

# Tree Community Centre

Cedar Road, Dartford. DA1 2RS



## Monday

### Go Online: 12:30-14:30

Sign up to our weekly course to learn the basic skills for using computers, laptops and mobile devices. Call **01322 311265** for more details.

### Pregnancy Yoga Classes: 19:00-20:00

Gentle classes designed to keep active and healthy and ease pregnancy aches.

**Booking essential**, contact Colleen on **07944 671315**.

## Tuesday

### HLC Community Hub: 10:00-14:00 2nd & 4th 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!

### Wibblers Cycling Social:

Join us for a gentle bike ride from the Community Centre then back for refreshments. Call **01322 311265** for more details and dates.

### Yoga with Hazel: 18:00-19:00

Increase fitness, strength and flexibility. Relax and unwind. No need to book. £2.50 per session.



## Wednesday

### Mum & Baby Yoga: 10:00-11:00

Gentle post-partum safe exercise with baby, followed by mums' social coffee morning. All new mums welcome.

**Booking essential**, contact Colleen on **07944 671315**.

### Cedar Men's Shed: 10:00 - 13:00

A Shed is an open, friendly place where men meet, chat and undertake activities such as DIY projects

### Gardening Club: 11:00-13:00

Share your green-fingered skills (or learn some!) in our friendly group at our allotment.

### Tree Bingo Club: 14:30-16:30

Friendly, welcoming social club. Weekly bingo and raffle, tea and refreshments.

### Band Club: 17:00-19:00

Friendly, informal and relaxed jamming session.



## Thursday

### Tai Chi: 10:00-11:00

Gentle movements improve muscular strength, flexibility, balance, fitness and confidence.

### CirC-HIITS: 18:30-19:30

Shake it up with circuits, box fit and HIIT for health, fitness and stamina.

### Yoga with Hazel: 19:45-20:45

Increase fitness, strength and flexibility. Relax and unwind.

All activities **£2.50** per session - no need to book.



## Friday

### Alzheimer's and Dementia Support Services - Singing Back the Memories 10:30 - 12:00 2nd & 4th Friday of every month

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

### Tree Community Lunch: 12:00-14:00 3rd Friday of every month

Enjoy a delicious home cooked 2 course meal, tea and coffee and good company  
£5 per person. Booking essential - call **01322 311265** for more details.



Telephone: **01322 311265** Email: [info@hlcdartford.org.uk](mailto:info@hlcdartford.org.uk)

Website: [www.hlcdartford.org.uk](http://www.hlcdartford.org.uk) Facebook: [HealthyLivingCentreDartford](https://www.facebook.com/HealthyLivingCentreDartford) Instagram: [hlcdartford](https://www.instagram.com/hlcdartford)