

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

MONDAY	Clear Ears (19.08.24)	10:00am - 1:00pm
	Seated Exercise	10:45am - 11:45am
	Seated Yoga	12:15pm - 1:15pm
	Bingo	1:30pm - 2:30pm
	Bingo evening in support of the Everest Climb (12.08.24)	6:00pm - 8.30pm

TUESDAY	Hi Kent hearing aid support (13.08.24 & 27.08.24)	10:00am - 11:00am
	Ukulele Class	10:00am - 12:00pm
	Crafty Tuesday	1:00pm - 3:00pm
	Painting and Drawing	1:30pm - 3:30pm
	Dementia Café (20.08.24)	1:30pm - 3:30pm

WEDNESDAY	Low Impact Aerobics	10:00am - 10:45am
	Hypertension Heroes	10:30am - 12:00pm
	Walking Football	10:30am - 12:00pm
	Seated Exercise	10:45am - 11:45am
	Interactive games	1:30pm - 2:30pm
	Singing with Nina (7.008.24)	1:30pm - 2:30pm
	Boxfit (non-contact)	4:45pm - 5:45pm
	Book Club (14.08.24)	5:00pm - 7.00pm

THURSDAY	Digital Support (08.08.24)	10:00am - 12:00pm
	Seated Yoga	10:30am - 11:30am
	Walking Group (Join us for coffee after in the café)	10:30am - 11:30am
	Thursday Thinkers	10:45am - 11:45am
	Diabetic peer support group (29.08.24)	1:00pm - 3:00pm
	Get Active – Skittles/Curling/Boules	1:30pm - 2:30pm
	Making with Clay	1:45pm - 3:45pm
	Bingo for All (01.08.24)	6:00pm - 8:30pm

FRIDAY	Low Impact Aerobics	10:30am - 11:30am
	Simple Cooking (30.08.24)	10:45am - 11:45am
	Tabletop Games	10:45am - 11:45am
	Shed Project	1:00pm - 2:30pm
	Bingo (02.08.24)	1:30pm - 2:30pm
	Men's/Women's Hour	1:30pm - 2:30pm

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).