



# Wellbeing

Timetable of Community Hub Activities

Connect with your community, whilst trying something new and meet likeminded people! Free activities for 50+

## What have the Thanet Wellbeing team got for you?

Quiz's

Well-being/Coastal Walks

Seated Chair Exercises

Gardening Club

Chi Ball

Fish and Chip Friday's

Coffee morning

Arts & Crafts

Low Impact Aerobics

Mecca BINGO

Board games

Veterans Coffee Mornings.

For more  
information  
and to book  
ring us on:  
01843 223881



AGE UK THANET, RANDOLPH HOUSE, ZION PLACE, MARGATE, KENT, CT9 1RP

[www.ageuk.org.uk/Thanet](http://www.ageuk.org.uk/Thanet)

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Funded by Kent County Council