



Older Women Day Centre Programme December 2018

First pick up: Totterdown

DATE	PROGRAMME	
Mon 03/12/18	Breathing Incontinence Exercise Conversations	
Tues 04/12/18 Indoor	Shopping at Lidl	
Mon 10/12/18	Dhek Bhal 32 nd Annual General Meeting	
Tues 11/12/18 Outdoor	Shopping at Tesco Eastgate	
Mon 17/12/18	Christmas Party Carol singing: Choir from Easton Baptist Church	
Tues 18/12/18 Indoor	Shopping at Easton Sweet Mart	
Mon 24/12/18	Closed (Christmas Eve)	
Tues 25/12/18	Closed (Christmas Day)	

Programme might be subject to changes
Dhek Bhal: Telephone number: 0117 9146671 / 9146672