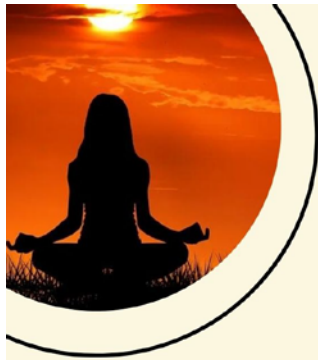


Week Commencing 6 September 2021



Yoga With Hazel

Tuesday Evenings
18:00 - 19:00

Tree Community Centre,
Cedar Road, DA1 2RS

£2.50 per session

Increase fitness, strength and flexibility.
Relax and unwind.



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Tai Chi At Tree

Thursdays 10:00 - 11:00
Tree Community Centre,
Cedar Road DA1 2RS

£2.50 per session

Gentle Tai Chi movements improve muscular strength,
flexibility, balance, fitness and confidence.



Healthy Living Centre Dartford
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Shake It with Sharon!

Thursdays 13:30 - 14:30

Tree Community Centre,
Cedar Road DA1 2RS

£2.50 per session

Put the Fun in Fitness! Build strength, balance and
coordination. Suitable for all abilities



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Yoga With Hazel

Thursday Afternoons
13:30 - 14:30
Temple Hill Community Centre,
Temple Hill Square, DA1 5HY

£2.50 per session

Increase fitness, strength and flexibility.
Relax and unwind.



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Health Walk

Thursdays at 11:30 from
Tree Community Centre

Get fit for Free! Join the friendly group for a gentle local walk and
improve your physical and mental health.



Healthy Living Centre Dartford
info@hlcdartford.org.uk 01322 311265



Circ-HiITs

Thursdays
19:00 - 20:00

Tree Community Centre,
Cedar Road DA1 2RS

£2.50 per session

Shake it up with circuits, box fit & HIIT.
Workout for heart health, fitness & stamina



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For any further information call 01322 311265 or email info@hlcdartford.org.uk

 Soup Dragons Mondays at Tree Community Centre 10:00 - 12:30 Use your culinary creativity to transform surplus food into delicious meals! All ingredients provided - just bring your apron!  info@hlcdartford.org.uk 01322 311265 www.hlcdartford.org.uk	 Thyme to Cook Club Mondays at Temple Hill Community Centre 10:00 - 12:30 Wednesdays at Tree Community Centre, 17:30 - 20:00 Prepare and share your favourite recipes, and learn new ones too. All ingredients provided - just bring your apron!  info@hlcdartford.org.uk 01322 311265 www.hlcdartford.org.uk
 English for Speakers of Other Languages Mondays at Temple Hill Community Centre 13:00 - 15:00 (Term Time Only) Improve your spoken and written English in our friendly and relaxed classes  info@hlcdartford.org.uk 01322 311265 www.hlcdartford.org.uk	 Brunch Club Every 2nd and 4th Tuesday at Tree Community Centre Every 3rd Tuesday at Temple Hill Community Centre 11:00 - 13:00 Information, Advice and Advocacy - Benefits, Health and Community Services, Therapy Tasters, Arts & Crafts. Treat yourself to a tasty buffet brunch  Healthy Living Centre Dartford info@hlcdartford.org.uk 01322 311265
Therapy Treatments Seated Massage & Reflexology Tasters - £10  Tree Community Centre, Cedar Road, DA1 2RS 2nd & 4th Tuesday of the Month 11:00 - 13:00 Temple Hill Community Centre, Temple Hill Square, DA1 5HY 3rd Tuesday of the Month 11:00 - 13:00 Call Annmarie on 07850 440485	 DARTFORD REPAIR CAFE Tree Community Centre Cedar Road DA1 2RS 10am - 1pm 2nd and 4th Tuesday of each Month Temple Hill Community Centre DA1 5HY 10am - 1pm 3rd Tuesday of each Month Don't Bin It... See if we can help to fix it! Bring your broken items along and have a go at learning how to repair with our talented team! Call 01322 311265 or email info@hlcdartford.org.uk for more info  

Also – Basic IT Classes on Mondays at Tree Community Centre 10:30 – 12:30 and
Thursdays at Temple Hill Community 13:00 – 15:00

For any further information call 01322 311265 or email info@hlcdartford.org.uk