

2019 Dates & Speakers/Activities by Month

Date	Café	Speaker/Activity Information
FEBRUARY 2019		
Friday 1st February	Sevenoaks	CANCELLED DUE TO WEATHER
Wednesday 13th February	Hildenborough	Leah from Home Instead Senior Care, chair-based exercises
Friday 15th February	Westerham	Phil Raymond leads a sing-a-long of favourite tunes
Friday 22nd February	Edenbridge	Leah from Home Instead Senior Care, chair-based exercise
Wednesday 27th February	Chipstead	Andy Jancewicz – Tai Chi, Breathing & Relaxation
MARCH 2019		
Friday 1st March	Sevenoaks	TBC
Wednesday 13th March	Hildenborough	TBC
Friday 15th March	Westerham	Intergenerational history activities and Andy Jancewicz – Tai Chi, Breathing & Relaxation
Wednesday 27th March	Chipstead	Phil Raymond with a sing-a-long of favourite tunes
Friday 29th March	Edenbridge	Andy Jancewicz – Tai Chi, Breathing & Relaxation
APRIL 2019		
Friday 5th April	Sevenoaks	Andy Jancewicz – Tai Chi, Breathing & Relaxation
Wednesday 10th April	Hildenborough	TBC
Thursday 11th April	Westerham	Forget-Me-Not Easter Movie Afternoon - Westerham Thursday 11th April 1.00pm - "Singing in the Rain" - <i>Supported by Weald Heights Care Home, Care UK</i>
Wednesday 24th April	Chipstead	Drumming with Cheryl Hooker-Blake
Friday 26th April	Edenbridge	Phil Raymond with a sing-a-long of favourite tunes