

# What's on at Sunlight

June 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.

	<b>Activity</b>	<b>Time</b>	<b>Contact and other information</b>
<b>Mon</b>	Cardiac rehab Baby Massage Medway Men in Shed Music Chinese Elderly Welfare Association (K-Ying) Medway Mermaids (women's writing group)	9.00 - 11.30 9.30 – 10.30 10.00 - 2.00 10.00 – 2.00 7.30 – 9.30	Debra Chase 077434 46255 Call Courtney 07596068561 01634 581511 Closed Group Session 01634 294329 2 <sup>nd</sup> Monday of month – medwaymermaids@yahoo.co.uk
<b>Tue</b>	One Stop Shop Harmony Jam MADFS carers' group MACA	9.30 - 12.00 10.00 - 4.00 10.00 -12.00 1.00 - 4.30	Run by Choices 01622 761146 07544 314248 3 <sup>rd</sup> Tuesday of the month 01634 581511 01634 301246
<b>Wed</b>	Sweaty Mama Medway Men in Sheds Craft and Connect MADFS coffee morning Headway MADFS singalong High 5 Netball skills AA	9.30 – 10.30 1.00 – 3.00 10.00 – 2.00 10.00 -12.00 10.00 – 2.00 2.00 - 4.00 5.00 – 6.00 7.45 - 9.45	Fun workouts with your child –book at sweatymama.com Registrations and booked appointments 01634 581511 07455 836685 linas.judeikis@outlook.com Last Wednesday of month 01634 581511 cllrathome@yahoo.co.uk 1 <sup>st</sup> Wednesday of the month 01634 581511 Yrs 5 & 6 – Dawn 07922128595 (term time only) 01622 751842
<b>Thur</b>	Careers Service drop in High Hopes Gardening Grp. Men In Sheds Health Group GKR Karate Surgery Patient Participation Group	9.30 – 12.00 10.00 - 1.00 5.00 – 8.00 7.30 – 9.00 2.00 – 4.00	Sally Morton 07732680327 www.highhopes.tv 01634 581511 Closed group session Lewin 07812 089 304 ltuckwell@gkrkarate.com Last Thursday of each month contact; SCSPPG@yahoo.co.uk
<b>Fri</b>	50+ friendship group Medway Men in Sheds Tai-chi Wellbeing Cafe	10.00 -12.00 10.30 – 2.30 1.00 - 2.15 6.00 – 9.00	£2 per week – ask at reception for details 01634 581511 Closed group session £2.50 per week 01634 581511 Facebook.com/TheWellbeingCafe
<b>Sat</b>	Sweaty Mama Wellbeing Cafe AA	9.30 – 10.30 3.30 – 6.30 6.30 - 8.00	Fun workouts with your child –book at sweatymama.com Facebook.com/TheWellbeingCafe 01622 751842
<b>Sun</b>	Bridge Baptist Church Wellbeing Cafe	10.00 -12.00 1.00 – 4.00	thebridgebaptistchurchgillingham.org.uk Facebook.com/TheWellbeingCafe

