

South Kent Mind Online Weekly Activities Calendar

Updated 5 May 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00	Get Moving with Matt from SST (via Facebook)	New Discussion Group Managing Stress With SKM (via Zoom, to register Call 0300 12 11 102)	Low Impact Exercises with Sue from SST (via Facebook)	Explore Eating Healthily with Sharon From SKM. Let's make healthy food exciting. Share recipes and ideas. (via Zoom, to register Call 0300 12 11 102)	11.30am Let's Get Motivated Share positive ideas, with Sharon from South Kent Mind (via Zoom, to register Call 0300 12 11 102)	Get Moving with Matt from SST (Via Facebook)	Get Motivated with Matt from SST (via Facebook)
12:00	Learn Something New Learn how to write your first song for free www.futurelearn.com	Something to smile about Visit A Virtual Zoo. www.chesterzoo.org	Mindfulness with Penny from South Kent Mind (via Zoom, to register Call 0300 12 11 102)	Own Photography Submit your photographs for an Autumn exhibition email them to fotofolkes@southkentmind.org.uk Follow @fotofolkes on Instagram		Free 30 Minute Positive Visualisation Video With Lisa From Touchbase. (Via YouTube)	
13:00							
14:00	Explore Learning Something New. WEA Courses in June. https://www.wea.org.uk/liveonlinelearning/healthandlifestyle	Music with Simon from SKM 6 spaces (via Zoom, to register Call 0300 12 11 102)	2.30pm Social Coffee Afternoon with Sharon from SKM And Occasional Surprise Guest Appearances (via Zoom, to register Call 0300 12 11 102)			Access Some Lovely Craft Projects From Teach Me Courses In New Romney https://teachmecourses.co.uk/ Click On Home And Resources To Download The worksheets	Something To Smile About Visit Cirque Du Soleil On You Tube https://www.youtube.com/user/cirquedusoleil
15:00	Daily Gardening podcast Listen in your own time http://skinnyjeangardener.co.uk/podcast/	Daily Gardening podcast Listen in your own time http://skinnyjeangardener.co.uk/podcast/	Daily Gardening podcast Listen in your own time http://skinnyjeangardener.co.uk/podcast/	South Kent Mind Peer Led Weekly Quiz Group. (via Zoom, to register Call 0300 12 11 102)	New Discussion Group Let's Talk About The week Ahead. With Judy And Sharon from SKM (via Zoom, to register Call 0300 12 11 102) starts Fri 19 th June	Daily Gardening podcast Listen in your own time http://skinnyjeangardener.co.uk/podcast/	
16:00	Take a Mindful walk. A Daily Mindful Walking Practice (Online guidance)	Learn to draw Disney Fun for children and adults (via YouTube)	Painting Tutorials Join Bob Ross on this spectacular painting journey (via YouTube)		Crafternoon Make crafts with Mind (via Facebook)		Chillout Sunday Listen In your own Time Music with Martin (Link to follow on our SKM Facebook page)

NOTES ABOUT ACTIVITIES (A to Z)

- To View The Activity Calendar Provided By “Take Off “ go to <https://livewellkent.org.uk/in-your-area/south-kent-coast/>
- Mindfulness: To sign up to a session call us on 0300 12 11 102 or email contact@southkentmind.org.uk
- Music: To sign up to a session call us on 0300 12 11 102 or email contact@southkentmind.org.uk
- Physical Activity with Hourglass Fitness
- Explore Healthy Eating with Sharon: To sign up to a session call us on 0300 12 11 102 or email contact@southkentmind.org.uk
- Let’s Get Motivated With Sharon: To sign up to a session call us on 0300 12 11 102 or email contact@southkentmind.org.uk
- Social Coffee Afternoon With special Guest appearances: To sign up to a session call us on 0300 12 11 102 or email contact@southkentmind.org.uk
- Managing Stress with SKM. To sign up to a session call us on 0300 12 11 102 or email contact@southkentmind.org.uk
- SKM Discussion Group,” Lets Talk About The week Ahead” With Judy and Sharon To sign up to a session call us on 0300 12 11 102 or email contact@southkentmind.org.uk