

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.

Booking essential, 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, just come along.

Zumba Gold: 19:00-20:00

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



Tuesdays

HLC Community Hub: 10:00-13:00 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!

English for Speakers of Other Languages: 10:00-12:00

develop and practice language and numeracy skills needed for everyday tasks

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.

First Wednesday of each month - Imago Community Navigators.

Last Wednesday of each month - Digital Kent supporting you to get online.

NHS One You Lifestyle Advisor here every week.

Alzheimer's and Dementia Support Services:

1st Wednesday of every month: Craft Group: 13:30-15:30

3rd Wednesday of every month: Memory Café: 13:30-15:30

2nd & 4th Wednesday of every month: Peer Support Groups: 14:00-15:30

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 essential. Call **01322 311265** for more details.

Net & Natter 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/



STOPPING SMOKING

IT'S WELL WORTH IT

kent.gov.uk/smokefree



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

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