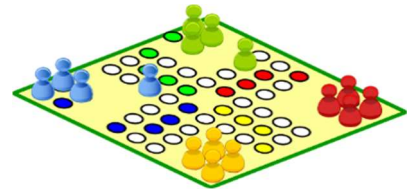


Older Men's Day Centre Programme
APRIL 2026

ACTIVITIES

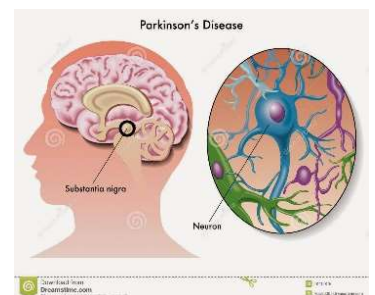
TUES
07/04/26

**Conversation, Exercise, Walk in
the Park and Board Games**



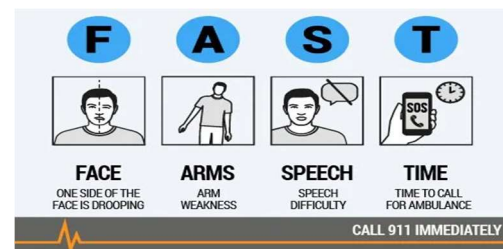
TUES
14/04/26

**Parkinson's Disease – Dr Ryan
Sowden**



TUES
21/04/26

**Stroke Talk & Kidney Hits –
Bristol Health Partners – Heidi
Andrews**



TUES
28/04/26

**Deaf and Hard of Hearing –
Operations Manager Alpa
Bhudiya**



**Note: If you are unable to attend any of the sessions, please call the office for catering purposes -
Tel 0117 9146671 or 9146672**