

Monday			
Nature Into Art Mixed media art focusing on nature.	10.00 - 12.00	10 Wks - £100	Helen Hanson SBA https://www.helenhanson.co.uk hjahl@btinternet.com 01304 370250 07483 857920
U3A - Poetry Old and New	10:00 - 12:00	Contact U3A	https://www.u3asites.org.uk/white-cliffs
Tai Chi For all ages and fitness	13.00 - 14.00	TBA	Gill https://brightmoontaichi.co.uk 07702 120079
U3A - Women In Society & History Monthly	13.00 - 15.00	Contact U3A	https://www.u3asites.org.uk/white-cliffs
Keep Dancing! Dance Fitness Class All welcome. Free taster session!	14.30 - 15.30	£5	Jan Shapley 01304 366400
Yoga For strength and flexibility.	18.00 - 19.15	£10 (£8 block-booked)	Marie 07956 069629
C.A. Support Group	19.00 - 20.15		https://www.cakent.org 0800 612 0225
Tuesday			
Watercolour - Improvers Adult Education Course Code: DEA/109370/K/PF	10.00 - 12.30	TBA	Adult Education https://www.kentadulthoodeducation.co.uk 0845 606 5606
U3A - Let's Read Poetry	13.00 - 15.00	Contact U3A	https://www.u3asites.org.uk/white-cliffs
U3A - Ukulele	13.30 - 15.30	Contact U3A	https://www.u3asites.org.uk/white-cliffs
The Dance Pointe - Children's Dance ISTD Ballet, Tap, Modern for children	16.15 - 18.15	TBA	hello@thedancepointe.co.uk
Wednesday			
Art Classes at The Drawing Rooms	10.00 - 12.00	TBA	Lynn info@thedrawingroomsdeal.com 07947 116725
Deal Botanical Coloured Pencil Group Art Classes	10.00 - 12.00	10 Wks -£125	Helen Hanson SBA https://hjahl@btinternet.com hjahl@btinternet.com 01304 370250 07483 857920
Yoga - (Earlier class) For all abilities.	18.00 - 19.30	£8	Carly loveyogaindeal@gmail.com 07971 347704
Yoga - (Later class) For all abilities.	19.30 - 20.30	£8	Carly loveyogaindeal@gmail.com 07971 347704
Thursday			
The Dance Pointe - Adult Ballet	10.00 - 11.00	TBA	hello@thedancepointe.co.uk
U3A - German Conversation	14.00 - 16.00	Contact U3A	www.u3asites.org.uk/white-cliffs to join U3A
Games Club Card games, fun & laughter.	14:00 - 16:00	£2	Just turn up or contact The Golf Road Centre 01304 239199
Golf Road Get-Together Community Social Club For All	19:00 - 21:00	£5	Contact The Golf Road Centre 01304 239199

Friday			
Keep Dancing! - Dance Fitness Class All welcome. Free taster session!	10.00 - 11.00	£5	Jan Shapley 01304 366400
U3A - Classical Studies	10.00 - 12.00	Contact U3A	https://www.u3asites.org.uk/white-cliffs
Deal Speaking Up Group For your local community. Twice monthly.	10.00 - 12.00	FREE	Chrissie 07980 114001
Twangs For The Memory - Guitar Fortnightly mixed ability guitar group	14.00 - 16.00	TBA	Contact The Golf Road Centre 01304 239199
AA Meeting Enquiries treated with strictest confidence.	17.30 - 19.00	TBA	https://www.alcoholics-anonymous.org.uk 0800 917 7650
Saturday			
AVAILABLE FOR Children's Parties / Family Gatherings			grcbookings@gmail.com 01304 239199
3 hour slots, allowing time to set-up & clear up for a 2 hour party. Extra time also available.	13.30 onward	£54 for 3 hrs	
Sunday			
Quaker Meetings 4th Sunday of every month	10.30 - 11.30	FREE	
AFTERNOONS BOOKINGS AVAILABLE For children's parties.			01304 239199
3 hour slots, allowing time to set-up & clear up for a 2 hour party. Extra time available	13.30 onward	£54 for 3 hrs	

Services

Acupuncture Lucy Bagley	www.acubagely.co.uk 07753495695 acubagely@aol.com
Vianova Counselling and Recovery Jeff Cockfield MSc MBACP FDAP BABCP	07775 702791 help@vianovarecovery.com
Joanne Adams Counselling MBACP. For adults and young people.	07592 700635 joanneadamsns@aol.com
ViVa Counselling Victoria Johnson MBACP	07737 755883 vicky.johnson@vivacounselling.co.uk
Griffin-Monk Counselling Virginia Griffin-Monk MBACP	07792 965875 virginia@griffin-monkcounselling.co.uk
Katrina Woolcock Psychotherapy/Counselling	07999 443752 katwool@icloud.com
Visage Beautiful Reflexology 60 or 30 minute sessions available.	07970 416504