



# Older Women Day Centre Programme

## January 2018

### First pick up: Easton

**DATE**

**PROGRAMME**

01/01/18 Mon Closed bank holiday



02/01/18 Tues Shopping at Lidl  
Indoor Exercise



08/01/18 Mon Exercise  
Marilyn Reynolds – Massage  
Conversation



09/01/18 Tues Shopping at Tesco Eastgate  
Outdoor (Lunch at Tesco Community Room)



15/01/18 Mon Exercise  
Conversation



16/01/18 Tues Shopping at Easton Sweet Mart  
Indoor Exercise



22/01/18 Mon Roopindera Kaur from HealthWatch  
Exercise



23/01/18 Tues Shopping at Filton Abbeywood  
Outdoor Retail Park



29/01/18 Mon Exercise  
Conversation



30/01/18 Tues Shopping at Lidl  
Indoor Exercise



Programme might be subject to changes: Telephone (0117) 9146671 / 2