

WHAT'S ON IN AUGUST 2024 AT THE LYMINGE COMMUNITY SUPPORT HUB

MONDAY	Dementia Daybreak	10:00am - 3:00pm
	Maintenance Cognitive Stimulation Therapy MCST	10:30am - 12:00pm
	Lyminge Knitters	1:00pm - 2:30pm
	Maintenance Cognitive Stimulation Therapy MCST	1:30pm - 3:00pm

TUESDAY	Dementia Daybreak	10:00am - 3:00pm
	Digital Support (06.08.24)	10:00am - 12:00pm
	Painting and Drawing with Clare	10:00am - 12:00pm

WEDNESDAY	Dementia Daybreak	10:00am - 3:00pm
	All Day Breakfast	9:00am - 2:00pm
	Singing For All	11:00am - 12:00pm

THURSDAY	Dementia Daybreak	10:00am - 3:00pm
	Dementia Café (08.08.24)	12:30pm - 2:30pm

FRIDAY	Dementia Daybreak	10:00am - 3:00pm
	Pilates with Katherine	9:00am - 10:00am
	Painting and Drawing with Clare	10:00am - 12:00pm

Prices start from £6.60 but do vary so please contact the Office for information and to book any of the above activities or events:

01303 269602.

Why not come and have a cuppa in one of our cafés while bagging a bargain in one of our charity shops... We run a café and charity shop at our Hythe and Lyminge hubs and a café at our Ashford hub. All offer a range of light refreshments and a two-course hot lunch for £8.50 is available (when booked in advance before 10.15am Monday-Friday).