



# Older Women Day Centre Programme October 2018

## First pick up: Totterdown

### DATE

### ACTIVITIES

**01/10/18** Mon **Exercise**  
**Oasis Talking Therapy**  
**Living Well with Long Term Health Condition Workshop**



**02/10/18** Tues  
**Outdoor** **Shopping at Tesco Eastgate Store**  
**Lunch**



**08/10/18** Mon **Exercise**  
**Oasis Talking Therapy - Relaxation Workshop**



**09/10/18** Tues  
**Indoor** **Shopping at Lidl**  
**Incontinence & Breathing Exercise**



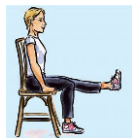
**15/10/18** Mon **Exercise**  
**Oasis Talking Therapy - Evaluation**



**16/10/18** Tues  
**Outdoor** **Shopping at Asda Bedminster**  
**Lunch**



**22/10/18** Mon **Incontinence & Breathing Exercise**  
**Consultation**



**23/10/18** Tues  
**Indoor** **Shopping at Easton Sweet Mart**  
**Exercise**



**29/10/18** Mon **Exercise**  
**Conversations**



**30/10/18** Tues  
**Outdoor** **Shopping at Morrisons**  
**Lunch**



Programme might be subject to changes  
Dhek Bhal Contact Number (0117) 9146671 - 9146672