

Edenbridge Activities and Services Form for older people

Activity/ Service	Venue	Day	Time	Cost	Link to your website (please give us the exact link)
Senior Citizens	Women's Institute Hall Edenbridge	Every Other Wed	2-4pm		Christine Lane 01732 865368
Afternoon Women's Institute	Women's Institute Hall Edenbridge	Second Tuesday	2-5pm		Christine Lane 01732 865368
Evening Women's Institute	Women's Institute Hall Edenbridge	Third Wednesday	7.30-10.30		Christine Lane 01732 865368
A large range of specialist groups and clubs are open to all ages from bell ringing to winemaking					Christine Lane 01732 865368
Alzheimer's Society Drop – In	Edenbridge Hospital	2 nd Tuesday of the month	10.00am – 12.00pm		
Hi Kent Hearing	Bridges	2 nd Monday of the month	11.30am		Contact Hi Kent on 01622 691151
Older Lifestyles Group for over 65's	The Edenbridge Centre (Eden Valley School)	Every Wednesday	11.30am – 1pm		Contact Sevenoaks District Council on 01732 227272
Kent Association for the	Queens Court	Every 3 rd Wednesday of	10am – 12		Contact Rosemary Harrison on

blind coffee morning		the month	noon		01732 265641
Shape – up Weight Management Programme	Edenbridge Leisure Centre	Every Monday	2-3pm		Contact Sencio Community Dietician on 01342 414445
Carers support and advice drop in	Bridges	Every 2 nd Thursday of the month	10.30am – 12.30pm		Contact Carers First on 01732 357555
Mental and emotional health	Bridges	2 nd and 4 th Tuesday of every month	10:30am – 12.30pm		Contact Sevenoaks MIND on 01732 459558
Edenbridge Health Walk	Outside entrance to Edenbridge Leisure Centre	Every Wednesday	9.15am – 10.00am		Contact Sevenoaks District Council on 01732 227272
Friendly lunch club – Over 60's	Queens Court	1 st Friday of each month	12.15pm – 1.45pm		Amanda Wood – 01732 862214 (Limited places, please contact Amanda on a Tuesday).
EdenARA Edenbridge Active Retirement Association	WI hall	2 nd Friday of each month	2-4pm		Barbara Ferguson 01732 863126