

Silver Sunday

Try something new in 2022

Dozens of
FREE
activities



Organised with town
and parish councils



About Silver Sunday

The brainchild of Christabel Flight, Silver Sunday started a decade ago with a simple tea dance for older people.

Within a few short years, it has transformed into a national campaign to celebrate the contribution of the over 50s while promoting social activities and bringing generations together.

This year, Silver Sunday celebrates its 10 year anniversary so there will be a host of exciting activities and events to commemorate this very special occasion.

Read on for new and exciting things to try out!

This year's Silver Sunday has been organised by Sevenoaks District Council with help from voluntary and community groups, local businesses, Everyone Active and town and parish councils.



Christabel Flight, the founder of Silver Sunday

Silver Sunday Spectacular

Join us for a host of **FREE Silver Sunday** events!

There will be free tea, coffee and refreshments, live music, lawn bowls, arts and crafts and a postural stability session. A range of organisations will also be on hand to offer advice about the services available to the over 50s and the wider community.

Founder of Silver Sunday, Christabel Flight, will open the event and there will be a talk from the Leader of Sevenoaks District Council, Cllr Peter Fleming, on net zero carbon emissions and more!

Tuesday 4 October 2022 10am to 2pm

The Olympic, Beechenlea Lane, Swanley BR8 8DR

Ample parking is available and a free shuttlebus will run from the centre of Swanley to the venue but must be booked in advance. To book a place on the shuttlebus, please call us on 01732 227000.

For more information email comms@sdsaf.org.uk

FREE



Just keep moving

Tai Chi and Qigong

Free taster sessions with James Drewe. A gentle and highly enjoyable introduction to this wonderful activity.

No need to book. Simply bring this Silver Sunday leaflet with you.

Please wear loose, comfortable clothing and flat shoes.

Thursdays 6 & 13 October 2.45pm to 3.40pm

St Luke's Church Hall, Eardley Road, Sevenoaks
TN13 1XT

Fridays 7 & 14 October 9am to 9.55am

New Ash Green Village Hall, Centre Road, New Ash
Green, Longfield DA3 8HH

Fridays 7 & 14 October 12.05pm to 1pm

St Luke's Church Hall, Eardley Road, Sevenoaks
TN13 1XT

Thursdays 13 & 20 October 7.35pm to 8.30pm

Vine Baptist Church Hall, Park Lane, Sevenoaks
TN13 3UP

Thursdays 13 & 20 October 8.35pm to 9.30pm

Vine Baptist Church Hall, Park Lane, Sevenoaks
TN13 3UP



Every Step Counts

Walk your way back to fitness with a free health and wellbeing walk, led by qualified and dedicated volunteers who'll support and encourage you every step of the way.

Eynsford Mondays 10.30am at Riverside Tea Room, Eynsford DA4 0AE

Riverhead Tuesdays 10am from Tesco by the Bullfinch Pub exit of car park TN13 2QS

Chiddingstone Tuesdays 11am from The Castle Inn, Chiddingstone

Oxford Wednesdays 10am at the High Street Car Park by the Memorial Hall

West Kingsdown Wednesdays 10.30am at the West Kingsdown Pavilion off London Road

Chipstead Thursdays 10am opposite the Bricklayers Arms, Chevening Road

Swanley Thursdays 10am at Swanley Park, meet opposite the Café

Sevenoaks Thursdays 2pm in Greatness Park Car Park on Mill Lane, opposite the Mill Pond

Kemsing Fridays 10.30am meet at Kemsing Village Car Park

Every Step Counts Seated Fun Exercise Class

Mondays 3.30pm Riverhead Village Hall, Sevenoaks TN13 2EL

Wednesdays 12.50pm The Pavilion (behind The Alexandra Suite) St Mary's Road, Swanley BR8 7BU

For further details, email everystepcounts17@gmail.com



One-day Leisure day pass

Residents aged 55 plus can claim a free one-day pass for White Oak Leisure Centre in Swanley on

Sunday 2 October, Sunday 6 November or Sunday 4 December.

The pass gives access to all facilities except the toning suite, which is closed on Sundays.

Email communities@sevenoaks.gov.uk for details and terms and conditions.

Introduction to pétanque

Witness how the game is played and its many tactics. Equipment and guidance provided.

Sunday 9 October 2pm

The Chequers, Cray Road, Crockenhill, Swanley BR8 7LP

Refreshments available.

Call 01322 614674 to book your place.

Pippa's Yoga and Supper Club

Take part in a one-hour chair yoga session with Pippa before unwinding with a delicious tasting meal from the Supper Club. Chef Tom will also provide a demonstration of vegan cheese making.

Saturday 12 November 11am

Bat & Ball Station, Sevenoaks TN14 5AP

For more information, email Iona Green at heo@sevenoakstown.gov.uk



'Pop Up Sue' gentle exercise sessions

Increase mobility, strength and balance through gentle exercise with Sue Larken from Age UK. A chance to get moving and socialise with others. Classes cost £3.50 to £4 depending on the location.

Wednesday 10 October 1.30pm to 3.30pm

Dunton Green Parish Council, Dunton Green Pavilion, Recreation Ground, London Road TN13 2UR

Wednesday 19 October 1.30pm to 3pm

The Howard Venue, 39 Egerton Avenue, Swanley BR8 7LG

Tuesday 1 November 10.30am to 12noon

Crockenhill Baptist Church BR8 8JS

Thursday 10 November 10.30am to 12noon

Cowden Village Hall, 5 North Street, Cowden, Edenbridge TN8 7HT

Monday 5 December 10.45am to 12.45pm

Chiddingstone Causeway Hall, Tonbridge Road, Chiddingstone Causeway TN11 8JSC

For more information, contact Sue on 07867 648667 or email suelarken@ageuksevenoaksandtonbridge.org.uk



Dance Around My World with Energise Dance Nourish Art

Inclusive and accessible music, dance and movement sessions and gentle chair-based exercises to improve your mobility, posture and health.

Classes cost £5 a session.

Tuesdays, 10.30am to 11.30am

Seal Village Hall, Seal High Street TN15 0BD

Walking netball

Friendly netball group with a professional coach playing non-competitive matches.

Wednesdays 7.30pm to 8.30pm

West Kingsdown Village Hall, London Road
TN15 6BZ

Sessions cost £8.

For more information email
joanhillcock@hotmail.com



Walking football

Led by AFC Greencourt.

Sunday 2 October 2pm

Recreation Ground, Green Court Road, Crockenhill
BR8 8LP

Call 01322 614674 to book your place.

Walking rugby

Led by Swanley Rugby Club, Walking Rugby is perfect for those who want to try something new that isn't too strenuous. It's great exercise, friendly and fun.

**7pm to 8pm on Wednesday 28 September and
Wednesdays 12 and 26 October**

Swanley Recreation Ground, St Mary's Road, Swanley
BR8 7BU

Please wear appropriate clothing for the weather and bring a bottle of water.



Introduction to bowls

Learn the art of bowls at Sevenoaks Indoor Bowls Club. Ideal for those seeking gentle exercise. Bowls and guidance provided.

All welcome, just turn up.

Sunday 2 October 11am to 1pm

Alternatively, come along to Sevenoaks Indoor Bowls Club's Open Day on Saturday 8 October, 10am to 4pm.

Sevenoaks Indoor Bowls Centre, Hollybush Close
TN13 3UX

Swanley Indoor Bowls Club, social evenings and matches

Visit www.swanleybowlsclub.co.uk for dates and times of social evenings and indoor winter bowls matches or call Keith Mitchell on 07877 060840.



Afternoon tea dance

Dancing, cakes and refreshments. £3.50 per person.

Every Wednesday 2.30pm to 4.30pm

Bat & Ball Centre, Cramptons Road, Sevenoaks
TN14 5DN

Contact Andrew Watts on 01732 462538.

Move it to music

Exercise to music from the 60s, 70s and 80s. All done at your discretion, covering everything from stretching, strength, balance, breathing and posture. Standing and seated exercises with no floor work. A fun and sociable group with great people. £3 per session. No need to book, just turn up.

Mondays 2pm to 3pm

(45 minutes exercise then a short social chat)

The Eden Centre (Hall 1), Four Elms Road,
Edenbridge TN8 6BY

For further details, contact Sandra on 07862
768293.



Social & wellbeing

Age UK lunch club

A tasty, two-course lunch for £4.

**First Wednesday of the month,
11.45am to 2pm**

Dunton Green Parish Council, Dunton Green Pavilion, Recreation Ground, London Road TN13 2UR

Please call 01732 454108 to book your place.

To arrange transport (for Dunton Green residents) please call Judith Verlinden on 07836 525938.

Friday lunch club

£5 for a delicious two-course lunch, tea, quiz and a raffle.

**Second Friday of the month,
11.30am to 1.30pm**

Westerham Hall TN16 1BJ

Contact Westerham Town Council on 01959 562147 book your place.

Riverhead coffee morning

Enjoy a cup of tea or coffee with friends and catch up on the local news. £3 per person.

10.30am to 12pm on the last Thursday of every month

The Bullfinch, London Road TN13 2DR

Call Mara at Riverhead Parish Council on 01732 461278 (Mondays, Wednesdays and Thursdays) or email Shirley on shirley.riverhead@aol.com



Games social club

Whether its games such as chess, tiddly-winks, cards or qwirkle - this is the place to join in the fun, meet new people and chat over a cuppa. No need to book, just turn up.

Mondays 10am to 12pm

Rickards Hall, off Edenbridge High Street, (behind the Museum) TN8 5AR

For further details, contact Edenbridge Town Council on 01732 865368.

Pop-up rural community café and information hub

Tuesday 4 October, 10.30am to 12.30pm

Led by Action with Rural Communities in Kent, Village Green, Crockenhill BR8 8LT



Sevenoaks Shed

Two free taster sessions offering an introduction to the 'Shed' woodworking project. No booking or experience needed, just turn up.

Tuesday 18 October 10am to 1pm

Wednesday 19 October 10am to 1pm

Sevenoaks Shed, Abacus Furniture Project,
Greatness Lane, Sevenoaks TN14 5BQ

Forget-me-not cafés

Friendly cafés for people living with memory issues and their carers.

Sevenoaks First Friday of the month
10.30am to 12noon

The Hayloft, National Trust Knole House, Sevenoaks
TN13 1HU

Otford Last Thursday of the month 11am to 12.30pm
Otford Village Memorial Hall, High Street, Otford
TN14 5PQ

Edenbridge Last Friday of the month
10.30am to 12noon

The Eden Centre, Four Elms Road, Edenbridge
TN8 6BY

Forget-me-notes, Sevenoaks

Sing-a-long with a cuppa

Third Thursday of the month 2.30pm to 4pm

Beatrice Wilson Common Room at Rockdale,
Rockdale Road TN13 1JT

For more information, email forgetmenot.sadfc@gmail.com or visit www.forgetmenotcafe.org.uk

All
FREE



Learn, stay active and have fun with u3a

u3a is a UK-wide movement of locally-run interest groups providing opportunities for people in their 'third age' – those no longer in full time employment.

Members explore new ideas, acquire new skills and enjoy activities in a friendly, social environment.

With a motto of 'learn, laugh, live', u3as are self-help organisations where everyone contributes in some way by joining one or more groups or committees.

They're also a brilliant way to get involved, make new friends and learn something new!

Sevenoaks u3a has opened up two of their October meetings for Silver Sunday.

Science open meeting

Monday 10 October at 2pm

Otford Village Memorial Hall

Charge £2

Monthly meeting

Wednesday 26 October at 2pm

Bat & Ball Community Centre,
Sevenoaks TN14 5DN

Please email chairman@sevenoaksu3a.org.uk to register your interest in either meeting.

There are five u3as in the District with groups ranging from current affairs to coffee mornings, fly-fishing to foreign languages and science to snooker.

For more information, contact your local branch:

u3a Sevenoaks

www.sevenoaksu3a.org.uk

u3a Knole (Sevenoaks)

www.knoleu3a.org.uk

u3a Westerham

www.westerhamu3a.org

u3a Edenbridge

www.edenbridgeu3a.co.uk

u3a Swanley & District

u3asites.org.uk/swanley

For the latest news on Silver Sunday events

www.sevenoaks.gov.uk/silversunday

01732 227000

communities@sevenoaks.gov.uk

 [sdc_newsdesk](https://twitter.com/sdc_newsdesk)

 [Sevenoaks District Council Official](#)

 [sevenoaksdistrictcouncil](#)

 [Sevenoaks District Council](#)



**This publication is available in
large print and can be explained
in other languages by calling
01732 227000**