

# 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: 10:00-13:00 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!

**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. Call 01322 311265 for more details.

**Gardening Club: 11:00-13:00**

Share your green-fingered skills (or learn some!) in our friendly group at our allotment. Call 01322 311265 for more details.

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

Friendly, welcoming social club. Weekly bingo and raffle, tea and refreshments. Call 01322 311265 for more details.

**STOPPING SMOKING**

**IT'S WELL WORTH IT**

[kent.gov.uk/smokefree](http://kent.gov.uk/smokefree)

## Thursday

**Tai Chi: 10:00-11:00**

Gentle movements improve muscular strength, flexibility, balance, fitness and confidence. No need to book. £2.50 per session.

**CirC-HIITS: 18:30-19:30**

Shake it up with circuits, box fit and HIIT for health, fitness and stamina. No need to book. £2.50 per session.

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

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



## 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.

**HLCD 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)**