



Older Women Day Centre Programme March 2018

First pick up: **Easton**

DATE

ACTIVITIES

05/03/18 Mon Incontinence & Breathing Exercises
12pm Oasis Talking Therapies –
Co-Design meeting – Shazia Riaz



06/03/18 Tues Shopping at Tesco Eastgate
Outdoor (Lunch at South Asian Restaurant)



12/03/18 Mon Incontinence & Breathing Exercises
Conversation



13/03/18 Tues Science Chemistry Workshop -
Indoor Sally Ulph from WECIL
Shopping at Lidl



19/03/18 Mon Chair based Exercises
Conversations



20/03/18 Tues Shopping at Primark/Galleries
Outdoor



26/03/18 Mon Incontinence & Breathing Exercises
11.30am – 12pm :-Dementia Wellbeing
Service –
Navigator to talk about their service



27/03/18 Tues Chair based exercises
Indoor Shopping at Easton Sweet Mart



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