

Wellbeing Activity Programme – Age UK South Kent Coast

Activity	Day & Time	Frequency	Cost	Venue	Details
Walking Cricket	Monday 10am-12noon	Weekly	£4	Three Hills Sports Park, Cheriton Road, Folkestone CT19 5JU	Offered in partnership with Three Hills Sports Trust as part of their Active 50 programme, come and enjoy a slower-paced version of cricket with refreshments afterwards. To book: https://www.threehillssportspark.co.uk
Walkie Talkie Social Walk	Alternate Mondays 10.15am	Fortnightly (excl bank holidays)	£3.50	Meet at Deal Pier at 10am	Join Karen for a walk and natter along the prom (approx. 30 mins each way), then come back to Age UK for coffee, cake and more natter. To book, please call Karen on 07958 518424 or email: karen.pattison@ageukskc.org.uk
Womens Walking Tennis	Mondays 10-11am	Weekly	£6 Inc. refreshments	Hawkinge Community Centre, Heron Forstal Ave, Hawkinge, Folkestone CT18 7FP	Walking Tennis offers a slower format of the traditional game by introducing simple rules to make it less physically demanding, easier to learn, but just as much fun. For more information or to book, call Jo: 01304 372608 or email communityoutreach@ageukskc.org.uk
Get Fit to Walk	Monday 10.30am	Weekly	£25 for 6 weeks	Capel-le-Ferne Village Hall CT18 7LX	Postural Stability Class suitable for anyone who is worried about their balance or about falling. If you are interested in attending and would like more information contact Sharron

					01304 372608 or email sharron.harris@ageuiskc.org.uk
Walk Fit	Monday 1.15-2.45pm	Weekly (excl bank holidays)	Free	Meet at Homepine House, Sandgate Road, Folkestone CT20 2XB	Gentle wellbeing walk – improves cardiovascular fitness, improves your mood, boosts circulation, strengthens muscles, promotes a healthy heart, reduces stress. For more info or to book, please call Sharron on 01304 372608 or email: Sharron.harris@ageuiskc.org.uk
Pickleball	Monday & Friday 3.30-5pm	Weekly (excl bank holidays)	£3	Hawkinge Community Centre, Heron Forstal Ave, Hawkinge, Folkestone CT18 7FP	A cross between tennis, badminton and table tennis, a slower game than tennis, played on a badminton court with a low net – the ball must bounce before being returned. A very sociable and fun game! For more information or to book, call Jo: 01304 372608 or email communityoutreach@ageuiskc.org.uk
Walking Netball	Monday 5-6pm	Weekly (excl Bank Holidays)	£5	Three Hills Sports Park, Cheriton Road, Folkestone CT19 5JU	Walking Netball is a slower paced version of the game, perfect for anyone looking to exercise in a supportive and friendly environment. Whether you hung up your trainers long ago, have never played before, or want to try something new, come along and make friends! For more info or to book, please call Sharron on 01304 372608 or email: Sharron.harris@ageuiskc.org.uk
	Tuesday 11am-12pm	Weekly	£5	Three Hills Sports Park, Cheriton Road, Folkestone CT19 5JU	
	Thursday 1-2pm	Weekly	£5	Dover Leisure Centre, Dover CT16 3FZ	

Zumba Gold	Monday, Tuesday, Wednesday or Friday	Weekly	£15 for 5 sessions	Folkestone, Eastry or Elvington	5 sessions of Zumba Gold for just £15 – fun, low-impact fitness: Mondays & Fridays 10am at St John’s Church Hall, Folkestone CT19 5BQ Tuesdays 11am at Eastry Village Hall CT13 OHE Wednesdays 1.30pm at Elvington Community Centre CT15 4DZ. To book, call Jen on 07905 945218 and quote AUK15
Art Tec	Monday 10-12noon	Weekly (excl bank holidays)	£2	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Join like-minded crafters in our new class - share your skills with others. Bring your own project or try something new. Refreshments included in the session price. For more information, please call Sharron on 01304 372608 or email Sharron.harris@ageukskc.org.uk
Social Cycle	Tuesdays 1.30pm	Weekly	Free	Meet opposite The Hythe Imperial Hotel, Princes Parade, Hythe	A social cycle along Hythe promenade, meeting opposite the Hythe Imperial Hotel, with special offers from our local cycle shop Cyclefixit. Suitable for everyone.
Mens Group	Tuesday 10-11.30am	1 st & 3 rd Tues	Free	Battle of Britain Memorial, Cockpit Café, Capel le Ferne CT18 7JJ	A chance for men to get together and talk man stuff, while overlooking the Channel in the Cockpit Café. To confirm your place and request a parking ticket, please contact Jo on 01304 372608 or email communityoutreach@ageukskc.org.uk

Rosie's Moments	1 st Weds of month 10-12noon	Monthly	£5	New venue TBC	Get active with accessible games, then socialise with crafts, games, guest speakers etc. £5 per session, and includes tea/coffee & biscuits.
Folkestone Men's Shed	Wednesday 10am	Weekly	Free	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Space for men aged 55+ to come together, to meet, share skills and put the world to rights over a brew. New shedders always welcome!
Walking Group	Wednesdays 10.30am	Weekly	Free	Meet at Samphire Hoe car park, Dover CT17 9FL	Join Sharron for a social walk at your own pace, for more info email: mailto:Sharron.harris@ageukskc.org.uk Sharron.harris@ageukskc.org.uk or call: 01304 372608
Scrabble Club	Wednesday 1-2pm	Weekly	£2	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Join us for a friendly game of scrabble – bring your own board or use one of ours. £2 includes hot drink. Beginners welcome. Call: 01304 372608.
Walking Tennis	Wednesdays 2-3pm	Weekly	£6 Inc. refreshments	St Margaret's Lawn Tennis Club Boundary Gate, Glebe Close, Dover CT15 6AF	Walking Tennis offers a slower format of the traditional game by introducing simple rules to make it less physically demanding, easier to learn, but just as much fun. For more information or to book, call Jo: 01304 372608 or email communityoutreach@ageukskc.org.uk
Garden Club	Thursday 10am-12pm	Weekly	Free	The Marigold Centre,	Our Garden Club is responsible for looking after the allotments and raised

				65 Shaftesbury Ave, Folkestone CT19 4NS	beds at The Marigold Centre. A small group that meets, come rain or shine!
Coarse Fishing	Thursday 10.30am	Weekly	£6 per week	Sandwich Coarse Fishery, Ash Road, Sandwich CT3 2DA	No rod, no licence? – No problem! £6 includes fishing for the day, coffee and bacon bap! For more info or to book, please call Karen on 07958 518424 or email: karen.pattison@ageuiskc.org.uk
Beginners Pickle Ball	4-5pm Thursday	Weekly	£3 per session	Hawkinge Community Centre, Heron Forstal Ave, Hawkinge, Folkestone CT18 7FP	It's the world's fastest-growing sport for one thing, and a cross between tennis, badminton and table tennis for another! New Beginners' Only sessions starting in May (equipment included). Please contact Jo on 01304 372608 or email communityoutreach@ageuiskc.org.uk
Yoga	Friday 2.30-4pm	Weekly	£5 per session	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Suitable for all levels - build strength and flexibility, reduce pain, improve sleep, reduce worry and stress – mats and blocks provided. To book, please email: yoga@gemmawickert.com