designed for people with reduced mobility to strengthen and stretch muscles and mobilise joints.

No need to book. **£2.50** per session.



Fridays

Mummy's Link Up Parent & Child Group: 10:30-12:30 4th Friday of every month

Meet up with other parents, build relationships and share experiences, with toys and games for children to play. www.instagram.com/mummyslinkup/



Telephone: 01322 311265 Email: info@hlcdartford.org.uk

Website: www.hlcdartford.org.uk Facebook: HealthyLivingCentreDartford Instagram: hlcdartford