



Older Women Day Centre Programme January 2019

First pick up: Easton

DATE
Tues 01/01/19

PROGRAMME
Closed - New Years Day



Mon 07/01/19

Exercise with Athina - Wellspring
Health Centre – only £1 per session
11.15am – 12.15pm



Tues 08/01/19
Outdoor

Shopping at The Mall -Cribbs
Causeway



Mon 14/01/19

Bristol Energy Network Service –
Workshop
TBC



Tues 15/01/19
Indoor

Shopping at Easton Sweet Mart



Mon 21/01/19

Incontinence & Breathing Exercises
Conversation



Tues 22/01/19
Outdoor

Shopping at Asda – Bedminster



Monday
28/01/19

Exercise with Athina - Wellspring
Health Centre – only £1 per session
11.15am – 12.15pm



Tuesday
29/01/19
Indoor

Shopping at Lidl



Programme might be subject to changes
Dhek Bhal: Telephone number: 0117 9146671 / 9146672