



What's On - Healthy Living Centre Dartford ~~M~~November 2017

Monday:

- 10:00 – 17:00 – Painting and Decorating Course – OWE – 2 full weeks commencing 20th November
- 11:00 – 13:00 – “Thyme to cook” Cookery and Lunch Club
- 13:15 – 14:45 – “Why Weight” at Peppercorns
- 14.30 - 16:30 - ESOL – Improve your English
- 16:30 – 18:30 – Youth Club at Tree Community Centre
- 18:00 – 19:00 – *Get Active Dartford* – Yoga. £1.50 per session

Tuesday:

- 09:00 – 14:00 – NHS Health Trainer drop in
- 10:00 – 12:00 – Buying and Selling Online – 4 week training course 7th-28th November 2017
- 09:30 – 16:30 – Food Champion Training – 2 week course 7th & 14th November 2017
- 10:00 – 15:00 – Fortnightly Carers First Drop In
- 11:00 – 13:00 – Dementia Friendly Memory Café – (2nd Tuesday of the Month - November 14th 2017)
- 11:00 - 13:00 – Crafty Tuesday (3rd Tuesday of the Month – 21st November 2017)
- 11:00 - 13:00 - Pre-Loved Book Club (Last Tuesday of the Month – 28th November 2017))

Wednesday:

- 10:00 – 12:00 – Windows 8.1 and 10 training session.
- 10:30 – 13:00 – SAfE – Free advice drop in
- 13:00 – 16:00 - Job Club. Supported by RBLI
- 18:30 – 20:00 – “Why Weight” at Peppercorns
- **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
- 13:00 – 16:00 – Temple Hill Over 60's Club Bingo

Friday:

- 10:00 – 12:00 – “Learn My Way” IT Training
- 12:00 – 14:00 – NHS Health Trainer drop in
- 13:00 – 15:00 – “Learn My Way” IT Training
- 10:00 – 16:00 – Sanctuary Floating Support Drop-In

Our Community Café is having a facelift – thanks to the Coop Community Fund!

“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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