



# Older Women Day Centre Programme June 2018

First pick up: Totterdown

DATE	ACTIVITIES	
04/06/18 Mon	Healthy Group Walking Exercise Conversation	
05/06/18 Tues Indoor	Shopping at Lidl Conversation	
11/06/18 Mon	Healthy Group Walking Exercise Conversation	
12/06/18 Tues Outdoor	Shopping at Asda (Bedminster)	
18/06/18 Mon	Eid ul Fitr Party Dance Exercise by Ramona Amuza	
19/06/18 Tues Indoor	Shopping at Easton Sweet Mart Conversation	
25/06/18 Mon	<b>Caroline McAleese - Carers Engagement &amp; Involvement Lead – Care Forum</b> – talk about the services that Carers Support Centre provides including Carersline, Carers Support Officers, training for carers and carers groups	
26/06/18 Tues Outdoor	Shopping at Kingswood Shopping Centre	

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