

What's on at Sunlight

Jan 2019

Activities which take place at the Sunlight Centre are run by independent organisations and groups and/or the charity Sunlight Development Trust. To find out more about any of the activities please use the contact details below.

	Activity	Time	Contact and other information
Mon	Cardiac rehab	9.00 - 11.30	Debra Chase 077434 46255
	Medway Men in Shed Music	10.00 - 2.00	01634 581511 Closed Group Session
	Medway Men in Sheds Art	12.45 - 2.45	01634 581511 Closed Group Session
	Chinese Elderly Welfare Association (K-Ying)	10.00 – 2.00	01634 294329
	Medway Mermaids (women's writing group)	7.30 – 9.30	2 nd Monday of month – medwaymermaids@yahoo.co.uk
Tue	One Stop Shop	9.30 - 12.00	Run by Choices 01622 761146
	Harmony Jam	10.00 - 4.00	07544 314248
	MADFS carers' group	10.00 -12.00	3 rd Tuesday of the month 01634 581511
	MACA	1.00 - 4.30	01634 301246
Wed	Medway Men in Sheds	1.00 – 3.00	Registrations and booked appointments 01634 581511
	Craft and Connect	10.00 – 2.00	07455 836685 linas.judeikis@outlook.com
	MADFS coffee morning	10.00 -12.00	Last Wednesday of month 01634 581511
	Headway	10.00 – 2.00	cllrathome@yahoo.co.uk
	MADFS singalong	2.00 - 4.00	1 st Wednesday of the month 01634 581511
	High 5 Netball skills	5.00 – 6.00	Yrs 5 & 6 – Dawn 07922128595 (term time only)
AA	7.45 - 9.45	01622 751842	
Thur	High Hopes Gardening Grp.	10.00 - 1.00	www.highhopes.tv
	Craft & Up-cycling session	10.00 - 12.00	info@craftworkcommunity.org.uk
	Men In Sheds Health Group	5.00 – 8.00	01634 581511 Closed group session
	GKR Karate	7.30 – 9.00	Lewin 07812 089 304 ltuckwell@gkrkarate.com
	Surgery Patient Participation Group	2.00 – 4.00	Last Thursday of each month contact; SCSPPG@yahoo.co.uk
Fri	50+ friendship group	10.00 -12.00	01634 280369 – Margaret
	Medway Men in Sheds	10.30 – 2.30	01634 581511 Closed group session
	Tai-chi	1.00 - 2.15	£2.50 per week 01634 581511
	Wellbeing Cafe	6.00 – 9.00	Facebook.com/TheWellbeingCafe
Sat	Wellbeing Cafe	3.30 – 6.30	Facebook.com/TheWellbeingCafe
	Craft & Up-cycling session	4.00 – 6.00	info@craftworkcommunity.org.uk
	AA	6.30 - 8.00	01622 751842
Sun	Bridge Baptist Church	10.00 -12.00	thebridgebaptistchurchgillingham.org.uk
	Wellbeing Cafe	1.00 – 4.00	Facebook.com/TheWellbeingCafe

MADFS (Medway Alzheimer's and Dementia Family Support Service)

MACA (Medway African and Caribbean Association)

01634 581511
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