



# Older Women Day Centre Programme

## November 2018

First pick up: Easton

DATE	ACTIVITIES	
05/11/18 Mon	Healthy Walking Exercise Conversations	
06/11/18 Tues Indoor	Shopping at Lidl Exercise	
12/11/18 Mon	Diwali Celebration party (Festival of Light)	
13/11/18 Tues Outdoor	Shopping at Asda (Bedminster)	
19/11/18 Mon	Exercise Conversations	
20/11/18 Tues Indoor	Shopping at Easton Sweet Mart Incontinence & Breathing Exercise	
26/11/18 Mon	Cancer Awareness Event with Linkage & Macmillan Cancer Support	
27/11/18 Tues Outdoor	Shopping at Broadmead	

Programme might be subject to changes Dhek Bhal: Telephone (0117) 9146671