

Please contact 01227 7880211 before attending any groups for the first time.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	1	2
4	5	6	7	8	9
	10:30am Creative group Cliffs café, Margate 1:30pm Relaxation group union studio, Margate	10:30am Wellbeing group Vinyl Head café, Ramsgate			
11	12	13	14	15	16
10:30am Wellbeing group Vinyl Head Café, Ramsgate			10:30am Creative group Cliffs café, Margate		
18	19	20	21	22	2
	1:30pm Relaxation group Union Studio, Margate				
25	26	27	28	1	2
10.30am Wellbeing group Vinyl Head Café, Ramsgate			10:30am Creative group Cliffs café, Margate		