



Older Women Day Centre Programme June 2017

First pick up: Totterdown

DATE
05/06/17

Mon

ACTIVITIES

Exercise
Massage – Marilyn Reynolds



06/06/17

Tues
Indoor

AM: Arts and Crafts - Rosa Beesley
PM: Shopping Lidl



07/06/17

(additional) **Weds**

Womens Arts Project with Magda



12/06/17

Mon

Exercise
Karen Squires – Hearing Loss



13/06/17

Tues
Outdoor

Shopping at Tesco Eastgate
(Lunch in Tesco Community Room)



19/06/17

Mon

Exercise and Conversation
Massage – Marilyn Reynolds



20/06/17

Tues

AM: Arts and Crafts – Rosa Beesely
PM: Local shopping

26/06/17

Mon

Exercise (Maybe Eid)



27/06/17

Tues

Weston Super Mare



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