

2018 Dates & Speakers/Activities by Month

Date	Café	Speaker/Activity Information
SEPTEMBER 2018		
Friday 7th September	Sevenoaks	Entertainment with Phil Raymond
Wednesday 12th September	Hildenborough	Pets As Therapy dog visiting – explaining the benefits that a PAT dog can bring. Susan with Archie.
Friday 21st September	Westerham	Andy Jancewicz BSc(Hons), PGCHE – “Breathing, Relaxation & Tai Chi”
Wednesday 26th September	Chipstead	LAUNCH
Friday 28th September	Edenbridge	Musical activities with Cheryl Hooker-Blake from www.soundslife.org.uk
OCTOBER 2018		
Friday 5th October	Sevenoaks	Sue Larken, Age UK – Exercises to improve cardio, balance and relaxation.
Wednesday 10th October	Hildenborough	Entertainment with Phil Raymond
Friday 19th October	Westerham	Musical activities with Cheryl Hooker-Blake from www.soundslife.org.uk
Wednesday 24th October	Chipstead	Sue Larken, Age UK – Exercises to improve cardio, balance and relaxation.
Friday 26th October	Edenbridge	Entertainment with Phil Raymond
NOVEMBER 2018		
Friday 2nd November	Sevenoaks	Musical activities with Lucy Brindley from www.soundslife.org.uk
Wednesday 14th November	Hildenborough	Sue Larken, Age UK – Exercises to improve cardio, balance and relaxation.
Friday 16th November	Westerham	Entertainment with Phil Raymond
Wednesday 28th November	Chipstead	Pets As Therapy dog visiting – explaining the benefits that a PAT dog can bring. Susan with Archie.
Friday 30th November	Edenbridge	Andy Jancewicz BSc(Hons), PGCHE “Breathing, Relaxation & Tai Chi”
DECEMBER 2018		
Friday 7th December	Sevenoaks	Andy Jancewicz BSc(Hons), PGCHE “Breathing, Relaxation & Tai Chi”
Wednesday 12th December	Hildenborough	Laughter Wellness with Sam Rehan - promoting good physical and mental health through laughter.
Friday 21st December	Westerham	Local schools join us for festive cheer and carol singing.
	Chipstead	NO CAFE
	Edenbridge	NO CAFE