

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

- Meals Out
- Activities
- Outings to Places of Interest
- Guest Speakers
- Games and Discussion Groups

Activities and events suitable for all abilities



Meeting Every First Friday in the Month
2.00 - 4.00 pm
At North Deal Community Centre
28 Golf Road
Deal CT14 6PY

Also regular outings throughout the year

For more information contact:
email: info@dealdistrictstrokes.org
website:
www.dealdistrictstrokes.org

or call Dorthe Bucknell
01304 373880
Mobile: 07929028016

Deal and District



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

PROGRAMME

July - December
2019

Registered Charity
296141

JULY - Friday 5th

Club Meeting 2.00 - 4.00 pm

Speaker from Blood Bank

Thursday 4th - Mudpie Studio,
Folkestone - 1.30 - 4.00 pm

Monday 15th - Elham Valley
Vineyard CT4 6LN
Afternoon Tea - 2.00 pm

AUGUST - Friday 2nd

Club Meeting 2.00 - 4.00 pm

Monday 12th - Salutation Gardens
& Sandwich Quay
CT13 9EW - 2.00 pm

SEPTEMBER - Friday 6th

**Annual General Meeting
2.00 - 4.00 pm**

Thursday 5th - Walmer Castle
CT14 7LJ - 2.00 pm

OCTOBER - Friday 4th

Club Meeting 2.00 - 4.00 pm

Thursday 10th - Aspendos Turkish
Restaurant, 16 King Street, Dover
CT16 1NU - 5.00 pm

NOVEMBER - Friday 1st

Club Meeting 2.00 - 4.00 pm

Friday 15th - Cookery at Chequers,
Deal - Time to be advised

DECEMBER - Friday 6th

Club Meeting 2.00 - 4.00 pm
Christmas get-together with music
and food

Friday 13th - Christmas Meal, at
Walmer & Kingsdown Golf Club
CT14 8EP - 12.30 pm

The Mid Month Munch

Golf Road Community Centre
12.30 pm start

Friday 19th July

Friday 16th August

Friday 20th September

Friday 18th October

Friday 15th November (TBA)

December - unavailable

Exercise Classes

Every **Wednesday**, every month
2.00 - 2.45 pm
At Golf Road Centre

Pier Walk

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

