



# **Newsletter**

## **June-July 2019**



# Swale Community Centres Newsletter



## Screen @ The Avenue

May - July

*Evening Films*



### The Favourite (15)

In early 18th century England, a frail Queen Anne occupies the throne and her close friend, Lady Sarah, governs the country in her stead. When a new servant, Abigail, arrives, her charm endears her to Sarah.

Stars: Olivia Colman, Emma Stone, Rachel Weisz

1hr 59min Biography/Comedy/Drama

**Friday 17th May @ 7.45pm**

### Green Book (12A)

A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South.

Stars: Viggo Mortensen, Mahershala Ali, Linda Cardellini

2 hrs 10 mins Biography/Comedy/Drama

**Friday 7th June @ 7.45pm**



### Colette (15)

Colette is pushed by her husband to write novels under his name. Upon their success, she fights to make her talents known, challenging gender norms.

Stars: Keira Knightley, Fiona Shaw, Dominic West

1 hr 51 mins Biography/Drama/History

**Friday 21st June @ 7.45pm**

### Wild Rose (15)

A musician from Glasgow dreams of becoming a Nashville star.

Stars: Jessie Buckley, Julie Walters, Craig Parkinson

1hr 40min Drama/Music

**Friday 5th July @ 7.45pm**



## **Friday 19th July 'Fisherman's Friends' (12A)**

**Film Tickets £4.50**

**Book Online:- [www.avenuetheatre.co.uk /home](http://www.avenuetheatre.co.uk/home)**

*Avenue Theatre, Central Avenue, Sittingbourne, Kent ME10 4DN – 01795 471140*





# Swale Community Centres Newsletter

## June Quiz

Thursday 27<sup>th</sup>

7 pm

Tables 2-8

£5 per person

Food provided

Bring your own  
drinks



Held at Phoenix  
House, Central  
Avenue, ME10 4BX

To book a table please contact:  
[accs1@btconnect.com](mailto:accs1@btconnect.com) or 01795 426081 or just  
turn up on the night



# Swale Community Centres Newsletter

## SEAN MAC

MIND READER AND SKULLDUGGERIST



An evening of mind reading,  
revelation and thought  
identification.

29th June 2019

8pm

Tickets: £12

The Avenue Theatre,  
Ave. of Remembrance,  
Sittingbourne.  
ME10 4DN

Tickets from Theatre Box Office





# Swale Community Centres Newsletter



## Inclusive Armed Forces Day



**ACTIVITIES, TALKS, EXHIBITION AND BBQ  
ARRANGED BY DIVERSITY HOUSE**

*experience different cultures.*

**SATURDAY JUNE 29TH  
2019**

**11:00-16:00  
#SALUTEOURFORCES**

**For more information please visit  
[www.inclusivearmedforcesday.eventbrite.co.uk](http://www.inclusivearmedforcesday.eventbrite.co.uk)  
or email [info@diversityhouse.org.uk](mailto:info@diversityhouse.org.uk)**

visit us

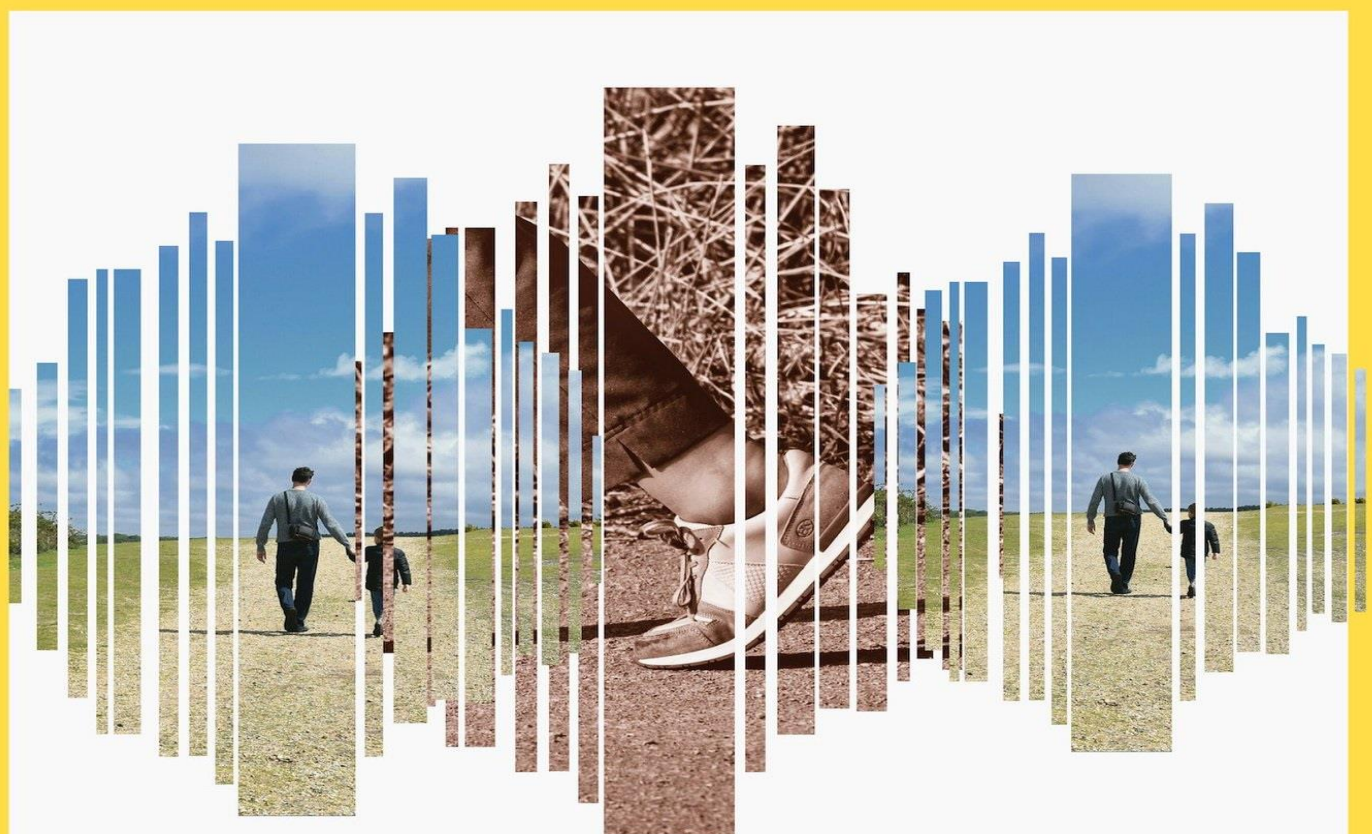


**The Royal British Legion  
Sittingbourne & Milton Regis Branch**





# Swale Community Centres Newsletter



Diversity House

## JOIN THE WALKING CLUB

Get healthy and meet new people

EVERY TUESDAY FROM APRIL 16TH, 2019  
11:00 AM UNTIL 12:30  
MEETING POINT PHOENIX HOUSE  
CENTRAL AVE, ME10 4AH

For more info, visit [www.diversityhouse.org.uk](http://www.diversityhouse.org.uk)







SWALE COMMUNITY CENTRES

# Swale Community Centres Newsletter

PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.



## PARKINSON'S EXERCISE CLASS

Weekly on Thursdays, 2:00 - 3:00pm  
Swallows Leisure Centre, Central Ave,  
Sittingbourne ME10 4NT

A fun & friendly exercise class designed for people with Parkinson's. All levels welcome, exercises will be adjusted to suit needs.

Cost: £3 per person.

Contact: Lorna on 01795 479855 or [lol855@gmail.com](mailto:lol855@gmail.com)



Kent Reliance  
Provident Society Fund



# Swale Community Centres Newsletter

## THURSDAY KITCHEN

for the homeless  
and anybody who needs a meal

11 AM to 2 PM  
EVERY THURSDAY

at  
Phoenix House  
Central Avenue  
Sittingbourne

Hotline - 07549699287

Part of the Bus Shelter Kent Project  
*Helping the homeless in and around Kent*







# Swale Community Centres Newsletter

## KarmaU

Relax with Yoga, Reiki and Meditation

### Phoenix House, Sittingbourne

Every Monday- Yoga classes 6.15-7.15pm



£28 for a 4 week block to secure your  
space or walk-ins £7.50 first come  
first served.

Limited spaces, please ensure you book in  
advance to avoid disappointment. Bring your  
mat along and join us.

## Anthony Whitehead

[www.KarmaU.co.uk](http://www.KarmaU.co.uk)

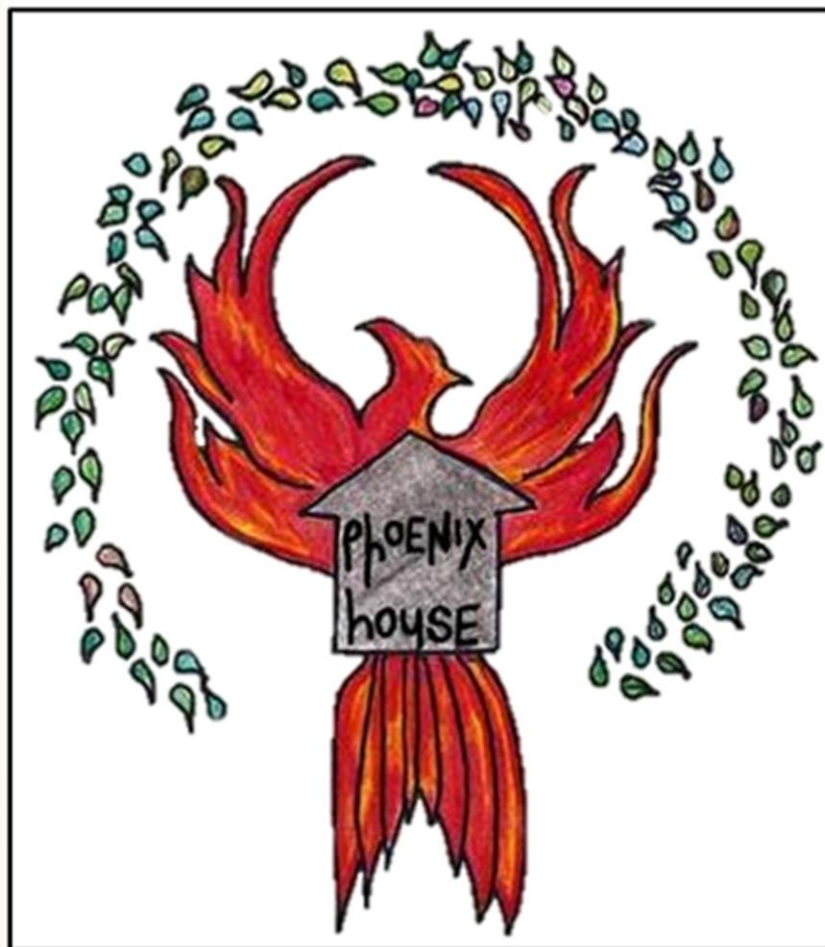
01227 238978

[info@KarmaU.co.uk](mailto:info@KarmaU.co.uk)



Find us on Facebook- KarmaUyoga





**SWALE COMMUNITY CENTRES**

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Phoenix House,  
Swale Community Centres



**Twitter:**

@PhoenixHouseSCC