

Don't be isolated, join our group of understanding and friendly members and help restore confidence and make new friends.

- Meals Out
- Activities
- Outings to places of interest.
- Guest Speakers
- Games and Discussion Groups

Activities and events are suitable for all abilities.

Meeting Every First Friday in  
the month  
2.00 - 4.00 pm

At North Deal Community Centre  
(Golf Road Centre)  
28 Golf Road  
Deal CT14 6PY

Also regular outings throughout the year

For more information contact:  
email:

[info@dealdistrictstrokes.org](mailto:info@dealdistrictstrokes.org)

[www.dealdistrictstrokes.org](http://www.dealdistrictstrokes.org)

or

Dorthe Bucknell

01304 373880

Mobile: 07929028016

Deal and District

# Strokes

A friendly group of stroke survivors, their carers, family and friends

## Programme

January - June  
2019

Registered Charity  
296141

Friday 4 January

Meeting

(Game of Hoy)

Golf Road Centre

2.00 - 4.00

Thursday 24 January

'Aspendos Turkish Restuarant'

Dover

5.30 for 6.00 pm.

Friday 1 February

Meeting

DDS Events Films

Golf Road Centre

2.00 - 4.00

Tuesday 12 February

Lunch Elham Valley

12.30 pm.

Friday 1 March

Meeting

Air Ambulance Talk

Golf Road

2.00-4.00 pm.

Tuesday 12 March

Lunch

'The Courtyard'

Deal

12.30 pm.

Thursday 21 March

Carers' Day

11.00 am - 4.00 pm.

Friday 5 April

Meeting

Golf Road Centre

2.00 - 4.00 pm.

Tuesday 23 April

Spitfire Museum

Capel Le Ferne

Friday 3 May

Meeting

Golf Road Centre

2.00 - 4.00 pm.

*Tuesday* ~~Friday~~ 14 May

Day Trip to Quex Park

Depart 11.00 am.

Friday 7 June

Meeting

Golf Road Centre

2.00 - 4.00 pm.

Wednesday 26 June

Day Trip

Romney Hythe and Dymchurch

Railway

## The Mid Month Munch

Golf Road Community Centre

Golf Road Deal

Friday 18 January

Friday 15 February

Friday 15 March

Friday 17 May

Friday 21 June

Please Book Your Place at the Friday Meetings

### Exercise Classes

Wednesdays 2.00 - 3.00 pm.

(Except last week of Month

Tuesday 2.00 - 3.00 pm.)

Golf Road

*Why not join us for a walk along Deal Pier every Thursday.*

*Meeting at 10.45 for 11.00 am start.*

*The walk is gentle and ideal for beginners or those recovering from illness or surgery*