



Temple Hill Community Centre

Mondays

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.

Zumba Gold: 19:00-20:00

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

Tuesdays

HLC Community Hub: 10:00-14:00 3rd Tuesday of every month.

Pop in for a delicious, affordable home cooked brunch, get crafty over a cuppa, enjoy a relaxing holistic massage therapy session, see if your broken items can be saved at our Repair Café and find out what's going on in your area - all under one roof!

No need to Book - Everyone welcome.

Including our HLCD Repair Café - **Don't Bin It... See if we can help to fix it!**

Bring your broken items along and let our talented team take a look to see if it can be mended!



Pre-Loved Sale: 10:00-13:00 3rd Tuesday of every month.

Join us in becoming *Waste-Free in '23*. Just £5 for a sale-table (limited spaces)

Email info@hlcdartford.org.uk to book. FREE entry for visitors.

Wednesdays

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.

Alzheimer's and Dementia Support Services: 13:30-15:30

1st Wednesday of every month: Activity Café:

3rd Wednesday of every month: Memory Café:

2nd & 4th Wednesday of every month: Peer Support Groups:

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.

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.

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 Required.

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

WI Seniors Monthly Lunch Club: 11:30-13:30 1st Friday of every month

Booking essential, contact Carol on 01322 630680 for more information.

Mummy's LinkUp Parent & Child Group: 10:00-14:00 4th Friday of every month

Meet up with other parents, build relationships and share experiences with toys and games for children to play.

Healthy Living Centre Dartford is a Company limited by guarantee (England and Wales).

Company No: 07409535 Registered Charity No: 1142458

Tree Community Centre



Monday

Go Online: 12:30-14:30

Sign up to a free course to learn the basic skills for using computers, laptops and mobile devices. To book: 01322 311265.

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: 10:00-14:00 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, and find out what's going on in your area - all under one roof! Everyone welcome.

including our **HLCD Repair Café - Don't Bin It... See if we can help to fix it!**

Bring your broken items along and let our talented team take a look to see if it can be mended!

Yoga with Hazel: 18:00-19:00

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



Wednesday

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.

Over 55s Club: 14:30-16:30

Friendly, welcoming social club. Weekly bingo and raffle, tea and refreshments. Contact John 01322 270732 or Pam 01322 222195.

Band Club: 17:00-19:00

Friendly, informal and relaxed jamming session. Call for more information 01322 311265.



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

Tree 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.

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

Website: www.hlcdartford.org.uk **Facebook:** [HealthyLivingCentreDartford](https://www.facebook.com/HealthyLivingCentreDartford) **Instagram:** [hlcdartford](https://www.instagram.com/hlcdartford)