



What's On - Healthy Living Centre Dartford April 2018

Monday: Closed Monday 2nd April

- 11:00 – 13:00 – Porchlight Cookery and Lunch Club
- 13:15 – 14:45 – “Why Weight” at Peppercorns (*starts Monday 30th April*)
- 15:00 - 17:00 - ESOL – Improve your English
- 16:30 – 18:30 – Youth Club at Tree Community Centre
- 17:30 – 18:30 – *Get Active Dartford* – Yoga. £1.50 per session
- 19:00 – 20:00 – *Get Active Dartford* – Zumba. £1.50 per session

Tuesday:

- 09:00 – 14:00 – One You Lifestyle Advisor drop in
- 10:00 – 12:00 - Thyme to Cook Club
- 10:30 – 13:00 – SAfE – Free advice drop in
- 11:00 – 13:00 – Dementia Friendly Memory Café – (Tuesday April 10th)
- 11:00 - 13:00 – Crafty Tuesday– (Tuesday April 17th)
- 11:00 - 13:00 - Pre-Loved Book Club – (Tuesday April 24th)

Wednesday:

- 10:00 – 12:00 – Windows 8.1 and 10 training session.
- 13:00 – 16:00 - Job Club. Supported by RBLI
- 18:30 – 20:00 – “Why Weight” at Peppercorns (*Starts Wednesday 2nd May*)
- **Stop Smoking Advice – by appointment:** Call 01322 311265

Thursday:

- 10:00 – 12:00 – Silver Surfers IT Group
- 10:00 – 12:00 – Tai Chi @ Tree Community Centre £3.50 per session
- 13:00 – 15:00 – “Learn My Way” IT Training

Friday:

- 10:00 – 12:00 – “Learn My Way” IT Training
- 10:00 – 16:00 – Sanctuary Floating Support Drop-In
- 12:00 – 14:00 – One You Lifestyle Advisor drop in
- *13:30 – 15:00 – New - Seated Exercise for Body and Brain (3 Week tasters starts 6th April)*
- 13:00 – 15:00 – “Learn My Way” IT Training

“The Hub” Cafe open Wednesday – Friday 10:00 – 14:00

For information please call 01322 311265

Or email info@hlcdartford.org.uk

www.hlcdartford.org.uk

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