



Older Women Day Centre Programme April 2018

First pick up: Totterdown

DATE		ACTIVITIES	
02/04/18	Mon	Closed – Easter Bank Holiday Monday	
03/04/18	Tues Outdoor	Shopping at Tesco Eastgate (Lunch at South Asian Restaurant)	
09/04/18	Mon	Incontinence & Breathing Exercises Guest speakers: Bristol University Students Elli & Elsa Volunteers group	
10/04/18	Tues Indoor	Shopping at Lidl Exercise	
16/04/18	Mon	Chair based Exercises Guest speakers: Bristol University Student Elli & Elsa Volunteers group	
17/04/18	Tues Outdoor	Shopping at Asda Bedminster or Southall (depending on weather)	
23/04/18	Mon	Dance Exercise by Ramona Guest speakers: Bristol University Student Elli & Elsa Volunteers Group	
24/04/18	Tues Indoor	Chair based Exercises Shopping at Easton Sweet Mart	
30/04/18	Mon	Chair Based Exercise Conversations	

Programme might be subject to changes
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