



# Older Women Day Centre Programme May 2018

First pick up: Easton

DATE	ACTIVITIES	
01/05/18 Tues Outdoor	Shopping at Asda (Bedminster)	
07/05/18 Mon	Closed – May Bank Holiday	
08/05/18 Tues Indoor	Exercise Shopping at Lidl	
14/05/18 Mon	<b>Exercise</b> 11.30-12.30pm - <b>Ronnie Wright – Care Forum</b> Focus group discussion on barriers that prevent people from different communities across Bristol, North Somerset & South Gloucestershire from accessing Increasing Access to Psychological Therapies.	 the care forum
15/05/18 Tues Outdoor	Shopping at Morrisons	
21/05/18 Mon	Exercise & Conversation	
22/05/18 Tues Indoor	Shopping at Easton Sweet Mart	
28/05/18 Mon	Closed – Spring Bank Holiday	
29/05/18 Tues Outdoor	Shopping at Avonmead	

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