



Older Women Day Centre Programme February 2019

First pick up: Totterdown

DATE

PROGRAMME

Mon 04/02/19

**Exercise with Athina from Wellspring
Health Centre. 11:15am – 12:15pm
£1 only per session**



**Tues 05/02/19
Outdoor**

Shopping at Tesco



Mon 11/02/19

**Consultation meeting with
Avon and Fire Rescue Service**



**Tues 12/02/19
Indoor**

**Shopping at Easton Sweet Mart
Exercise**



Mon 18/02/19

**Information Day- talk by the Stroke
Foundation**



**Tues 19/02/19
Outdoor**

Shopping at Asda



Mon 25/02/19

**Exercise with Athina from Wellspring
Health Centre. 11:15am – 12:15pm
£1 only per session**



**Tues 26/02/19
Indoor**

**Shopping at Lidl
Exercise**



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