

# Older Women Day Centre Programme

## August 2018

First Pick up: Totterdown

**DATE**

**PROGRAMME**

06/08/18 Mon Exercise  
Healthy Walking group



07/08/18 Tue  
Outdoor Ferry Boat trip at M Shed



13/08/18 Mon Incontinence & Breathing Exercise  
Conversations



14/08/18 Tues  
Indoor Shopping at Lidl  
Exercise



20/08/18 Mon Dance Exercise by Ramona Amuza  
Healthy Walking Group



21/08/18 Tues  
Outdoor Shopping at Asda Bedminster



27/08/18 Mon Closed Bank Holiday



28/08/18 Tues  
Indoor Shopping at Easton Sweet Mart  
Exercise

